

ADEL

JUNE 2024



Living

MAGAZINE



Curtain call

Residents share their experiences on stage

Meet John Kotz

EDUCATION

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CHAMBER

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WELCOME

THREE reasons to participate in community theatre

Have you thought about getting involved in community theatre? If you want to participate, organizers will surely find a place for you. But what's in it for you personally? How about...

1. You can develop your creative talents.

Community theatre provides a supportive environment for people to explore their creative abilities. Whether you enjoy acting, singing, dancing or working behind the scenes, community theatre has opportunities for you to develop your skills and grow as an artist.



2. You can build confidence and self-esteem.

Performing in front of an audience can be nerve-racking, but it can also be empowering. Participating in community theatre can help build confidence and self-esteem while learning to overcome fears and take risks. Through rehearsals, performances and feedback from peers and mentors, performers gain a sense of pride and accomplishment that carries over into all areas of their lives.

3. You can develop important life skills at any age.

Community theatre is more than just a hobby; it is also an opportunity to develop life skills. From time management and teamwork to problem-solving and communication, the skills that performers learn through theatre can help them succeed in many aspects of life. In addition, community theatre provides a sense of belonging that is often difficult to find elsewhere. Performers build lasting friendships with their peers and develop connections with mentors and volunteers who share their passion for the arts.

Are you inspired enough now to want to get involved? You can start by reading this month's cover story. Then take the leap and reach out to organizers and say, "How can I get started?" You will be glad you did.

Thanks for reading. ■

SHANE GOODMAN

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FREELANCE WRITER WANTED: Adel Living magazine is looking for a freelance writer who is familiar with the community and would enjoy writing the stories of Adel in our magazine. If interested, email tammy@iowalivingmagazines.com.



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Kylie Ozbun, center, performs in an ADM production. Photo by Cindy DePond



Curtain call

Residents share their experiences on stage

By Chantel Boyd

For many people, public speaking is their worst fear. They recall suffering from butterflies in the stomach or worse before stepping out on the stage for their elementary school programs and the terror of having to speak in front of their peers in high school speech class. For them, the thought of performing before the public in a stage production sounds as appealing as being tarred and feathered. Others actually seek the spotlight, volunteer to memorize lines and create play props, and eagerly await the day the curtains are drawn back and the show begins. Some of these people share their reasons why center stage is the place they want to be.

34 productions and counting

Molly Longman, ADM English teacher and drama director, has overseen theatre in the community for 17 years. She has directed 34 shows on the ADM stage, with two productions each year.

Her theatre journey began as a student at Ames High School from 1998 to 2002. She performed and worked behind the scenes as an assistant director. Her passion for theatre continued to grow while she attended college at ISU.

Longman was a one-woman department at ADM for many years, leading the show selection for each season, set design, blocking and choreography. However, she believed in the power of collaboration. She invited student input for aspects such as sound, lighting, costume design, hair and makeup, and publicity. In 2019, Cindy DePond joined as the assistant director, further enhancing the collaborative spirit of the theatre program.

Longman was also an avid reader, so she sensed that participating in storytelling in a new way would be a fun undertaking.

“I had an eighth-grade teacher who had asked a small group of friends and me to perform scenes from ‘Our Town’ as an extra-credit project, and I thoroughly enjoyed the whole process,” she says.

Since then, she has been in so many productions, she can’t even begin to list them all. Longman also finds it difficult to list everything she enjoys about theatre. Still, if she had to, she’d say it’s the sense of community and the joy of collaborating to bring a show to life.

“Theatre brings together so many of my favorite things in one place: storytelling, creativity, visual art forms and collaboration with like-minded people,” she says.

Longman explains that she believes there is a thrill of risk-taking when performing in front of an audience for the first time that is hard to beat.

“Also, theatre connects people in compelling ways because it demands that they be vulnerable, honest and trusting of each other, as each person on stage and behind the scenes offers a slightly different, but equally vital, skill set.”

Longman says that theatre offers something for almost everyone. She has observed that few people spend time in the theatre without subsequently getting hooked by at least one aspect, even if it’s not performing on the stage.

“Considering the entire production process, there truly is something for everyone,” she says.

This theatre veteran has advice for would-be actors still deciding if they want to try acting: “Start with a small role or consider joining a



Molly Longman, ADM English teacher and drama director, has overseen theatre in the community for 17 years. Photo by Cindy DePond

production crew or even volunteering to attend a set-building session just to see what it’s all about.”

She adds that theatre can be a transformative experience that can change lives.

“When new individuals start to connect with the passionate theatre community, the rest is usually history,” she says.

Longman’s favorite moments as a director are hearing from parents that their students never really “found their place” or “found their people” until they got involved in theatre.

“I treasure working where everyone is welcome, valued, and can contribute something essential to the final product,” she says.

Some of the best parts of a production are the aspects the audience never sees, Longman says.

“I love the collaboration, the risk-taking and bravery, the problem-solving, the mentoring, the communication, and everything else that my students have learned to do alongside learning their lines, lyrics and dance steps,” she says.

A passion for costuming

Noelle McDonald, 16, is a member of the costume crew at ADM and has been for two years.

“During my senior year next year, I will be the crew head in charge of all costumes,” she says, adding that she has worked on costumes for four productions.

McDonald enjoys theatre because of its open environment.

“Everyone is forgiving, open to new people, and extremely accepting,” she says.

McDonald suggests that, if someone is nervous about being active in theatre, they should not be.

“We are a quirky group of teenagers. There is always a spot for new incomers. Do not be intimidated, and be yourself.”

“Lydia Reynolds is the current costume



Noelle McDonald will head the costume crew for ADM next year. Photo by Cindy DePond

crew head, and she has been great at leading the way and helping me become a great leader,” McDonald says. “The cast and crew are always easy to communicate with. Isaac Hatchitt and Ozbun Van are our student director and stage manager for next year, and they are so amazing to work with.”

McDonald has made many great memories in theatre. Though unsure if she will continue theatre in college, she is glad she pursued this in high school.

“Seeing all the costumes come together, the jitters of opening night, and the celebration after is my favorite part,” McDonald says. “It is so fun to see months of hard work come together and watch it all unfold from backstage. I love seeing the smiles on the cast’s faces after they come off stage, knowing they had a good time and killed it on stage. I love working behind the scenes and seeing it all unfold.”

Tried something new

Kylie Ozbun, 18, is involved onstage in ADM High School’s theatre program.

“I perform onstage, and I love to perform,” Ozbun says.

Ozbun decided to join theatre her sophomore year because she wanted to try something new.

“I instantly found a passion for theatre, and I am happy to be a part of such a wonderful program.”

Ozbun’s favorite thing about theatre is showcasing her talents and performing with her friends.

“I have made a lot of great friendships throughout my time in the drama department, and I am super happy that I have had the opportunity to perform with such talented people,” she says.

Ozbun plans to attend Simpson College in the fall.

“I have earned the Simpson Productions

FEATURE

scholarship and will be deeply involved in their music and theatre department.”

If performing is not your cup of tea, Ozburn suggests there is always a space for anyone behind the scenes.

“Crews are a big part of our performances; we could not do it without them. If you are nervous but want to perform, just try it out because you will never know until you try it. That nervousness does not disappear; however, performing on stage and doing what you love with amazing people is rewarding.”

Becca Cassel and Molly Longman are Ozburn’s directors and have guided her tremendously throughout her theatre journey.

“I would not be where I am today without their help and dedication. They are two of the most selfless individuals, dropping everything to help a cast member in need and ultimately achieving greatness.”

A million stories

Chloe Clarke, 18, has been involved in one play at the Des Moines Young Artists Theatre called “The Boy At The Edge Of Everything” and in nine theatre productions at ADM.

“I love that theatre can tell a million different

stories that you would not be able to hear otherwise, and I love being involved in telling those stories, whether I am bringing laughter or tears, I love being able to touch people’s hearts through acting.”

Clarke’s favorite thing about theatre is the fantastic community it creates.

“I have met some of my best friends through theatre, and the support and love shown to everyone who participates is amazing,” she says.

Clarke plans on continuing theatre as an extracurricular in college next year.

“I think everyone should try out for theatre; the friends you make, the laughs you have, the amazing moments of teamwork and togetherness truly make it all worth it.

“My director, Mrs. Longman, and my assistant director, Mrs. DePond, have helped me grow in so many ways by pushing me to do my best and encouraging me all the way,” she adds.

One of Clarke’s favorite memories from theatre is last year’s “Puffs” production.

“One of our main characters could not do the show, and we were down an actor. We found out five minutes before curtain and rushed to fill that role. One of my friends stepped up to take that place, and through the best show of



Chloe Clarke performs in an ADM production. Photo by Cindy DePond

teamwork and collaboration I have ever seen, we got him through the play using just a script.”

She says having everyone running around, ensuring everything was going smoothly, was a wonderful experience.

“It was stressful, but I think we were all proud of the work we could do.”

A role for everyone

Ashton Mae Gabler, 17, is an actor but has also been part of the backstage crew. Gabler has become interested in acting because of the prospects it provides.

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FEATURE



Ashton Mae Gabler, fourth from the left, performed in the ADM production of "Guys and Dolls" as a member of the mission band. Photo by Cindy DePond

"The different opportunities it gives you can help you learn many things about yourself and pique new interests."

Gabler's favorite thing about theatre is the camaraderie.

"I love making friends and learning to grow my talents every show and rehearsal."

Gabler will pursue theatre in college and encourages others to join.

"Take the leap of faith and go for it. You never know what you may be capable of unless you try. Theatre has a role for everyone, no matter who you may be."

Playing pretend

"I always liked playing pretend as a kid, and now I get a chance to do that while I'm older," says Noah Evans, 16, of participating in ADM theatre productions. His favorite thing about theatre is

the social aspect.

"It's a great way to converse with friends and a great topic of conversation."

Evans plans to continue theatre for the rest of his high school years.

"Hopefully, I can act in some other local stages," he adds.

Evans' favorite memory was the "Guys and Dolls" after-party.

"We got to hang out in a speakeasy-style basement, play gambling games, and have good food," he says.

A creative outlet

Emma McDowell, 18, is the student director of the ADM drama department.

"Most of my work is done backstage before opening night. I occasionally appear in our shows when we need an extra body," she says.



Noah Evans, center, performs in an ADM production. Photo by Cindy DePond

The main reason McDowell joined theatre was to have a creative outlet.

"It has definitely been just that."

McDowell's favorite thing about theatre is the family environment.

"And I love the close community we have."

McDowell enjoys theatre so much that she plans to major in theatre next year at college.

If someone is nervous, McDowell suggests they still pursue theatre.

"Do it! I was timid when I first joined theatre, and it helped me grow more confident and get out of my shell. Now I'm a leader within the drama department and in other things like speech." ■

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EARLY retirement strategies

Reasons to leave the workforce early

Time is the most valuable resource we have. We sit down with families and individuals who say this is becoming clearer as they age. They tell us that work isn't fulfilling the same purpose it once did, and they are ready to retire. So, we get to work developing a plan to see if we can make it happen. If you need a reason, or five, to retire early, here you go.



1. To enjoy a more active retirement

We call the first phase of retirement the “go-go” years. This is when you have the most energy and ambition. Retiring early will allow you to seize the energy and ambition you will likely have during this retirement phase. You can still be around with grandkids, travel, or take up a sport like pickleball, a popular one among retirees.

2. To stay healthier

The working years can be physically and mentally draining. Retiring early can relieve stress and improve quality of life. You can use the extra time to prepare healthy meals, get more exercise, and get more sleep.

3. You have a plan for health care

Here are some health care options if you retire before Medicare eligibility. Some companies offer extended health care as part of retirement packages. If your spouse is still working, consider getting on their plan. There's also COBRA, a continuation (generally up to 18 months) of health care after leaving employment. You will be responsible for the full cost of the insurance premium, including the part your employer was previously paying. There's also the open market or income-based Affordable Care Act, or Obamacare.

4. You understand penalties

The U.S. government generally charges a 10%

penalty on the taxable portion of IRA or 401(k) distributions before age 59 ½, with a few exceptions. If you separate from your employer in or after the year you turn 55, the 10% tax on early 401(k) distributions does not apply.

5. You have a plan

Some of my favorite moments over the last 25 years as a Retirement Planner are when our planning process gives the families we serve “permission” to retire early. Together, we build a RetireSecure Roadmap that outlines their plan for income, taxes, investments, health care and what happens to their money when they are gone. They are thrilled because the RetireSecure Roadmap helps them confidently retire and focus on taking advantage of those extra years of retirement fun. ■

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



Learn about **THREE MORE** reasons you could leave the workforce sooner than you think. Scan the QR code to watch this episode or read about it now.



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THE THING that most competes with God

Our relationship with money is funny. We think about it, worry about it, and even fight about it, but we don't like to talk about it. But Jesus sure did.

He talked more about money and possessions than any other topic. In fact, He talked about it more often than faith and love combined. In the Bible, we have 38 recorded stories Jesus told, and 16 are about money. The reason Jesus talked so much about money and possessions is because there is nothing that competes more with God for first place in your heart and life than your money and stuff. Let that sink in for a moment.

See, the number one indication of where your heart is at is where your money goes. In other words, your heart and life follow your finances. Sometimes we forget our heart is connected to our money. But this is exactly what Jesus taught us. He said (Matthew 6:21), "Where your treasure is, there your heart will be also." Some interpret Jesus' words to mean that whatever is on your heart becomes what you treasure. That's not what Jesus said. He said whatever you treasure is where your heart will be. This means that your heart is connected to your treasure. Your heart follows where your treasure goes.



This also means that, if you show me your bank account ledger that shows how you manage your money, I can tell you about your heart (and you about mine). It doesn't matter what you say has your heart, if your treasure is elsewhere, it doesn't have your heart. What I'm telling you isn't a Christian thing, but a thing thing. It's a fact. Let me prove it to you. Imagine a person putting down money on a sports team to win the big game. What happens to his heart? Suddenly he has never loved the team he is betting on to win more.

I hope you see that how you manage your finances and resources are important and how you manage it all says a whole lot about you. Here is the bottom line: You will never experience God's best until He is first place in your life. This includes your money. Let me encourage you to adopt a very counter-cultural but biblical mindset that changes everything: All we have is a gift from the Lord and belongs to Him. This means your health, house, car, toys, money and everything is owned by the Lord and graciously given to you to manage. This presses in on our materialistic American instincts, but it is the only way to experience contentment and all that it means to have the Lord as first in your life. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.

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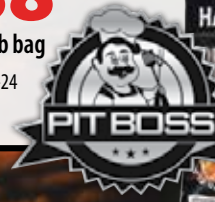
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RECIPE

SCRUMPTIOUS ways to simplify springtime meals

(Family Features) From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit littlepotatoes.com. ■

Shrimp, broccoli and potato skewers

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



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UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, June 11th at 6:00 p.m.**

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

REMINDERS & CLOSURES:

- **Wednesday, June 19th:** City Hall will be closed to the public.
- **Thursday, July 4th:** City Hall will be closed in observance of Independence Day. The use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.

YARD WASTE PICKUP

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

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 positions
- 1 Board of Adjustment positions
- 2 Park Board positions
- 3 Historic Preservation Commission positions
- 2 Library Board positions

PARKS & RECREATION UPCOMING ACTIVITIES:

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



Movies in the Park: First of three showings is Friday, June 28 in Kinnick-Feller Park. Bring your chairs and blankets and enjoy the movie starting at sunset. Trolls Band Together

Adel Power Wheels Nationals: The 3rd Annual Nationals will be held June 22nd. This free program will be at Kinnick-Feller Park with a 9:30am check-in. Several Classes are offered:

Limited Pro (2 – 4-year-olds), Pro Stock (5- to 7-year-olds), Outlaw (5- to 7-year-olds) DEADLINE: June 7

ADEL FAMILY AQUATIC CENTER:

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

Splash Bash: Friday, June 14th 6 – 8pm. On this exclusive night, you will be allowed to bring noodles, small pool floats and tubes, beach balls, water toys, etc. to swim with all evening long. FEE: Pool admission (includes passes)

Father's Day: Dad's get free admission on Sunday, June 16th

Military Day: Current and past military member and family receive free admission into the aquatic center. Thank you for your service!! Thursday, July 4th 12:30 – 5pm

Lifeguard-in-Training: Welcoming all aspiring lifeguards or pool junkies! A great way to dip your toes into the life of a guard. Participants will be introduced to a variety of skills through fun games and activities. No certification is obtained through this camp. Ages 11 – 14. July 17th & 18th 10am – Noon; July 19th Noon – 2pm. FEE: \$60 (includes T-shirt) DEADLINE: June 28th

Cardboard Boat Regatta: 8th Annual – gather a team of friends or family and build your own cardboard boat to race across the pool – Friday, July 19th starting at 6 pm – Free event.

JULY 1ST, 2024, UTILITY RATE INCREASES:

New rates will be assessed on the bill due July 20th, 2024 (from readings taken on June 20th).

- **Water:** Minimum Monthly Charge (2,000 gallons): \$34.32
\$17.16 per 1,000 gallons
- **Sewer:** Minimum Monthly Charge (2,000 gallons): \$32.64
\$16.32 per 1,000 gallons
- **Storm Water:** \$3.72 per ESU and CSWI \$6.00
- **Garbage:** \$13.80 per Bin
- **Recycling:** \$4.34 per Bin (including yard waste pick up)



TIGERS

ATHLETICS



VARSITY BASEBALL

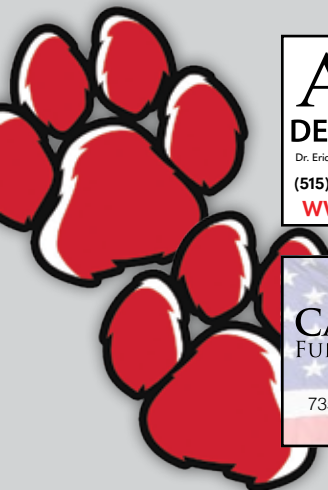
DATE	TIME	OPPONENT	LOCATION
Jun 6	7:00PM	Carlisle	ADM High School
Jun 10	7:00PM	Gilbert	Gilbert High School
Jun 12	7:00PM	Boone	ADM High School
Jun 13	7:00PM	Carroll	ADM High School
Jun 15	9:00AM	Multiple Schools	Glenwood High School
Jun 19	7:00PM	North Polk	ADM High School
Jun 20	7:00PM	Ballard	ADM High School
Jun 24	7:00PM	Bondurant-Farrar	Bondurant-Farrar
Jun 26	7:00PM	Winterset	ADM High School
Jun 27	7:00PM	Carlisle	Carlisle High School
Jul 1	7:00PM	Gilbert	ADM High School
Jul 2	7:00PM	Des Moines East	ADM High School
Jul 8	7:30PM	Creston Community	Creston High School
Jul 9	7:30PM	Norwalk	Norwalk High School

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FOR ALL TIGERS SCHEDULES

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



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SPORTS SCHEDULE

SUMMER 2024

VARSITY SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 6	7:15PM	Carlisle	ADM High School
Jun 7	3:30PM	Multiple Schools	North Scott High School
Jun 8	9:00AM	Multiple Schools	North Scott High School
Jun 10	7:15PM	Gilbert	Gilbert High School
Jun 12	7:15PM	Boone	Boone Creasman Field
Jun 13	7:15PM	Carroll	ADM High School
Jun 17	5:00PM	Urbandale (DH)	Urbandale High School
Jun 19	7:15PM	North Polk	North Polk High School
Jun 20	7:00PM	Ballard	ADM High School
Jun 21	7:00PM	Knoxville	ADM High School
Jun 24	7:15PM	Bondurant-Farrar	Bondurant-Farrar High School
Jun 26	7:15PM	Winterset	ADM High School
Jun 27	7:15PM	Carlisle	Carlisle High School
Jun 28	11:00AM	DCG HS	DCG BB/SB Complex-Dallas Center
Jul 1	7:15PM	Gilbert	ADM High School
Jul 2	3:30PM	Ankeny Centennial	Ankeny Centennial High School
Jul 8	7:15PM	Clarinda	ADM High School
Jul 9	7:00PM	Southeast Polk	ADM High School

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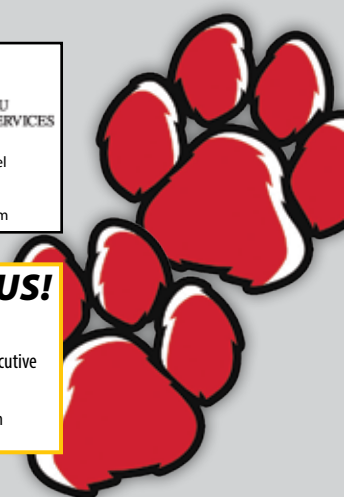
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WHAT IS lymphedema?

Lymphedema occurs when lymphatic fluid is not adequately being drained from a region of the body. This can lead to swelling that usually occurs in one of your arms and legs and sometimes both. The lymphatic system keeps the body healthy by circulating protein-rich lymph fluid throughout your body, collecting bacteria, viruses and waste product. This fluid and harmful substances are carried to your lymph nodes where wastes are filtered out.

Lymphedema is most commonly caused by the removal of your lymph nodes or other damage to your lymphatic system. Once damage has occurred, the system becomes less efficient in removing/drainage of the lymph fluid, causing fluid buildup and swelling. While there is no cure for lymphedema, early diagnosis and management of symptoms are key.

Lymphedema can present as swelling in part or all of your arm or leg, including fingers and toes, feeling of heaviness or tightness, aching or discomfort, recurring infections, hardening and thickening of the skin, or restricted mobility. The degree of swelling with lymphedema can range from mild to extreme and may not occur until months or years after the initial damage occurred. It is important to seek medical attention if you notice persistent swelling in your extremities. ■

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



MEET John Kotz

A career of teaching and coaching

John Kotz recently came out of retirement to join the Adel-DeSoto-Minburn teaching staff. After graduating from Denison High School in 1980, he spent the next five years working a couple of different jobs, during which he realized that, to make a better life for himself, he would need more education.

Kotz received a bachelor's degree in technology education and a coaching endorsement from the University of Northern Iowa in 1989. He then taught at the Perry School District before retiring from the Waukee School District in 2021. Since then, Kotz has come out of retirement twice. Last year, he taught one semester at Saydel High School, and last fall he taught one semester at the Adel-DeSoto-Minburn High School.

Although most of Kotz's experience with ADM has been coaching, he says having the opportunity to teach and substitute teach has given him an appreciation for how good the district is.

"I think the thing I like about working at ADM is the size of the school district and the people involved with the school district. Everyone is so helpful, from faculty to administration and cooperative parents," Kotz says.

During the fall, Kotz taught Introduction to Construction and Introduction to Small Engines. The big project for his construction class was a scaled model of a storage shed. Students learned the basic parts and the processes involved in laying out and constructing a residential structure. Students also created the forms and concrete for a foundation for the structure.

In his small engines course, Kotz's students learned the parts and functions of two-stroke and four-stroke engines. Students also used appropriate tools for necessary measurements and the engine overhaul process. They not only disassembled and reassembled a small engine, but were able to learn how to maintain and service small engine equipment.

"High school students are transitioning to adulthood. I like guiding them on their journey," Kotz says. "They are very fun to interact with and most appreciate my sense of humor. The key to success at the high school level is the shared respect in the student/teacher relationship."

In addition to teaching, Kotz has helped with multiple golf programs. He was the head boys golf coach at Waukee for 26 years and started the girls golf program at Waukee Northwest High School. He was also an assistant coach with the ADM program. Kotz volunteered with the ADM boys' golf team this spring. ■

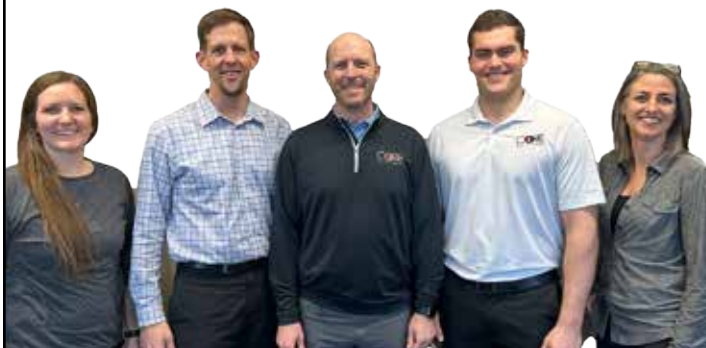


John Kotz enjoys teaching at ADM and came out of retirement to do so.

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EXERCISE caution when using artificial intelligence (AI) for drug information

The use of artificial intelligence (AI) in healthcare, particularly for drug information, promises significant advancements in efficiency and precision. However, several critical cautions must be addressed to ensure its safe and effective use. We already caution patients on viewing misleading social media posts or reading other patients' responses in online forums due to the extreme amount of misinformation out there. A newer source of information that has become popular is something called ChatGPT. Since its launch, several studies have been done to assess its ability to answer and provide resources for medication-related questions. One study, in particular, found the responses lacked completeness, accuracy and reliable references.



AI systems are only as good as the data they are trained on. If the input data is flawed or outdated, the resulting drug information can be inaccurate. Given the fast-paced advancements in pharmacology, AI must continuously access the most current databases to provide reliable recommendations. Misinformation can lead to severe consequences, including incorrect drug prescriptions or dangerous drug interactions.

While artificial intelligence may succeed at processing large datasets, it can struggle with the patient-specific aspects of drug recommendations. Factors such as individual medical histories, current medications and allergy information are critical for accurate drug recommendations. AI may not fully grasp these complexities, leading to recommendations that are not correct for the patient.

So, what are some sources that are recommended when researching a medication or medical issue? Your own medical team of your

healthcare providers and pharmacists should be your first go-to for questions regarding your own medications or health. For resources online, websites for patients that are best are Mayo Clinic, MedlinePlus and Drugs.com. These are all reliable and accurate websites for information.

Despite the conflicting opinions on the use of artificial intelligence, such as ChatGPT, it is clear that these apps are not yet at a level that can be relied upon to provide accurate drug information to patients. While they will most likely evolve as time goes on, pharmacists still remain the leading source and most readily available source for accurate drug information for patients. So, give us a call or stop by to see us. We are always happy to help answer questions. ■

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

BEYOND counting sheep



Insomnia, the struggle to fall asleep or stay asleep, disrupts millions of lives. While medication can be an option, many seek natural remedies. Here are some conservative approaches to improve your sleep.

Sleep hygiene: This involves creating a sleep-conducive environment. Make your bedroom cool, dark and quiet. Establish a regular sleep schedule — go to bed and wake up at consistent times, even on weekends. Avoid screens for at least an hour before bed, as the blue light can suppress the sleep hormone melatonin.

Relaxation techniques: A racing mind can be a major barrier to sleep. Techniques like progressive muscle relaxation, where you systematically tense and release muscle groups, can help quiet your body and mind. Meditation and deep breathing exercises can also promote calmness.

Cognitive behavioral therapy for insomnia (CBT-I): This form of therapy addresses the negative thoughts and behaviors that can worsen insomnia. A therapist can help you identify and challenge these patterns, replacing them with healthier sleep habits and coping mechanisms.

Lifestyle adjustments: Regular exercise can improve sleep quality, but avoid strenuous workouts close to bedtime. Avoid caffeine and alcohol, particularly in the evening, as they can disrupt sleep cycles. Develop a relaxing bedtime routine like taking a warm bath or reading a book.

If sleep problems persist, make an appointment with your provider to rule out any underlying medical conditions. ■

Information provided by Christopher Baltzell, PA-C, MPAS, the Iowa Clinic, 710 Common Place, Adel, IA, 50003, www.iowaclinic.com.

HEALTH

By Leslie Herron

MUSCLE cramps — the nightmare of the night



The uncontrollable and painful muscle spasm to which the legs are particularly prone, cramps are usually harmless but may be symptomatic of an underlying condition such as narrowing of the arteries, which is why, if the cramping is severe, prolonged or regular, a doctor should be seen.

Often the exact cause is unknown, but some risk factors are mineral/electrolyte imbalances, tight and inflexible muscles, poor physical condition, inadequate diet, dehydration, physical overexertion (especially of cold muscles), wearing high-heeled shoes and certain medications. A few medical conditions associated with muscle cramps are atherosclerosis (narrowing of arteries) and sciatica.

Ways to reduce the likelihood include regular stretching, improving fitness level, staying hydrated and drinking extra water with exercise, eating fruits/vegetables, a regular massage and avoiding high heels for long periods.

Cramps generally resolve themselves, and treatment options are limited. Gently stretch and hold the cramping muscle then lightly massage the area. Ice packs may also help. See your local pharmacy for a CBD cream that can stop muscle cramps very quickly.

Again, see your doctor if cramping is regular or cramps last longer than a few minutes. You may have an undiagnosed medical condition that requires treatment. ■

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

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COMPENSATION after an injury

What do you do when you get injured in an accident or an assault? First, you treat your injuries diligently. That means accepting emergency services at the scene of an accident or crime, following medical providers' instructions, taking prescribed medications and participating in recommended treatment. Do this until you reach maximum medical improvement (MMI), which normally occurs one year post-incident or post-surgery. During your recovery, try to focus solely on your recovery. You will receive phone calls from insurance adjusters and perhaps law enforcement to get your statement of the facts as you recall them. If you feel uncomfortable speaking with any person or entity about the accident, consult an attorney. Most attorneys representing injured Iowans work on a contingency fee



basis, meaning they don't get paid unless they recover damages for their client, and they offer free consultations.

Generally, the statute of limitations for most personal injury claims in Iowa is two years, so you must file a lawsuit against any party you believe to have caused your injuries within two years of the date of the incident. Injuries that occur on the job must be reported immediately and may have a different limitations term. Medical malpractice claims must be brought "within two years after the date on which the claimant knew, or through the use of reasonable diligence should have known, or received notice in writing of the existence of, the injury or death for which damages are sought in the action." Iowa Code section 614.1(9)(a).

Once you've reached MMI, then you need to determine whether your injuries are permanent or have fully resolved. If they have fully resolved, your only claims will be for the pain and suffering you received from

the accident and any out-of-pocket monetary losses. If you have permanent injuries, you will need an expert opinion from medical professionals as to how severe those injuries are and how much they will impact your life going forward. You will also need an experienced personal injury attorney to seek fair compensation for your injuries from those who caused them. Iowans can seek damages for pain and suffering, loss of function of mind and body, loss of enjoyment of life, emotional distress, and loss of present and future earning capacity. Their close family members can seek damages for loss of the companionship of their loved one due to the injuries. Take care and be safe. ■

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

Be sure to check for cancellations

Third Monday Bingo

Monday, June 17, 6-8 p.m.

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BINGO

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11	27	38	56	71
4	●	●	52	69
13	21	42	●	67
14	24	32	59	68



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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.

Events at The Brenton Arboretum

Various dates

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

- Nature Club, varying times, register by age group: 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.
- June 8, 7-9 p.m., Wine on the Prairie.
- June 10-11, June 18-19, Nature Explorer Camp, 9-11:30 p.m.
- July 18, 8-10 p.m., Sunset and Fireflies.
- July 26, Plant, Grow, Fly with Blank Park Zoo, 1-2 p.m.
- Wednesdays in July, 10-11 a.m., Nature's Healing.

Dallas County Conservation events

To register for events, visit www.dallascountyiowa.gov/conservation. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577.

- **Observing Owls**, Thursday, June 13, 9-10 a.m., Voas Nature Area, 19286 Lexington Road, Minburn. Come learn about Iowa owls, their calls and meet the DCCB barred owl education ambassador. Registration required.
- **June Bird Hike**, Saturday, June 15, 8-10:30 a.m., Kuehn Conservation Area, 32828 Houston Trail, Earlham. The Kuehn Conservation Area is a birding hot spot. It has a fantastic diversity of habitats and is located along the Raccoon River corridor. Spring migration will be wrapping up, so the birds you see and hear will likely be nesting. This will be a moderate hike on even ground. Registration required.
- **Summer Solstice Sunset Celebration**, Thursday, June 20, 8-9 p.m., Hanging Rock, Redfield. Join DCCB naturalists at the astronomical clock atop the ridge at Hanging Rock to observe and celebrate the sunset of Summer Solstice. No registration required.

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ADEL Public Library news

Hello from the Adel Public Library.

On Friday, June 7 from 9-11 a.m., join us at the Community Stage & Pavilion on the corner of 10th and Main Street for our summer reading program kick-off. The morning will include a bounce house, butterfly tents, a balloon twisting artist, temporary tattoos for kids, popsicles and a summer reading sign-up booth.

Join us for early childhood programs this summer.

- Crafty Mondays (children ages 8 and younger must be accompanied by a parent or caregiver to attend this program), June 10 and 24, 10 a.m.
 - Move & Groove Storytime (0-5 years old), beginning June 11, 9:30 a.m.
 - My First Storytime (0-36 months), beginning on June 12, 9:30 a.m.
 - Preschool Storytime (3-6 years), beginning on June 13, 9:30 a.m.

We have so many special programs planned for kids and teens this summer. Check them out below.

- Teen Advisory Board (grades 6-12), June 6, 1 p.m.
 - Tail Wagging Readers (all ages), June 6, 4:30 p.m.
 - *Welcome to an Oneida Powwow (grades 2-5), June 11, 2 p.m.
 - Crafty Teens: Dream Catchers (grades 6-12), June 13, 1-3 p.m.
 - *Storybook Experience with ISU Extension (grades K-5), June 14, 9-11 a.m.
 - *Reader's Theater Camp (grades 2-5), June 17-21, 10 a.m. to noon every day
 - Reader's Theater Performance, June 21 at noon
 - *Family Program: Exploring the Land Down Under (ages 5 and older), June 17, 2 p.m.
 - Teen Book Club: "Mortal Engines" (grades 6-12), June 20, 1-3:30 p.m.
 - *Library D&D (grades 7-12), June 21, 11 a.m. to 2 p.m.
 - Reading is G.R.A.N.D. with Juggler Dan Kirk (family event), June 24, 1 p.m.
 - *Pokémon Training Camp (grades 2-5), June 25, 2 p.m.
 - Teen: Boba Tea & Manga (grades 6-12), June 27, 1-3 p.m.
 - Family Bluey Party (3-8 years and family), June 29, 9:30-11:30 a.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.
 - *Yoga at the Library, every Wednesday in June, 5:45 p.m.
 - 50s Plus Senior Gathering, June 6 and 18, 10 a.m. to 1 p.m.
 - Adult Speaker: Iowa Author Hank Kohler, June 6, 10 a.m.
 - *Hands Only CPR & AED Training, June 8, 9 a.m.
 - Brown Bag Book Club, June 13, noon.
- *Programs with an asterisk require registration. You can easily register at adelpl.org.

The Adel Public Library has received funding from Humanities Iowa, a private, non-profit, to host a presentation called Adult Speaker Series: Iowans Who Fought Against the Union by David Connon on Tuesday, June 18 at 10 a.m. A cultural resource for Iowans since 1971, Humanities Iowa offers many cultural and historical programs and grants to Iowa's communities.

This program is free and open to the public. If you are a person with a disability who requires special assistance, call 515-993-3512 in advance.

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

HOLISTIC healing

New Hope Care and Counseling Center opens in Adel



New Hope Care and Counseling Center opened on May 20. From left: Ann Cochran, Mark Hantsbarger, Ryan Whitson, Chris Ries, Tom Hein, Holly Adams and Lynne Hoeksema.

New Hope Care and Counseling Center opened in Adel on May 20 with a major goal in mind: simply to help.

Center Board President Dr. Thomas Hein says the vision for the counseling center arose because of the pressing need for people to find a place of holistic healing from life's wounds.

"The onslaught of overwhelming emotional, relational and physical struggles has ramped up in recent times," he says. "To address this need, Ryan and Laura Whitson, along with Chris Ries, began to envision a center offering healing professional services connected with a supportive community."

The mission, says Hein, also includes "connecting people with affordable and integrated behavioral health services, following the example of Jesus as we foster a healthy community."

"We are motivated by the promise in Psalm 34:18 that 'the Lord is near to the brokenhearted,' and by Jesus' invitation in Matthew 11:28: 'Come to me all you who are weary and burdened, and I will give you rest,'" he says.

The center's services integrate various modalities to address the person as a whole — emotionally, spiritually, physically, mentally and relationally, and includes counseling, physical therapy, and the opportunity to connect with support groups.

"We facilitate connections with supportive, biblical communities that foster personal growth," Hein says. "As a Christian care and counseling center, we believe strengthening a person's spiritual walk is essential to complete healing."

Public feedback has been overwhelmingly positive thus far, he says.

"Everyone who has heard about the Care and Counseling Center has seen it as a wonderful opportunity to meet a need in our community," Hein says. "When a person or family faces a crisis, the need is immediate, and resources are sometimes difficult to access."

So far, the center has two professional providers — Chris Ries and Laura Whitson — with a goal of adding more.

Ries is a counselor with more than 30 years of experience in family support and a master's degree in social work. She focuses on healing trauma, deepening faith and strengthening relationships, guided by principles of empathy and acceptance.

Dr. Whitson specializes in neurofeedback therapy with a background in physical therapy and a doctor of naturopathy degree, as well as being certified as an applied functional science practitioner, primitive reflex integration specialist and neurology specialist. Whitson brings a holistic approach to her practice and has helped clients facing a range of challenges from autism to addiction.

To set up an appointment, call 515-478-3346; send an email to info@newhopecares.org; or go to the website newhopecares.org. They can also be found on Facebook. ■

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CHAMBER NEWS By Jackie Wilson

BENGTSON retires from post as president

Long-time chamber leader and promoter of local businesses

Mention Deb Bengtson's name to any Adel Chamber member, and you'll hear a variety of comments about her chamber contributions.

"Deb knows anything and everything about Adel."

"Deb and the chamber are the reasons why our business is so successful."

Deb retired from her position as president of the Adel Partners Chamber of Commerce on May 31, after nearly eight years of service.

She joined the chamber three days before the Adel Sweet Corn Festival in 2016, during Adel's signature event. "I was thrown into the razzle dazzle real quick," she recalls.

Prior to that, Deb worked for both the Windsor Heights and the West Des Moines chambers for 12 years. In addition to her chamber gigs, she worked in banking and retail management, which added to her expertise. "Being in retail and banking, it made me understand what chambers can do to help businesses."

She chose chamber work as she's a "big believer" of chambers and how they can impact the community. She was attracted to the Adel Chamber position as she noticed how loyal the community was. "It was a close-knit community, with so much character and potential growth. There's so many exciting things coming up."

One of her greatest accomplishments while serving as president was implementing a four-point strategic plan. The Chamber raised more than \$150,000 for a Raccoon River Valley Trail bridge project, which included landscaping and lighting along the trail. "We, as a chamber, raised money ourselves, and it only took us three months. We put a plan in place, executed it, and it snowballed from there," she recalls. "The community members showed us, if we all worked together, we could get things done. The board has been excellent to work with."

Chamber growth and membership nearly doubled from when she first became president, to today. "We're really getting our businesses engaged in the community, and they're seeing the value of being a chamber member."

Her favorite part of Adel is tough to pinpoint, yet she has a soft spot for the Adel square. "We've got shopping and such a diverse mix of restaurants. There aren't many open spots on the square. You don't need to leave Adel to fill all your needs. People see it as a thriving community and downtown area. The businesses are very loyal," she reflects. "I truly believe the chamber is the reason."

She and her husband, Mike, will continue living in Adel and are eager to enjoy summer camping. For the first time, they'll host their own Sweet Corn party and not work the festival. She'll continue to be invested in Adel. "Where Adel will be in 10 years is mind boggling to watch the growth happen. There's a lot of community pride, and I hope to be a part of it," she says. "I'll miss it from a chamber perspective." ■



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

Adel *Grow your business here.*



"The South Dallas County Landfill stays connected to the community through our membership in the Adel Partners Chamber of Commerce. Being aware of the landfill to better serve Adel residents and businesses through disposal and recycling is something the Chamber has helped us promote.

Our member benefits see a return on our dues. Area businesses should definitely make a similar investment."

Mike Fountas,
Director, South Dallas County
Landfill Agency



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3rd Annual **ADEL** Parks & Recreation
POWER WHEELS NATIONALS

9-10am Check In
 10am Pro Stock Hot Lap
 1015am Limited Pro Stock Hot Lap
 1030am Outlaw Hot Lap
 1045 Drivers Meeting
 11am Races Begin

Free-Event!

Pre-Registration Open Until June 7th
 Where: Kinnick Feller Park - Adel
 When: Saturday, June 22nd 2024



Local Mechanics will be inspecting vehicles day of event
Event Power wheels and helmets can be used, every child included!

Limited Pro Stock
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 Helmet Required
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Outlaw
 5 - 7 years of age
 18V Battery upgrade in original battery compartment not within reach of driver,
 self tapping hex headed screws allowed in tires, ballast allowed but must be bolted, seat belts required - no exceptions, body modifications allowed.

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OUT & ABOUT



Rebecca Hillmer cuts the ribbon at the Adel interactive mural on May 8.



Adel Mayor Jim Peters at the ribbon cutting for the Adel interactive mural on May 8.



Matt Roundcount and Antonio Berber at the ribbon cutting for the Adel interactive mural on May 8.



Jon McAvoy, Megan Cline and Rich Hughes at the ribbon cutting for the Adel interactive mural on May 8.



Kristi Fuller and Tim Canney at the ribbon cutting for the Adel interactive mural on May 8.



Marie Hansen, Ted Hansen, Mike Sutton, Valerie Sutton, Brek Sutton, Paisley Sutton, Hoyt Sutton and Krue Sutton at the ribbon cutting held for Adel Flowers on May 17.



Marie Hansen and Valerie Sutton cut the ribbon at Adel Flowers and Gifts on May 17



Adel Mayor Jim Peters and Jon McAvoy at the ribbon cutting held for Adel Flowers on May 17.



Lauren Mikkelsen and Tim Gootee at the ribbon cutting held for Adel Flowers on May 17.



Patrick Weber and Tami Schaafsma at the ribbon cutting held for Adel Flowers on May 17.

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JUNE 14 & 15

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Friday: Royce Johns | Saturday: Jordan Beem

SATURDAY, 6PM

JULY 6

TRUCK PULLS

THURSDAY, 7PM

JULY 11

MUTTON BUSTIN' and RODEO

Live music by DJ Dallas & DJ Bmoore

FRIDAY, 6PM

JULY 12

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