

ADEL

JUNE 2023

Living

MAGAZINE

Unplugging FOR SUMMER FUN

Keeping kids busy and active —
without the screen time

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Chicken Shawarma Sliders
RECIPE

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UNPLUGGED

Many of you reading this may remember “MTV Unplugged,” a television series on the cable channel MTV that showcased musical artists who played acoustic instruments. As such, the term “unplugged” has come to refer to music that would usually be played on electrified instruments but is rendered instead on instruments that can be played without electricity. Some of the artists who appeared on the MTV show in the 1990s include Eric Clapton, Mariah Carey, Rod Stewart, Nirvana and even Tony Bennett. This different twist on the popular music of the day provided a fresh listen that many of us enjoyed — and still do.



Today, unplugged has another meaning. Even though electrical cords are mostly a thing of the past as we rely on batteries for seemingly everything, the idea of letting go of our electronic devices and getting back to nature — or actually talking with people face to face — has a newfound attraction.

When was the last time you hopped on a bicycle for a leisurely ride, seeing the world at less than 5 mph and breathing in the fresh air?

Or when did you last take a casual swim in a nearby lake, feeling the warmth of the sun on your body?

And how about stretching out in the cool grass at night and gazing up at the numerous stars in the sky, listening only to the chirping of crickets or the hoot on an owl?

Sound relaxing? Then maybe it's time to lay your phone down, put social media on hold and hide the remote control to the TV. In short, unplug. And if you really want to tie this unplugged theme together, find a talented friend who can play an acoustic guitar and sing around a campfire.

If you are a parent, you have likely directed your children to put down their phones or stop playing video games and get outside. I know I have. But maybe instead of giving orders to today's youth, we need to take the advice ourselves and enjoy the aforementioned activities and the many others that are available to us.

Need ideas? Well, you are in luck, as this month's cover story provides examples of what residents are doing with their families to reduce screen time and unplug. See you outside.

Thanks for reading. ■

SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Dan Juffer
Senior Advertising Account
Executive
515-953-4822 ext. 303
dan.juffer@dmcityview.com



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Unplugging

FOR SUMMER FUN

Keeping kids busy and active —
without the screen time

By Chantel Boyd

It's time to put down the cell phones, iPads and video game controllers and turn off the TV, computers and streaming services. It's summertime, and that means it's time to get moving, exploring and enjoying the myriad of fun activities available. This summer, stave off your kids' "I'm bored" blues by trying something new or rediscovering good old-fashioned fun. It all starts with hitting the "off" button on electronics.

Henry and Holland Boots enjoy activities that don't involve screen time, including outings to the splash pad.

Plenty of fun close by

Anna Boot and her husband, Matt, are raising their kids, Henry, 8, and Holland, 6, in Adel. They plan to spend their summer days more off screens and having fun together. The family has compiled a summer bucket list that consists of being in nature, riding their bikes, going to the park, reading along with the library reading program, and visiting local hotspot Billy's Ice Cream Store. The summer bucket list is growing, with each family member contributing ideas.

Anna keeps a loose schedule to plan what they might do daily and week to week. For example, the family plans to visit the park on Monday, the zoo on Tuesday, the pool on Wednesday, the library on Thursday, and camp out in the yard on Friday.

With so many offerings in Adel, Anna says her family can enjoy time locally, like logging reading for the library reading program and attending special events at the library. Each day, Anna and her children read for at least an hour.

The Adel Public Library Summer Reading Kick-off will occur at the Community Stage & Pavilion on the corner of 10th and Main Street on June 5 from 10 a.m. to 1 p.m. There will be a family-friendly comedy/magic show, a bounce house, a balloon-twisting artist, temporary tattoos for kids, ADM cheerleaders, and a summer reading sign-up booth at the event.

When at home, the kids like to play with their neighbors.

"My kids spend lots of time outside playing with their friends in the neighborhood. I love living in a small town where they can do that like I did as a kid," Anna says.

When the weather is nice, Henry and Holland would much rather be playing outside than being on their screens.

"I think it's all about balance — teaching them that screens can be used as a tool, and our life doesn't have to revolve around them."

When the Dallas County Fair rolls around, Anna and her family spend at least one full day enjoying it, doing fun activities like visiting the livestock, riding carnival rides, getting their faces painted, and taking advantage of the abundance of kid-friendly entertainment.

Anna admits her daughter can become a bit upset with her when her screen time is up, but she tries to stick with the screen time limits anyway.

"They enjoy being outside and exploring and will usually choose an outdoor activity when they get to pick what we are doing for the



Anna and Matt Boot plan for summer fun that will get their children outside.

day."

Anna says she also gets resistance from her children when it's time to come inside and eat dinner because they are having so much fun outside.

"I usually get more pushback from telling them to come inside for dinner. Not as much from screen time limits. They often ask for permission to go back outside before bedtime."

Themes for summer fun

Hanna Sanders and her husband, Jake, adopted their kids, Johan, 9; Adrian, 8; Julian, 6; and Shayra Lynn, 4, from Colombia in the summer of 2021, so last summer was their first entire summer together. They are looking forward to this summer to spend together.

Hanna is a school counselor at ADM. From her training for her job and training for adoption, she knows how important structure and routine are for kids, especially those who have faced a lot of challenges.

"Because our children have faced traumas, I have decided to have some structured activities to help our kiddos thrive without the school routine."

For Hanna's family, screens are considered a bonus.

"Time with our people, growing our brains, playing, and exploring is more important and are the activities we want our kids to remember."

Last summer, Hanna hosted weekly themes geared toward keeping the family primarily



Hanna and Jake Sanders adopted their kids, Johan, 9; Adrian, 8; Julian, 6; and Shayra Lynn, 4, from Colombia in the summer of 2021.

unplugged. The family did different activities, checked out books from the library, and visited places with that theme. Last year, each week's themes were based on something one of Hanna's kids enjoyed. For example, when the family traveled to see Jake's family in California, the week was deemed "ocean week."

Their kids have acclimated since being adopted last year, so Hanna is going with a bucket list route so they can be more flexible on when the activities happen.

"The bucket list things are activities other parents have shared with me or are things we have talked about doing during the school year but have not had time."

Hanna also finds activities for her family from local resources like Des Moines Mom, Catch Des Moines, or Facebook events. They also use their Adventure Pass perk with their library card to get free tickets to area attractions.

"Anything that sounds like something our family would enjoy happening on a day we are available gets added to our calendar," she says.

Activities are followed by "circle questions,"

FEATURE

where they share their thoughts.

"We often share what our favorite thing we did was, something funny or weird that happened, and something we are looking forward to that is coming up."

To balance the excitement of enjoying the bucket list activities, the family has quiet time every day for at least 45 minutes when resting, reading or sleeping. The summer reading program helps the family with this and keeps the kids motivated. To help keep those read-aloud stories fun, sometimes they try foods that are mentioned.

"Last summer, we read 'The Lion, The Witch, and the Wardrobe' in the 'Chronicles of Narnia' series. We tried sardines on toast as a snack, and, when we finished the book, we watched the movie."

Hanna's son enjoyed having something fun to do each week last year and is looking forward to it this year.

"I loved making glow-in-the-dark slime on Space Week. I loved learning about plants and now help my mom take care of plants at home," says Johan.

Last year's themes were plants; trains, planes

and automobiles; bugs; aquatic life; USA; Solar System; VBS & Church Camp; Zoo Animals; and Back to School.

Hanna's new calendar can be found on her Teacher's Pay Teachers website, www.teacherspayteachers.com/Product/Have-a-DINomite-and-ROARsome-Summer-9511161.

Exploring Iowa

Maggie Jambor and her family are spending less time on screens this summer and more time exploring Iowa as a family.

Maggie, Brent and their daughters, Lily, Rose and Dahlia, began taking trips during the pandemic. Now, they are completing their bucket list of trips.

The family has a goal of visiting all the Freedom Rocks in Iowa. They went to the first rock in November 2019 in Minburn and will soon see their last rocks to complete the list of 100.

"Once COVID hit, my husband and I thought these trips would help us connect to Iowa and be something we could do that had a purpose."

The Jambor family has thus far visited



Hanna Sanders reads "The Chronicles of Narnia" to her children, Johan, Adrian, Julian and Shayra Lynn. The family emphasizes reading together as a fun activity.

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88 of the county Freedom Rocks painted by Ray "Bubba" Sorenson II, beginning with the first in Adair County, which he repaints every Memorial Day. "We have visited that original rock three times," says Maggie.

The first trips were close to central Iowa and involved stops at three or four rocks. When they headed to South Dakota over the summer of 2020, they created a route with a dozen rocks. They referred to www.thefreedomrock.com/iowa-fr-tour to plan their trips.

"We drive on back roads and see all Iowa offers."

The remaining trip will take the family east along Interstate 80 to the Mississippi River and then loop them north (where they will visit family in Dyersville) before coming back west to return home.

"We plan to stop at the 100th rock that Bubba painted outside Adventureland."

The family plans to take a picture at the rock in Minburn to compare to their first visit. Maggie plans to create photo albums for her daughters to have this bucket list item documented. It has been a great journey for the whole family, too, she says.



While Maggie and Brent Jambor are visiting the Freedom Rocks, they often make a day of it by planning a picnic and enjoying local playgrounds with their kids.

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“My husband is from Nebraska, so he hasn’t seen most of the state. I also realized that there were many areas that I had never seen or explored either.”

The hardest part for the family has been not feeling rushed. Maggie and Brent wanted to allow their children time to play outside, spending more time off screens and making family memories.

“You never know when you will return, so we add stops to our trips. We shop and eat local or make picnic lunches. The kids love to play at the area playgrounds.”

Maggie and her family have spoken with many other people who are also out visiting the rocks. “It’s great to share our stories.”

Learning through play

Every year, Ashlee Nichols of Adel and her husband, Ty Nichols, create a list of activities for their 4-year-old, Zachary. This year, they will have their 7-month-old, Karsyn, joining them.

“We were inspired to do a summer bucket list by one of my friends,” says Ashlee.

“We create a summer bucket list of various experiences and see how many we can check off.”

Ashlee and Ty are teachers, so they can spend the summer with their children.

Ashlee finds that having a list helps them to make the most of their time.

As teachers, Ashlee and Ty know that a child’s brain develops the most during the first five years of life.

“Trying to minimize screen time is extremely important to us. We’ve also done a lot of research on screen time and agree that the consequences of screen time are not something we want our kids to experience,” Ashlee says.

The couple wants their children to have a childhood similar to their own.

“We want our kids to have a childhood like we had — outdoors, messy and full of freedom to try new things.”

A few fun ideas from the Nichols family’s 2023 Summer Bucket list are: nature walks, splash pads, library story times, I-Spy on a bike ride, family campout, flying a kite, Children’s Museum, bake and deliver cookies to a friend’s house, and sleepover with Grandma.

As far as how the list looks, well, it is just that, a list.

“We keep things pretty simple, just a list with checkboxes. We also limit how much we



Ashlee and Ty Nichols create a list of activities for their 4-year-old, Zachary, that includes fun trips and activities, like painting.

spend on these bucket list experiences.”

The Nichols family avoids the temptation to be on their phones.

“We leave our phones at home or on silent in an inconvenient place to get out. We try to model minimal screen time so that our kids don’t think it is a normal part of life.”

Since their kids are young, the Nichols do their best to plan activities around the kids’ nap time.

“We try to be flexible in timing to enjoy activities that we don’t normally get to do during the busy school year.”

Even though Ashlee and Ty are teachers, outings don’t necessarily have educational agendas. Instead, they focus on child development through activities and play.

“Reading books is the most ‘educational’ we get. Authentic, organic learning through play is more of our focus. We just live to enjoy the moment,” Ashlee says.

Now that Zack is older, Ashlee gives him a few options so he can choose which one he wants to do that day.

“If it is a rainy day, then I try to choose a couple indoor activities for us.”

Ashlee and Ty look forward to seeing the excitement and happiness that their children experience during the activities.

“Zack has an incredible memory and will



Unplug this summer

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- **Participate in summer reading program:**
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- **Visit Brenton Arboretum:**
<https://thebrentonarboretum.org>
- **Go swimming**
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<https://www.thefreedomrock.com>
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randomly talk about our adventures,” Ashlee says.

The Nichols family looks forward to making more lasting memories with their new addition to the family.

“We love making a bucket list for every season. But, of course, summer is our favorite because of our extra time together.” ■

AVOID surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.

1. Opticians and eye exams - While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

2. Hearing aids - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

3. Dental work - Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

4. Overseas care - Medicare usually doesn't cover health care while you're traveling outside the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

5. Cosmetic surgery - Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

6. Chiropractic care - Original Medicare does not cover most



chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

7. Massage therapy - Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

8. Nursing home care - Medicare pays for limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it. ■

Get the critical information you need to make Medicare decisions that work together with the other choices you'll have to make about income, investments, taxes and more in retirement by using the QR code below or by going to RetireWithMerkle.com. Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: [Medicare.gov](https://www.Medicare.gov) [AARP.org](https://www.AARP.org)

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A QUICK thought on an important topic

Spiritual warfare is not something we tend to think much about. For some, the idea of a real Devil or demonic activity feels like fiction. For others, it can be a consuming worry.



On the topic, the Bible gives us helpful principles. For example, it teaches that there exists an invisible world that is just as real as our physical world. This means there is more going on than we often realize. The Bible also says we are in an invisible war against a real Enemy who is looking to make a mess of your life, your faith, your family and your future. You may not have picked this fight, but it doesn't matter because it has come to you.

The Bible also says something else about spiritual warfare that is critically important:

A person who loves and follows Jesus does not fight for victory, but fights from victory. Yes, the battle is real, but because of all Christ accomplished on the cross, you are on the winning team, and the Evil One's time of opposition will someday be over.

I share this so you can know you don't have to live afraid. You don't have to live as a victim. You face a defeated Enemy. But we still need to be aware of his schemes. For example, in 1 Peter 5:18 it says, "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour." Notice this verse compares the method of the Devil to a lion on the hunt. The most common way lions hunt their prey (you can even see it with a house cat) is by waiting patiently in hiding, constantly creeping toward their target and then striking when the prey is most vulnerable. This is what he does with you.

Allow this to serve as a warning. The Evil One and his demons are constantly creeping toward you, your marriage, your family, and your church as its target. We don't typically fall victim to our enemy when we are strong. It's when we're alone, tired, traveling, a late night, or feel like we are deserving. He waits, watches and then pounces. But that's not all. He will finish you off with condemnation:

"You call yourself a Christian?"

"You're terrible. Such a hypocrite!"

"You'll never get this figured out."

You can end this cycle by taking a stand (see James 4:7). When you do, the Devil will flee, but not because you're a formidable opponent, but because you never stand alone. Jesus will be right beside you. ■

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



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MEET Anthony Lohse

Making school safe and welcoming

Born and raised in Cedar Rapids, Anthony Lohse attended the University of Northern Iowa, where he also met his wife. He relocated to the Des Moines metro for student teaching then worked as an elementary special education teacher followed by middle school behavior disorders teacher.

Lohse then earned his master's degree from Iowa State University in 2003 before working as a middle school assistant principal at Muscatine, a 7-12 principal at Louisa-Muscatine, and middle school principal at West Central Valley for 13 years. During that time, he also added several additional titles and roles such as special education director for the district and co-superintendent.

Now, after wanting to take a step back and work more directly with students again, Lohse has recently joined the Adel-DeSoto-Minburn Community School District as the assistant principal for the Middle School and the DeSoto Intermediate School.

"The number one thing that comes to mind about this district is the people I work with," Lohse says. "There's not a day where I don't love the new adventure of going into work because of the people I get to work with."

For Lohse, every day as an assistant principal brings new challenges. Each day, he typically has a few meetings with parents, answers various emails from teachers and parents, and tries to schedule himself for lunch supervision. Lohse also likes to visit as many classrooms as possible during the day in order to connect with students and support their learning. Since this is his first year with the district, Lohse has focused on learning the climate and culture of the buildings. He has also focused on developing relationships with both students and staff.

"It is the little moments where you connect with a kid who has been struggling, and you feel you may have helped that student feel better about school, themselves, or life in general, are what makes this job so rewarding. As an assistant principal, I feel my number one goal is to help keep our schools safe and welcoming for kids. Parents trust us to provide a safe environment for their kids each and every day, and I take that very seriously," Lohse says.

This summer, Lohse is looking forward to enjoying more time with his family and friends. As a father of three teenage daughters, he and his wife keep busy attending their activities. He also enjoys golfing and is an avid sports fan, especially when it comes to the Hawkeyes and the Patriots. Lohse says that next year will be tough, as he has a daughter attending Iowa State University in the fall.

"After almost one full year at ADM, I couldn't be more proud to be a Tiger. This school system is top notch, and I am proud that I can help provide support in my role as an assistant principal to help reach the needs of all learners and this community as a whole," Lohse says. ■



Anthony Lohse is the assistant principal at the Middle School and DeSoto Intermediate School. He says he has enjoyed working more closely with students.

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JUNE 2023

UPCOMING COUNCIL MEETINGS:

- **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:

- **Monday, June 19th, 2023:** City Hall will be closed to the public.
- **Tuesday, July 4th, 2023:** City Hall will be closed in observance of Independence Day.
- The use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- Yard Waste Pickup started Tuesday, April 4th and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

JOB OPENINGS WITH CITY OF ADEL

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

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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.

PARKS & RECREATION ACTIVITIES

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

- **MOVIES IN THE PARK** - First of three showings is Friday, June 23 in Kinnick-Feller Park. Bring your chairs and blankets and enjoy the movie starting at sunset. Movie is Cars III
- **ART IN THE PARK** - This program is for ages 5-10. Participants will get to explore their creative side on Mondays at Evans Park. Two sessions are offered this summer. All art supplies are provided. Two different age groups are offered, 5- to 7-year-olds and 8- to 10-year-olds.
FEE: \$50 Evans Park Shelter on Mondays: 5-7 yr. olds 8 - 9 am, 8 - 10 yr. olds 10:30 - 11:30 Session 2: July 10 - 31 **DEADLINE:** Session 2: June 23
- **ADEL POWER WHEELS NATIONALS** - The 2nd Annual Nationals will be held June 24th. This free program will be at Kinnick-Feller Park on June 24th with 9:30am check-in. Several Classes are offered:
Limited Pro (2 - 4-year-olds), Pro Stock (5- to 7-year-olds), Outlaw (5- to 7-year-olds), Limited Demo Derby (2 - 4-year-olds), Pro Demo Derby (5 to 7 year olds)
DEADLINE: June 15



ADEL FAMILY AQUATIC CENTER

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

Mermaid Party: Friday, June 9th. Come and hang out / swim with real life Mermaids from 6-8pm. Everyone attending must purchase advance tickets. Link for tickets can be found on our Facebook page.

Splash Bash: Friday, June 16 - 8 pm. On this exclusive night, you will be allowed to bring noodles, small pool floats and tubes, beach balls, water toys, etc. to swim with all evening long. **FEE:** Pool admission (includes passes)

Father's Day: Dad's get free admission on Sunday, June 18

Lifeguard-in-Training: Welcoming all aspiring lifeguards or pool junkies! A great way to dip your toes into the life of a guard. Participants will be introduced to a variety of skills through fun games and activities. No certification is obtained through this camp. Ages 11 - 14. July 6 & 7 10am - Noon; July 10 Noon - 2pm. **FEE:** \$60 (includes T-shirt) **DEADLINE:** June 19



JULY 1ST, 2023, PROPOSED UTILITY RATE INCREASES

New rates will be assessed on the bill due July 20th, 2023 (readings taken on June 20th covering the usage of May 20th-June 20th).

- **Water:** Minimum Monthly Charge (2,000 gallons): \$32.84
\$16.42 per 1,000 gallons
- **Sewer:** Minimum Monthly Charge (2,000 gallons): \$31.08
\$15.54 per 1,000 gallons
- **Storm Water:** \$3.60 per ESU and CSWI \$6.00
- **Garbage:** \$13.80 per Bin
- **Recycling:** \$4.34 per Bin (including yard waste pick up)

GET TO KNOW...

BRADEN NEMECHK

What is your title? Fire Chief

What is your past work experience? I have served 6 years of active duty in the Army, after leaving the Army I started working for Canon Medical Systems and continue to work there today.

How long have you been working for City of Adel? 10 years.

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

We have an outstanding group of volunteers with a variety of experience. A couple of members have been on the department for 20+ years and their input and guidance is irreplaceable. We have tremendous support for our City Council and the full-time city staff. Through this support we have ordered 2 new fire trucks to replace trucks that have been serving our community for 21 years. We continue to plan for the future and that too is exciting. Also, the support from the community is outstanding. We couldn't ask for better people to serve.

What is a hobby you enjoy? I enjoy fishing, hunting, and projects around the house.

Anything else Adel should know about you? I have a wonderful wife of nearly 20 years! We have 3 daughters, each being born in a different state (thanks Army). We moved here when the oldest two were very young and Adel will forever be home to all three of them!



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515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

Dan Miller

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

Vacation Bible School

June 12-16, 9 a.m. to noon
Faith Lutheran Church and
Preschool, 602 S. 14th St., Adel

The public is invited to attend a free "stellar" vacation Bible school. Kids will travel on a cosmic quest where they'll have a blast shining Jesus' light to the world. Stellar rockets kids on an out-of-this-world adventure that's light years of faith-building fun. Register at www.faithadel.com.



Third Monday Bingo

Monday, June 19, 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.

Mini Summer Camp Sessions

Raccoon River Preschool is offering summer fun and learning at mini summer camp sessions. Sessions are: June 13-15, Wilderness World; June 27-29, All About Nature; July 18-20, Water Wonder; and Aug. 8-10, Building with Nature. A morning session, 9:30-11 a.m. is for 3-year-old participants, and an afternoon session, noon to 2 p.m. is for ages 4-5. Cost is \$75 per week. Register at www.raccoonriverpreschool.com.

Summer Youth Volunteer Program

June 8-July 13, Thursdays,
8 a.m. to noon
Voas Nature Area,
19286 Lexington Road, Minburn

Is your child interested in a meaningful summer of service in the outdoors? Dallas County Conservation Board will once again host a Summer Youth Volunteer Program for students ages 10-14. The group will continue working on a savanna restoration project begun six years ago by other Summer Youth at Voas, as well as participate in an educational component and have plenty of time to enjoy nature play. Contact DCCB at 515-465-3577 or e-mail mike.havlik@dallascountyiowa.gov. Registration is required and will be on a first-come, first-serve basis, as space is limited. Only register if your child can attend the majority of dates.

Ecumenical Vacation Bible School

The Adel United Methodist Church, 115 S. 10th St., is hosting a ecumenical vacation Bible school with mobile United Methodist missionaries, Monday through Thursday, June 19-22, 5-7:30 p.m., for kids 4 and older. The theme is "Cokesbury's Surf Shack: Catch the Wave of God's Amazing Love." Meal is included. For registration information, call the church, 515-993-3791.



Silly Skunks

June 13 and June 17, 10-11 a.m.
Voas Nature Area, 19286 Lexington
Road, Minburn

Most people avoid going near them at all costs and run for tomato juice at the sight of one. But come learn why it's not bad having skunks as a wild neighbor — and the recipe for actually getting the smell of skunk spray out. Register to be notified of weather cancelation. DccbSillySkunks.eventbrite.com

Wednesday Night Meal

The Adel United Methodist Church, 115 S. 10th St., is hosting a weekly Wednesday Night Meal in the fellowship hall downstairs. Serving is 5-6:30 p.m. and it is a freewill donation meal. All are welcome.

June Bird (and Awe) Hike

June 17, 8:30-10:30 a.m.
Kuehn Conservation Area, 32849 Houston Trail, Earlham

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 DccbJuneBirdHike.



"It's been through the addition of MAPLE that we have been able to get the kids to talk."

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

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Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

Be sure to check for cancelations

Adel *Living* magazine

TIGER DEN Pack 152 wraps up Cub Scout year



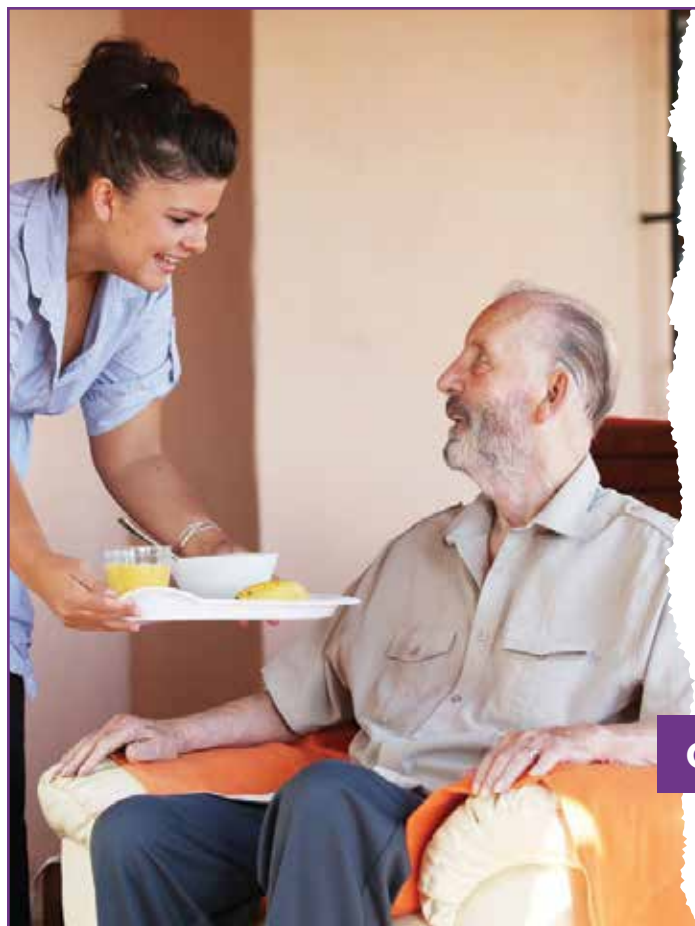
The Tiger Den delivered 179 pounds of food to the food pantry.

Tiger Den, Pack 152 (first graders) wrapped up the Cub Scout year with many fun activities, reports Cori Pickett, den leader. The boys attended an Iowa Wilds Hockey game on Feb. 21 and had the opportunity to do their first Color Guard ceremony. During the game, the boys got a ride on the “fanboni” and then stayed to watch the hockey game. The group participated in the annual Scouting for Food and took a tour of the Good Samaritan Food Pantry in Adel where the members learned more about



Members of the Tiger Den participated in their first Color Guard ceremony at an Iowa Wilds Hockey game.

the good work they do there. The boys dropped off 179 pounds of food collected from the generous Bailey Grove neighborhood. More recently, the boys completed their Tigers in the Wild adventure with a trip to Ledges State Park on April 22 where they met with DNR officials to plant a buckeye tree and go on a creek stomp. The boys were able to explore animal tracks and all the things that creep and crawl through the creek. The boys will crossover to the second-grade Wolf Den this summer. ■



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Educate Teens About Sun Safety

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

HERE ARE SOME THINGS TO KNOW:

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

PROTECTION IS EASY

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



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VARSITY BASEBALL

DATE	TIME	OPPONENT	LOCATION
Jun 2	7:30PM	Ogden	ADM High School
Jun 3	10:00AM	Multiple Schools	Boone Memorial Park
Jun 5	7:30PM	Bondurant-Farrar	Bondurant-Farrar Middle School
Jun 7	7:30PM	Winterset	ADM High School
Jun 8	7:30PM	Carlisle	Carlisle High School
Jun 10	8:00AM	Fort Dodge	Harlan Rogers Sports Complex
Jun 12	7:30PM	Gilbert	ADM High School
Jun 14	7:30PM	Boone	ADM High School
Jun 15	7:30PM	Carroll	Carroll High School
Jun 17	9:00AM	Glenwood	Glenwood High School
Jun 20	7:30PM	Gilbert	Gilbert High School
Jun 21	7:30PM	North Polk	North Polk High School
Jun 22	7:30PM	Ballard	Nite Hawk Field
Jun 26	7:30PM	Bondurant-Farrar	ADM High School
Jun 28	7:30PM	Winterset	Winterset High School
Jun 29	7:30PM	Carlisle	ADM High School
Jul 5	7:30PM	Norwalk	ADM High School



FOR ALL TIGERS SCHEDULES

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



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SPORTS SCHEDULE

SUMMER 2023

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 2	7:00PM	Van Meter	ADM High School
Jun 5	7:30PM	Bondurant-Farrar	Bondurant-Farrar Middle School
Jun 7	7:30PM	Winterset	ADM High School
Jun 8	7:30PM	Carlisle	Carlisle High School
Jun 9	10:00AM	Multiple Schools	North Scott High School
Jun 10	8:30AM	Multiple Schools	North Scott High School
Jun 12	7:30PM	Gilbert	ADM High School
Jun 14	7:30PM	Boone	ADM High School
Jun 15	7:15PM	Carroll	Carroll High School
Jun 20	7:30PM	Gilbert	Gilbert High School
Jun 21	7:30PM	North Polk	ADM High School
Jun 22	6:00PM	Ballard	Ballard Middle School
Jun 23	7:30PM	Knoxville	Knoxville High School
Jun 26	7:30PM	Bondurant-Farrar	ADM High School
Jun 28	7:30PM	Winterset	Winterset High School
Jun 29	7:30PM	Carlisle	ADM High School
Jun 30	11:00AM	Multiple Schools	DCG BB/SB Complex
Jul 5	7:00PM	Southeast Polk	Southeast Polk High School

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PAM PETERS perpetuates volunteering

Pam Peters has been involved in a wide variety of volunteer activities in Adel during her nearly 40 years of living here. She has been involved in the American Legion Auxiliary for years and recently joined the Adel Women's Club. During her 29 years of teaching special education and reading at the Adel-Minburn-DeSoto school district, she found the time to serve.

"Teaching is a 'helping' profession," says Pam, "so helping kids transferred to helping in the community."

Pam and her husband, Jim, moved to Adel in 1985. Jim Peters, long-time mayor of Adel, returned to his hometown from Chicago, with his wife and son, Grant. Although Pam grew up in Des Moines and graduated from Lincoln High School in 1968, they didn't meet in Iowa.

"A mutual friend set us up on a blind date when Jim and I were working in Chicago," says Pam. "We met in January, got engaged on our third date and were married in September. We were in our 30s, so we both knew what we wanted." This "whirlwind romance" will be celebrating 40 years soon.

During the years Grant was growing up and playing baseball, Pam was president of the South Dallas Little League. She also was on the Adel Library Board of Trustees for 10 years during the time the new library was being built and many fundraising activities were in process.

Pam has served 30 years on the City of Adel Board of Adjustment, which gives administrative review of Building and Zoning codes of the city. The board hears appeals and requests for special exceptions or variances.

"We tried to be very responsive to the individuals that came before the board," says



Pam, "and, in almost all cases, if it wasn't contrary to the public interest, the exception was granted."

Following her retirement from teaching in 2015, Pam decided to volunteer for AHeinz57, a pet rescue and transport organization based in DeSoto. It provides a variety of services and fundraisers for rescued animals and will soon be contracting with West Des Moines as its animal shelter service.

"I enjoyed being a part of the AHeinz57 team that is committed to connecting responsible people with a rescued animal," Pam notes. "As a part of the home visit team, I played a part in ensuring that the rescued dogs go to forever homes that can properly care for them and give them the life they deserve."

Currently, Pam is the secretary for the American Legion Auxiliary and marches with the Auxiliary in the Sweet Corn Parade in August.

"I enjoy working with a group that honors the sacrifice of those who serve by enhancing the lives of our veterans, military and their families," says Pam. As chairman of the Activities Committee, Pam spends many hours for a few days every May preparing for the National Poppy Days over Memorial Day weekend.

"We usually are set up at Fareway, asking



Dylan Morris of BigDeal Car Care presents Pam Peters with a Good Neighbor certificate.

for donations to support the future of veterans, active-duty military personnel and their families with medical and financial needs," says Pam. "This program honors those who served and those who died for our country in all wars."

The poppy is a nationally recognized symbol of sacrifice worn by Americans to honor those who have worn our nation's uniform. Recently, the Adel American Legion Auxiliary has used a poster made by Emma McAdon to help explain the purpose of the poppy and the use of the donations.

Since day meetings are no longer a problem, Pam decided to continue her volunteer efforts by joining the Adel Women's Club, which helps a number of civic and educational projects in town.

"Doing good for others and the community is a rewarding and fulfilling experience," says Pam, "and the many volunteers in our community make Adel a great place to live." ■

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ESPORTS team competes at state tournament

First year of new high school sport

In its inaugural season, the ADM High School esports team qualified for the Iowa High School Esports Association (IHSEA) Spring Class 1 Mario Kart 8 State Tournament.

The event will be held on June 1 at the MidAmerican RecPlex in West Des Moines. This is an exciting demonstration of all the hard work the team has put in and their dedication to the sport, says Chris Hatchitt, who serves as the IHSEA designated esports coordinator and is the head esports coach for ADM.

Hatchitt shares that the idea for creating an esports team at the high school came about a couple of years ago. In March 2020, his son, Isaac, came to him requesting a team be put together. Hatchitt was the high school's head wrestling coach at the time so already was working with the activities director, Rod Wiebers. The two of them got the ball rolling.

In August 2022, ADM applied to be part of the IHSEA and was accepted, so they started recruiting students for the winter season.

"We got so many responses with kids interested in being part of this that, in October 2022, the school board voted us to be a full-fledged high school varsity-level activity at ADM," Hatchitt says.

There are two divisions within esports: gaming console and PC. The ADM team chose to participate in the former so they could compete on Nintendo Switches, which overall cost less to purchase and set up. The team also raised more than \$5,000 to accommodate these start-up costs with support from community organizations including the Adel Lions Club, the Adel Rotary, Adel American Legion and Adel Kiwanis, plus donations from several families.

The team includes a varsity and junior varsity level, as well as a competitive and casual team, which accommodates students who simply want to game as a way to make friends and have fun.

Currently, 33 students are involved with ADM esports, 15 of whom are on the competitive team.

Of those, Hatchitt says 14 had never been involved in a school athletic program before, and nine hadn't been involved in a youth-level activity, either.

"This is the first time that they've ever been involved in an athletic team," he says. "It's something very new for these kids."

Hatchitt adds that some of the students didn't even know what a scrimmage was before joining the esports team.

"It's reaching a group of kids who've never had an identity to be part of a team," he says. "These games that we play are very team-based, not individual."

This means students learn soft skills like communication, problem solving and strategic thinking as part of their time on the esports team.

"It's really neat, and I'm super excited and proud of these kids for being a part of this new program," Hatchitt says. "They've impressed me tremendously. I'm super honored to be part of the development of the esports team here at ADM." ■



The ADM High School esports team — in its first year of existence — qualified for the Iowa High School Esports Association (IHSEA) Spring Class 1 Mario Kart 8 State Tournament.

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DCF announces 2023 grant awards

The Dallas County Foundation (DCF) announced that \$169,392 has been awarded to 25 nonprofits in Dallas County. Each year, grants are awarded to improve the quality of life to those fortunate enough to call Dallas County “home.”

In partnership with Grow Greene County Gaming Corporation (GGCGC), the Dallas County Foundation was awarded \$52,000 for broad-based community improvement projects. That amount is included in the total awards.

Since its inception in 2005, the DCF has awarded more than \$1,788,044 to more than 290 projects in Dallas County. These grant dollars have been used to enhance large and small community organizations throughout the county.

The DCF mission is to continue funding projects and local initiatives that strengthen communities now and well into the future.

The Dallas County Foundation is an affiliate of the Community Foundation of Greater Des Moines. For more information, visit www.dallascountyfoundation.com.

Grants were awarded to:

- ADM Community School District, Enhancing Technology for ADM High School Science, \$1,500

- Adel-Desoto Fine Arts Booster Club, ADM Music Classroom Keyboards, \$5,000
- Adel-Desoto Soccer Club, Adel DeSoto Minburn Soccer Club Soil Quality Restoration, \$2,500
- Friends of the Adel Public Library Foundation, Youth Programming Room, \$5,689
- Main Street Adel Chamber of Commerce, Highway 169 Gateway Trail, \$15,058
- Friends of the Dallas Center Pool, Adding a Slide to the New Dallas Center Pool, \$16,001
- Rotary International, Adding a Basketball Court to Mound Park in Dallas Center, \$4,000
- Parks and Recreation Board City of Dallas Center, Cordless Portable Lighting for Safe Evening Events, \$780
- Dallas County Agricultural Extension District, Dallas County Master Gardener, \$5,000
- Food Bank of Iowa, New Warehouse Equipment to Meet Increased Demand for Food Assistance, \$6,500
- Granger Public Library, Funds for Special Equipment for Teens and Adults, \$4,500
- Minburn Area Fire Fighters Association, Minburn Fire Department Station Expansion, \$6,395
- Perry Community School District, Perry

High School Baseball and Soccer Indoor Hitting Nets, \$4,381

- Perry Community School District, PCSD Middle School Microscopes, \$6,142
- Perry Iowa Rotary Club Foundation Inc., Building Community Through an Inclusive Playground, \$20,000
- Perry Public Library, Upholstered Library Seating, \$9,770
- Perry Youth Football, Perry Youth Football Helmet Update, \$1,900
- Spurgeon Manor Inc., Medical Care Blanket Warmer Cabinets, \$6,000
- Raccoon River Pet Rescue, New Partition Fencing, \$7,000
- Waukee Community School Foundation, Waukee High School Wall Wrapping, \$1,163
- Waukee Area Christian Services, New Underwear for Students of Dallas County, \$6,000
- Waukee Area Historical Society, Event Revitalization Project, \$1,400
- YMCA of Greater Des Moines, Waukee Family YMCA Makerspace, \$20,000
- Woodward-Granger Community School District Foundation, Woodward-Granger Band Program Expansion - Phase II, \$10,220
- Volunteer Community Services of Woodward & Granger, Bench Project, \$2,491 ■

HAPPIER At Home opens in Adel

Providing in-home care

Happier At Home, a company that provides in-home companion care services, has joined the community to enable people to live and age safely in their own homes. Happier At Home provides a variety of services to support the independence of not only seniors, but families in need of extra help and short-term care.

Happier At Home has been serving communities nationally since 2007 and was established to provide reputable, consistent, qualified and caring staff to those who need some help in order to stay in whatever environment they call home, including private homes and apartments, senior living communities, hospitals, rehabilitation and

long-term care settings. The program offers companion services, meal planning and preparation, transportation, shopping services and errands, housekeeping and laundry, medication reminders and more.

Happier At Home is unique to any other home care company due to the established relationship with a local pharmacy. Leslie and Mike Herron, owners of Happier At Home, also own Sumpter Pharmacy in Adel. The Herrons' view Happier At Home as a way to broaden the services they provide the community. Likewise, having the Pharmacy brings an extra layer of services to their Happier At Home clients, such as

pharmaceutical care management, mobile immunizations, and Medicare D planning, to name a few. The synergies created by this partnership are unique to Happier At Home and not available from any other home care agency in the area.

Happier At Home covers a broad territory which is underserved by similar companies. Happier At Home will branch from Adel to the south past Winterset, to the north past Perry, to the east to Merle Hay Road and to the west to Stuart.

For more information on Happier at Home, visit www.happierathome.com/locations/central-iowa. ■

ADEL Public Library

news

Summer Reading Kickoff – June 5, 10 a.m. to 1 p.m. Join us at the Community Stage & Pavilion on the corner of 10th and Main Street for our summer reading program kick-off. We will start the day at the stage with a family-friendly comedy/magic show. The morning will also include a bounce-house, a balloon twisting artist, temporary tattoos for kids, ADM cheerleaders, and a summer reading sign-up booth.

Join us for early education programs and a few special story times this month.

- My First Storytime – every Tuesday beginning June 6, 9:30 a.m. and 10:30 a.m.
- Discovery Time – every Wednesday beginning June 7, 9:30 a.m.
- Preschool Storytime – every Thursday beginning June 8, 9:30 a.m. and 10:30 a.m.
- Storytime at Kinnick-Feller Park – June 12, 9:30 a.m.
- Dallas County Conservation Storytime – June 16, 10 a.m.
- Storytime at Kinnick-Feller Park – June 26, 9:30 a.m.

Be sure to leave space on your calendar for our programs this month, we have something for everyone!

- Teen Advisory Board – June 1, 4 p.m.
 - Therapy pets – June 1, 4:30 p.m.
 - *Nerf Battle (2nd-5th grade) – June 2, 2-3:30 p.m.
 - *Teen Nerf Battle (6th-12th grade) – June 2, 4-6 p.m.
 - Elementary Bricks & Beads – June 6, 1:30-2:30 p.m.
 - Teen: New Book - Book Club – June 8, 4 p.m.
 - Diggin Dinosaurs with Elizabeth Gilbert Bedia – June 14, 10 a.m.
 - *Story Barn Workshop with Iowa author – June 14, 1-2 p.m.
 - *Teen Writing Workshop with Iowa author – June 14, 3-4:30 p.m.
 - Teen Lego-fy Yourself – June 15, 4 p.m.
 - Explore Robotics with Aztechs FTC – June 17, 10 a.m.
 - ISU Insect Zoo – June 20, 1-2:30 p.m.
 - Teen's Gambit (chess program) – June 22, 4-5:30 p.m.
 - Airbrushing with Shawn Palek – June 26, 2 p.m.
 - *Elementary Tote Bag Painting – June 27, 1:30-2:30 p.m.
 - *Teen Canvas Painting – June 29, 4-5:30 p.m.
- *Programs with an asterisk require registration. You can easily register at adelpl.org.

If you're an adult looking to get out of the house, we have plenty of options for you, too.

- Library Landscaping Day – June 3, 8-10 a.m.
- Yoga at the Library – Every Wednesday in June at 5:45 p.m.
- Exercise Group – Monday-Thursday, 9 a.m.
- 50's+ Senior Gathering – first and third Tuesday of the month at 10 a.m. (June 20 will be from 9 a.m. to noon)
- Brown Bag Book Club – June 8 at noon
- Cook Book Club – June 21 at 11 a.m.
- Evening Book Club – June 29 at 6 p.m. ■



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FINANCE

By Kelsey Hughes

KNOW your credit before buying a home

Purchasing a home is a big moment in life — a key aspect of the American dream. Homeownership can bring feelings of reward and independence, and, to prepare for such an investment, one of the biggest steps is evaluating your financial health and specifically checking your credit. If you aren't familiar with how credit scores work, we're here to break it down.



Think of your credit score as your financial report card. It reflects your ability to repay borrowed money. Scores can range from around 300 to 850, and the higher your number, the more creditworthy you appear to lenders. A higher credit score shows lenders they can rely on you to make your loan payments and do so on time. A higher score can also give you access to more credit products at lower interest rates, meaning more money saved when taking out a loan.

Your credit score is calculated using several pieces of data in your credit report, and the data is comprised of five categories:

1. Payment history. 35% of your score is based on how you pay your bills. If you pay your bills on time, points are added, and, if you are late or miss payments, points are deducted.

2. Amounts owed. 30% of your score is based on how much money you owe versus how much credit is available to you. The lower this ratio, the better.

3. Length of credit history. 15% of your score is based on this. For example, when did you open your first credit card, and how long has it been since you used certain accounts? Generally, a longer credit history equates to a better credit score.

4. Credit mix. 10% of your score considers the different types of accounts in your name (credit cards, retail accounts and loans).

5. New credit. The last 10% of your score is impacted by new credit applications. If you apply for several credit accounts in a short period of time, you may impose a greater risk.

Having a solid credit score is especially important when going through the home-buying process. Managing your score wisely can help you obtain lower interest rates and potentially save you thousands of dollars. When mismanaged, however, it can hurt your ability to open accounts and take out loans, ultimately delaying your financial goals.

To monitor your credit report, we suggest using annualcreditreport.com, which gives you one free report each year. Of course, if you have questions, your bank is there to help. ■

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

RECIPE

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

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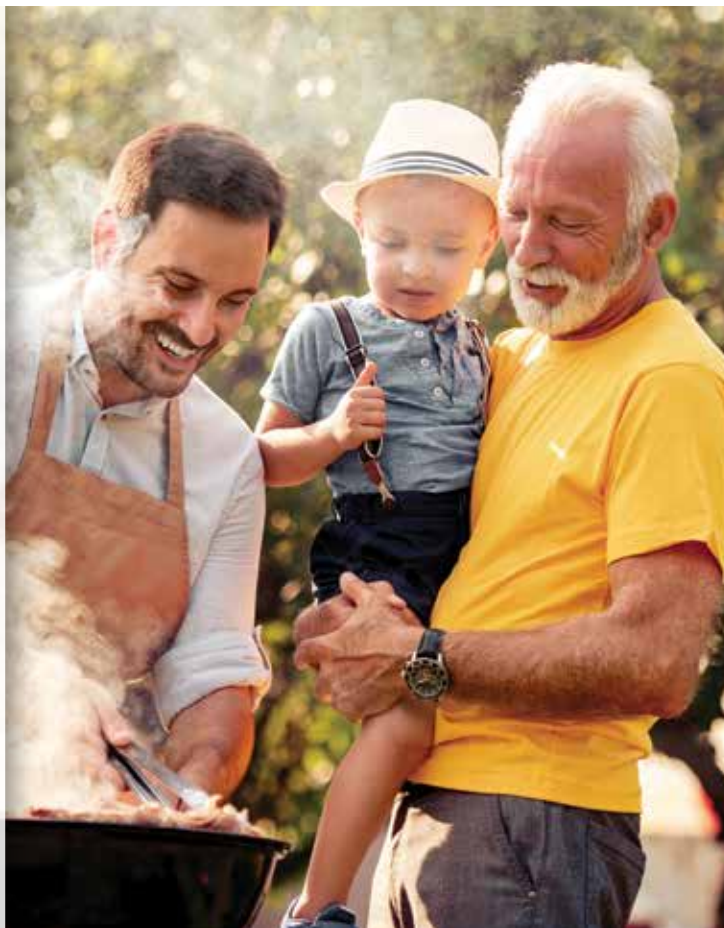
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COLLABORATION enables improvement of soccer fields

The south soccer fields of Island Park are now “under construction” in a soil quality restoration project that has been jointly funded by the Dallas County Foundation, the City of Adel and the Adel-DeSoto-Minburn Soccer Club.

The ADM Soccer Club was established in March of 2000 and, over the last 23 years, has reached thousands of kids, ranging in age from 4 to 18. A 501(c)3 non-profit organization, it uses volunteers for all administrative aspects of running a club that serves almost 900 young people (per season) who play more than 380 games annually. When the soccer club was established, the population of Adel was approximately 3,500. Today, the community has grown to more than 6,200.

“With the growth in population, there have been a rising number of participants, games, and practices on the green space available to us,” says Ben Johns, a board member of the club. “This has resulted in soil compaction as well as lower grass coverage and quality, which inhibits our ability to maintain an optimal playing environment.”

The compacted dirt and mud makes it difficult to grow or maintain the grass.

“As the soil erodes, and the grass wears thin, it becomes increasingly harder to maintain and restore; the hard clay under-layer is exposed, and it increases the possibility of more dangerous surface conditions,” says Justin Miller, who volunteers as director of fields. For this reason, the ADM Soccer Club has mounted a campaign to preserve the integrity of the grass playing surfaces with an aggressive treatment plan to restore the fields.



Nick Schenck, director of Adel Parks and Recreation, presents a check to Jodi Kuhse, ADMSC president, at the soccer field of Island Park.

Their application to the Dallas County Foundation for assistance in the funding of the project included a detailed description of their goals, budget, need, support and in-kind contributions.

“Our in-kind funds include profits from our annual tournament of over \$17,000 and over 800 volunteer hours dedicated to this project for the fundraising, preparation and implementation of the soil quality restoration project,” says Ben Johns, director of referees.

The Foundation recently awarded the ADM Soccer Club \$2,500 to assist in the soil restoration project.

The City of Adel has also become a collaborative partner in this community effort to repair the soccer fields of Island Park, which the ADM Soccer Club leases from the City.

“The ADMSC has a good relationship with the City and has an excellent program which provides a service to our area as a nonprofit,” says Nick Schenck, director of Adel Parks and



Dallas County Foundation representative Chris Brocka presents a check to Justin Miller, ADMSC director of fields, center, and Ben Johns, ADMSC director of referees, right.

Recreation. “The program is our community’s largest youth program and uses our website for signup. They approached the Parks and Rec Board and then the City Council for assistance with expenses for the project, especially in the area of irrigation. We all supported their initiative and the plan to provide safe, sustainable playing fields for soccer at the recreational level.”

The City of Adel is contributing \$8,500 for the project.

ADM School District has used the club’s soccer fields as needed and now is returning the favor by allowing the club to access some green spaces throughout the district for practices this spring, since the restoration project has a limited time frame to work on the fields.

Field improvements mean the ADM Soccer Club will be poised to continue to attract 40 to 50 visiting clubs from a 60-mile radius for their spring and fall season and almost 70 teams for their annual end-of-season, “Shoot the Moon” tournament. ■

NEWS BRIEF

NEW wetland celebration

In celebration of Earth Week, members of the public were given tours of the newly constructed wetland area at the DMACC Dallas County Farm near Adel. Attendees also had the opportunity to get hands-on education from the Conservation Station and to hear from a number of wetlands experts, water quality advocates and Iowa leaders, including Iowa Secretary of

Agriculture Mike Naig. The new wetland at the DMACC Dallas County Farm was completed in January 2023, thanks to a \$140,000 donation from Prairie Meadows, and in partnership with the Iowa Agriculture Alliance (IAWA), the Iowa Department of Agriculture and Land Stewardship (IDALS), Dallas County, Polk County Utilities and Ducks Unlimited. ■



HOW TO best manage bites and stings

It's that time of year. We are outside a lot more enjoying the beautiful weather. After a long winter and rainy spring, we deserve to enjoy the weather. With that comes more risk of bites and stings from those pesky ticks and mosquitoes. Do you know what to do if you get stung by a bee or wasp or find a tick on your leg? Here are some helpful tips.

First of all, when it comes to protection, DEET is still the gold standard. Read the label and understand that anything above 50% really isn't needed. Aim to find a product with 10-30%. Higher percentages may last longer; however, anything over 50% tends to plateau. If the smell of DEET is too bothersome, look for a product containing picaridin, or Natrapel. There isn't as much research on this ingredient,



but it may work as well as DEET. Oil of lemon eucalyptus 30% seems comparable to DEET 15% against mosquitoes but may not protect against ticks. Try to avoid combination sunscreen and bug spray products. Sunscreen needs to be applied more often than bug spray.

So, what do you do if you get stung by a bee or wasp? First, scrape off the stinger (only bees leave their stinger). Wash with soap and water and apply a cold compress for about 10 minutes. Give an oral antihistamine such as Diphenhydramine (Benadryl) and apply topical corticosteroid such as hydrocortisone cream. Always seek immediate medical attention if there is a systemic allergic reaction such as hives or trouble breathing.

Tick bites are common here in Iowa, so here are some tips regarding ticks. If you have a tick on you (look hard, they can be so small that they look like a scab or freckle), remove with fine-tipped tweezers and grasp as close to the skin as possible and pull straight out.

Wash the bite area with soap and water. Do not try to burn the tick off or use nail polish remover or Vaseline. This may cause the tick to embed farther into the skin. Save the tick for identification. Try to determine how long you suspect the tick may have been attached. The risk of Lyme disease is low if attached for less than 36 hours. An antibiotic may need to be prescribed to prevent Lyme disease. Continue to monitor for symptoms of Lyme disease for 30 days. Most will get a rash, commonly a bull's-eye appearance, at the site of the bite within seven days. The rash is not typically itchy or painful. Also, flu-like illness may appear such as chills, fatigue, fever or headache. Consult your physician if any of these occur.

As always, your pharmacist is there if you need help with prevention products or remedies to treat bites or stings. ■

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

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HEALTH

By Leslie Herron

FIRST RSV vaccine approved

The Food and Drug Administration has approved the world's first RSV vaccine: a shot for adults ages 60 and older, made by pharmaceutical giant GSK.


The Centers for Disease Control and Prevention must still recommend the vaccine before it becomes available to the public.

RSV causes a lower respiratory illness that is typically mild for healthy adults. But, in serious cases, the virus can lead to pneumonia or bronchiolitis, which inflames airways and clogs them with mucus. Older people and infants are particularly at risk.

GSK's clinical trial indicated the single dose shot lowered the risk of symptomatic illness by 83% and of severe illness by 94%.


In anticipation of the CDC's recommendation, the company is already manufacturing doses of the vaccine, to be sold under the brand name Arexvy. Their goal is to have shots available in the fall so that people can get them before the next RSV season coming up late fall and winter. RSV cases typically peak between late December and mid-February, but cases last year started climbing in the summer as people left pandemic precautions behind. GSK's trial showed that protection from its vaccine lasted at least six months. ■

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 could be causing joint pain in my child?

While we most often think of arthritis as affecting only the older population, arthritis can actually impact individuals of all ages. One of the most common forms of childhood arthritis is juvenile idiopathic arthritis (JIA). This arthritis develops before the age of 16 and involves swelling in one or more joints that lasts at least six weeks. A variety of symptoms can be present including pain, swelling, muscle and soft tissue tightening, bone erosion, joint misalignment and changes in growth patterns.

For some children, symptoms may only last a short period of time, and, in others, symptoms can impact them for the rest of their lives. Some lasting effects of JIA can be growth problems, joint damage and eye inflammation. Once diagnosed, treatment will focus on controlling pain and inflammation, improving function, and preventing further joint damage.

While kids don't always complain of pain, some things to watch for are any signs of limping or an unusual walking pattern, joints that are warm and swollen, and clumsiness due to joint stiffness. If these symptoms are present for more than one week, it is important to talk to a medical provider. ■

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



HEALTH

By Elijah Evans

MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience, are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTH

By Delecia Crannell

ENCOURAGE men to get physicals

Happy almost summer. June 21, the longest day of the year and official first day of summer, is just around the corner. Bring on farmers market fresh produce, the kayaking, bicycling and camping of summer.

June also brings us Father's Day to celebrate those special male role models in our lives. This year, remind him that June is also Men's Health Month. Encourage him to stay healthy so you can enjoy his company as long as possible. Yes, I am all about the guilt trip when it helps.

Here are a few statistics: Only three out of five men get annual physicals — what they don't know won't hurt them is a common rationale. One out of four men have some form of heart disease — many risk factors are modifiable if they are found in time. Thirty percent of men have suffered from depression at some point in their life — sadly, mental health issues are still seen as a weakness to many. Men are 40% more likely to skip recommended health screenings — even those as simple as a cholesterol check. Yet earlier recognition yields better outcomes.

Enough with the depressing stats. My point is, a simple annual check up can lead to better health for that man you love, so get him to go to a family practice or primary care provider and get a quick check up. Remind him of how important he is to you, so get it done. ■



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

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RAINFALL following an application

There is a common myth that rainfall, or moisture from your irrigation system, following a fertilizer or broadleaf herbicide application, will ruin what has been applied to your lawn. That is not necessarily the case. Moisture following an application, whether it is from mother nature or your irrigation system, is normally very beneficial. It helps to get your fertilizer application down to where the plant can get the most benefit.

Your lawn is like a big sponge that holds 99.99% materials that have been applied — where they are applied. They do not run-off or become ineffective just because of the moisture that your lawn receives following an application. Most crabgrass pre-emergent products actually become more effective if some rainfall or moisture is applied if the herbicide product has a chance to dry on the leaf surface. This normally takes two to three hours following an application. If your products are applied in the morning, and it doesn't rain until later in the day, the odds are very good that the weed control will not be affected.

A good lawn care professional can 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.



THE EARLY years of Adel

Adel's existence dates back to 1847. The original town plat of Penouch/Adel extended from the river to High Street and from Grove Street on the north to Greene Street on the south. The streets from Grove south to Greene were Rapids, Court, Main, Prairie and Ferry. From the river westward they were Benton, Elm, Plum, Race, Vine and Walnut. The names of the north/south streets have since been changed to numbers.

In 1847, the county commissioners duly appointed Thomas Butler to sell the surveyed lots of Penouch. On Oct. 6, he sold nine of these lots, but the demand was so poor and the price so low that they were withdrawn from the market for a time. On July 7, 1851, the board of commissioners fixed the outlots at various prices ranging from \$10 to \$30. They also determined that one lot, no. 15, be granted to the M.E. Church at "Congress price" (whatever that means).

Adel's first post office was in a log house built by J.C. Corbell. This was when Adel was still Penouch. The dwelling/post office was located on lot five in block eight. S.R. Scovell was deputy postmaster in 1848 when an interesting incident happened. Judge Burns called for a magazine he had been expecting. Scovell couldn't locate it immediately but was sure it was there because he remembered reading it.

"It may be possible it has blown through these turnal cracks, for it is powerful windy here sometimes," he told the judge. Sure enough, the magazine was located some 30 feet away in some tall grass. It was also part of the postmaster's duty to go to Fort Des Moines and carry the mail back to Penouch.

Adel's first newspaper, "The Dallas County News," was established by Capt. Amos Dilly in November 1872. A.C. Hotchkiss ably edited the paper for many years. "The New Era" was begun by John McLaury in 1878. This was followed by the "Democrat" published by T.R. North, which later became "The Dallas County Record."

About 1853, Cole Noel opened a general store. By 1868, Adel could boast of a three-story brick building housing the large and elegant Risser store. Other early businesses and businessmen were: Victor Sweely - groceries, W.G. James - dry goods and clothing, George Loomis - furniture, Royer & McKay - butchers, J.R. Joy - general store, T.J. Boak - groceries and provisions, Wm. Brockway - jewelry and M.C. Garroutte - harness maker.

The first schoolhouse in Adel was a one-story frame building in the west part of town on Main Street. After a few years, it was replaced by a two-story brick building. Among the first teachers in Adel were James Reed and Miss Anderson.

An unusual sight in early Adel was the town dray, operated by Sam Loomis. The cart was pulled by an ox, just like what you might see in Old Mexico. Business was not so rushed back then, and the old ox was able to meet every need. ■

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HANDSOME Hounds

Boarding and grooming for dogs

A lifetime love of animals spurred Laura Juffer to start her own business, Handsome Hounds Boarding and Grooming.

Laura grew up in the country, showing dogs and horses through 4-H. After college, she worked a corporate job until she was laid off and met somebody who did dog grooming.

She learned the basics and started dog grooming out of her home in Adel. She wanted to expand and talked to the owners of Whimsy Park Boarding.

"I told them, if you ever retire, let me know," Laura says.

In 2021, the owners did retire, and she moved her business into the current location at 23266 268th Lane, Adel.

She provides grooming for all dog breeds, including nail trim, full haircuts and bathing. She also provides boarding of dogs. With 15 kennels and four different yard runs, there's plenty of space for pups to exercise.

Laura joined the Adel Partners Chamber of Commerce several years ago with a personal membership and added a business membership after establishing Handsome Hounds Boarding and Grooming. Her husband, Dan, has been active in the chamber for many years.

She says she joined the Adel Chamber since it's a great way to connect with other local businesses.

"The Chamber is a good way to share information. Deb is good at promoting businesses through ribbon cuttings and other events. She connects to the Greater Des Moines Partnership events and programs."

When she first opened her business, Laura went door to door to other Adel businesses, handing out treats and business cards.

"I credit the other businesses' help for having a good start to my business," she says.

Laura established a relationship with veterinarians in town, as the chamber provided connections.

"The referrals with veterinarians helped establish my business as well."

Handsome Hounds currently has three employees and "office cats." Laura says business is booming due to excellent customer relationships. She credits her staff, saying, "I'm grateful. I have the best staff."

She recommends business owners seek out help from the Adel Chamber.

"It's a great networking tool. Especially if you're new to the community, it helps you connect with others through events — and you can see what other businesses are offering and seek potential clients."

She says the community is a great place, not only for business, but to raise their 11-year-old twins, Sophie and Aiden.

"It's a great community for kids to grow up," says Laura. "It's fun to see where the town will be in the future." ■

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

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COMMERCE**

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OUT & ABOUT



Jan Tetrick and family. Jan Tetrick, fourth from the left, was an Adel Citizen of the Year nominee.



Members of the ADM High School Cheerleading team greeted attendees at the Adel Partners Chamber of Commerce Dinner on April 27.



Sadie Pane and Elisabeth Mickael at the Adel Partners Chamber of Commerce Dinner on April 27.



Chamber Board President Jason Urban, right, awards Rich Hughes the Citizen of the Year award.



Chamber Board President Jason Urban, right, awards Tim Bianco, president of Iowa Spring Manufacturing, the Business of the Year award.



Members of the City of Adel Water Department received the Community of the Year award from the Iowa Rural Water Association. Pictured are Mike Lansing, Grant Goeden, Kip Overton, Scott Shover, and Adel Chamber President Jason Urban.



Adel Kiwanis member, Brad Baier, presents Brianna Young and Lucas Neppi certificates for being named Kiwanis Students of the Month at the May 2 club meeting.



Kari Strong, Amanda Winters, Susie Latusek and Britta Dimler at the Adel Partners Chamber of Commerce Dinner on April 27.



Debbie, Austin, Dixie and Chris Rhiner. Dixie Rhiner was an Adel Citizen of the Year nominee.

OUT & ABOUT



Jason and Camille Urban at the Adel Partners Chamber of Commerce Dinner on April 27.



Kylee Short and Bob Grove at the Adel Partners Chamber of Commerce Dinner on April 27.



Renae Arnold and Julianna Cullen at the Adel Partners Chamber of Commerce Dinner on April 27.



Linsey and Steven Kreschollek at the Adel Partners Chamber of Commerce Dinner on April 27.



Dan and Tonya Davis at the Adel Partners Chamber of Commerce Dinner on April 27.



Julie Heathcote and Becky Weihe at the Adel Partners Chamber of Commerce Dinner on April 27.



Gabbie and Brett Glenn at the Adel Partners Chamber of Commerce Dinner on April 27.



Eric, Levi and Anna Trout at the Adel Partners Chamber of Commerce Dinner on April 27.



Derek and Megan Garrett at the Adel Partners Chamber of Commerce Dinner on April 27.



Tammy Pearson, Dan Juffer, Laura Juffer, Jolene Goodman, Shane Goodman and Marsha Fisher at the Adel Partners Chamber of Commerce Dinner on April 27.



Amy Reicks and Jana Vander Kamp at the Adel Partners Chamber of Commerce Dinner on April 27.



IAN MUNSICK

== WITH SPECIAL GUEST KYLIE FREY



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JUNE 16&17
RODEO

THURSDAY, 7PM

JULY 13

MUTTON BUSTIN' and RODEO
Live music by Lucas Beebe following rodeo

FRIDAY, 7PM

JULY 14

**IAN MUNSICK with special guest
KYLIE FREY IN CONCERT**
Gates open at 6pm

SATURDAY, 6PM

JULY 15

FIGURE 8 RACES
and Live Music from Eric Chesser

SUNDAY, 4PM

JULY 16

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