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MAY 2023

Living

MAGAZINE

Up in the AIR

Residents share
their experiences
as pilots

Meet Alisha Rusch

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RECIPE

Valencia helps at home, church and community

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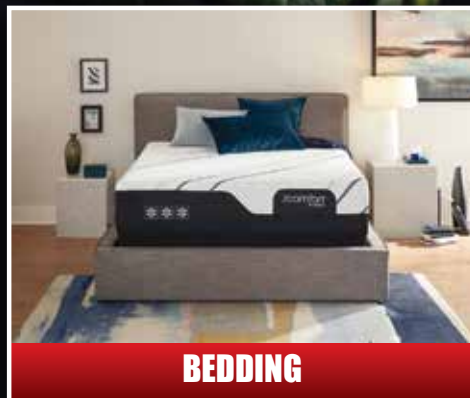
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WELCOME

THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.

I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough.

Thanks for reading. ■



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Up in the AIR

**Residents share
their experiences
as pilots**

By Chantel Boyd

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.

At age 43, Joani Feiner left her career as a flight attendant to be a pilot.





Kent Wilcox has been interested in flying since childhood. After earning a license to pilot his personal plane, he went on to obtain many additional licenses.

From private pilot to airline pilot

Kent Wilcox of Adel has been interested in flying since childhood.

“For my 14th birthday, my dad gave me a one-hour flight in a small airplane with an instructor. I was hooked.”

The summer before his senior year in high school, Kent started taking flying lessons and received his private pilot's license just days after his high school graduation. In the fall of 1976, he attended Parks College near St. Louis. He received his bachelor's degree in aviation science and his instrument, commercial, multi-engine, and instructor licenses.

Kent began his career as a flight instructor in the fall of 1979 and held that position for two years. Afterward, he worked for commuter airlines as a corporate pilot until he earned his airline transport pilot license to begin his career as an airline pilot. He was hired by Northwest Airlines, which then merged with Delta Air Lines, from which he retired.

“Most of my flying was east of the Rockies and Canada — a total of 28,000-plus hours in the sky.”

In his years of flying, Kent faced a few challenging events but was able to remain calm and land safely. While he was a corporate pilot flying a single-engine airplane, the engine caught fire and shut down at about 800 feet. A soybean field served for the landing.

The other two incidents happened while



Joani Feiner knew times were changing in a male-dominated field when she was part of an all-female crew.

he was an airline pilot. He had to shut down one of the two engines and land at the closest suitable airport. While these were not scary events to Kent, he recognizes they might be for the average person.

“That's why we have two engines. None of these events made me scared or nervous, I think, due to hours of training.”

Kent's passion for flying held strong over the years. He says his “office” had the best window views one could ask for, and the feeling of taxiing to the end of the runway and pushing the throttles up to full power for takeoff is unmatched. He says he also enjoyed flying by instruments to a low visibility airport runway where pilots can't see the runway until the plane is only 100 feet above it.

As a pilot, Kent says a lot of people approach him to chat. Some of those conversations have given him a chuckle. Many will tell him about the pilots they know or share “flight horror stories” about bad turbulence and other such issues.

“The worst thing to hear is, ‘I do not fly with such and such airline anymore because they always lose my luggage,’ ” Kent laughs, adding he “loved” his career as a pilot.

“Being a pilot is one of the best careers ever; however, the airlines are open 365 days a year, so you do miss out on some family events.”

In his retirement, Kent runs a screen printing business, Signature Apparel Solutions, with his wife, Tami.

From flight attendant to pilot

Joani Feiner, who resides in Adel, is a potter at Bird and Boxer Pottery. While she may now be settled into a job that doesn't require lift offs and landings, her former career as a pilot took her from dirt landing strips to major airports.

When she was 15, Joani was hired by United Airlines as a flight attendant, but she wanted more.

“Although I enjoyed being a flight attendant, I did not find it fulfilling. At age 43, I decided it was time for a career change.”

She decided to become a pilot.

She continued to work as a flight attendant to fund her evening flight lessons. She had the support of her husband and father, who donated some funds to help her with school costs.

Joani flew for 23 years before she retired. She began as a student, then became a Gold Seal flight instructor, then flew for a private company whose clients owned shares of the airplane.

Along the way, she faced adversity and discouragement from other pilots.

“They felt I was too old and would not succeed,” she says.

Thankfully, a few exceptions encouraged her and helped her.

She recounts flying into many challenging places, including dirt landing strips, and spent several years flying regionally before being hired by Frontier Airlines. Most of her flights were within the U.S. and Mexico, so her longest flight was six hours long. She enjoyed interacting with passengers — especially those afraid to fly, she

says.

Joani shares some of Kent's sentiments when it comes to flying.

"There is nothing quite like the feeling of powering up a jet engine and lifting off into the sky," she says, adding, "I always loved the challenge of a great landing."

Ironically, growing up, Joani's mom warned her about things that went fast.

"My mother taught all her children to never get into a small plane or onto a motorcycle. She built that fear into us. She begged me not to take flying lessons. Then I had to force myself to attend every lesson for about the first 100 hours of flight time."

Eventually, Joani started enjoying flying and was not afraid anymore.

"Soaring above the clouds with only blue sky in sight filled me with a peacefulness only other pilots could fully understand."

Even in her retirement, Joani is often asked about being a female in a male-dominated profession.

She admits it was difficult but adds that the balance is shifting. She recalls having an all-female crew.



Adam George and his wife, Beth, in the cockpit of one of the planes Adam piloted.

"Then once we had a crew where the flight attendants were male and there were two females in the cockpit," she says. "I loved flying with other females. We always had such a good time."

Joanie says highlights of being a pilot included flying to the University of California

(UC) Davis campus to pick up her daughter for a cross-country flight and participating in an Angel Flight in which she picked up a severely injured air traffic controller.

"I received a beautiful gift in honor of my participation."

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Planes keep getting bigger

Adam George has been flying for more than 20 years. His interest in the career was sparked when he met a fellow DMACC student doing his flight training at the Ankeny airport.

Adam enrolled at the University of Dubuque to start training in the fall of 1999. A few years later, in 2001, he graduated and started working in the program as an instructor, teaching other would-be pilots how to fly.

In 2004, Adam was hired to fly as a first officer for Continental Express. He moved to Houston where he began flying Embraer 145 regional jets that carried 50 passengers.

"It was an exciting time in life," he says.

The base in Houston grew to around 2,000 pilots and offered a lot of exciting trips to Adam and the other pilots.

"I flew as a first officer for two years learning the aircraft and traveling to hundreds of cities across North America and Mexico," he says.

Adam was promoted to captain in 2007 and continued with the airline until 2016.

"I worked with a great group of pilots and flight attendants and visited almost every city with over 100,000 people. That little plane went

all over."

The next step in his career brought him and his family back home to a small town in Iowa but into a larger aircraft. In 2016, he was hired to fly an Airbus based in Chicago.

"The Airbus 320 was a welcome change after so many years in the regional jet," he says.

The flight deck of the Airbus 320 is much larger and more automated and can hold 230 passengers with a crew of seven. Flying a bigger plane meant Adam was no longer flying into the smaller markets but into much larger cities.

"My layovers now include places like Los Angeles, Miami, Phoenix. Being a larger plane also means longer flights. We go further south into Honduras, Panama, Columbia and Peru."

Over time, Adam gained seniority, and he now flies from Des Moines to Chicago to start his trips. Then he bids his schedule, with the flexibility to work the days and trips he wants to. Adam's goal is to be home as much as possible.

"I like being grounded. Faith and family are the most important parts of my life."

Adam and his wife, Beth (Bauman) George (ADM class of 1997), have two boys, Spencer, 17, and Elliott, 13, and a little girl, Adalyn, 1.



Adam George trained in flight simulators such as these.

"I'm always excited to come back home. The hugs and kisses upon arrival from daddy's little girl are priceless.

"I feel very fortunate to have had many experiences, work with great people, and travel to many places. But, for me, being grounded is foundational." ■

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A LEGACY lives on in Adel

Russell Abstract operates through six generations.

Hometown roots run deep in the Russell family — all the way back to 1872 when J.W. Russell founded the Russell Loan & Title Company. Back in the days of the early settlement of the recently formed State of Iowa, homesteaders' land claims were often disputed by "claim jumpers" trying to take away land without clear title. The title company provided the service of clarifying boundaries of land and recording them at the county courthouse.

"This service of abstracting pertinent information for attorneys to render opinions on titles, continues today," says Kent Glenn, co-owner with brother, Brett, of Russell Abstract. "We've just celebrated 150 years of being the legal clearinghouse of land titles in our community."

Throughout the decades, the Russell family and its descendants have been strong supporters of Adel, not only through their business, but through their civic pride and efforts to improve the city. J.W. Russell was the mayor of Adel, as well as being instrumental in bringing the railroad to Adel during a time that it provided an economic boom to the area. His son, L.V. Russell, was also mayor of Adel and became the president of Dallas County Savings Bank.

"During the Depression, L.V. had morphed part of the business into Russell's Savings and Loan, similar to Bailey's Savings and Loan in the film, 'It's a Wonderful Life,'" says Kent, with a smile. "They gave out small loans to help keep farmers and businesses afloat."

L.V.'s daughter, Nancy, married Harlan Glenn, and they ran the business together, expanding to include an insurance agency, until Harlan was killed in a car accident in the early 1950s.

"Grandma Nancy, who attended Drake and Grinnell College, ran the business on her own, with the help of Uncle Rusty and our dad, Cedric," says Brett, "and she was a savvy businesswoman. She made good judgements and eventually owned five or six of the buildings around the square."

Nancy Russell Glenn worked in the office into the 1980s, helping her sons.

Russell and Cedric Glenn had split the business into two parts. The insurance side



Renovation of the historic Russell Loan & Title Company building was completed inside and outside.

went to Rusty and the abstract side went to Cedric. Kent and Brett started working in the abstracting business, and, in the mid-90s began to buy it from their father, Cedric.

"He would come to the office and help us, even when we thought we were very capable and accomplished," the brothers chuckle. "That is how our family operates; we are seasoned and trained over time," says Brett.

"And, that is what has built our reputation for our name and our service," adds Kent. "We stand behind our work."

Brett Glenn was instrumental in the first drive to restore downtown Adel in the early 2000s, with Main Street Adel being connected to the Chamber and developing into the Adel Partners Chamber of Commerce.

"I remember when there were few store fronts still open around the square," says Brett. "We started some traditions that are still going today, like the Hometown Holiday Celebration, hoping to draw customers and residents back into our 'downtown.' Russell Abstract was an active participant in the CBDG (Certified Block Development Grant) program from the federal government in 2012 that helped rejuvenate the buildings around the square. That grant required business owners to also provide some of the restoration funds."

In connection with the firm's 150th anniversary last year, the Glenn brothers decided to do a total renovation of the interior of their building in March of 2022. It became an extensive project, due to some structural changes and repairs that needed to be done to the 153-year-old building. Roy Sargent Building, Inc. of Stuart did the restoration, using quartz countertops, exposing original



The legacy continues. From left: Kent, Gabby and Brett Glenn stand in front of the vault that holds the important documents used in their business.

brick and revealing the original tin ceilings, while sourcing more to face one office wall. With all new plumbing, electrical, cable and HVAC system, the building was brought up to building code and ADA compliance.

Prior to the current renovation, only modest updating had been completed in the 1960s and a second-floor remodeling in the 1990s.

"We sat in one room with four desks in it when we first started working here," says Brett, sharing a picture of all the furniture butted up against each other.

"We took the building that served the previous four generations and brought it into the 21st century," says Kent.

Now, there is room for Anderson-Glenn Real Estate to also be in the office.

Today, Gabby Glenn, Brett's daughter and sixth generation in the family business, is working and being trained in all the details and particulars of the abstracting business.

"We are teaching her the rules and specifics, but she is also the 'runner' — doing deliveries to attorneys and the courthouse, legwork on pre-closures and last minute searches," says Kent. "She's learning from the ground up, as we did."

Because of the significance and longevity of the business, the renovation of the historical building and the impact on the economic future of the area, the Adel Historical Preservation Commission, headed by Chairperson Rich Hughes, has nominated the project at 821 Main St. to be recognized by Preservation Iowa to receive an award. The award is "Preservation at its Best" to recognize the historical past of the building and its connection to the future. The award is given at the state level in June. ■

DEBT CEILING, bank crisis, and your retirement

If you follow the news, something is constantly threatening the economy. In the last few years, COVID, the supply chain, interest rates and inflation have grabbed the headlines. Recently, the debt ceiling limit and banking crisis are stealing the show.

Despite all these things you can't control, you still want to retire or stay retired, but how? Perspective and a plan.

Recently, three U.S. banks failed, lawmakers took emergency action, and there were more central bank rate hikes. Here's some perspective. Bank failures are fairly common. Since Oct. 1, 2000, there have been 565 bank failures, according to the FDIC. They just don't get as much press as the bank failures of 2023. The latest bank failures don't feel like the start of another 2008, but there could still be some aftershocks, including the possibility of increased volatility in the market.

As for the debt ceiling, the conversation has turned to Social Security and Medicare cuts as a solution — not what anyone retired or thinking about retirement wants to hear. While that grabs the headlines, lawmakers will more likely raise taxes to lower the federal debt. Taxes are currently at historic lows, with the top tax bracket at 37%. It was just 42 years ago when the top bracket was 70%.



Now that we've discussed history, let's look to the future. You still want to retire or stay retired, despite all of this. And, so far, the families and individuals we work with have done just that, even during market downturns, despite inflation, and in the middle of a pandemic. How? They have a customized retirement plan that was built with retirement risk in mind. We can't predict a banking crisis or COVID, but a retirement plan can account for risks like market volatility, taxes and legislation. A customized retirement plan has action steps we can take when the market is down, such as dollar-cost-averaging or Roth conversions. It also includes a long-term tax plan. We help families and individuals build retirement strategies with the possibility of higher future tax rates in mind and talk about what we can do now to take advantage of taxes being on sale.

History has taught us that there is always a risk that can threaten your retirement. It's good to be aware but not scared of these risks. A customized plan allows you to take control of your retirement. Then when you see the headlines, you don't have to worry because you are still on track to live out your retirement vision. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: fdic.gov/resources/resolutions/bank-failures/failed-bank-list/ "Failed Bank List"; <https://www.fdic.gov/resources/resolutions/bank-failures/failed-bank-list/>

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SUMMER camp for kids coming to Adel

There is nothing quite like moments around a campfire swapping stories with friends, building s'mores, and gazing at the stars. Camping is a great place to slow down, build memories, get a little dirty and soak up the summer sun.

This is also why we love to send kids to camp. Maybe like your own childhood, camp can often be the highlight of the summer. There are many reasons for this:

- For most kids, camp is a great place to make year-long friendships.
- Guess what is usually not at camp? TVs, cellphones and video games. Kids may not realize it, but camp is a great place to disconnect from devices that distract the mind and keep young people from focusing on the deeper questions of life, including questions about God and the purpose of life.
- Camp is a place to meet new heroes. Often a camp counselor or staff member becomes an inspiring mentor in the life of child. Many kids face tough challenges or harmful influences throughout



the year, and connecting with new heroes (usually masked as super-cool college students) can make a big impact.

• Finally, camp is a great place to meet God. When youth get away and into nature, they are in a perfect setting to ask questions, explore, or grow in faith. For example, studies show that 85% of people will decide about faith, namely a decision about who Jesus is and what He wants from their life, before the age of 18. A Christian camp specifically is a great spot for a child to read the Bible for themselves, be encouraged, and build convictions.

For the fourth summer, New Hope Church is hosting summer camp for kids throughout Dallas County the week of July 31-Aug. 4. Hidden Acres (HACamps.org) will be in Adel for full day camp (9 a.m. to 4 p.m.) for kids ages 6-12. Kids will get to enjoy outdoor activities, water games, inflatables, horses, Bible study and a chance to make friends, learn about God and build lifelong memories. We also have junior counselor opportunities for teens. To learn more or to sign up for camp, go to NewHopeAdel.org/Events. ■

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

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MEET Alisha Rusch

Student teacher returns to teach for ADM.



Alisha Rusch's positive experience student teaching in the ADM district led her to apply to teach for the district.

After graduating from the Johnston Community School District, Alisha Rusch pursued her passion for education at the University of Northern Iowa. She joined the Adel-DeSoto-Minburn Community School District as a first-grade student teacher at Adel Elementary School. After three months with the district, she knew it was where she wanted to start her career.

"There are so many characteristics about the ADM school district and community that make it a wonderful place to work. The best thing about working with the district is that they are so focused on student success inside and outside of the classroom," Rusch says.

Today, Rusch teaches second grade at Meadow View Elementary School and is a volleyball coach for the district. She says she enjoys teaching students at this level because of the amazing educational advances they make.

Rusch's students currently participate in the school-wide "I in Kind" program. Students are nominated by staff members for doing random acts of kindness and following school expectations. Once nominated, students are recognized in the weekly announcements and have their photo displayed in the lunchroom. Nominees are also put in a class reward system called "Reward Board" where they are entered in a drawing for prizes such as extra recess, lunch in the classroom, candy and more.

"One of the most rewarding things I have experienced is several students went from dreading reading time to begging to read more. They have started to enjoy reading and choose to read at home as well. This was so special to experience as an educator because not only do I get to teach them to read, I get to help foster a love for reading that will allow them to continue to grow and prepare them to be life-long learners," Rusch says.

As the school year draws to a close, Rusch is celebrating the growth of her students. She is also looking forward to refining her instruction and applying things she has learned to become a better teacher.

"The kind, hardworking kids in this district show that the hard work the district puts in truly does pay off. The character of the students and athletes at ADM is a beautiful picture of the values of this school and community. It takes a village to produce great kids, and I am so thankful to be a part of that village," Rusch says.

When not teaching, Rusch enjoys spending time with family and friends. She also participates in local softball and volleyball leagues. She likes to read, watch movies, play board games and more. ■

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UPCOMING COUNCIL MEETINGS:

- **Tuesday, May 9th, 2023** at 6:00 p.m.
- **Tuesday, June 13th, 2023** at 6:00 p.m.

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

REMINDERS & CLOSURES:

CITY HALL CLOSED:

Monday, May 29th, 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

Yard Waste Pickup began Tuesday, April 4th. Yard Waste Pickup will be every Tuesday through November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

GET TO KNOW...

What is your title?

Wastewater Operator

What is your past work experience?

Worked in landscaping, then the Iowa DOT, and then with the City of Adel in the Streets Department before moving to the Sewer Department.

How long have you been working for City of Adel?

Almost 6 years.

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

To have the new wastewater plant fully online and for myself to reach a Grade III Wastewater License so I can operate the new plant independently.

What is a hobby you enjoy?

I enjoy fishing, going to the gym, and riding motorcycles.

Anything else Adel should know about you?

I grew up in neighboring Redfield and still live there. Also, I love football – Go Hawks!



CHASE FREEMYER

2023 PET LICENSES & GOLF CART PERMITS:

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 (there is a \$5 late fee after May 1)
- **Golf Cart Permit Cost:** \$50

PARKS & RECREATION ACTIVITIES:

Register online at adel.activityreg.com. Majority of activity deadlines are May 19.

- **ART IN THE PARK** – Participants explore their creative side on Mondays at Evans Park – two sessions / two age groups Session 1: June 5 – 26, Session 2: July 10 – 31, 5-7 yr. olds 9 – 10 am, 8 – 10 yr. olds 10:30 – 11:30 am \$50 / participant.
 - **LITTLE SLUGGERS** – Introductory baseball and softball program for boys and girls ages 3 and 4. Two sessions offered. Session 1: June 12-28; Session 2: July 10 – 26; Mon/Wed 6-6:45pm. \$40/player
 - **MOVIE IN THE PARK** – Friday, June 23rd – Kinnick-Feller Park – Cars III – movie starts at dusk – **FREE EVENT**
 - **ADEL POWER WHEELS NATIONALS** – Boys & Girls 2 to 7 yr. olds – divisions for 2 to 4 yr. olds and 5 to 7 yr. olds with two new divisions this year. Saturday June 24th 9:30 am check in – Kinnick -Feller Park – **FREE EVENT** – register by June 15.
 - **DALLAS COUNTY FAIR PARKS AND RECREATION DAY** – Fun and entertaining contests – Thursday, July 13, 3 to 4 pm at the entertainment stage on the fairgrounds – **FREE EVENT** – Adel, Perry & Waukee Parks and Recreation Departments
 - **PICKLEBALL** – Drop in pickleball play May through August. Mondays 9-11am and Wednesdays 6-8pm. **FREE**
 - **ADULT COED SAND VOLLEYBALL LEAGUE** – Tuesday Evenings, June 6-July 18 + tournament. \$165/team
 - **ADULT COED SLOW-PITCH SOFTBALL LEAGUE** – Thursday Evenings, June 8-July 27. \$215/team
 - **WOMEN'S TENNIS LEAGUE** – Monday/Tuesday Evenings, June 5-August 8. \$30/player
 - **MEN'S TENNIS LEAGUE** – Thursday Evenings, June 8-August 10. \$30/player
- Looking for a team? Email rdilling@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. 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
- 1 vacant Library Board position (position will start upon appointment and will run until July 1, 2024)

**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.*



ADEL FAMILY AQUATIC CENTER

Tentative opening date is set to Saturday, May 27th.

Follow the Adel Family Aquatic Center on Facebook for updates.

NEW Open Swim Hours

Monday – Thursday 12:30 – 5:00pm & 6:00 – 8:00pm
Friday 12:30 – 5:00pm
*Saturday & Sunday Family Swim Noon – 1:00pm
Saturday & Sunday 1:00 pm – 6:00 pm
Swim Lessons: Sign up online at adel.activityreg.com

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 must be informed of all burials. Preparation and closure of any burial sites must be performed by City staff unless permission is received in writing.
- Graves may be decorated between November 15 and March 1, and from the Friday before the observance of Memorial Day until the Monday following Memorial Day of each year. Urns that are a part of the headstones may be decorated at any time.
- Approved decorations include live and artificial flowers and wreaths, flags, and holiday decorations, and must be in-line with the headstones.
- Annuals and perennials may be planted adjacent to, and in-line with, the stone if tended by the lot owner. No other sod displacement will be allowed.
- Permanent plantings (trees, bushes, etc.) must be approved by the Park Board.
- No glass or metal containers, planters, or ornaments are allowed for any purpose.
- All headstones must be placed in line with existing headstones. In the absence of adjacent stones, headstones must be placed at the head of grave at the end of the cemetery space.
- All foot stones and commemorative plaques must be mounted flush with the ground.
- No dogs allowed.
- No fishing from the cemetery.

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F 7:30 a.m. – noon

www.adeliowa.org

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Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

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515-979-6119

www.adeliowa.org



EVENTS IN THE AREA

Be sure to check for cancelations

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

Third Monday Bingo

Monday, May 15, 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.

BINGO

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

Bike Safety Rodeo

Saturday, May 13, 9-11 a.m.

Adel City Parking Lot

Free bike and helmet inspections and bike rodeo course for kids 5-12 will be offered at this come-and-go event. Free giveaways and a drawing for a boy's bike, girl's bike, helmets and other prizes will be held. Must register but need not be present to win. The event is sponsored by Adel Rotary and Adel Police Department.

Dallas County Conservation programs

Spring Green-up River Paddle
May 6, 8-11 a.m.

TBD, depending on local river conditions

As the cool, damp spring season transitions into the longer, hotter days of summer, the natural world goes through many transitions. Join DCCB naturalists for a paddle along a stretch of one of the county's water trails to take in the beauty and wonder offered by spring on the river. Occasional stops will be made along the route to discuss and explore what is seen. Attendees must provide their own boats, paddles and life jackets, which can be rented from Raccoon River Retreats near the Redfield Dam. Registration required online at DccbSpringGreenupRiverPaddle.eventbrite.com.

Dallas County Clubs

May 7, 1:30-2:30 p.m.

Forest Park Museum, 14581 K Ave., Perry

The number of clubs and civic organizations in Dallas County is mind-boggling. This program will look at some of their legacies and artifacts. Register to be notified of weather cancellation at DccbDallasCountyClubs.eventbrite.com.

Mother's Day Hike

May 13, 10-11 a.m.

Kuehn Conservation Area,
32849 Houston Trail,
Earlham

Celebrate the moms of nature. Join Naturalist Erica for a hike and show some love for Mother Nature herself. Register to be notified of weather cancellation at DccbMothersDayHike.eventbrite.com. ■



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1. Science Center of Central Iowa
2. Living History Farms
3. Jester Park Nature Center
4. Kuehn Conservation Area
5. Blank Park Zoo
6. Brenton Arboretum
7. Big Creek Beach
8. Ledges State Park
9. State Historical Building
10. The Iowa Children's Museum



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LIBRARY

By Olivia Osborn, marketing & collection management librarian

HELLO from the Adel Public Library



This month, we are busy preparing for our summer reading program (mark your calendars for the morning of June 5 to attend our summer reading kickoff), but we've still got plenty of plans for May, too. Check them out below.

- **Star Wars Storytime** – Thursday, May 4 at 4 p.m. Miss Paula, our favorite former librarian, will be leading us in stories, games and crafts. This event was created for children ages 4-7 years old.

- **Teen Advisory Board** – Thursday, May 4 at 4 p.m. Students on the Teen Advisory Board (TAB) develop leadership skills and meet monthly to help plan teen programs, sign up for volunteer opportunities, give input regarding the teen area of the library, and suggest teen books to be purchased by the library. Volunteer hours/cord hours may be earned for these meetings. This program is designed for students in grades 6-12.

- **Therapy Pets** – Thursday, May 4 at 4:30 p.m. The ARL brings small pets for everyone to play with.

- **Free Comic Book Day** – Saturday, May 6 at 10 a.m. Come to the Adel Public Library and snag a free comic book (while supplies last). We will also have a special super-hero guest from the Iowa League of Heroes joining us. Don't forget your camera and feel free to dress up as your favorite super-hero pal.

- **Little Mermaid: Find Your Voice Party** – Wednesday, May 31 at 10 a.m. Calling all princes and princesses. We are having an under-the-sea party full of stories, crafts, snacks and activities. Our special guest, the Little Mermaid, will be joining us to read a few books, sign some autographs and pose with you. Make sure to bring your camera.

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 third Tuesday of the month at 10 a.m.

- **Brown Bag Book Club** – May 11 at noon

- **Cook Book Club** – May 17 at 11 a.m.

- **Evening Book Club** – May 25 at 6 p.m.

We hope to see you in the library this spring. ■

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SPRING clean your finances

After a long winter season, spring is finally upon us. While the grass is turning green and trees are sprouting, you may have started or thought about starting your spring cleaning. For many of us, that consists of deep cleaning and clearing out rooms and closets for a fresher and happier environment. While we're refreshing our homes, we should also consider ways to tidy up our finances. Here are some strategies for your financial spring cleaning:



Clean up your accounts.

If you have accounts at several different financial institutions, it might be challenging to keep track of them all. If you feel like your finances are disorganized, consider consolidating your accounts into one relationship. Or, if you prefer to maintain accounts at different institutions, be sure to take advantage of digital services provided such as online and mobile banking, which make it easy to check your accounts daily.

Get rid of the paper.

If you receive paper statements from your bank, consider switching to paperless or "eStatements." There are numerous benefits to going paperless, including reducing the clutter in your home. It is more eco-friendly and makes it easier to track your finances having your statements all in one place.

Refresh your budget.

Your budget is the foundation of your financial health, so make sure to prioritize sprucing it up. Take time to review your budget to determine if you are overspending in certain areas and look for ways to possibly cut back, such as canceling unused subscriptions.

Review your credit report and take inventory of debts.

If you don't already, you should check your credit report annually. Doing so allows you to get a view of all your credit accounts and make sure there is nothing unusual, such as an account you don't recognize. If you do notice something unusual, you can dispute it with the credit bureau.

Maximize your credit rewards.

As you review your spending habits, take time to see what you can do to get the most out of your credit cards. Using a rewards card for purchases can be beneficial. You can earn points toward flights, hotel stays or getting cash back. It could also be beneficial to apply for a rewards card before making any large purchases as you could qualify for an introductory points bonus. Of course, you need to be careful when using credit cards and only use it for purchases you can pay off every month.

We hope you find these strategies helpful when it comes to tidying up your finances, and we wish you a happy spring season! ■

Information provided by Kelsey Hughes, marketing officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.

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RECIPE

DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

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FAITH, family and friends

Carlos Valencia remains a stalwart servant.

As you open the door of St. John's Catholic Church, you will most likely see the friendly, smiling face of Carlos Valencia welcoming those who enter.

"I really enjoy being an usher and greeting parishioners and people as they enter the church," says Carlos. "The smiles I receive in return fill my heart with joy."

After the pandemic, when the church resumed mass but continued streaming services, Carlos was the only usher for almost a year, faithfully greeting—with mask on—any members who attended.

Born in Mexico of an American father, Tranquilino, who served in World War II, Carlos was raised in El Paso, Texas, where his family moved for work. The tragic death of his father in a car accident when he was 4 years old left his mother, Carmen, to raise five children, ages 2 to 9.

"My faith comes from the strong faith of my mother; church was a central part of our lives," says Carlos. "We were all altar boys, helped at the church and often had the priest over to our home for dinner. My mother was very strict, and my brothers and I all graduated from high school and continued the military tradition by joining the service. I joined the Air Force after graduating with an electronics technology degree. The same day, my younger brother joined the Army."

Both were stationed in Germany and together traveled throughout Europe during their time off. It was in Spain on a temporary duty travel for training that Carlos met his



wife, Maria, in 1973. They married in 1975, and Carlos made the Air Force his career. He earned his college degree and became captain of approximately 120 airmen as a communications officer.

"I learned to deal with people who had many different needs and issues," says Carlos, "and to treat them with compassion and understanding."

After 20 years of service, Carlos retired from Offutt Air Base in Omaha, Nebraska, and joined a company that was installing the Iowa Communications Fiber Optic Network. Since their office was in Adel, Carlos and Maria moved with their four children, Daniel, Roberto, Andy and Ana, to Adel in 1992. He later joined CenturyLink and retired in 2015 as operations network manager. Maria and Carlos were enjoying their roles as helpful grandparents, taking care of their grandchildren on a daily basis, when Maria was diagnosed with pancreatic cancer and died in December, 2019. Carlos used his faith to keep him strong and turned his grief into helping others.

A member of the Knights of Columbus, Carlos can be counted on to be a part of the projects and fundraising efforts the Knights undertake. Every fish fry, pasta supper and coat



Dylan Morris, BigDeal Care Care Adel manager, presents the Good Neighbor certificate to Carlos Valencia.

drive, Carlos can be seen supplying his time and toil to support the cause. This includes the St. John's Memorial Garden.

Providing support to the community by volunteering weekly at the Adel Food Pantry is another of the ways Carlos Valencia is a servant to others.

"I enjoy volunteering at the Food Pantry every Monday for a couple of hours; all the volunteers are exceptional and inspire me to be more helpful," says Carlos.

"Carlos demonstrates his faith by the way he lives his life, putting others ahead of himself. His involvement in parish life and the community make him a role model for all of us," say parishioners, Pat and Maria Steele.

"I love Adel. Everybody I have encountered has been very nice to me. I will do anything to help 'my people,'" says Carlos. "I love my parish and helping others. My 'Holy Moments' are in those times of helping others." ■

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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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METABOLISM and aging

Why does metabolism slow down as we age?

One of the main reasons is muscle mass loss, also known as sarcopenia, which begins naturally around the age of 30. Muscles burn energy more rapidly, so, as your muscle mass decreases, your metabolic rate dips as well.

Another common cause of slower metabolism is a lack of physical activity. Staying active becomes more difficult as we age, but continuous exercise helps keep metabolic impediments like weight gain and cardiovascular diseases at bay.



Treatments

To combat slowing metabolism, it's necessary to lead a healthy lifestyle. Work out daily, making sure to include both strength training and aerobic activities in your routine. Drink plenty of liquids throughout the day, namely water and green tea, and eat a balanced diet comprised of lean protein and filling foods like beans and legumes.

Natural supplements that boost metabolism are available at your local pharmacy as well. Remember to ask your pharmacist first if supplements are the right choice for you. ■

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

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WHAT causes TMJ?

Temporomandibular Joint (TMJ) dysfunction is associated with a variety of symptoms such as headache or pain in the jaw, neck or shoulders. The causes of this dysfunction can vary from person to person and include teeth grinding, habitual gum chewing, nail biting, dental problems, stress and trauma to the jaw. While TMJ is often diagnosed by a dentist or physician, a physical therapist can diagnose as well. A dentist may offer a dental appliance or dental work, but it is also important to address the degree of strength, mobility and tension in the surrounding muscles. Hands-on examination is a key diagnostic tool to get a foundation for an exercise program to address muscle imbalances. Strengthening, stretching and relaxation techniques can help reduce pain and restore function.

The TMJ is located in front of the ear on both sides of the head. These joints are used throughout the day during activities like talking and chewing. The joints can move forward, backwards, side to side and up and down. The muscles in the neck and jaw that impact the TMJ are closely connected to the muscles in the shoulder as well. Weakness or dysfunction in those muscles can cause pain. It is important to help “re-educate” the muscles, work on relaxation techniques and create a home exercise program that will greatly reduce or eliminate pain. ■



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

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HEALTH

By Shelly Stewart-Sandusky

MANAGING the unmanageable

Life is unpredictable and full of unexpected hurdles and barriers such as financial struggles, job loss, health challenges, loss of a loved one, or life transitions that can feel unmanageable. When this happens, it's easy to feel overwhelmed, hopeless, or even frozen and unable to make a plan to move forward. When life is stressful and unpredictable, it is important to focus on taking one step at a time and slowing down your thinking to be able to make good choices to navigate the stressor. Some unexpected stressors require quick action or reaction. In these cases, it is important to do the best you can to calm your mind to think through the options available at that moment. Good decisions seldom happen when your mind is in a chaotic state. You can do this through deep breathing, grounding strategies, or meditation to try to regain a semblance of calm. Other stressors are not time sensitive but can still be overwhelming. In these situations, it is important to take time to calm your mind, think through your choices and take a reasonable amount of time to make the best decision you can. When time is less of a factor, you can allow yourself space to take a break or distract yourself from the stressor to help gain perspective. Life isn't easy, but it's worth the struggle. ■



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

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By Delecia Crannell

KNOW your numbers

The month of May is filled with fun traditions. May baskets, May poles, first day of fishing, the Kentucky Derby, etc. Did you know there is a belief that washing your face with the morning dew on May 1 will bring luck and beautify your skin? After passing that 50 mark (sshhh!), I am all for both of those results.

May is also Hypertension (high blood pressure) Awareness Month. May 17 is World Hypertension Day with the theme of "Know Your Numbers." The goal is to raise awareness of hypertension and encourage detection, prevention and control. This disease affects more than 30% of the world's adults and is the No. 1 risk factor for both strokes and heart disease. It also contributes to dementia and kidney disease.

Let's talk numbers. The top number of your blood pressure (BP) is the pressure on your vessels when your heart contracts and forces blood through your body. Ideally, we would like to see it below 120, and over 140 is too high. The bottom number is the pressure when your heart relaxes after contracting. Ideally, it should be less than 80, and anything over 90 is too high. Of course, there are times such as with exercise or stress that a person with "good" BP may have a very short episode of increase before going back down, which is OK. Consistent elevation is the problem. That is why it is important to "know your numbers" and discuss them with your primary care provider. ■



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

GET READY for Adel Farmer's Market

New location offers more visibility.

Adel folks have a lot to look forward to this summer with changes to the Adel Farmer's Market.

Gretchen York, owner of Wilson Farm Produce, will now oversee the farmers market. She has partnered with Tom and Linda Fuller to use Fuller's parking lot at 718 Greene St. (north of Scooter's) as the new location for 2023.

The Adel Farmer's Market will continue to be on Tuesdays starting June 6, but now from 4-7 p.m. This will allow people more time to visit the market.

Recently, the farmers market was held at Harmony Hall. Toward the end of last year's season, York visited with Valerie Sutton at Harvey's Greenhouse, who welcomed them to set up in front of their business.

"That's when we realized there's a lot of people in town who didn't even know there was a farmers market," York says.

So, York chatted with Deb Bengtson, president of the Adel Partners Chamber of Commerce, who was on board with finding a more centralized location, which ended up being Fuller's. York says the previous person who organized the market, Marie Gipson, was excited to hand over the reins.

York, who has a craft business herself, has experience with vendor and craft shows so has an idea of how they are run and set up. Now, she can bring that expertise to the Adel Farmer's Market.

"We want Adel to have a growing farmers market," she says. "We want people to have somewhere to come and get fresh produce, baked goods and handcrafted items."

Besides this year's market being in a more visible spot — something that's a benefit for both vendors and customers alike — food trucks and music will also be featured, York says.

She adds that attending the Adel Farmer's Market is a great way to support small businesses, especially after all the challenges they've faced these past few years.

"We're really looking forward to it," York says. "I'm hopeful it will take off and that the community will help support it."

Those interested in being a vendor should send Gretchen York a message on the Adel Farmer's Market Facebook page or email AdelFarmersMarket@gmail.com. ■



Gretchen York and her father, Dan Wilson



Besides its usual array of fresh produce, baked goods and more, the Adel Farmer's Market will feature music and food trucks.

DISPELLING lawn myths

Now that your lawn has come to life, there are some common lawn myths that people still believe that are counterproductive.

Myth No. 1 – Once your dandelions have bloomed, it is too late for effective weed control. Although it might seem like you've lost the battle, dandelions are pretty easy to control using commonly available three way products like Trimec® throughout the year. If you want to get on top of broadleaf weeds, the products available at your garden center or using a lawn care professional can get those pesky weeds under control fairly quickly.

Myth No. 2 – You need to bag your lawn clippings to prevent thatch build-up. Not true. Lawn clippings break down fairly quickly and normally do not increase thatch levels. In fact, removing your clippings takes away and decreases the valuable nutrients available that your lawn needs to be active and healthy. The only time you really need to remove clippings is if you have fallen behind on mowing (usually during extended wet periods). Using a good mulching mower, with a sharp blade, and mowing frequently enough is the best practice to follow to reduce thatch build-up.

A good lawn care professional can provide you with these tips and provide you with the correct lawn information that will help you maximize the beauty of your yard. Take advantage of their knowledge and expertise. ■

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



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MATTA Family Dental

Third generation of dentists

For 77 years, Dr. Rachel Matta, her dad, Dr. Larry Nelson, and her grandfather Dr. Paul Nelson, have offered three generations of dentistry services.

Ten years ago, Rachel Matta, D.D.S., purchased her dental office in Adel, where she is also the third generation dentist at that location. Matta Family Dental P.C. is located at 906 Main St. in downtown Adel.

Dr. Matta initially wasn't sure she wanted to be a dentist. As a high schooler mulling her career path, she thought dentistry was "gross."

"I told Dad it was gross looking in people's mouths all day. I didn't want to be a dentist," she recalls.

Her dad didn't pressure her to go into the dental field. As she attended college, she leaned toward interests in science and art, but wasn't sure what would be a viable career path for her. When she looked into dentistry, she realized she could use her passions for science and art.

"I could also talk to and help people and use the skills that I love if I went into dentistry," she says.

She became a dentist and opened up her practice in Adel.

"When I grew up in West Des Moines, our family used to go to the pool there. Adel was a wonderful community, and that's where I wanted to grow my practice."

Once established, she joined the Adel Partners Chamber of Commerce.

"I knew the chamber is a good way to network and stay involved in the community," she says.

Her office participates in chamber events, including the Sweet Corn Festival parade, where she hands out lip balm, and the Sip and Sample, which is one of her favorites.

"I like to cook and share recipes. It's a good way for the public to visit my office."

One reason she chose Adel is that she heard Dallas County was one of the fastest growing counties in Iowa.

"The Adel community is unique. The people of Adel are wonderful and Adel has retained that small-town atmosphere, which is appreciated."

She likes the location and is hoping to expand her practice in the future.

"We love what we do, and we enjoy being part of the historical area of town. It's a small, quaint business. You'll see me every day," she says.

Dr. Matta says the chamber has helped promote her business on the chamber's Facebook page and through other promotions. She encourages other businesses to join the chamber.

"It's a great way for businesses to get your name out, get to know each other and help each other out," she says. ■



Dr. Rachel Matta followed in her dad's footsteps to become a dentist, despite early reluctance in doing so.

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



The Adel Partners Chamber of Commerce held a ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Adel Mayor Jim Peters, Kent York and Mark Hanson at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Julianna Cullen and Kevin Howe at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Leslie Herron and Katie Lind at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Jason Urban, Adel Partners Chamber of Commerce Board President, thanks Tim Bianco for his business expansion in Adel at the ribbon cutting for Iowa Spring Manufacturing's new facility on April 20.



Terri Larson, Kami Covarrubias and Eddie Covarrubias at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Gregg Davison, Chris Davison and Lorissa Moffit at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Makayla Putz, owner of The Morning Grind Coffee, receives her Residents' Choice certificates on April 21.



Kristi Fuller and Deb Bengtson at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Brett Damos, Mollie Damos, Christi Setchell and Cameron Hybels at the ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.

OUT & ABOUT



Dallas County Sgt. Ray Dirksen handed out gifts to kids at the Adel Kiwanis Easter Egg Hunt on April 2.



Oliver Wilkens – Flora with the Easter Bunny at the Adel Kiwanis Easter Egg Hunt on April 2.



Landon Detton getting his face painted by Ela Bjork at the Adel Kiwanis Easter Egg Hunt on April 2.



Ruby, Wini and Wren Markus at the Adel Kiwanis Easter Egg Hunt on April 2.



Landon and Zoey Detton at the Adel Kiwanis Easter Egg Hunt on April 2.



Blakely and Mason Wells at the Adel Kiwanis Easter Egg Hunt on April 2.



Adel Kiwanis members Dan Juffer, Jim Marshall, Jodi Kuhse, Scott Gavin, Jackie Giles and Courtney Goodrich at the Adel Kiwanis Easter Egg Hunt on April 2.



Ari and Harper Westphal at the Adel Kiwanis Easter Egg Hunt on April 2.



Jenifer and Aiden Stevens at the Adel Kiwanis Easter Egg Hunt on April 2.



Adel Kiwanis member Courtney Goodrich presented certificates to April ADM Kiwanis Students of the Month, Thomas Nugent, Bailey Renner and Alexis Nemechek on April 11.



Luke Brandhorst, Wes Krenz, Scott Hall and Robert Cramer attended the April 11 Adel Kiwanis meeting at Patrick's Restaurant. Robert Cramer gave a presentation on the Southbridge Development.

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