

Living

The gift of a future

Residents share their stories of organ transplants

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WELCOME

IF YOU have a heart...

When our editor talked with me about writing stories on organ transplants, I told her how I once moved a piano. She didn't laugh but instead told me how this was a serious and important subject. She was right about that, and I was insensitive with my reply.

Like most of you reading this, I have not had to deal with organ failure or the need for organ transplants. I am quite thankful for that.

Like many of you reading this, I agreed to be an organ donor when I renewed my driver's license several years ago. I had to pull my license out of my wallet and check it to be sure. You should do so right now, too.

I have some friends who have put great thought into this and how their organs can help others live longer lives. I have other friends who are also organ donors but have not thought about it much at all, having the attitude that they will be dead and don't really care. Regardless of how you feel, those who benefit from your organ donations will be forever grateful, as will their family members and friends.

Mothers will be able to bear children. Fathers will be able to walk their daughters down the wedding aisle. Grandparents will be able to hug their grandkids. And young children can learn to smile, knowing their lives won't likely end anytime soon.

As a regular reader of this magazine, you know we cover a variety of subjects and themes in our cover stories. In the past few months alone, we have written about the benefits of hiring senior employees, dream vacations for local families, ongoing educational opportunities, Christmas card traditions, early risers and more. Some topics have been light-hearted while others have had more serious tones.

As you have likely figured out by now, this month's cover features the stories of local residents and the positive impact of organ donations. I got choked up while reading it, and I found the stories to be incredibly touching. I think you will, too.

If you are not an organ donor, I hope these stories change your mind and have you consider becoming one. We share details on how you can do so, along with the heart-warming stories of local residents who are deeply grateful for those who already have. Be sure to read the story, but grab some tissues first.

Thanks for reading. ■



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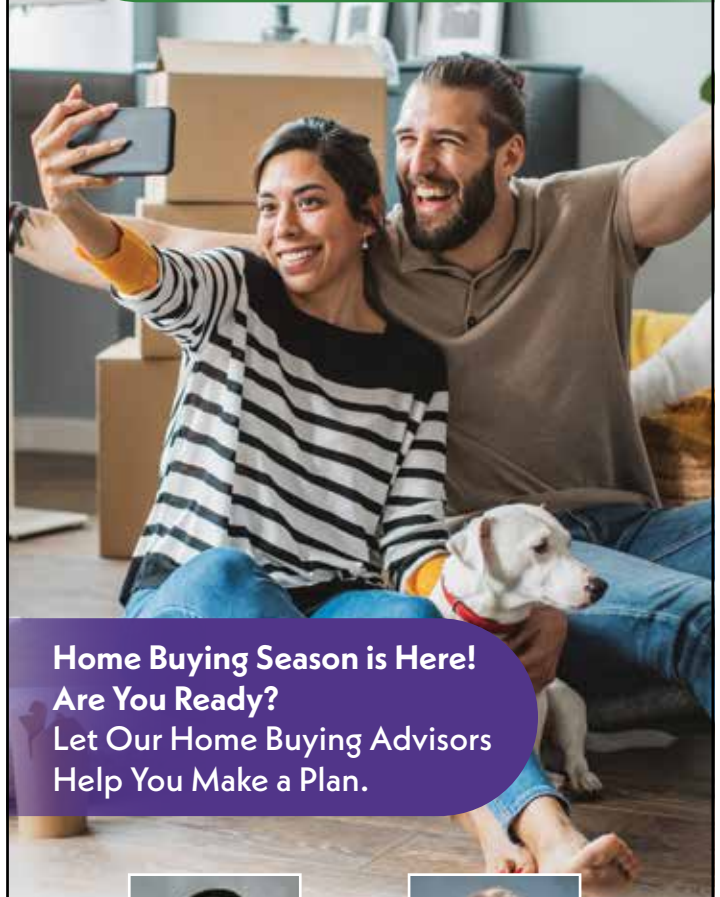


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The gift of a future

Residents share
their stories of
organ transplants

By Chantel Boyd

For many people with organ failure, a transplant is their one hope for a return to good health. In the U.S., more than 100,000 people are waiting for an organ donation — and, for many, the wait can be five or more years. For 17 people each day, time runs out before a match can be found (organdonor.gov). Those fortunate enough to receive a transplant are given not only a gift of health, but of hope — and a future to enjoy.

Jim Steinberg, an organ donor recipient who lives in Adel with his wife, Dani, and their four daughters, McKyla, Tinley, Giuliana and Jasmine, has received two kidney transplants over the years from friends.

In need of a second donation

Angie Waters grew up in Adel, moved to Waukee for 20 years, and moved back to Adel this past year. During the last three years, her eldest daughter, Sophie Collins, 22, battled end-stage kidney disease. Though she did receive a kidney transplant, it failed, and she is in need of another.

Angie says she is glad they were in her hometown area because the community has rallied around her and her family.

Angie says they have done everything they can to find Sophie a living donor.

“During that time, we had GoFundMe and a benefit for her to help with costs. My ADM High School class of ’97 helped me many times with free meals, money, gas and prayers.”

Angie has kept the community updated on a Facebook page, www.facebook.com/newbeansforsophie.

Sophie had been healthy as a child, and the family never knew something was wrong.

“At diagnosis, we were told she had IGA nephropathy. She would need at least three kidney donations throughout her life, and they estimated she would need to start dialysis within that year.”

Angie’s family started her on chemotherapy to try to slow the progression, but it weakened her immune system. Sophie was diagnosed with COVID-19 just two weeks later.

“This was the start of COVID, so it was bad. They had to start dialysis right away,” says Angie.

The nephrologist told the family Sophie was being added to the donor list. Still, the average wait time was two and a half years.

“He said we would have better luck if we could find a living donor,” Angie says.

Sophie’s immediate family tested, but none were an ideal match.

“We decided that we couldn’t wait any longer. We had to find a kidney for Sophie,” Angie says.

Sophie’s family tried everything. They walked the State Fair in shirts with their information on the front and back.

“We also went on the news a few times. We started a Facebook page telling her story. We even had a billboard in Des Moines for a month,” Angie says.

Before the disease, Sophie was enjoying swimming, kayaking, camping and bike riding like an average young adult.

“Dialysis wiped her out. Her kidney just gave up, and dialysis was the only thing keeping her alive, but she was now too tired to do the things she loved,” Angie says.

Sophie had to be home by 8 p.m. to hook up to the dialysis machine for the night and then fight through the nausea and weakness to go to work the next day.

“Her face was swollen from the steroids and water retention,” Angie says. “Through it all, she never let the disease get her down. I was a wreck, but she was stronger than any human I ever met.”

The family had renewed hope when Sophie’s cousin, Gracie Benton, volunteered to donate a kidney. Initially, the transplant seemed a success.

“It was wonderful. She looked better. She felt better. She was vibrant. It was amazing.”

However, the disease that damaged her kidneys doesn’t go away with a new kidney.

“A new kidney is a way to maintain,” says Angie. “For some with IGA, a new kidney can last many years. For others, like my daughter, it did not last. She went back on dialysis exactly a year after she went off of dialysis.”



Sophie Collins, right, received her first kidney transplant from her cousin, Gracie Benton.

Sophie continues to work.

“She refuses to stop. She won’t take disability even though her being on dialysis is enough to qualify. The plan now is long-term dialysis and eventually going back on the organ donor list,” says Angie.

The nephrologist does not want to use another living donor because of how aggressive her disease is. Yet, Angie and Sophie are grateful for Gracie’s gift, even though it did not last as long as they hoped.

“I know Sophie and Gracie have talked about what a gift this was, and so have I. Gracie did this for my daughter, which is the purest form of love — she gave my daughter life.

“With an organ transplant, you always know there is a chance that the organ will be rejected, and that comes with a lot of guilt,” Angie adds. “But I feel so grateful still because that was time given to my weak child, no matter how long.”

Angie wishes everyone would consider being a living donor.

“You don’t have to know the recipient; you are giving life to someone and those who love that person,” she says. “Please look up how to be a living donor.”

Two gifts from friends

Jim Steinberg, an organ donor recipient who lives in Adel with his wife, Dani, and their four daughters, McKyla, Tinley, Giuliana and Jasmine, has had two kidney transplants and has worked closely with the Iowa Donor Network.

The first donor was Ryan Justis in 2004, and the second was Travis Carlson in 2019. Both are living donors and friends of Jim’s.

“Ryan and I were roommates and baseball teammates in college. Travis and I have been friends since freshman year of high school,” Jim shares. “Ryan, the first donor, was one of several friends and family members who got tested to be a donor and ended up being the best match then.”

Travis, the second donor, was a close friend in high school, and they had maintained contact over the years.

“Travis maintained his good health well into his 40s and was in a good position career-wise to take the time to do the surgery and recover,” says Jim.

The doctors aren’t sure why Jim’s kidneys failed.

“I was 26 years old and otherwise healthy when I was diagnosed with kidney failure. I had been feeling fatigued for a few months,” he says.

A trip to the emergency room one night due to a severe headache

determined the kidneys were the cause of the symptoms.

“As I waited for my first kidney match, I had to go on dialysis,” Jim says.

Dialysis required Jim to be hooked up to a machine in the clinic for three to four hours, three times a week.

“It also made me feel lousy. I was on dialysis for 10 months before they identified a suitable donor,” he says.

Jim had the first kidney for more than 15 years before he needed a second.

“My first kidney was rejected immediately in the initial stages until the doctors figured out which combination of anti-rejection medicine would work for me,” he says. “This decreased the life span of that kidney.”

The second time around, Jim was fortunate to get his transplant before dialysis was necessary.

Jim’s energy levels were restored each time, and he is grateful to spend time with his wife and children.

“I was given two gifts of life experience, which enabled me to get married, have four children, travel, and enjoy athletic and outdoor activities,” he says.

Jim is thankful for this bonus time.

“I am grateful for seeing my children grow up and being involved in their lives,” he says.

The best memories Jim has made since his organ donations have been attending daddy-daughter dances and other adventures, such as “traveling with my family to Australia, Hawaii, Yellowstone, etc.; piloting a small airplane; and attending and competing in the Transplant Games of America with other recipients, donors and their families.”

The Transplant Games bring together thousands of transplant recipients, living donors, donor families, caregivers, transplant and donation professionals, those awaiting transplants, supporters, and spectators, all in support of organ, eye and tissue donation and transplantation.

“It gave me a great goal to work toward competing, connecting with, and having fun with others impacted by transplantation,” he says. “This July, we go to Birmingham, Alabama, for the games.”

Jim encourages others to be organ donors.

“Organ donation saves and improves lives,” he says. “The connections between donors, recipients, and their families are special.”

A lifetime wait

Dan Button of Adel, who is married to Shari Button, received a heart after surviving a lifetime without a fully functioning one.

Born in 1954, Dan was just a brand-new baby when the doctor told his parents he would not live long, and all they could do was to make him comfortable. The priest was called, and his parents prayed. Despite the prognosis, Dan lived until he was 62 before he needed a new heart. His malfunctioning heart was finally replaced at the University of Iowa Hospitals and Clinics.

Dan grew up one of six kids and enjoyed a nearly normal childhood like his siblings and other kids.

“I loved being outside. As I got older, I wrestled and played football, but I never felt like I could go ‘all out,’” he says.

Although Dan felt like he had to hold back because of his heart, he chose not to complain or give up. He became a lineman for MidAmerican Energy and worked a challenging job every day. However, at age 40, he had a crisis. He was diagnosed with congestive heart failure.

In 1999, the first of six defibrillators was implanted into Dan’s chest. In the fall of 2014, the device, trying to manage the erratic beating

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Dan Button, pictured with his wife, Shari, was born with heart issues but had a relatively normal childhood. He was in his 40s when his heart developed serious complications and 62 when he needed a heart transplant.

of Dan's heart, malfunctioned, shocking Dan's heart 10 times with lasting and damaging effects.

Usually, an adult's heart beats 60-100 times a minute.

"My heart was beating 500 times a minute. I must have had a guardian angel with me," he says.

Dan's doctor, Dr. Wickermeier at Iowa Heart Clinic, suggested he take the trip to Iowa City to be tested for a new device: a heart pump. Dan was the first person in Iowa to have the device implanted.

"I was selected to be on the transplant list, so this heart pump was to be a bridge to the transplant since my tests showed I was a good heart transplant candidate," says Dan.

On Nov. 5, 2015, Dan went through the difficult surgery to have the pump placed. His chest was open for three days. Since his heart was much worse than they realized, they considered putting in a second pump for the other side of his heart.

"I lost 20 pounds and was there for six weeks instead of the projected two," he says. "My heart started pumping better, but I was still hoping for a heart."

It would not be an easy match to find since he had an uncommon blood type, A-negative, and needed a larger person's heart.

On July 12, the transplant coordinator from the University of Iowa Hospitals called with the news of a donor. Three days after the nine-hour surgery, Dan Button woke up to hear the nurse say, "You've got a new heart!"

Dan was overcome with emotion.

"I just cried, and Shari and I still tear up easily. We've been through a lot, but we're so blessed," he says. "I couldn't have done it without her love and support."

Dan and Shari are active in supporting the Iowa Donor Network (learn more at www.iowadonor.org).



Angie Schoebel's son, Austin Goodrich, was an organ, eye and tissue donor in 2019. Though his accidental death was difficult for his family, they find comfort in knowing that his organ and tissue donations have helped many people and saved lives.

IADN.org) and encourage people to sign up to be donors. One can donate organs, as well as bone, skin and eyes.

As of March 16, according to the donor network, there are currently 637 Iowans waiting for an organ transplant.

A son's gift

Angie Schoebel's son, Austin Goodrich, was an organ, eye and tissue donor in 2019. Austin, one of Angie's three sons, enjoyed camping, fishing and exploring. Growing up, he liked to kayak and had started to snowmobile. His young life ended abruptly in an accident in which he received trauma to his head. Due to the nature of his injuries, Austin was able to donate his organs, and he helped more than 150 others with tissue and bone donations.

"Austin's lungs went to cystic fibrosis research," says Angie. "Although we are deeply saddened to have Austin leave us here on Earth, we are so incredibly proud of him for choosing to be an organ donor. He lives on through others."

"When Austin's dad and I were first approached about organ donation, we knew he wanted this," she said, adding that, later that day, they saw that Austin's driver's license indicated he had, indeed, chosen to be an organ donor. "We were so proud of him for making this selfless decision."

Austin's corneas went to a 51-year-old woman and a 39-year-old man.

"We did receive a letter from the man thanking us for the gift, as he had seen his child for the first time," says Angie.

A man in his 30s received Austin's right kidney and pancreas. A man in his 40s received his left kidney.

"He is the only recipient we have met in person and the only one here in Iowa," she says. "He invited us to his wedding and announced us

How to become an organ donor

Register with the DMV or register online at the Iowa Donor Network website, www.iowadonor.org.

- 637 Iowans are waiting for an organ transplant.
- 103,388 people are on the National Organ Waiting List.
- 16 Iowans are waiting for a heart
- 559 Iowans are waiting for a kidney
- 347 organs were transplanted in Iowa in 2022.

being there. It was a beautiful moment. Hugging him the first time was a moment I can't even put into words."

A boy in the fifth grade received Austin's liver. A young man in high school received Austin's heart.

"We have also received a letter from him, and he thanked us for the beautiful gift and talked about how he would take Austin along for the ride the rest of his life," Angie says.

Austin donated bone, vascular tissue, and descending thoracic aorta for research.

"Since it has been four years now, we know Austin's gift's full impact. He helped more than 150 people through grafts," Angie says. "This is amazing to us, and we are incredibly proud of Austin for making one last selfless act. We find peace and comfort in such a dark time, knowing Austin lives on through others."

The Iowa Donor Network holds a 5K race yearly called the Give Life 5K. (This year's race is May 4 at Raccoon River Park. See details and register at http://event.iowadonor.org/site/TR/RunWalk/General?pg=entry&fr_id=1120.)

"Austin's story is featured on the home page for that in a donor memorial feature," Angie says, adding that his memory had been honored in other ways as well. "A memorial circle for Austin was placed in a park. The park ranger's wife, Jen, was diagnosed with a rare liver disease that affects one in one million people and was put on the waiting list for a new liver at the same time Austin passed away. This past year, Jen received her new liver."

Angie and her family are walking/running in memory of Austin and the many gifts he gave others and for Jen, who is receiving a new liver.

"We all believe we were meant to know each other, and now it's our job to spread the word on the importance of organ donation," says Angie. ■

COULD tax hikes crack your nest egg?

Our national debt problem became unprecedented long ago, now it's ballooned to \$34 trillion. You are not alone if you think the country's debt could become a headache for you in retirement. Many agree that one way to tackle the debt is to raise taxes.



for 2024 is 37%.

The headache comes when you are on the cusp of retirement and lawmakers in Washington pass legislation that changes your tax bracket. If you've been investing in a traditional 401(k) or IRA, this scenario could mean you end up with less money to fund your retirement than you anticipated. That's because these accounts have never been taxed. When you take distributions in retirement, the money is subject to federal income tax rates. That's when that nest egg can crack, and you could send more of your retirement savings to the IRS than you have to, leaving you with less to spend in retirement.

Fortunately, there are steps you can take now to help protect your retirement from the uncertainty of tomorrow. All else being equal, tax-free money is the best type of retirement income. There are three main types of investments that produce tax-free income: life insurance, a Roth IRA or municipal bonds.

So how do you keep the nest egg together?

One way is to reduce taxable income — but don't wait until you are retired. Small changes now can pay off big in retirement, including converting pre-tax money into a Roth account. Qualified distributions from a Roth account are tax-free in retirement. Then you can worry a lot less about what happens with tax brackets in Washington and focus on all of the fun you want to have in retirement.

Like any retirement strategy, tax decisions should be made with a clear understanding of the rules, the impact on your tax situation, and how the strategy fits into your overall retirement vision. Your retirement planner and trusted tax preparer should work together to help you get it right. ■

While lawmakers have been relatively hesitant to increase tax rates over the past two decades, that philosophy could change. And with the national debt-to-GDP ratio ballooning to its highest point in seven decades, we could be nearing a point where leaders are forced to take action.

Federal income tax rates are still relatively low, historically speaking. For example, between 1982 and 1986, the income tax rates reached as high as 50%. Before that, the top rates reached 70% and as high as 94%, primarily due to World War II. The top bracket

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: Bradford Tax Institute. "History of Federal Income Tax Rates: 1913 – 2023." https://bradfordtaxinstitute.com/free_resources/federal-income-tax-rates.aspx. Accessed May 1, 2023.

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CAPTURING teachable moments

Have you ever seen your child say or do something and cringe because you know they learned that from you?

I think every parent, grandparent, or any other adult in any position of influence in the life of a child has had that punch-in-the-gut moment that served as a great reminder of the influence you have in the lives of the children around you.

The question is not: “Am I influencing my kids?” You are. Every single day. The question is: “What kind of influence am I having?” This sobering idea is also packed with possibilities as each day provides an endless supply of opportunities to invest truth and the values you prioritize into your kids.

It is important to consider how to leverage the moments of life to help raise not just good



kids, but godly kids. Jesus is a great example of leveraging the moments in life to present truth. For example, after observing a poor woman give two small copper coins at the Temple, Jesus used this scene to teach His disciples an important lesson about how God views generosity (Luke 21). On many other occasions, He captured a moment or used a question to tell a story (parable) to teach His listening audience.

Just like Jesus, you, too, can leverage life’s moments to teach your children or grandchildren important lessons about the Lord and about life. If you’re wondering how to get started, here are a few quick ideas:

First, be observant to the uniqueness of your child. Doing this shows love to your son or daughter and motivates you to be aware of their unique personality, life stage, pressures and fears. Second, be prepared to grab those daily teachable moments by preparing yourself. As a principle, you cannot pass along to another

what you do not have. If you desire to invest biblical truth into your son or daughter, you must know and model Scripture. If you desire to pass along treasured values, you had better be living this out in your own life first.

Finally, the adventure of parenthood is significantly harder when traveled alone. Don’t feel like you are the only one who can or should invest into your child. This is where a trusted community of friends or church is such a gift. To this end, I would love to share with you a cool opportunity: Day Camp at New Hope Church is a full-week, full-day summer camp experience put on by Hidden Acres Camp for kids entering first through sixth grade next fall. Each day is packed with activities, games, Bible learning and fun. ■

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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HELLO from the Adel Public Library

Join us for Storytime this month. Three mornings a week, we read books, sing songs, make crafts and have fun together.

- **Move & Groove Storytime** (0-5 years old) – Every Tuesday in April at 10 a.m. *Except April 30.
- **My First Storytime** (0-36 months) – Every Wednesday in April at 9:30 a.m.
- **Preschool Storytime** (3-6 years old) – Every Thursday in April at 10 a.m.

We have morning programs for homeschoolers, along with after-school programs. Check them out below.

- ***Nerf Battle** (grades 6-12) – April 5, 2-4 p.m.
- **Teen: Book & Recycled Art** (grades 6-12) – April 11 at 4 p.m.
- ***STEAM with ISU Extension: Wonder of Nature** (grades K-5) – April 16 at 10 a.m.
- ***Elementary Fun: Pokemon** (grades 2-5) – April 23 at 4 p.m.
- **Teen: Spring Fling Party** (grades 6-12) – April 25, 4-5:30 p.m.
- ***Library D&D** (grades 7-12) – April 26, 11 a.m. to 1 p.m.

Did you know that we have programs for adults too? We have book clubs, in-person speakers, exercise groups, and more.

- **Exercise Group** – Monday through Thursday at 9 a.m.
- **50s Plus Senior Gathering** – April 23, 10 a.m. to 1 p.m.
- ***Yoga at the Library** – Every Wednesday in April at 5:45 p.m.



- **Homeschool Meet-Up** – April 29, 9-11 a.m.
- **Brown Bag Book Club** – April 11 at noon
- **Evening Book Club** – April 25 at 6 p.m.

*Programs with an asterisk require registration. You can easily register at adelpl.org.

We are excited to see you in the library this month. ■




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MEET Lucas Den Herder

Meeting his math students where they are



Lucas Den Herder, Colton Vander Berg, Chad Barkema, Alec Henrickson and Josh Van Lingen

Lucas Den Herder spent the majority of his life in northwest Iowa before relocating to the Des Moines area. After graduating from Dordt University, he spent two years teaching at Western Christian before taking a leap of faith and stepping away from teaching for a year to join Youth With a Mission. As part of his new role, Den Herder spent three months training and serving in Hawaii, followed by three months of service in the Middle East. Although he says the experience was great, he missed education and was excited to return to it.

Last spring, Den Herder chose to relocate to the Des Moines area because some of his friends had moved there. When searching for a job, he says the Adel-DeSoto-Minburn district felt a lot like the community and school districts he had grown up around. Now Den Herder teaches math at the high school.

“I like being able to live in a larger community, but work in a place where people know people and care about them. My colleagues have been amazing, especially in the math department. I grew up on a farm and take a lot of pride in my work ethic, and you can sense that at ADM as well,” Den Herder says.

Den Herder enjoys applying math to life and takes every opportunity to talk about finances, engineering, everyday science, weather and other topics that might come up.

One challenge Den Herder has faced as a high school math educator is meeting students where they are at. For example, he says that courses with high level content such as geometry and algebra 2 are still required for the majority of students. Den Herder not only wants to help students who struggle with math but also to challenge the students who will go on to be engineers, scientists, etc.

“Being able to celebrate the success of students both in the classroom and beyond makes it all worth it,” Den Herder says. “I see a lot of expressed gratitude every day from my students. It is not always in the form of a verbal thank you. It is students who give their all on tests, or who help teach their classmates concepts, or who simply say hi and talk about life in the hallways.”

Den Herder is looking forward to springtime. In the classroom, his students make great connections as they near the end of the year and put it all together.

When not teaching, Den Herder’s life revolves around all things sports. Currently, much of his free time has been spent coaching in the basketball program. As the weather gets nicer, he enjoys golfing and umping baseball. He is also a huge football fan and makes a number of trips to NCAA and NFL games. ■

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TIGERS

ATHLETICS

GIRLS VARSITY TRACK

DATE	TIME	OPPONENT	LOCATION
Apr 4	4:30PM	Multiple Schools	Van Meter High School
Apr 9	4:45PM	Multiple Schools	Pella Christian High School
Apr 11	4:00PM	Northwest Girls' Relays	Waukee Northwest
Apr 13	8:30AM	TBA	Drake Stadium
Apr 15	4:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Apr 16	4:30PM	Multiple Schools	DCG Stadium
Apr 18	4:30PM	Multiple Schools	Newton HA Lynn Stadium
Apr 23	4:30PM	Multiple Schools	A-D-M, Adel Stadium
Apr 25	4:15PM	Multiple Schools	Carlisle High School
Apr 25-27	9:00AM	Drake Relays	Drake Stadium

BOYS VARSITY TRACK

DATE	TIME	OPPONENT	LOCATION
Apr 4	4:30PM	Multiple Schools	Van Meter High School
Apr 6	10:30AM	Iowa City West	Iowa City West High School
Apr 9	4:30PM	Multiple Schools	Ames High School
Apr 11	4:30PM	Multiple Schools	A-D-M, Adel Stadium
Apr 13	8:30AM	TBA	Drake Stadium
Apr 15	4:30PM	Multiple Schools	Norwalk High School
Apr 18	4:30PM	Multiple Schools	Newton HA Lynn Stadium
Apr 23	4:15PM	Multiple Schools	Carlisle High School
Apr 25	4:15PM	Multiple Schools	Bondurant-Farrar High School
Apr 25-27	9:00AM	Drake Relays	Drake Stadium

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SPORTS SCHEDULE

Spring 2024

GIRLS VARSITY SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 4	7:30PM	Des Moines Christian	Des Moines Christian School
Apr 8	7:15PM	Gilbert	Gilbert High School
Apr 13	9:00AM	Multiple Schools	ADM High School Stadium
Apr 16	7:00PM	Nevada	ADM High School Stadium
Apr 19	7:00PM	Carroll	Carroll Athletic Stadium
Apr 22	7:15PM	Des Moines Roosevelt	Mediacom Stadium
Apr 25	7:00PM	Winterset	ADM High School Stadium
Apr 29	7:15PM	Bondurant-Farrar	ADM High School Stadium
May 6	7:00PM	Dallas Center - Grimes	ADM High School Stadium
May 7	5:30PM	Ballard	ADM High School Stadium
May 10	7:00PM	Carlisle	Carlisle High School
May 14	5:30PM	Boone	Boone Goeppinger Field/Track

BOYS VARSITY SOCCER

DATE	TIME	OPPONENT	LOCATION
Apr 5	5:00PM	Multiple Schools	ADM High School
Apr 6	9:00AM	Multiple Schools	ADM High School
Apr 8	7:00PM	Gilbert	ADM High School Stadium
Apr 12	7:00PM	Dallas Center-Grimes HS	Dallas Center-Grimes
Apr 16	7:00PM	Nevada	S.C.O.R.E. Complex
Apr 19	7:30PM	Carroll	ADM High School Stadium
Apr 25	5:30PM	Winterset	Winterset High School
Apr 27	10:00AM	Multiple Schools	Pella High School
Apr 29	7:00PM	Bondurant-Farrar	Bondurant-Farrar High School
May 2	5:30PM	Boone	ADM High School Stadium
May 7	5:30PM	Ballard	Ballard Middle School
May 10	7:00PM	Carlisle	ADM High School Stadium

GIRLS VARSITY GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 4	4:00PM	Panorama	River Valley Golf Course
Apr 8	4:00PM	Multiple Schools	Pleasantville Golf & Country
Apr 11	4:00PM	Woodward-Granger	River Valley Golf Course
Apr 18	4:00PM	Ballard	River Valley Golf Course
Apr 22	4:00PM	Multiple Schools	River Valley Golf Course
Apr 23	11:00AM	Clear Lake	Veterans Memorial Golf Club
Apr 25	1:00PM	Woodward-Granger	Woodward-Granger
Apr 30	10:00AM	Atlantic CSD	Atlantic Nishna Hills Golf Course
May 2	4:00PM	Multiple Schools	Perry Golf & Country Club

BOYS VARSITY GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 8	4:00PM	Multiple Schools	Winterset Golf Course
Apr 11	1:00PM	Woodward-Granger	Woodward-Granger
Apr 12	12:00PM	Multiple Schools	Bos Landen Golf Course
Apr 13	8:30AM	Multiple Schools	Pella Country Club
Apr 15	1:00PM	Gilbert	Ames Golf and Country Club
Apr 16	4:00PM	Ballard	Ballard Golf & Country Club
Apr 20	8:30AM	Multiple Schools	Perry Community Schools
Apr 22	4:00PM	Carroll	Carroll Country Club
Apr 25	4:00PM	Multiple Schools	Winterset Golf Course
Apr 29	4:00PM	Bondurant-Farrar	River Valley Golf Course
Apr 30	10:00AM	Atlantic CSD	Atlantic Golf and Country Club
May 2	4:00PM	Carroll	River Valley Golf Course

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PUT a traditional spin on Cinco de Mayo

(Family Features) Whether Cinco de Mayo means an opportunity to celebrate your family's heritage or it's simply an excuse to gather with the ones you love, every holiday truly is about the same thing: special moments together.

Take this year's festivities the traditional route with recipes that combine familiar favorites with ingredients you normally may not use otherwise, such as cactus. This Mexican Cactus Pork Stew makes Cinco de Mayo a cinch with the use of a Dutch oven.

Visit Culinary.net to find more family-friendly recipes perfect for celebrating holidays throughout the year. ■

Mexican cactus pork stew

- 1 pound pork shoulder (leftover or fresh)
- 1 medium onion, chopped
- 1 jalapeno pepper, chopped
- 3 cups beef broth
- 1 can (28 ounces) diced tomatoes
- 2 cans (15 ounces each) mild chili beans
- 1 cup chopped cactus (nopales)
- 1 tablespoon garlic powder
- 2 tablespoons smoked paprika
- 1 teaspoon cayenne pepper
- salt, to taste
- pepper, to taste
- 4 green onions, chopped, for garnish
- 1/4 cup chopped cilantro, for garnish

- If using fresh pork, in Dutch oven, cube and brown it with onion and jalapeno pepper. If using leftover pork, reheat in Dutch oven with onion and jalapeno pepper.
- Add beef broth, diced tomatoes, chili beans, cactus, garlic powder, smoked paprika, cayenne pepper and salt and pepper, to taste.
- Simmer 25 minutes then garnish with green onions and cilantro.





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TACKLING spring allergies

A guide to relief from seasonal symptoms

As the chill of winter fades away, the arrival of spring brings with it blooming flowers, warmer temperatures and, unfortunately, seasonal allergies. For many, this time of year signals the start of sneezing, itching and congestion due to pollen, dust and other allergens in the air. Understanding the causes and symptoms of spring allergies, as well as effective treatment options, is crucial for managing these bothersome symptoms and enjoying the beauty of the season.

Spring allergies occur when the body's immune system overreacts to allergens such as pollen from trees, grasses and weeds. When exposed to these allergens, the immune system releases histamines and other chemicals, leading to the characteristic symptoms of sneezing, itching, runny nose and nasal congestion. In severe



cases, spring allergies can also cause watery eyes, coughing and fatigue, significantly impacting daily life. Pollen counts tend to be highest in the early morning and on windy days when pollen is more likely to be airborne. Keeping windows closed, using air purifiers with HEPA filters, and regularly washing bedding can help reduce indoor exposure to pollen and other allergens. Additionally, avoiding outdoor activities during peak pollen times and wearing sunglasses can offer further protection against allergen exposure. When it comes to managing spring allergy symptoms, several over-the-counter and prescription medications can provide relief. Antihistamines such as loratadine, cetirizine and fexofenadine work by blocking the effects of histamine, reducing sneezing, itching and runny nose. Nasal corticosteroids like fluticasone and budesonide can help decrease inflammation in the nasal passages, relieving congestion and nasal symptoms. Decongestants, both oral and nasal sprays, can also provide temporary relief from nasal

congestion, but should be used sparingly to avoid rebound congestion. In addition to medication, allergen immunotherapy, also known as allergy shots, may be recommended for individuals with severe or persistent allergies. This treatment option is typically reserved for those who do not respond to other forms of treatment or experience significant impairment in daily functioning due to allergies.

In conclusion, spring allergies can be a frustrating obstacle for many individuals, but with proper understanding and management, relief is attainable. By identifying common triggers, employing preventive measures, and utilizing appropriate medications or treatments, individuals can effectively alleviate symptoms and enjoy the beauty of spring without the burden of allergies. For personalized advice and treatment options, consulting with a pharmacist or healthcare provider is recommended. ■

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

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HEALTH By Christopher Baltzell, PA-C, MPAS

ALCOHOL Awareness Month

Every April, we observe Alcohol Awareness Month to raise awareness about the risks associated with excessive alcohol consumption and to promote prevention and treatment.

In individuals without underlying health problems, federal guidelines in the United States advise no more than two alcoholic drinks per day for males and one per day for nonpregnant females. Alcohol use disorder (AUD) affects approximately 15 million adults in the U.S. An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation.

Some health concerns associated with alcohol use can include liver damage, heart problems and even cancer. Additionally, alcohol use can have negative impacts on mental health, including depression and anxiety, relationship strain, legal issues and workplace problems. However, there are ways to use alcohol safely, such as knowing your limits, avoiding binge drinking and designating a sober driver.

It is essential to know when and where to seek help. If you or someone you know has concerns about alcohol consumption, your primary care provider can help discuss what options are available. These options can include medications, therapy and/or treatment programs. Although the idea of talking about alcohol use can seem stressful, it doesn't need to be. Your provider provides a respectful, compassionate and judgment-free environment where you can feel comfortable talking about your concerns. ■

Information provided by Christopher Baltzell, PA-C, MPAS, the Iowa Clinic, 710 Common Place, Adel, IA, 50003, www.iowaclinic.com. Sources: Dietary Guidelines for Americans, 2020-2025 9th Edition. U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2020. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf. Alcohol Facts and Statistics Fact Sheet Alcohol Facts and Statistics Fact Sheet ([nih.gov](https://www.niaaa.nih.gov/sites/default/files/AlcoholFactsAndStats.pdf)) <https://www.niaaa.nih.gov/sites/default/files/AlcoholFactsAndStats.pdf>

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HEALTH By Leslie Herron

THE SEASON for spring allergies

Spring is here. Unfortunately, so are the allergies that accompany the season. Allergy medications come in many forms: pills, liquids, inhalers, nasal sprays, eye drops, creams and shots. Some are OTC; others are prescription only.

Antihistamines are the No. 1 allergy remedy. They work by blocking ("anti") histamine, a chemical released in your body during an allergic reaction. They ease a runny nose; itching, watery eyes; hives; swelling and more. Some will make you drowsy, so take with caution.

Decongestants relieve nasal/sinus congestion. The most common is pseudoephedrine (Sudafed) which is available OTC, but sales are restricted by age and quantity. "It's the one that requires your license."

A popular form of allergy medications contain both an antihistamine and pseudoephedrine. Examples: Claritin-D, Zyrtec-D. The "-D" stands for decongestant.

Steroid nasal sprays prevent and relieve stuffiness, sneezing and runny nose. The best-known one is fluticasone (Flonase). Nasal decongestant sprays/drops provide rapid relief of sinus congestion but **MUST BE USED WITH CAUTION**. Repeated use for more than three days will damage sinus membranes, and congestion will worsen.

Your pharmacist is always available for questions and to help with appropriate product selection. Happy spring. ■

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



HEALTH

By Shelly Stewart-Sandusky, MS, LMFT

LIVING with an anxiety disorder

Anxiety is a common emotion everyone experiences at some point, generally when there is a situation or stressor that warrants an anxious response, after which, unhealthy levels of anxiety will go away as the situation is resolved. Problematic anxiety doesn't go away. People who suffer from anxiety disorders often experience anxiety in a chronic way, resulting in thought patterns and physical symptoms that are a constant part of their life. For instance, racing thoughts that can't seem to be stopped or deflected, constant worry or fear of something bad happening, and physical symptoms such as fatigue, muscle tension or nausea, among others. For a person with an anxiety disorder, it can be hard to imagine not having to constantly battle your own mind to be functional throughout the day or to always be worried about something even when there doesn't seem to be a reason to worry. But there are different things you can do to help.



- Therapy can be a helpful way to process through anxiety and learn about coping strategies to better manage it and to learn about triggers and patterns associated with your anxiety.

- Medication management with a psychiatrist or psychiatric nurse practitioner can be helpful for some people.

- Meditation can help calm the central nervous system and help give your mind a reset that helps alleviate some anxiety. ■

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

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HEALTH

By Alicia Fisher, PT, DPT

HOW TO stay free of back pain this spring

Springtime means spending more time outside working in the yard and garden, but it does not have to mean back pain. Using poor mechanics to lift or spending long periods of time in one position can be the culprit of back pain. Most acute episodes of back pain start when a muscle gets aggressively overstretched, leading to muscle shortening and muscle spasms. This muscle spasm is a healthy reaction from the muscle, as it is trying to protect itself from tearing. A torn muscle takes many weeks to heal and is significantly painful; therefore, a muscle spasm is a protective measure.



If the muscle spasm went back to a normal length quickly, we would be pain-free within a few hours or days. Unfortunately, the spasms often don't go away on their own and can lead to progressive stiffness, pain and a lack of pain-free motion.

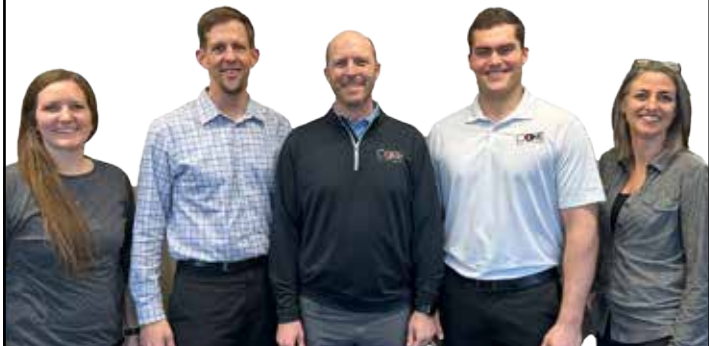
Ice application is the best initial treatment for the muscle spasm followed by gentle stretching to re-educate the muscle to return to its original length. If the pain and mobility don't return to normal after seven to 10 days, you may need to seek addition help to correct the dysfunctional muscles. ■

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

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THE IMPORTANCE of a survey before closing

If you are purchasing an Iowa real estate parcel that has never been surveyed by a licensed surveyor or that was surveyed more than 10 years ago, you should consider having a new survey completed prior to the closing date.

Consider a home in a well-established suburban subdivision that was built nearly 40 years ago. The sellers of the home provide sworn affidavits to the buyers stating there are no adverse claims against the real estate and that there are no boundary disputes with any neighbors. The original survey site map shows clearly platted lot lines, and the legal description of the property uses the lot number and the plat name approved by the city. The neighbor's houses are all nicely kept, and neither the property in question nor any adjacent property has fences separating the yards. By all accounts, it would seem like a standard home purchase transaction.

Several months after closing, a dispute arises between the new owners and the longtime neighbors. The disagreement involves the actual location of the boundary line between the two yards. Without a fence, or visible corner markers of any kind, it is impossible to see the lot lines with the naked eye. The established neighbors claim that, by adverse possession, they own approximately a portion of the land



originally platted in the lot acquired by the new purchasers because the neighbors allegedly planted trees and mulched and landscaped the disputed area for the past 30 years.

To prove ownership of real property by adverse possession, they must establish "hostile, actual, open, exclusive and continuous" possession, under claim of right or color of title for at least 10 years, and the burden of proof is a high one, by clear and positive proof, because the law presumes possession is under the regular record title owner. This is normally proven by the adverse party taking and maintaining property, such as an owner of that same type of property would, to the exclusion of the true owner. Acts of ownership include occupying, maintaining and improving land.

It is not yet clear whether the neighbors claiming adverse possession will meet their burden of proof, but one thing is clear, if the buyers had hired a surveyor to retrace the boundary lines, the purchasers would have realized that the boundary line cut through the trees and realized that a boundary dispute may follow after closing. ■

Scott Hall graduated from Drake Law School in 2008 and became a licensed attorney in 2009. He has lived in Adel with his family since 2014. Information provided by Scott A. Hall, Partner, Carney Appleby Law, 303 Locust St., Suite 400, Des Moines, 515-282-6803.



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EVENTS IN THE AREA

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Adel Women's Club Salad Luncheon

Monday, April 8, 11 a.m. to 1 p.m.

First Christian Church, 218 N. Ninth St., Adel

Enjoy a salad luncheon with salads, sandwiches, desserts and drinks served. A \$10 donation will be collected at the door. Adel Women's Club supports many local organizations, including the Adel American Legion Auxiliary, Adel Fire Department, Adel Historical Museum, Adel Public Library, ADM Fine Arts Boosters, ADM Scholarship Foundation, Crisis Intervention Center, Dallas County Extension, Girl Scouts, GFWC/IFWC Scholarship, Good Samaritan Food Pantry, Kid's Clothes Closet and more.

Events at The Brenton Arboretum

Various dates
The Brenton Arboretum, 25141 260th St., Dallas Center

For more information or to register, visit www.TheBrentonArboretum.org/events.

- Nature Club, varying times, register by age group: April 18, May 2 and 16.
- April 21, noon to 3 p.m., Earth Day Celebrations; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels.
- Wednesdays in May, 10-11 a.m., Nature's Healing.
- May 4, 10 a.m. to noon, Mother's Day Art with Jill Woodward.
- May 19, 1-4 p.m., Plein Air Art Festival.
- May 20, 10 a.m. to noon, homeschool field trip.
- May 30-31, Animal Odyssey camp.

Third Monday Bingo

Monday, April 15, 6-8 p.m.
Masonic Lodge, 411 S. 12th St., Adel



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

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. This is a freewill donation meal. All are welcome.

Dallas County Conservation events

To register for events, visit www.dallascountyiowa.gov/conservation, click on "Public Programs" and scroll down to see program descriptions and to register. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577. ■

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Most rely on an outside cybersecurity service to protect valuable data. Secure Point Solutions is one of those companies assisting businesses with cybersecurity.

Secure Point Solutions, based in Adel, was founded by James Bierly in August 2019. The remote company includes team members working from home, providing small businesses the same level of cybersecurity as large organizations. They work with clients in Iowa and across the United States to examine, evaluate and recommend security solutions.

Bierly chose Adel since it was close to the Des Moines metro with access to the interstate for in-person meetings. When Secure Point Solutions was just starting out, Bierly approached the Adel Partners Chamber of Commerce for assistance. "The chamber helped us greatly as we were just establishing our business by explaining the 'lay of the land' and suggesting opportunities that would fit best," says Bierly.

Bierly supports the community. He provides scholarships to ADM students attending DMACC for careers in cybersecurity or networking. He also brings them in as both interns and employees. "It has become like a 'farm team' of calling people up to the majors. The growth in our customer base allows us to continue to grow this program into other schools," he says.

Secure Point Solutions has partnered with the Adel Chamber to co-sponsor large events, such as the Sweet Corn 5K and Celebrate Adel. Bierly says it's important to attend Adel Chamber networking events. "We believe in starting local first, where we live, work and play. The Adel Chamber made the most sense."

Bierly currently serves on the board for the Adel Good Samaritan Food Pantry. Company members, along with Bierly's wife, volunteer with Many Hands in Pella and assist in foster care programs.

Secure Point Solutions also runs a work/study program online for adults interested in the security industry. "It is crucial to give back in more ways than just handing over a check," says Bierly. "By getting your hands dirty in helping organizations, that's how you truly invest yourself."

Like other small businesses, Secure Point Solutions' biggest challenge is explaining to businesses the importance of a cybersecurity service. "We found that, by relating our work in computer security — it's similar to automotive safety."

Bierly recommends businesses become involved in the chamber. "Whether big or small, anyone can benefit. Long-standing business owners should offer mentoring the newbies to help grow the community overall," he says. ■

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



James Bierly founded Secure Point Solutions, based in Adel, in August 2019.

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Adel

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"The Adel Chamber of Commerce is a key conduit for connecting the Adel Lions to the community we love and serve.

The Chamber's community updates and their outstanding coverage of our Adel Lions Flag Program is key to our success in our partnership with the citizens of Dallas County."

Scott Jungman
Adel Lions, President



Adel PARTNERS CHAMBER OF COMMERCE

chamber@adelpartners.org 515-993-5472 adelpartners.org

OUT & ABOUT



Adel Kiwanis member Jodi Kuhse presents ADM seniors Addison Kuonen and Owen Embree Adel Kiwanis Student of the Month certificates at the March 26 club meeting.



Jessica Gomke gave a presentation on the John D Gomke Charity at the March 26 Adel Kiwanis Club meeting. The John D. Gomke Charity Classic Golf Tournament is June 7 and 8 at Lake Panorama National Golf Resort.

NEWS BRIEFS

FFA Chapter visits legislature



Rep. David Young (R-Van Meter) welcomed members of the Adel-DeSoto-Minburn FFA chapter to the Iowa House.

IPPA honors pork producers

Iowa's Master Pork Producers for 2023 were announced at the Iowa Pork Congress banquet in Des Moines. A Master Pork Producer award denotes an individual's or family's excellence in pork production, as measured by pork production statistics, dedication to We Care® principles, and contributions to their community.

"Being recognized as a Master Pork Producer or receiving another Master Pork Award is a crowning achievement for anyone involved in Iowa's pork industry," said IPPA Producer Outreach Director Cory Van Gilst. "Formally recognizing the best our industry can offer is a rich tradition that has lasted over 80 years."

The 2023 Honorary Master Pork Producers include Ernie Barnes of Adel, who received the Master Seedstock Producer Award, which is handled by the Iowa Purebred Swine Council. Barnes has enjoyed a lengthy career working for pork associations, including the National Swine Registration, the National Pork Producers Council and National Pork Board. He retired from the Pork Board in 2023 but continues to serve as the Iowa State Fair's Swine Barn superintendent. See a video honoring Barnes at <https://www.youtube.com/watch?v=qNReuhYfnJ4>. ■



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OUT & ABOUT



Adel Veterinary Clinic staff with the business' Residents' Choice certificate.



Matt Hemphill, Becky Anderson, Kara McClure, Katrina Christianson, Christina Kroeger and Jamie Bergkamp accept the Residents' Choice certificate for Bergkamp, Hemphill and McClure, PC.



Wyatt Setterburg and Colby Peacock accept the Residents' Choice certificate for Nexgen Baths.



Eric and Anna Trout with their Residents' Choice certificates for Billy's Ice Cream Shoppe.



Luke Orstad of Luke's Lawn and Landscaping with the business' Residents' Choice certificates.



Alicia Hadfield and Deb Bengtson accept the Residents' Choice award for Sweet Corn Festival.



Alecia Lleshi, Laura Juffer and Andie Cox accept the Residents' Choice certificates for Handsome Hounds Boarding and Grooming. Not pictured are Jordyn Jackson and James Finnegan.



Meggan Cronin and Molly Kuhns accept the Residents' Choice certificate for Optima LifeServices.



Terry Chapman, Adel & Winterset TV & Appliance Heating & Cooling, accepts a Residents' Choice certificate for the business.



Adel Kiwanis member Scott Gavin presented ADM Senior Kenny Steenhoek with the Adel Kiwanis Student of the Month award at the March 19 club meeting.



Adel Boy Scout Kaden Smith presented his Eagle Scout project to the Adel Kiwanis Club on March 19. The club donated \$150 toward the static display shelves he is building for 4-H club presentations.



APRIL 2024

CITY HALL
Administration
Public Works
Compliance Officer
Parks and Recreation

301 S. 10th St.
P.O. Box 248
515-993-4525

M-Th 7:30 a.m. – 4:30 p.m.
F 7:30 a.m. – noon
www.adeliowa.org

PUBLIC SAFETY
Police and Fire Depts.

102 S. 10th St.
P.O. Box 127
515-993-6723

M-Th: 7:30 a.m. – noon;
12:30 – 4:30 p.m.

Fri: 7:30 a.m. – noon
EMERGENCY – DIAL 911

LIBRARY

303 S. 10th St.
515-993-3512

M-Th 9 a.m. – 6 p.m.
F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.
www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center
515-993-5246

Ankeny Sanitation
515-964-5229

S. Dallas Co. Landfill
515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters
515-993-4436

Mayor Pro Tem
Shirley McAdon
515-993-4862

Bob Ockerman
515-238-9835

Jodi Selby
515-657-1315

Rob Christensen
515-478-3260

James West
515-402-9378

UPCOMING CITY COUNCIL MEETINGS:

• **Tuesday, April 9th, 2024 at 6:00 p.m.**
For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

CITY EMPLOYEE CONGRATULATIONS

Emily Light, Accounting Clerk, received her 5 years of service award at the City Council meeting on March 12th. Thank you for your service, Emily!



Amy Puck, Patron Services Librarian, received her 5 years of service award at the City Council meeting on March 12th. Thank you for your service, Amy!



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 opening for the term starting March 12th, 2024 is:

1 Historic Preservation Commission position

**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.*

2024 GOLF CART PERMITS:

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

• Golf Cart Permit Cost: \$50

PARKS & RECREATION RESERVATIONS:

PARK SHELTERS – Fees start at \$30 per 4 hours. No fee for local nonprofit/civic organizations. *

BALLFIELDS – Fees start at \$15 per 1.5 hours. No fee for Adel Parks & Rec teams *

PRIVATE POOL RENTALS – Fees range from \$120/hour to \$270/hour depending on sections of the pool wanted. Held on Saturday/Sunday evenings between 6-8pm and Saturday mornings 10 am – Noon*

POOL BIRTHDAY PARTIES – Hold your child's birthday pool side. Visit our website full details*

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

PARKS & RECREATION UPCOMING ACTIVITIES:

****Register online at adel.activityreg.com****

KIDDIE KICKERS: Introductory soccer program for 3 and 4 year olds. Parent/adult participation required. Two sessions offered on Mondays 5:30-6:15pm & 6:30 – 7:15 pm, April 8-May 13; \$40. Deadline: March 22

ADEL FAMILY AQUATIC CENTER: Swim lesson registration begins Friday, April 5 @ 8:30am. Visit registration website for session dates and details. Season passes, private pool rentals, and the birthday party packages registration begins Friday, April 12 @ 8:30am.



HIRING: The City of Adel is now hiring spring and summer seasonal positions including: softball umpires, ballfield concessions, recreation supervisor, and lifeguards, admissions, and concessions staff for the Adel Family Aquatic Center. Visit adeliowa.org/employment-volunteer-opportunities/ for more information and to apply.

LIFEGUARD CLASSES: Held at Adel Family Aquatic Center and Dallas County Sheriffs office. Lifeguard certification class May 17 - 19. Recertification class is May 20-24 (based on student availability). Email rdilling@adeliowa.org with questions and to sign up.

APRIL 13TH – CITY WIDE GARAGE SALES:

To place an ad in the Garage Sales Flyer, please contact the Adel Public Library at 515-993-3512 or email apuck@adeliowa.org. Information must be received by Monday, April 8th.

APRIL 20TH – SPRING CLEANUP & HAZARDOUS WASTE DROP OFF

Spring Cleanup: Items must be out at the curb by 7:00 a.m. Large household appliances still require a \$15.00 sticker (TVs 24 inches and over require 2 stickers, projection or console TV's require 3 stickers).

Household Hazardous Waste Drop Off: South Dallas County Landfill will sponsor the Hazardous Waste pickup at Kinnick-Feller park from 10:00 a.m. to noon that day.

YARD WASTE PICKUP

Yard Waste Pickup starts up again on April 2nd. 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.

UPDATE CONTACT INFORMATION:

It has been awhile since we have updated our resident's information. Please visit our website and Update Contact Information (adeliowa.org). This will help so that you are able to receive the most up to date information and notifications about your City of Adel account.

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.



April Specials!

SALE PRICES GOOD APRIL 1-30, 2024

Whirlpool® \$2,599



25 cu ft, 36" wide French door with external crisper drawer, LED lighting and external ice maker/ water dispenser
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MED6500MW

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