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# WELCOME

## MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.



Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.

Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■

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PD and Lot Legaspi enjoy that they can play pickleball together and meet other people.

# COMPETING for TIME

Residents share how relationships are the “win” in sporting together

By Chantel Boyd

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades, personal bests and

other achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it’s always a win.

## Racquetball family

Chuck Schwarzkopf's family has a long tradition of playing racquetball together. They also made it possible for other families to play the sport.

The Schwarzkopf family owned the Ben Franklin store in Adel. While it featured many of the standard items that could be found in other Ben Franklin stores, theirs had a surprise — a racquetball court.

"We built the court in 1981 when we bought the lot next door and expanded the store," says Schwarzkopf.

There were courts in Des Moines, but Chuck's dad, Phillip, better known as "Chick," thought it would be fun to put a court in the back of the store since his family played.

Chick was a successful retail merchant, owning and operating several Ben Franklin stores over his 50-year career, starting with the flagship store in Adel. He was heavily involved in the community as a coach, umpire and announcer for baseball and softball leagues. Since his family enjoyed playing racquetball together, he built the court.

"My father and we three brothers all played," Chuck Schwarzkopf says. "Two of my brothers still play."

The Schwarzkopf family called the court the Racquet Room.

"We gave a key to anyone that asked," Schwarzkopf says. "We charged \$4 an hour."

The Racquet Room used to be very busy.

"When we first put out the sign-up sheet, it was busy from 6 a.m. until 11 p.m. almost every day," he says.

Schwarzkopf even became a certified U.S. Racquet Stringers Association (USRSA) professional stringer in 1980. You name it — tennis, racquetball, squash or badminton — and he could restring the racquet.

He has been playing since 1969 and started stringing racquets in 1983. He also carried the torch from his father to have another racquetball presence in the community.

"I had my racquet shop for several years," he says, adding that he even became competitive in the sport. "I played in tons of tournaments."

Schwarzkopf's family even hosted a tournament every Valentine's Day for almost 20 years.



Chuck, Jeff and Craig Schwartzkopf carry on the family tradition of playing racquetball.

Though the Racquet Room was sold decades ago, some of Schwarzkopf's family still play the sport, which has waned some over the years.

"Racquetball pushed to get into the Olympics several years ago, but not enough countries participated, so they didn't vote it in," Schwarzkopf says. "The game is fading out, which is too bad. It's hard to get people to support racquetball. We had many great clubs with courts, but the interest dropped, and there's no money and very few supporters of the game anymore. It's not like tennis that has a world following," he says.

All hope isn't lost, though. The sport is still played by many and has gained some following in other countries, too.

"It has been growing in Central and South America lately," he says.

Schwarzkopf's family continues to enjoy the sport that his dad, Chick, taught them.

"I play mostly at the YMCA now with old friends and new people interested in it," says Schwarzkopf. "You can get a workout at every level you play, and it's a good workout to get you moving. Now my oldest son, Ryan, plays."

## Pickleball pursuits

PD and Lot Legaspi, along with many other couples, find pickleball to be a sport they can enjoy together.

"I like pickleball because it's something I get to do with my wife, and we get to meet many new people," PD Legaspi says, adding that the game is straightforward with simple rules.

He conjectures that some people are

deterred from playing pickleball because they think it's a challenging sport to play.

"This is probably because they compare pickleball to tennis, racquetball or badminton, which are more challenging to learn," he says. However, pickleball is easier.

"It's a game you can enjoy right from the get-go," Legaspi says. "You don't need to take lessons; it doesn't take years to get the proper technique. You can make up your own technique and still enjoy the sport."

Another aspect Legaspi says he and Lot enjoy is the pickleball community.

"People are always willing to let you join their group and adjust to your level of play, which is unique compared to the racquet sports," he says.

The first racquet sport Legaspi learned was tennis, which he started playing as a child. But, when cancer made him slow down his game, he found pickleball to be a better fit.

"I started getting into pickleball because I was battling cancer, and I couldn't get back to tennis right away during my recovery. So, I decided to try something that was less taxing on the body," he says. "You cover less ground and don't have to hit the ball as hard."

Lot soon became his regular partner in the game.

"We really enjoy going to all the different places and meeting new people," PD says.

With the rising popularity of pickleball, one can find courts in many public parks and community centers.

"Lots of tennis courts have been converted to serve pickleball and tennis. There's also the

fancier option of visiting places like Smash Park,” Legaspi says.

The Legaspis encourage others to try the sport and play with family members, adding that it has provided another opportunity for them to spend time together after his cancer recovery. The two enjoy the game so much they made it a big part of their regular routine.

“At one point, we were going to Ankeny on a Sunday, Perry on a Wednesday, and Ames on a Friday. We also play in Grimes, West Des Moines, Urbandale, etc.,” says Legaspi. “Sometimes we even go on road trips to play pickleball at a random community center, like Okoboji or Kansas City.”

The two have even gone as far as Naples, Florida, to join the U.S. Open Pickleball Championships.

“We ended up losing all our matches, but we also enjoyed the time doing something my wife and I both enjoy,” says Legaspi. “Life is short. Get out there and play.”

**Accessible and fun**

While disc golf may have originated in the early 1960s, it has only been in recent years that its popularity has burgeoned to the point that one can now easily find disc golf courses, leagues and events for disc golf enthusiasts like Tyler Pierce of Adel.

“The people that run the Des Moines Metro Disc Golf Club are so cool and supportive of the game,” he says. “Freak Disc puts on a ton of fun tournaments, too.”



Disc golf courses abound in the area, and Tyler Pierce enjoys the variety.

Pierce enjoys playing disc golf with his family.

“Disc golf is one of the fastest growing sports in the world, and I believe one of the main reasons is how accessible the sport is,” he says. “I can get my kids involved, and it’s a way for us all to stay active while spending time together. It’s user-friendly. Anyone can play.”

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# FEATURE

The game also allows one to enjoy nature and the outdoors.

“Most courses have beautiful scenery throughout,” he says.

Pierce started playing disc golf as a hobby with friends from work.

“I became much more interested in the sport when I started watching the Disc Golf Pro Tour,” he adds. The Disc Golf Pro Tour is the premier professional disc golf circuit for the world’s best men’s and women’s disc golfers. It is aired on CBS Sports and YouTube.

“When I’m not playing with my family, I play with some close friends that enjoy the sport as much as I do, if not more, so we can really spend some time on a course,” Pierce says.

He advises newcomers to the sport to not give up. He suggests seeking out the easier, wide-open courses and to make it a fun outing with family and friends.

“Don’t be shy or discouraged when playing because it’s not easy and takes time, but it can be gratifying with the people you will meet,” he says, adding that he wants others to get out there and enjoy the sport as much as he does.

Like many seasoned disc golfers, Pierce collects a lot of equipment for the sport — discs, pins, bags, towels and baskets — but he says you can start with a few discs.

Keep with it, and you may enjoy a special moment like Pierce did when he made his first hole-in-one.

“I had friends there to witness it,” he says. ■



Tyler Pierce is an avid disc golfer and enjoys playing the game with his family.

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# NAVIGATING Social Security election: How to unlock your best option

Knowing when to elect Social Security can feel overwhelming. With the possibility of 81 election options for couples, the choice is anything but straightforward. It is more than just deciding between taking benefits at 62 (when you can first elect), at full retirement age (66 or 67 for most people), or at 70 (the age at which your benefit stops growing). For many retirees, Social Security represents 25% to 35% of their retirement income. You want to make the most of this vital retirement income source.

A lot of times when pre-retirees first meet with one of our Retirement Planners, they are working with a financial advisor. We often hear the following about their Social Security decision, “My advisor said, make your election and then let me know what you decide.” This



advice makes me cringe. Social Security benefits over 25 years can add up to \$500,000 for an individual and \$1 million for a couple. This decision deserves a complex analysis, not a “good luck, you’re on your own” approach.

That complex analysis should include all your different retirement savings accounts (including any pensions), your monthly income needs in retirement, your long-term tax plan, and your plans to leave a legacy to loved ones or charities. Your health, longevity, and marital status should also be considered. Once you have a clear picture of these factors and how they work with your Social Security, you don’t have to rely on luck. You have powerful information that will help you make the most of your benefit.

For married couples, we often recommend a combination strategy. One spouse will take their benefit early, typically the one with the lower benefit, and the other spouse will defer their benefit — maybe until full retirement age, just

before or up to age 70. This strategy allows the couple to get some Social Security income right away in retirement and defer some for a higher income down the road and a higher survivorship benefit for the spouse who lives the longest.

That’s just one strategy. There are many more. I have learned that small shifts can cascade into big outcomes in retirement planning, especially when it comes to electing Social Security. Instead of “let me know what you decide,” your Social Security needs more time and attention, and so does your retirement. You spend a lot of time saving for retirement — spending some time planning is one of those shifts that can lead to big outcomes in retirement. ■

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



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# ADEL KIWANIS club supports kids

Club “spreads it around,” supporting variety of programs.

“Serving the children of the world” is the motto of the Kiwanis club. Scott Hall, president of the Adel chapter of Kiwanis, gave some insight into how that motto has impacted him in the past and present.



Kiwanis is an international organization, and Hall recalls he first became aware of Kiwanis while he was a student in Brooklyn, Iowa, and was selected as student of the month by the local club.

Because of that experience, Hall remembered Kiwanis when he moved to Adel in 2013. The Adel Kiwanis club has been active since 1975, and Hall joined the club, eventually becoming president.

Throughout the year, the club has various fundraising events to obtain the funds to fulfill their mission. One unique fundraiser of the Adel club is to organize “casino night” events for other groups. Besides renting out their equipment, the club also “rents out” Kiwanis members as dealers for the various casino games. He said this generally raises more than \$20,000 annually for the club.

Hall says the club holds an annual Easter Egg Hunt event, as well as bouncy house events every summer. Another significant fundraiser is the holiday season greenery the club sells.

Hall notes the Adel Kiwanis membership list tends to fluctuate somewhat and currently is around 20. He encourages people in the area to consider joining. The simplest way to do that, Hall says, is by showing up to one of the regular weekly meetings. He stresses there is no obligation to join, and anyone is welcome to just show up, have some breakfast and learn about the Adel Kiwanis club. Meetings happen regularly between 7-8 a.m. at Patrick’s Restaurant in Adel. Hall also notes that Kiwanis is no longer a men-only organization, so women are welcomed.

The Adel Kiwanis club gives to many different needs, both big and small.

“We gave a very sizable donation to the Adel Good Samaritan food pantry this year to support their kids’ backpack program,” Hall says. “They put food in their backpack on Fridays, for the weekend, in case there are some kids that are food-insecure over the weekend. And I think they do the same thing over the summer.”

The club also helped fund playground equipment at Evans Park.

“And just today, I gave a check to the city parks and rec in Adel to install some new features at Kinnick-Feller Park that are long overdue to be replaced,” says Hall. “We’ve donated to the Dance team to go on a trip to Florida. We donate to Fine Arts every year. We try to spread it around.”

Hall also points out the Student of the Month awards the club gives to two high school seniors each month during the school year.

“There’s a certain GPA requirement, but also they have to show a



Bob Grove, Edward Jones, presents the Good Neighbor certificate to the Kiwanis Club, represented by, in front, Brooke Shield and Paul Berkenbosch; and, back row: Scott Hall, Dan Burgus and Mark Hantsbarger.

dedication to serving others,” says Hall.

Hall points out that the club strives to meet almost every kid-related need they are approached about.

“In its very purest form, the Kiwanis club raises money and donates that money to any cause or need that benefits children in the Adel-De Soto-Minburn school district,” he says. ■

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The stats are staggering: 25% of Americans have endured a mental health crisis in the past 12 months. In the course of a person's lifetime, nearly everyone will face a mental health situation that will require extra prayer and support from others.



nothing left in the tank, his life ground to a halt. In fact, in 1 Kings 19:4-5, Elijah declared, "Take my life." Then he lay down under the tree and fell asleep.

When a person, like Elijah or any of us today, reaches this point of deep discouragement, we go through a common cycle: Our emotions spike (e.g., anger or fear), we isolate, we adopt an "I quit" mindset, and then we pull the covers over our head and want to disappear. If you read 1 Kings 19:1-9, you see this cycle on full display. But none of us need to live out this regression.

In Elijah's moment of difficulty, his focus was off the Lord, but the Lord's focus was never off Elijah. God is great at showing up in our lowest moments; that is when He often does His best work in our lives. In fact, 1 Kings 19 is the only season of Elijah's life the Lord does not do a miracle, but it is the time the Lord is most

active (usually in ways Elijah never noticed). When Elijah's life fell apart, the Lord stepped in with divine therapy. Here is the key, this is not just what God did for Elijah, but what God does today. The Lord never quit on Elijah, and He will never quit on you.

If you feel stuck, emotionally taxed, physically spent, discouraged, depressed or burnt out, don't endure this alone. Seek the Lord and seek support to help in your time of need. If you are looking for a place to turn for biblical, professional and affordable integrated behavioral health services in your community, the New Hope Care and Counseling Center would love the opportunity to come alongside you to find hope and healing. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).

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# A DALLAS County centenarian

Pitsenbarger celebrates birthday with special guest Simon Estes.

Darlene Pitsenbarger experienced a milestone this April that few people attain — turning 100 years old. The centenarian says she didn't do anything special to make it to 100. She just lived one day at a time.

Darlene grew up on a farm near Waukee. "The Amazon place is on that land now," she says. "When I was a small girl, I remember that highway as a gravel road. I remember because I fell out of our car onto it and got a bloody nose."

She attended first and second grade in Waukee and rode the bus.

"When my sister was big enough for school, there were enough kids for a country school. I finished grade school there," Darlene recalls. "We walked to the one room school on the railroad tracks, where the bike trail is now. We would try to see how far we could go on the rail without falling off. Our grade school had 10-15 kids. After that, I attended the Waukee public schools and graduated from the old high school in 1941."

Darlene was active in school music activities. "Music was always an important part of my family. We took piano lessons, and most everyone played an instrument. I did more singing



Darlene Pitsenbarger recently celebrated her 100th birthday. Among the guests was Simon Estes, who sang "Happy Birthday" to her.

than playing."

As a young woman, she moved to Redfield to teach and made it her hometown. She has called it home for more than 75 years. She married her late husband, an active farmer, and she continued teaching in Dallas Center, Linden and Redfield. When she welcomed a son and daughter, she took time off to raise her children. Later, she returned to teaching.

Darlene says it's hard to share everything about life over a 100-year span. However, she's still making the most out of life. She lives on her own, maintaining independence in most of her daily activities.

"I don't drive anymore," she shares. "When you live this long, you learn to adapt. I have good neighbors who check on me and help me get where I need to go."

Darlene holds that, if you quit doing something, you won't be able to do it, and that is her reasoning for being independent as long as she's able to do so.

She grows a garden every year that boasts a variety of flowers and vegetables, along with an apple tree of which she happily shares the bounty.

"I've got to have food for my body and food for my soul. The flowers are food for my soul," she says.

Darlene celebrated her birthday with a party of more than 200 friends and family. Special guest Simon Estes made an appearance and sang "Happy Birthday," much to her delight and surprise.

"Simon's been one of my favorite singers. I've gone to his concerts for many years and always admired him. Never did I expect anyone to ask him to come to my party. My granddaughter, Liz, and her husband arranged for him to come, and he graciously agreed," she says.

Her advice to all: "Find something you really want to do and put your heart in it. Do what you know is right. You can only live one day at a time." ■



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# MACY Field 500



Adel's Riverside Park (now Kinnick Feller Park), located just north of town, was originally used as a fairground for the agricultural interests and a parade ground for the G.A.R. (Grand Army of the Republic, an organization of Civil War veterans). The ground was purchased by the city in April 1903 to be converted into a park.

The football field, at the east side of the park, still carries the name of Macy Field. At its entrance is a stately brick arch adorned with "In Memory of C.S. Macy" and "1933 Undefeated Team" on separate plaques. If you grew up in Adel, you have probably looked at that arch and wondered, "Who was C.S. Macy, the man in whose memory it was built?"

Clarence Spencer Macy was born near Adel in 1879. He married Madge Young in 1904 and became manager of the Adel Mill soon after. In addition to milling grain, he began a light plant. The electric rate, due to waterpower and double purpose machinery, was much cheaper than that of most towns back then. The company expanded until the towns of Dallas Center, DeSoto and Van Meter were being supplied with electricity from Adel. About 1922, Mr. Macy sold out to the Iowa Light and Power Company of Des Moines.

By 1933, the country was in a deep depression and, for the 2,400 residents of Adel, the outlook was bleak. But there was a bright spot in those tough times. 1933 will always be remembered as the year of the undefeated football season. Every Friday night, at home under the lights or at Dexter, Dallas Center, Redfield or Winterset, the Adel team, in leather helmets and black and red jerseys, helped the ever-growing crowds forget, briefly, the hard times they were experiencing.

One young man, Nile Kinnick, was largely responsible for this. Winning games, sometimes by 40 or 50 points, Kinnick threw touchdown passes, mostly to his younger brother, Ben, and, with his compact brick-like frame bursting through his line of farm boys and factory roughs, ran through all the opposing secondaries to a score of touchdowns. Kinnick completed passes for 40 and 50 yards repeatedly and once punted the ball 60 yards.

At the end of that spectacular season, a movement was started to honor the team with a lasting memorial: a brick arch at the entrance to the field. It was originally intended to be built with donations, but money was scarce in those depression times, and the \$800 needed could not be raised. However, the Macy family generously offered to build the arch and small building adjoining it, in honor of C.S. Macy, who died in 1930.

Nile Kinnick would go on to play for the Iowa Hawkeyes. In 1939, Kinnick won Iowa's first Heisman Trophy while leading his team to a 6-1-1 record.

During World War II Nile, a Navy pilot, crash-landed his fighter in the sea and was killed in action. ■

# BASE participates in annual Day of Service to combat hunger



BASE employees help combat hunger with donations of food and money.

BASE has designated April 11 as an annual Day of Service. The business has been in the Adel community for more than 20 years and supports local organizations to get food and other necessities to those in need. BASE made motivation cards to support the Food Bank of Iowa Backpack Sack program. The team at BASE also participated in a food drive and delivered food and monetary donations to the Adel Good Samaritan Food Pantry Backpack Sacks and Kids Summer Food Bags programs available to support youth in and around the community.

"BASE is no stranger to supporting the Adel Good Samaritan Food Pantry over the years. Today, our team came together along with other area team members to support a great cause and combat hunger in the community we work and many of us live. It's a tremendous feeling knowing the impact we are making to those in need," said BASE President Adam Harrington.

BackPack Sacks provide meals to students in grades K-12 who are food insecure on the weekends throughout the school year, while the Kids Summer Food Bags are available to kids weekly throughout the summer months and include seven breakfast food items, seven lunches, and seven snacks.

Holly Ambrose, a BASE employee, said, "It was awesome to see the entire team come together with donations and creative inspirational cards. We collected a ton of stuff that should make a huge impact on the kids right here in our community, which is amazing to be a part of."

## BASE celebrates 25 years

April 19 marks 25 years in business for BASE, a company that strives to provide the best service when it comes to employee benefit plan administration. BASE opened for business in 1999 in Urbandale and, in 2001, moved to Adel. BASE has grown from a small company with only one benefit product to now having a portfolio of products to meet benefit and compliance needs of employers across the United States.

"I have personally witnessed the growth this company has experienced and am proud of the milestone we have achieved through the hard work and dedication of our staff and partners," Company President Adam Harrington said. "After 25 years, we are still committed to our founding principle of providing the best customer experience through our sales, onboarding and service processes. The compassion our staff has towards the overall experience is what drives our business." ■



**MAY 2024**

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Compliance Officer  
Parks and Recreation

301 S. 10th St.  
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515-993-4525

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F 7:30 a.m. – noon  
[www.adeliowa.org](http://www.adeliowa.org)

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515-993-6723

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**ADEL CITY COUNCIL**

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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

[www.adeliowa.org](http://www.adeliowa.org)



**UPCOMING CITY COUNCIL MEETINGS:**

• **Tuesday, May 14th** at 6:00 p.m.

For additional meeting dates/times, or meeting information; please visit our website [www.adeliowa.org](http://www.adeliowa.org).

**REMINDERS & CLOSURES:**

• **Monday, May 27th:**  
City Hall will be closed.  
Payments may be made online, by phone, or by dropping off payments in our dropbox which is to the left of the front door.

**HONOR THE CALL TO SERVE:**

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Applications are available online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

The openings for terms starting July 1, 2024 are:

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

**2024 GOLF CART PERMITS:**

Forms are available online at [www.adeliowa.org/permits-and-forms/](http://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

**ADEL FAMILY AQUATIC CENTER:**

Tentative opening date is set to Saturday, May 25. Follow the Adel Family Aquatic Center on Facebook for updates.

**Open Swim Hours**

- Monday – Thursday: 12:30-5:00pm & 6:00-8:00pm
- Friday: 12:30 – 5:00pm
- Saturday & Sunday **Family Swim:** Noon – 1:00pm
- Saturday & Sunday: 1:00 pm – 6:00 pm

**Swim Lessons:** Sign up online at [adel.activityreg.com](http://adel.activityreg.com)

**PARKS & RECREATION UPCOMING ACTIVITIES:**

**\*\*Register online at [adel.activityreg.com](http://adel.activityreg.com). Majority of activity DEADLINES ARE MAY 17.\*\***



**LITTLE SLUGGERS:** Introductory baseball and softball program for boys and girls ages 3 and 4.

Two sessions offered. Session 1: June 10-26 | Session 2: July 8-24; Mon/Wed 6-6:45pm. \$40/player

**TENNIS CLINICS:** Designed to teach the fundamentals of tennis. Lessons built on one another. Boys and girls ages 5-17. Held on Tues & Thurs mornings between 8am-noon for 1 hour.

Two sessions offered. Session 1: June 11-27 | Session 2: July 16-Aug. 1. \$60/participant.

**MOVIE IN THE PARK:** Friday, June 28th | Kinnick-Feller Park | Movie starts at dusk | **FREE EVENT**

**ADEL POWER WHEELS NATIONALS:** Boys & Girls 2 to 7 yr. olds – divisions for 2 to 4 yr. olds and 5 to 7 yr. olds with two new divisions this year.

Saturday, June 22nd | 9:30 am check-in | Kinnick-Feller Park | **FREE EVENT** Register by June 7.

**DALLAS COUNTY FAIR PARKS AND RECREATION DAY:** Fun and entertaining contests. Thursday, July 11, 3-4 pm at the entertainment stage on the fairgrounds | **FREE EVENT** | Adel, Perry & Waukee Parks and Recreation Departments

**PICKLEBALL:** Drop in pickleball play May through August. Mondays 9-11am and Wednesdays 6-8pm. **FREE**

**ADULT COED SAND VOLLEYBALL LEAGUE:** Tuesday Evenings, June 4-July 16 + tournament. \$165/team

**ADULT COED SLOW-PITCH SOFTBALL LEAGUE:** Thursday Evenings, June 6-July 25. \$225/team

**WOMEN'S TENNIS LEAGUE:** Monday/Tuesday Evenings, June 3-August 6. \$30/player

**MEN'S TENNIS LEAGUE:** Thursday Evenings, June 6-August 8. \$30/player

Looking for a team? Email [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org) to connect with other interested players.

**YARD WASTE PICKUP**

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



**SCAN TO SEE THE ADEL MUNICIPAL WATERWORKS CCR 2023 QUALITY REPORT**

# A CREAMY pasta delight perfect for dining outdoors

*(Family Features)* Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at [michiganasparagus.org](http://michiganasparagus.org). ■

## Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board  
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces



- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.

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

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# TICK bites

## Understanding risks and essential prevention strategies

Tick bites pose a significant health risk, with potential exposure to various tick-borne diseases such as Lyme disease, Rocky Mountain spotted fever, and others. Understanding the risks associated with tick bites and implementing effective prevention strategies are essential for safeguarding health, especially for those who spend time outdoors.



Let's delve into the nuances of tick bites and explore proactive measures to prevent them. Ticks are small, blood-sucking parasites commonly found in wooded or grassy areas. They latch onto hosts, including humans and animals, to feed on blood. While not all tick bites lead to disease transmission, some species carry pathogens that can cause serious illnesses. Prevention is the first line of defense against tick bites and the diseases they may transmit.

**Here are some key strategies to minimize the risk of tick exposure:**

- 1. Wear protective clothing:** When venturing into tick-prone areas, wear long-sleeved shirts, long pants, and closed-toe shoes. Tucking pants into socks or boots can help prevent ticks from reaching the skin.
- 2. Use tick repellents:** Apply insect repellents containing DEET, picaridin or permethrin to exposed skin and clothing. Follow product instructions carefully, especially when applying to children.
- 3. Perform tick checks:** After spending time outdoors, thoroughly check yourself, children, and pets for ticks. Pay close attention to the scalp, behind the ears, underarms and groin. Promptly remove any attached ticks using fine-tipped tweezers, grasping the tick close to the skin's surface and pulling upward with steady pressure.
- 4. Create tick-safe zones:** Make outdoor living spaces less attractive to ticks by maintaining well-trimmed lawns, removing leaf litter, and clearing brush and tall grass. Consider creating

barriers like gravel or wood chips between wooded areas and recreational spaces.

**5. Protect pets:** Use tick-preventive products on pets and inspect them regularly for ticks, especially after outdoor activities.

**6. Be vigilant in tick season:** Ticks are most active during warmer months, typically from spring to fall. Stay vigilant during this period and take extra precautions when spending time outdoors.

Education and awareness are crucial components of tick bite prevention. By incorporating these preventive measures into outdoor routines and promoting awareness within communities, individuals can significantly reduce the risk of tick bites and the potential consequences they may entail. With proactive efforts and vigilance, everyone can enjoy outdoor activities safely and minimize the threat posed by tick-borne diseases. ■

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

### HERE comes the sun: defend yourself

Sunshine might feel good, but it packs a hidden punch. The sun emits ultraviolet (UV) radiation, which damages skin in two main ways: through UVB rays that cause sunburn and UVA rays that contribute to wrinkles and skin cancer.



Sunscreen acts as a shield, deflecting or absorbing UV rays before they reach your skin. Consistent use offers a wealth of benefits:

- **Sunburn prevention:** The telltale redness and pain of sunburn are signs of cellular damage. Sunscreen minimizes this discomfort and protects your skin's delicate barrier.
- **Reduced skin cancer risk:** Skin cancer is the most common form of cancer in the U.S. Sunscreen significantly reduces your risk of developing various skin cancers, including melanoma, the deadliest type.
- **Younger-looking skin:** UVA rays break down collagen and elastin, leading to wrinkles and premature aging. Sunscreen helps maintain skin's youthful elasticity and minimizes the appearance of fine lines.
- **Protects all skin tones:** Everyone needs sun protection, regardless of skin color. While darker skin tones have some natural protection, UV rays can still cause damage.

Look for a broad-spectrum sunscreen with SPF 30 or higher, and reapply every two hours, or more often if swimming or sweating. Remember, sun protection is an everyday practice, even on cloudy days. ■

Information provided by Christopher Baltzell, PA-C, MPAS, the Iowa Clinic, 710 Common Place, Adel, IA, 50003, [www.iowaclinic.com](http://www.iowaclinic.com).  
Sources: [mdanderson.org](http://mdanderson.org), [my.clevelandclinic.org](http://my.clevelandclinic.org), [cdc.gov](http://cdc.gov), [epa.gov](http://epa.gov).

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## HEALTH

By Leslie Herron

### SAFETY tips to prevent medication errors

• Ask questions about your medications and what they treat. Knowing this helps prevent problems like duplicate therapy, allergic reactions, dose changes and more.



- Use one pharmacy and one doctor. Multiple doctors may not be aware of what the other is prescribing. This can result in your getting medications of the same type or ones that interact with each other. Filling your prescriptions at one pharmacy prevents duplicate therapy, drug interactions and other problems.
  - Keep your medications separate to prevent confusion.
  - Follow instructions and stay on schedule. Always get your refills on time.
  - Use the right tools to measure your medication. Kitchen spoons don't count.
  - Don't chew or crush medications unless instructed. Trying to cut/chew/crush/open tablets or capsules can be problematic with long-acting medications (often designated by XR, XL, SR, ER).
  - Properly dispose of expired medications and ones no longer needed. One way to do this is by putting tablets/capsules in used kitty litter or coffee grounds and then disposing of them.

Keep an updated list of everything you take with you at all times, including over-the-counter medications/supplements, and provide it to your doctors and pharmacist. ■

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

# MEET Marcy Conover

Returns to her alma mater to teach

After graduating from Adel-DeSoto-Minburn in 2003, Marcy Conover received a bachelor's degree in elementary education from Wayne State College in 2006, a masters of gifted education from Morningside College and a masters of education administration from the University of Iowa. Now, Conover is in her 17th year of teaching. In the fall of 2023, she returned to her alma mater as a Gifted and Talented teacher at Meadow View Elementary School.



Marcy Conover teaches gifted and talented students at Meadow View Elementary.

“The key factor in coming to work at ADM was the reputation of setting high goals for their students and the strong core values of the students, families and staff at ADM,” Conover says. “One of the best things about ADM schools is the climate and culture that you find within each school. It is refreshing to be in a district where there is so much support and appreciation for the work that teachers do.”

As a Gifted and Talented teacher, Conover works with several groups of students each day. These groups focus on literacy, math or critical thinking skills. In the Gifted and Talented classes, students increase their depth of knowledge by digging deeper into the skills they have mastered in their general education classroom. For example, they might complete a complex, multi-step math problem or dig deeper into the meaning of the text of a story.

“The best thing about working with students at Meadow View Elementary is their love of learning. Each individual brings a different perspective and varied expertise to our GATE groups. That is what makes it special. Students are always ready to learn something new or be challenged to conquer an unfamiliar task,” Conover says.

During the remainder of the school year, Conover is looking forward to celebrating the successes of her students. She says it is exciting to see the academic and personal growth her students make from the beginning to the end of the school year.

“There are many challenges and rewards in education. The biggest reward is seeing students’ faces smiling when they come to my room. They are excited to see what their challenge is for the day. I focus on building relationships with each student, and they understand I am pushing them to do hard things because I know they can do it,” Conover says.

When not teaching, Conover and her family raise cattle on their farm west of Adel. They enjoy camping and showing cattle and pigs. In addition to spending time with family and friends, Conover likes to read, bake cupcakes, and spend as much time outdoors as she can. ■

# WHAT could be causing shoulder pain?

Shoulder impingement is one of the most common causes of shoulder pain. The pain results from pressure on the rotator cuff muscles when the arm is lifted overhead. This pressure can be caused by factors that may include tightness in the shoulder joint, a bone spur, muscle imbalances, and/or poor posture. These dysfunctions can lead to impingement on the rotator cuff muscles, which may include the following symptoms:



- pain radiating from the front of the shoulder to the side of the arm
- sudden pain with lifting and reaching
- pain with lowering the arm from an elevated position
- pain at night
- strength loss

Physicians will often use anti-inflammatory medications in the form of a pill or an injection to help alleviate inflammation and pain. While the medications help with the pain, they don't address the mechanical dysfunctions that actually cause the impingement. Exercises to improve mobility around the shoulder blade and upper back, as well as strengthening and improving function of the rotator cuff muscles, are key to decreasing impingement on the rotator cuff muscles. Over time, if your shoulder impingement is not properly addressed, you can end up with a tear in the rotator cuff muscles. ■

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

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# LEGALITIES of forming a business

State and federal laws authorize the formation and operation of business entities including corporations (for profit and not for profit) and limited liability companies (LLCs), among others. These business associations are legal fictions allowing citizens to regulate how they conduct their commercial affairs, how they pay their taxes or use tax advantages enshrined in the Internal Revenue Code, and how they protect their personal assets from liabilities caused by their businesses. The liability shield is often known as the “corporate veil.”

To lower the corporate veil, you must follow corporate formalities and establish the business as an entity separate and apart from yourself. This starts with the filing of a foundational document with the Iowa Secretary of State: Articles of Incorporation for corporations or a Certificate of



Organization for an LLC. Written bylaws or an operating agreement outline how the company is run and details the rights and responsibility of its shareholders or members (the owners); its board of directors or managers (those tasked with overseeing the business management); and its officers (those tasked with making the day-to-day decisions). Pursuant to the governing documents, the company’s ownership, management and officers must hold regular meetings and keep written minutes of those meetings to document the affairs of the company. The company must obtain its own separate tax identification number from the IRS, keep its own separate bank accounts, and keep company assets separate from the personal assets of the owners as well. Each entity is required to list a registered agent with the Iowa Secretary of State, and every entity must hire an attorney to represent it in front of the Iowa courts when a suit is filed. However, most businesses are not required to publicly disclose the names of the owners, and this

anonymity is attractive to investors.

In 2021, Congress passed the Corporate Transparency Act (CTA), which requires most companies to report information about the individuals who ultimately own or control them to the Financial Crimes Enforcement Network (FinCEN). Any new business created in 2024 must report this information within 90 days of formation, and any existing business must report this information by Jan. 1, 2025. Though a federal court in Alabama recently ruled the CTA to be unconstitutional, a nationwide stay of enforcement has not yet been entered. If you need to report this information, you should contact your attorney or your tax preparer. For more information, visit [www.fincen.gov](http://www.fincen.gov). ■

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

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations

## Dallas County Conservation events

To register for events, visit [www.dallascountyiowa.gov/conservation](http://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.

### • Mother's Day Hike

Saturday, May 11, 10-11 a.m.

Voas Nature Area, 19286 Lexington Road, Minburn

Celebrate moms with a walk and talk about how some wild mothers take care of their young. Registration required.

### • Incredible Minerals

Sunday, May 26, 1:30-2:30 p.m.

Forest Park Museum, 14581 K Ave., Perry

Join museum staff and volunteers as they show off the mineral collection of the museum. Staff will explain the collection's history and discuss many beautiful and extremely rare specimens. Visitors can bring in specimens for identification. No registration required.

### • Wild Waters Paddle

Saturday, June 1, 8-11 a.m.

Location TBD based on water levels

The wildest places in Dallas County are on and around the water, so celebrate Dallas County's wilderness together. Participants must provide their own boats, paddles and life jackets. Registration required.

### • Summer Youth Volunteer Program

Tuesdays, June 4 - July 9, 8 a.m. to noon

Voas Nature Area, 19286 Lexington Road, Minburn

Are you interested in a meaningful summer of service in the outdoors? This program is for students ages 10-14. The group will work on a savanna restoration project that began seven years ago. There will be an educational component and plenty of time to enjoy nature play. Registration required. Space is limited. Register if you know you can attend the majority of dates. For more information, email [mike.havlik@dallascountyiowa.gov](mailto:mike.havlik@dallascountyiowa.gov) or call the DCCB office at 515-465-3577.

### • DCVWQMP Training

Tuesday, June 4, 6:30-8 p.m.

Forest Park Museum, 14581 K Ave., Perry

In late 2023, the Dallas County Volunteer Water Quality Monitoring Program began collecting monthly water quality data from our rivers and creeks with a team of 14 dedicated volunteers. If you are ready to learn about monitoring procedures and adopt a site (or sites) for monthly monitoring, then this training is for you. Email [zach.moss@dallascountyiowa.gov](mailto:zach.moss@dallascountyiowa.gov) to see if this program is a good fit for you.

### • Adults in Nature

Thursday, June 6, 7-8 p.m.

Kuehn Conservation Area, 32828 Houston Trail, Earlham

Spark the curiosity of your inner child by exploring Kuehn Conservation Area in this adults-only evening hike. Learn about local ecology, go over the significance of the park and get answers to any burning questions you may not have the chance to ask when kids have the spotlight. Registration required.

## 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](http://www.TheBrentonArboretum.org/events).

TheBrentonArboretum.org/events.

• Nature Club, varying times, register by age group: May 16, June 6 and 20, July 4 and 18, Aug. 1 and 15, Sept. 5 and 19; Oct. 3 and 17, Nov. 7 and 21, Dec. 5 and 19.

• Wednesdays in May, 10-11 a.m., Nature's Healing.

• 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.

• June 2, 1-3 p.m., Go Hug a Tree.

• June 3-4, Animal Odyssey camp, 9-11:30 a.m.

• June 6, 6-7 p.m., Outdoor Foraging with Polk County Conservation.

• June 8, 7-9 p.m., Wine on the Prairie.



## Third Monday Bingo

Monday, May 20, 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.

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# ROTARY CLUB OF ADEL

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## “Service Above Self” Means Support for Community Projects Around the World!

Below is a partial list of Rotary support for 2024–25:

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Adel Safety Bike Rodeo • Boy Scouts • Girl Scouts  
Good Samaritan Food Pantry • Operation Warm Coats  
ADM Senior Awards Day  
ADM Schools Literacy Programs  
Polio Plus • Rotary Youth Leadership Awards  
Rotary International Foundation

**Come Join in the Fun!**

### ADEL ROTARY

#### MEETINGS EVERY WEDNESDAY

Except for 4th Wednesday of the month (reserved for service activity)

Lunch at Noon

Adel Public Library, Conference Room 2  
303 S. 10th Street, Adel

For more information, contact Club President  
Amanda Schwantes at 515-537-4390  
amanda.schwantes@countryfinancial.com  
www.facebook.com/adelrotary



# EVENTS IN THE AREA

Be sure to check for cancellations

## Annual Safety Bike Rodeo

Saturday, May 4, 9-11 a.m.

Adel City Hall parking lot, 301 S. 10th St.

The fifth annual Safety Bike Rodeo includes free bike and helmet inspections and bike rodeo course for kids 5-12. This is a come-and-go event. Free giveaways and a drawing for bikes, helmets and other prizes will be held. Kids must register but need not be present to win. The event is sponsored by the Rotary Club of Adel and the Adel Police Department. If the child does not have a bike helmet, a loaner helmet will be available. Adults may also bring their bikes and helmets for inspection. Children completing the safety course will receive a certificate, bike safety information, a Rotary flyer, an icee and a bottle of water. Other activities at the Safety Bike Rodeo include tours of a police car and a fire engine and the opportunity to visit with an Adel police officer and Adel firefighters. In addition, the Raccoon River Valley trail is nearby for riding or walking. For more information, contact Shirley McAdon at 515-993-4862.

## Vietnam War Living History Event

Iowa Gold Star Military Museum, 7105 N.W. 70th Ave., Johnston

Saturday, June 1, 9 a.m. to 5 p.m. and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.

## Valley Junction Arts Festival

May 19, 10 a.m. to 4 p.m.  
100-200 Blocks of Fifth Street, West Des Moines  
[www.valleyjunction.com](http://www.valleyjunction.com)

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival.

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## Big Grove Vinyl Market

May 5, noon to 4 p.m.

Big Grove Brewery, 555 17th St., Des Moines

[www.biggrove.com](http://www.biggrove.com)

Six vinyl record vendors will be on hand selling thousands of vinyl records, CDs and memorabilia with nearly all genres of music on display.



## Strawberry Picking

May 25

Center Grove Orchard,  
32835 610th Ave., Cambridge  
[www.centergroveorchard.com](http://www.centergroveorchard.com)

Gather strawberries for some homemade jam, a strawberry pie, or whatever your heart may desire. ■





# SPRING PLANT SALE

## PERENNIALS

Queen of Hearts Brunnera, Twinkle Toes Lungwort, Sassy Summer Lemon Yarrow, Sassy Summer Taffy Yarrow, Guava Lava Anise Hyssop, Rosie Posie Anise Hyssop, Fiesta Time Hollyhock, Las Vegas Hollyhock, Mars Magic Hollyhock, Starstruck Blue Star, Silver Mound, Goat's Beard, Hello Yellow Butterfly Weed, Butterfly Weed (orange), Amber Moon Astilbe, Bressingham Beauty Astilbe, Fanal Astilbe, Peach Blossom Astilbe, Purple Candles Astilbe, Dark Chocolate Baptisia, Honey Roasted Baptisia, Lemon Meringue Baptisia, Periwinkle Popsicle Baptisia, Plum Rosy Baptisia, Rain Dance Clematis, Crazy Cayenne Coreopsis, Black Eyed Angels Delphinium, Blue Lace Delphinium, Purple Passion Delphinium, Appleblossom Burst Dianthus, Black Cherry Frost Dianthus, Electric Red Dianthus, Goody Gumdrops Dianthus, Alba Old Fashioned Bleeding Heart, Gold Heart Bleeding Heart, Candy Mountain Foxglove, Dalmatian Purple Foxglove, Adobe Orange Coneflower, Salsa Red Coneflower, New Hampshire Purple Geranium, Tuscan Sun False Sunflower, Berry Timeless Coral Bells, Caramel Coral Bells, Lemon Love Coral Bells, Grape Timeless Coral Bells, Lava Lamp Coral Bells, Pink Panther Coral Bells, Timeless Treasure Coral Bells, Dark Mystery Hibiscus, Mars Madness Hibiscus, Shiryukyo Iris, Purring Tiger Iris, Hidcote Lavender, Becky Daisy, Blue Moon Bee Balm, Electric Neon Coral Bee Balm, Electric Neon Pink Bee Balm, Rockin Raspberry Bee Balm, Purrsian Blue Catmint, Fashionably Early Crystal Phlox, Fashionably Early Flamingo Phlox, Glamour Girl Phlox, Goldsturm Black Eyed Susan, Ballerina Pink Salvia, Bumbleberry Salvia, Evening Attire Salvia, Autumn Fire Sedum, Bright Idea Sedum, Carl Sedum, Night Embers Sedum, Night Light Sedum, Popstar Sedum, Japanese Painted Fern, Brilliance Fern, Ostrich Fern, Karl Foerster Grass, Ice Dance Variegated Sedge, Huron Sunrise Grass, Undaunted Grass, Cheyenne Sky Grass, Lemon Squeeze Grass, Various Hosta varieties

### SPECIAL MENTION PEONIES!

Festiva Maxima, Coral Charm, Sorbet, Evening Dream, Elsa Sass, Red Magic, Duchesse de Nemours, Coral Sunset, Sarah Bernhardt

### EDIBLES

Victoria Rhubarb, Heritage Red Raspberry, Nova Red Raspberry, Elderberry, Ozark Beauty Strawberries

## SHRUBS AND TREES

Corkscrew Willow, Redbud Tree, Ann Magnolia, Jane Magnolia, Phantom Hydrangea, Limelight Hydrangea, Silver Dollar Hydrangea, Pee Gee Hydrangea, Purple Sand Cherry, Pink Weigela, Yellow Dogwood

### SPECIAL MENTION LILACS!

Old Fashioned, Miss Kim, Palibin, Albert H Holden, Belle de Nancy, Declaration, Katherine Havemeyer, Ludwig Spaeth, Yankee Doodle, Sensation, Congo

## JIM & KARLA'S HEIRLOOM TOMATOES

List is subject to change up to the date of the sale. Some varieties are very limited. Abe Lincoln, Black Krim, Boxcar Willie, Brandy Boy, Brandywine (Sudduth's Strain), Carbon, Celebrity, German Lunchbox, German Red Strawberry, Kellogg's Breakfast, Martino's Roma, Mortgage Lifter, Nebraska Wedding, Paul Robeson, Speckled Roman, San Marzano, CHERRY VARIETIES: Mexico Midget, Pearly Pink, Red Cherry, Sun Gold, Sweet Million, White Cherry, DWARF VARIETIES: Dwarf Snakebite, Dwarf Sweet Sue, Fred's Tie Dye

**ALL QUANTITIES ARE LIMITED. WHEN GONE, THEY'RE GONE.**

This nursery is licensed and inspected by the State of Iowa.

**SATURDAY, MAY 11TH - 9 AM TO 3 PM**

**SUNDAY, MAY 12TH - 9 AM TO 3 PM**

For photos and last minutes updates, check out our Facebook page:



[www.facebook.com/JufferFamilyGardens](http://www.facebook.com/JufferFamilyGardens)

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## BALDON Hardware

Personalized service for 40 years

Take a stroll through Baldon Hardware in Adel, and you will find thousands of essential items, including lawn and garden, paint, household, plumbing, electrical and automotive supplies, as well as screen and window repair services. Owners Tim and Karen Baldon, along with their friendly and knowledgeable staff, are ready to fulfill their customers' hardware and household needs.



Baldon Hardware owners Karen and Tim Baldon

Baldon Hardware, located at 409 S. Sixth St. in Adel, was established in 1981 by Tim's parents, Fred and Jo Baldon. At the time, Tim's parents called him while he was attending Iowa State University and told him they were purchasing a hardware store, asking him if he would manage it.

They purchased Gowin Hardware and changed the name to Baldon Hardware. The store was located on Main Street until 1989, when the Baldons built a new store at the current location. The store is affiliated with the wholesaler Do It Best Corp.

The Baldons joined the Adel Chamber after establishing their business. Tim has served on the chamber board several times and explains how the chamber helps. "The chamber keeps the people of Adel aware of current and new business happenings. The chamber greets new residents to Adel by showing them what the Adel community has to offer."

He says the Adel Chamber is great at promoting Adel's businesses in a small-town atmosphere. Tim says, "We take pride in learning our customers' names and acknowledging them when they come through the door."

Like any business, competition is a concern. "It's our loyal customer base that has kept us in business for over 40 years. We do realize that the competition is fierce with many local residents working and shopping in Des Moines," he says.

Baldon Hardware's relationship with wholesaler Do It Best Corp. offers the buying power to stay competitive. "If customers can't find what they're looking for, we'll order it for free store delivery or order directly from our website at BaldonHardware.com, with items directly shipped to the customer," he says.

The Adel Chamber's website often promotes offerings at the store. Tim adds, "Our greatest strength is Baldon's personalized service and knowledgeable staff, something that the big box stores fail to do."

The store is remodeling its current location, which includes new siding, paint and signage to be completed sometime this spring. "We are excited about the facelift our store is currently undergoing," he says. "We are committed to our Adel location and appreciate the assistance the chamber provides."

He adds, "I would encourage all businesses to join the chamber. It gives you a one up on those who are not in the chamber." ■

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

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## Adel *Grow your business here.*



"As a growing community, one of our best assets is an active organization with a prime mission to help recruit business to continue that growth. Adel Partners Chamber of Commerce fulfills that role in spades. In addition to recruiting businesses, they hold various community activities such as our awesome Sweet Corn Festival to draw visitors to Adel. Thank you, Adel Partners Chamber of Commerce for all you do to make Adel a better place to live and shop."

**Jon McAvoy**  
Adel Citizen



**Adel** PARTNERS CHAMBER OF COMMERCE

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



# OUT & ABOUT



Courtney Puls and Carmen Johns at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Angela Mortoza and Thomas Harmsen at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Tim Gootee and Jesse Woerdehoff at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Cam Bennett and Andrew McGuire at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Shirley McAdon and Katie Lind at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Bob Grove and Kyle Short at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Deb Bengtson, Kristie Fuller and Julianna Cullen at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Jodi Draisey, Michelle Jenkins and Missy Pattee at the Adel Partners Chamber Lunch held April 18 at Faith Lutheran Church.



Peyton Meier was honored as an Adel Kiwanis Student of the Month.



Adel Kiwanis members Paul Berkenbosch and Mark Hantsbarger honor ADM seniors Anika Watt and Aubrey Winter as Adel Kiwanis Students of the Month.

# EASTER Egg Hunt

Adel Kiwanis Club held its  
Easter egg hunt March 24.



Nique Dukes, Sam Grob, Ayva Grob and Archer Grob



Giulian, Alyssa and Gianni Buric



Nick, Katie and Madi Bagby



Mike, Annie, Knox and Kace Kauzlarich



Taylor, Scott, Baker and Parker Mills



Holden, Eric, Allison and Olivia Odegaard



Katie, Emily and Clark Pool



Kiandre Smith, Lacie Combs, Einsis Combs-Smith  
and Khepri Combs-Smith



Sgt. Ray Dirksen, Dallas County Sheriff's Office,  
hands out stickers



Addy, Izzy, Matt and Amanda Steiner



Jenna, Chris, Jennings and Brooks Douglas

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\*Horsepower and torque ratings based on premium fuel per SAE J1349\* standard. Horsepower, torque, and fuel economy are independent attributes and may not be achieved simultaneously.

\*\*EPA-estimated rating of 30 city/31 hwy/30 combined mpg, 2.0L GTDI FHEV engine/CVT Auto Transmission Power Split Electric transmission/AWD drivetrain. Actual mileage will vary.



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