

ADEL

JULY 2024

Living

MAGAZINE

THE TRADITION *continues*

**Dallas County Fair
offers events, exhibits
and more July 9-13**

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EDUCATION

Cellentani Caprese pasta salad
RECIPE

Summer Reading Pool Party and more
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WELCOME

FARMING lessons for a town kid

The year was 1984, and I was choosing some of my elective courses while in high school. Several of my buddies were born and raised on farms, and they were all involved in FFA (formerly Future Farmers of America), which involved classwork. They convinced me, a town kid, to take the class, too. So I did.

Talk about a fish out of water. I was a good student, but the topics covered in the FFA class were beyond my scope. I first realized this at a soil judging event, where my buddies were nailing it and I was desperately lost.

We then had hands-on training on welding, and I was continually sticking rods to metal. In frustration, I submitted a piece from the scrap pile for my grade to our teacher, Mr. Greiman, which saved me for a while. "This is a good-looking weld, Goodman," Mr. Greiman told me. "You are really catching on." I wasn't.

The last straw was my livestock project, of which I did not have one. My buddies joked that I was going to have an ant farm. I knew I needed to find an out. I stuck it out for the semester and then quietly disappeared with a new respect for the farming culture and the know-how that is needed to be a successful farmer. It isn't easy.

I am reminded of my agricultural ignorance each year when I attend county fairs. As a child, I couldn't understand the fuss over all the farm animals. I was there for the carnival rides, the cotton candy and the demolition derby. Today, I make time to tour the livestock barns, and I revel at the work these young people put into all their projects. It signifies their commitment, dedication, competition and tradition — and those are things all of us can learn from.

See you at the county fair, and 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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THE TRADITION

continues

Dallas County Fair offers events, exhibits and more July 9-13



By Jackie Wilson

Cecelia Rowe, pictured with her horses, Boomer, Buck and Cooper, began showing horses at the fair at age 9.

The kids are out of school, people are taking vacations, and a long-standing summer tradition — the Dallas County Fair — is quickly approaching. This year, it runs from July 9-13 at the Dallas County Fairgrounds in Adel. However, pre-fair activities start even earlier. On July 6, a truck pull showcases speed and power between competing trucks, July 7 is a fair open house, and July 8 is when static exhibits open.

This year, the Dallas County Fair Board is excited to showcase a new horse barn. Ashley Zika, fair board director who has served on the board since 2019, says the horse barn was a much-needed item.

“The new horse barn will be a great addition to the fair,” she says.

As usual, the fair offers free admission and free parking. Zika says cost is a big draw for visitors.

“We pride ourselves on the free admission. We also have lots of free entertainment once you get in the grounds,” Zika says.

The 2024 Dallas County Fair queen will be crowned on July 12. The reigning queen from 2023 is Celia Kreifels. This year’s candidates include Maitlynn Bucklin-Pagano, Kelsey Greenslade, Sophie Meekma, Brinna Orr and Courtney Wojtowicz.

Camping is a big tradition for many folks who spend the week camping close by so they can better access the fairgrounds. They will find improved camping amenities this year.

The family-friendly fair offers kids activities and a foam zone — a bubble party popular with the younger set. The crowd-favorite mutton busting is another staple at the fair, and the famous Bill Riley Talent Search will be July 9, with the top qualifiers going on to compete at the Iowa State Fair.

Capping off the fair is a concert on July 13 by country singer Craig Morgan, who will sing songs such as his No. 1 Billboard country hit, “That’s What I Love About Sunday.” Other songs, such as “Redneck Yacht Club,” will have concert goers dancing to the familiar beat. The concert is \$25 for general admission tickets or \$40 for VIP. Kids younger than 5 get in free.

Zika says the entire fair board is a working board who all help out to improve the fair each year.

“Everyone on the board works together to get it going each year. We’re fortunate to have a great board dedicated to putting on the best fair possible,” she says.

4-H and FFA at the fair

The county fair’s history is deeply rooted in agriculture, and livestock shows are at the heart of the event. 4-H and FFA clubs have long been active at the fair, and this year will be no different.

Anne Schlieman is the head youth coordinator for 4-H and Clover Kids. Clover Kids serves kindergarten through third grades while 4-H is for students in grades 4-12.



Breanna Schlieman with a steer she showed at the fair, along with Jennifer Christenson, Christenson Cattle Company, LLC, and Jennifer’s son, Colton Christenson. Breanna bought her steer from Jennifer.



Youngsters show their calves at the fair.

Participation has increased from previous years, with 100 Clover Kids and more than 350 4-H kids.

Part of Schlieman’s job as youth coordinator is answering questions about fair projects, entries, judging and more. She organizes superintendents and judging for animals. She presents or brings in experts who put on workshops on livestock, sewing, canning, baking and other categories for 4-H projects.

Fair time is busy for Schlieman. She’s a full-time preschool teacher for Des Moines Public Schools but spends months prior to the fair start assisting with preparations.

As a child, her family participated in 4-H events, and, now, all of her kids are 4-H’ers.

“From the time I was 9 up until college, I was in 4-H, and we participated in all the fair events,” she says. “They didn’t have Clover Kids when I grew up, or I would have started earlier,”

FEATURE

she says.

Schlieman says, when kids join 4-H, they learn lifelong skills.

"Kids gain so much from 4-H. They get people and organizational skills and a strong work ethic. They give it 110%."

Additionally, 4-H members take on unique projects they design on their own. Taking ownership of their project helps them prepare for college or tech school.

"They learn how to present themselves on a project — whether it's livestock or a static exhibit. They learn about selling and interview skills. They learn pride about all the work they put into exhibits and really work their tails off," she explains.

Kids are competitive with others, yet it's a healthy environment, she says.

"They learn sportsmanship and how to lose or win well. They shake the judge's hand and learn manners," she says. "They learn the whole gamut of life skills."

This year, Schlieman has an intern, Laney Montag, working with her, assisting with fair details. She also credits the dozens of volunteers who help.

"All the leaders, the parents — we couldn't do it without our volunteers. We rely on them. They are amazing people," she says.

Schlieman says the 4-H partnership with the Dallas County Fair is accommodating and welcoming for the kids.

"We've got a good relationship with the fair board," she says. "We wouldn't have a fair without their beautiful 4-H building."



4-H'ers participate in the Dallas County Fair Sheep Show.



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FEATURE

This year, Schlieman's family will attend all the events.

"The motto is '4-H Life, Best Life.' I'm excited for the fair. It's my favorite time of the year. I can't wait," she says.

Rodeo life and showing animals

Throughout Cecelia Rowe's life, she has been involved in 4-H, following in the footsteps of two generations of 4-H'ers and fairgoers in her family.

Rowe, 18, joined 4-H and showed market hogs, feeder pigs, beef cattle and horses. At age 9, when she was showing horses at the Dallas County Fair, she was intrigued by the rodeo. So, she began roping "dummies" to practice. At age 10, she started riding in the rodeo, participating in breakaway roping (while riding a horse, the contestant attempts to rope a calf after it comes out of a chute). In women's breakaway, riders aren't required to dismount and tie the calf. The rope then "breaks away" from the saddle once the calf is far enough away from the horse. The fastest time wins.

She's been in the top 10 for the Iowa High

Dallas County Fair

July 9-13.

Dallas County Fairgrounds,
28057 Fairground Road, Adel.

Admission is free. Some events inside gate may have a charge. For a complete fair schedule, visit www.dallascountyfair.com/fair-schedule

School Rodeo Association.

"I really love the rodeo," Rowe says. "We're all like one big family, even though we compete together."

She credits her parents for helping and supporting her hobby. She likes the variety of facets of being in 4-H.

"All the experiences of 4-H, I've learned so much. I learned how to handle animals," she says. "Learning to talk to others has been a big part as well."

One aspect is teaching others about farming and feeding animals. A recent high school graduate, Rowe will attend the University of Nebraska to major in agriculture



Country musician Craig Morgan performs July 13 at the Dallas County Fair. Photo by Nate Griffin

leadership and join the rodeo team.

She's excited for upcoming rodeo events and fair happenings.

"It's one of my favorite times of the year," Rowe says. ■



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MAXIMIZING Social Security

John and Sue's journey to an extra \$93,000

As retirement nears, many face the critical question of how to optimize their resources, ensuring they can live the lifestyle they want and have the money to pay for it. One of the most significant components of this journey is the Social Security decision. The Social Security decision made by John and Sue, the stars of our online Journey to Retirement Workshop, is a shining example of how thoroughly analyzing your options can maximize your Social Security benefit. John and Sue, aged 62, are at the crossroads of making their Social Security election. Their goal is clear: maximize their benefits while considering their income and lifestyle needs. Through our workshop, we illustrated three different Social Security scenarios to help them make an informed decision.



to take Social Security at the earliest possible age of 62. We use some assumptions about their benefit and an assumed life expectancy of 81 for John and 84 for Sue. In scenario No. 1, cumulatively, over their lifetimes, they would collect \$941,000.

In the second scenario, only Sue starts her benefits at 62, while John waits until full retirement age (FRA), which for him is 67. This strategic delay allowed John to receive his full Social Security benefit of \$3,000 monthly, yielding \$998,000 in total lifetime benefits.

The third scenario involves further delaying benefits. John waits until age 70, letting his benefit grow 8% yearly from age 67 to 70, while Sue begins taking her Social Security benefit at 65. Ultimately, this strategy brought their total Social Security benefits to \$1,034,000—a staggering \$93,000 more than the first scenario.

Why does this matter? Beyond the obvious financial gain, this additional income provides John and Sue with the flexibility to adapt their plans as needed. Whether it's dealing

with unforeseen health expenses, adjusting for inflation, or simply enjoying a few extra vacations, the additional \$93,000 adds a significant cushion to their retirement portfolio.

This type of Social Security analysis works best when the final decision on when to elect Social Security is made in connection with a broader retirement strategy that includes retirement lifestyle goals, other sources of income, investable assets, health status, market conditions and more.

Integrating these choices into a broader retirement strategy can unlock substantial benefits, offering financial security and the freedom to fully enjoy the retirement years. For those nearing retirement, I encourage you to take the time to explore your Social Security options thoroughly. Your future self will thank you. ■

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



You could unlock **\$93,000** more from Social Security. What would you do with that much extra in retirement? Scan the QR code to watch this episode or read about it now.

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HEINZ' path takes a dogleg turn

From one dog in need of help to a burgeoning rescue facility

"I'm the head mutt."

That's how Amy Heinz describes her role as executive director at AHeinz57 Pet Rescue in De Soto. She explains how she came to be in that role.

"I moved here to Iowa from San Francisco back in 2005, right before the housing market burst in California," Heinz says. "So, I bought an acreage here. Wells Fargo was moving me here."

A couple of years later, an event happened that changed everything. "There was a little red truck parked on the onramp onto I-80, and the driver threw a dog out of his truck, and she started trying to follow the truck," Heinz says. "Then I started chasing her back away from the interstate, and that led me on this 12-day odyssey of catching this dog. And during that odyssey, I learned that there was nothing around here for companion animals. There was no animal control, there was no shelter, no rescue. So, it was up to me to catch this dog, and she was hanging out under the interstate."

Heinz learned that sometimes when a dog is on or near an interstate highway, law enforcement officers are forced to shoot the dog to prevent car accidents that could jeopardize human lives. Heinz refused to let that happen.

"Long story short, I caught her," Heinz says.

Heinz discovered the dog, which she named Gracie, had a broken leg. So, she brought Gracie to the Adel Vet Clinic, where Dr. Patrick Rohret provided care and asked Heinz about her plans for the dog, since he knew Heinz already owned four dogs. She recalls saying to him, "I know I have to stop keeping them, but I can't stop saving them. I'm going to start a rescue. Do you want to be the vet for it?" Dr. Rohret accepted, on the spot.

"He was a huge piece of the puzzle. I couldn't have done this without him," Heinz says.

From that seemingly random beginning, the AHeinz57 venture began.

"So, I started the rescue, in my garage. This all started in 2008. Meanwhile, I was still working at Wells Fargo. In 2016, we started building these buildings, so I quit my job at Wells Fargo, which was huge, because my house, my car and my life insurance are all collateral on this place. Yeah, I'm all in."

According to Heinz, something about Gracie's situation clicked with her, and it reminds her of a ring she wears, bearing the inscription, "Be the change you wish to see in the world."

Since that modest beginning, AHeinz57 has grown exponentially, largely due to the determination of Heinz, her employees and volunteers.

"Our funding comes mainly from just regular working people. We don't have any big major donors," Heinz says. "We now have 12 employees, and, on paper, we have about 800 volunteers. About 20% of them are active, that are always volunteering."

Her dedication to the cause hasn't faltered.

"I started this as a dog rescue, because I'm allergic to cats, but the cats just kept coming, and I do believe that if God puts something in my path,



I'm supposed to take care of it," Heinz says. "So, we now have more cats than dogs. We have about 155 cats right now and about 130 dogs."

Heinz says her center is nearly at full capacity. She also proudly points to some of the features that make her pet rescue center more "animal-friendly" than some others, such as each dog enclosure having individual access to the outside, so each dog can go outside for fresh air at any time.


Looking back, Heinz marvels at how one random interaction along the highway has made such a difference in her life and the lives of many hundreds of needy animals.

"It was a huge turning point in my life," Heinz says. "Gracie changed the trajectory of my life." ■




Bob Grove, Edward Jones, presents the Good Neighbor certificate to Amy Heinz, founder of AHeinz57 Pet Rescue and Transport.

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WALKING toward Jesus

One of my favorite stories in the Bible is found in Matthew 14:22-33. It is commonly retold, so you may already know the story. The disciples are crossing the Sea of Galilee, and Jesus tells them He will meet them on the other side. He spends the night in prayer, and, by the next morning, the disciples are still close to land as the wind and waves are keeping them from traveling far. Jesus sees them from shore and starts walking towards their boat on the water.

Now, put yourself in their shoes for a minute. You just spent the night on a boat being rocked back and forth aggressively. You're probably tired and frustrated. The sun hasn't risen yet, and it's difficult to see. Then, in the distance, you notice a figure approaching above the water. What's the first thing that comes to mind? A ghost! The disciples come to the same conclusion. Jesus assures them it is Him and they have no reason to be afraid.

Peter, probably still not convinced, asks Jesus to prove it. "Lord, if it's you, tell me to come to you on the water" (verse 28). At Jesus' request, Peter leaves the boat and begins to walk on water. However, the sea is rough, and Peter's fear begins to overpower his faith. He starts to sink



and, in his panic, calls out to his Savior for rescuing. "Immediately Jesus reached out His hand and caught him" (verse 31). Peter is saved. They return to the boat and finish crossing the sea.

More often than not, Peter is criticized for his wavering. However, Peter was the only one of the disciples to step outside of the boat and onto the raging sea. He had enough trust to take the first, second and third step. We don't know how far he walked before he wavered, but it is more than any of us can claim, assuming none of us have walked on water. Would he have made it further if he had remained solely focused on Jesus? Most likely, but that isn't what happens.

This makes the story relatable to the everyday person. If you have trusted Jesus and stepped outside of the boat, the world is not suddenly perfect. There are trials and temptations, and we will have moments of wavering. But our Savior is ready to take our hand and pull us back if we only ask for His help.

The challenge is simple. Will you trust Jesus and leave what you know is comfortable? And will you continue to trust that He's ready and waiting, if only you humble yourself and ask for His help? ■

Information provided by Chenney Thompson, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.



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RECIPE

BRING joy to mealtimes by dining together

(Family Features) The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

"Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being," said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. "As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way."

Visit barilla.com/recipes to discover more dishes that can help you follow the Mediterranean lifestyle. ■

Cellentani Caprese pasta salad

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 7

- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste

DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.



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JULY 2024

UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, July 9th** at 6:00 p.m.

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

REMINDERS & CLOSURES:

- **Tuesday, July 4th, 2024:** 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/>.

- There is one vacancy opening on the Historic Preservation Commission for a term ending July 1, 2026.

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: Second of three showings is Friday, July 26 in Island Park. Bring your chairs and blankets starting at sunset. Movie is Wonka.

Bean Bags League: Seven weeks of league play followed by end-of-season tournament. Held on Thursday evenings starting August 15. Cost is \$50/team. Held at Kinnick-Feller Park. Registration deadline is July 26th.

ADEL FAMILY AQUATIC CENTER:

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

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: A great way to dip your toes into the life of a guard. No certification is obtained through this camp.

Ages: 11-14

Fee: \$60

When: July 17 & 18 10am-Noon; July 19 Noon-2pm

Cardboard Boat Regatta: The 8th Annual Cardboard Boat Regatta will be held on Friday, July 19th starting at 6pm

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
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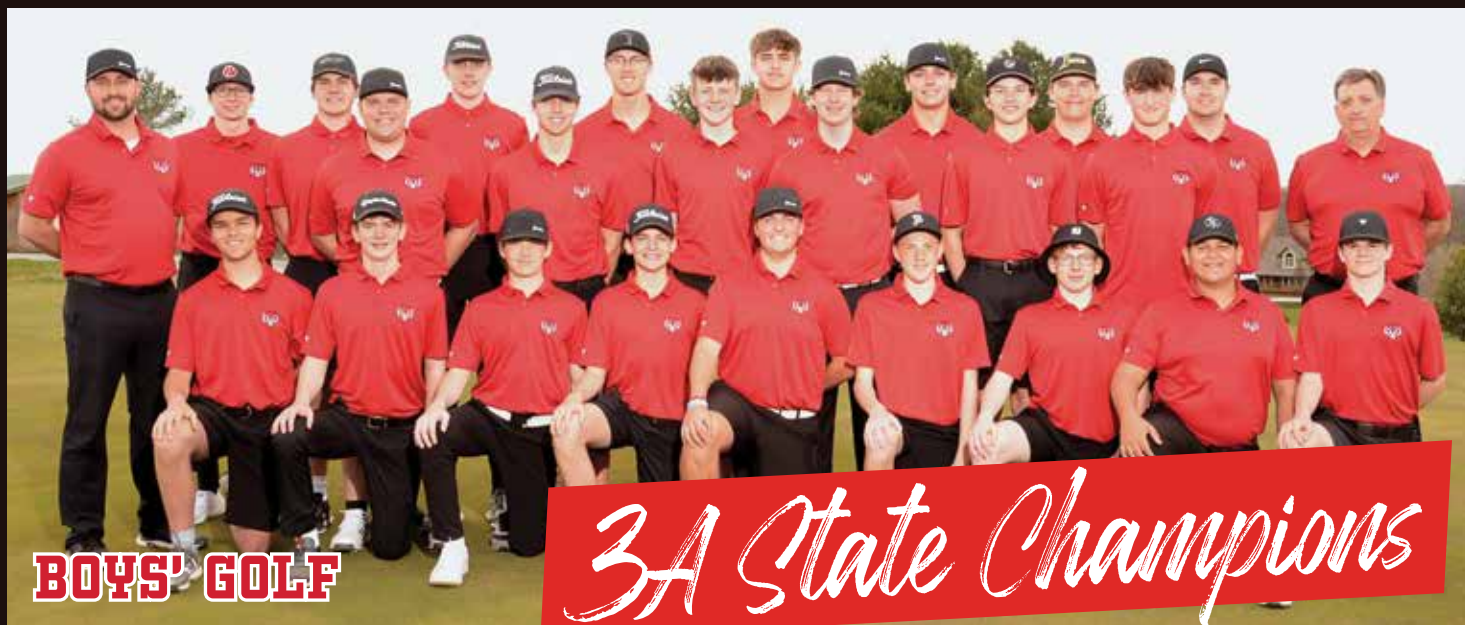
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HEAT safety tips from a pharmacy perspective

As temperatures soar, the risk of heat-related illnesses such as heat exhaustion and heatstroke increases. Pharmacists play a crucial role in educating the public on how to stay safe during extreme heat. Here are some essential heat safety tips:



1. Stay hydrated. Dehydration is a major risk in hot weather, leading to dizziness, confusion and heatstroke. Drink plenty of water throughout the day. Aim for at least 8-10 glasses. Avoid caffeine and alcohol, as they can dehydrate the body. We can recommend oral rehydration solutions, such as Liquid IV or Biolyte for those who lose electrolytes through excessive sweating.

2. Medications and heat. Certain medications can increase the risk of heat-related illnesses. Be aware of medications that affect the body's ability to regulate temperature, such as diuretics, antihistamines and beta-blockers.

Consult with a pharmacist to understand if your medications put you at higher risk and how to manage this risk. Some other medications such as certain antibiotics can increase your skin's sensitivity to the sun, making you more likely to get a sunburn.

3. Recognize symptoms of heat-related illnesses. Early recognition can prevent serious complications. Learn the signs of heat exhaustion (heavy sweating; weakness; and cold, pale and clammy skin) and heatstroke (hot, red, dry skin; rapid pulse; confusion). If symptoms occur, move to a cooler place, use cool cloths and hydrate. Seek medical attention if necessary.

4. Appropriate clothing. Proper clothing can help regulate body temperature. Wear lightweight, loose-fitting and light-colored clothing. Use hats and sunglasses for additional protection. Pharmacists can advise on protective sunscreen use to prevent sunburn, which can impair the body's ability to cool down.

5. Plan activities wisely. Reducing exposure during peak heat times minimizes risk. Schedule

outdoor activities during the cooler parts of the day, such as early morning or late evening. Take frequent breaks in shaded or air-conditioned areas. Pharmacists can suggest timing medication to align with these cooler periods if it affects heat tolerance.

6. Use cooling products. Immediate cooling can prevent heat-related illnesses. Utilize products such as cooling towels, ice packs and portable fans. We recommend these and other over-the-counter remedies like aloe vera gel for heat rash or mild sunburn.

7. Elderly and high-risk individuals. These groups are more susceptible to heat-related illnesses. Check on elderly family members or neighbors regularly. Pharmacists can provide advice on managing chronic conditions during heat waves and recommend appropriate hydration and cooling strategies. By following these tips, individuals can better manage their health during extreme heat. ■

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

FIREWORKS fun with safety in mind

Fireworks light up our night skies with vibrant colors, but it's important to remember they can also be dangerous. In the United States, an estimated 10,200 people visited emergency rooms in 2022 due to fireworks injuries. Children under 15 and young adults are especially susceptible to accidents.

Here's how to enjoy fireworks safely:

- Leave fireworks displays to the professionals. Attend public firework shows put on by licensed experts.
 - Only use legal fireworks in permitted areas. Check your local laws before purchasing fireworks.
 - Always follow the instructions on the label. Never alter or modify fireworks.
 - Have a designated person to supervise fireworks use. An adult should always be present when lighting fireworks.
 - Never point or throw fireworks at another person. Maintain a safe distance from others when lighting fireworks.
 - Never relight a malfunctioning firework. Dispose of it properly by soaking it in water.
 - Keep a bucket of water or a fire extinguisher nearby. Be prepared to extinguish any unexpected fires.
- By following these safety tips, you can ensure that your celebrations are filled with fireworks, not ER visits. ■



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

HEALTH

By Leslie Herron

MEDICATIONS can increase the risk of a fall

Falls can happen in the blink of an eye and can completely change your future. Some medications have side effects that put you more at risk for a fall. Medications that may increase your risk for falls include but are not limited to:

- Diabetes medications can cause low blood sugar.
- Heart medications and diuretics ("water pills") can cause low blood pressure that happens when you stand up from sitting or lying down, as well as dizziness.
- Medications that treat anxiety or depression can cause slow movement, drowsiness, dizziness and confusion.
- Pain medications can cause drowsiness and confusion.
- Medications used to treat seizures can cause slow movement, drowsiness and confusion.
- Medications used to treat overactive bladder can lead to drowsiness and confusion.
- Some allergy medications can cause drowsiness and confusion.

A temporary drop in blood pressure upon standing is called orthostatic hypotension and can cause you to become extremely dizzy or even faint. Reduce the risk by moving slowly from a lying to standing position. When getting out of bed, sit on the edge of your bed for a minute before standing.

If you take any of the medications discussed, or experience dizziness, confusion or drowsiness with your medication, talk to your pharmacist or doctor. ■



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

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MEET Leslie Banwart

Reading interventionist enjoys teaching at the middle school level.

A 1998 graduate of the ADM Community School District, Leslie Banwart has fond memories of growing up in Adel. After graduating from Drake University, she returned to the area with her family, and her children have also attended her alma mater. She recently completed her first year as a reading interventionist at the ADM Middle School. She previously substitute taught in the district for many years.



Leslie Banwart says it is a challenge to get her students to understand their strengths and to realize their potential.

"I came to ADM because of the quality individuals who make this place special. The staff and the students make ADM a wonderful place," Banwart says. "I like my students, my co-workers and the content I teach. I am supported by the administration and my colleagues. I can be authentic and live in my strengths while also being challenged to become the best version of myself as a teacher."

Banwart enjoys working with students at the middle school level because of the growth they experience during this time of their life. As an educator, she can help her students become deeper thinkers while also supporting them as they grow socially and emotionally. She says she and her students can have real-life conversations while staying committed to learning.

"I often have students who feel unsuccessful in school. It is a challenge to get my students to understand their strengths and to realize their potential. The greatest reward is developing relationships with my students and being a positive adult who sees the best in them," Banwart says.

During the school day, Banwart teaches phonics and reading strategies to small groups of two to nine students. Each day, her students warm up with a one-minute reading passage before moving on to combination phonics, vocabulary and comprehension instruction. Her students then end the instruction time with a writing prompt connected to a reading passage.

"Phonics instruction can become quite tedious, so to break up the monotony, we play different word games. Often, as a class, we will solve the WORDLE or play games like Scrabble, Upwords or Wordical," she says.

When not teaching, Banwart enjoys reading, yoga and more. This summer, she is looking forward to reading through her stack of books and spending time with her family. ■

ICE or heat for pain

With an acute injury, ice is usually the better treatment for pain. In general, most aches and pains are due to inflammation of a muscle, tendon, joint or connective tissue. Inflammation is caused by overuse and leads to increased blood flow to the area, causing swelling, redness, warmth and pain.


Ice has three beneficial effects: anti-inflammatory, muscle relaxant, painkiller. An ice pack (ice cubes/frozen bag of vegetables) should be placed into a non-frozen item such as a towel. This non-frozen layer should be placed directly on the skin, acting as an insulator to prevent frostbite. Ice should be applied for 15-20 minutes and will go through a phase of cold, ache, burn and numbness. If the skin does not go numb, ice will not provide the desired effects.

While heat is often more comfortable than ice, it may not be the best option. Heat acts as a muscle relaxant that helps to decrease muscle tension, but it also increases blood flow, which perpetuates the inflammation cycle. This is problematic because inflammation is often the initial cause of the pain.

For the majority of aches and pains, ice will provide a greater benefit than heat when applied correctly. ■


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





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Sweet Corn 5K Run/Walk

Aug. 10

Downtown Adel

Registration is open for the Sweet Corn 5K Run/Walk to be held Aug. 10. The race will take place along the scenic brick streets of Adel. Register at <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>.

Third Monday Bingo

July 15, 6-8 p.m.

Masonic Lodge, 411 S. 12th St., Adel

Enjoy 17 games of bingo (\$0.25/card) plus an 18th Progressive Blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available. Bring a dauber if you have one. They will also be for sale.



Adel Farmers Market

Tuesdays, 4-7 p.m.

Dallas County Fairgrounds, Adel

The Adel Farmers Market features a variety of local vendors.

Summer Food Truck and Live Music

Various dates

Country Lane Lodge, 29300 Prospect Circle, Adel

Country Lane Lodge is hosting its Summer Food Truck and Live Music events Wednesdays from 5-8 p.m. Admission is free. Yard games and full bar are available. The lineup includes:

July 10: Hungry Boys Mexican and Whip Delight with music by Luke Fox

July 17: Chick-Fil-A and Street Sweets with music by Brian Herrin

July 24: Nina's Tacos with music by Brian Allen

July 31: What the Fries and Totally Rolled Ice Cream with music by Jake Schrodt

Aug. 7: Off the Griddle and Outside Scoop with music by Neva Alden

Aug. 14: Brick & Ember Pizza Co. and Street Sweets with music by Lucas Beebe

Aug. 21: Magoo's Pizza and Kona Ice with music by Brian Allen

Aug. 28: Zipp's Pizza and Kona Ice with music by Corey Jamison

Events at The Brenton Arboretum

Various dates

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

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

- Nature Club, varying times, register by age group: Aug. 1 and 15, Sept. 5 and 19, Oct. 3 and 17, Nov. 7 and 21, Dec. 5 and 19.

- 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.

- Aug. 3, 9 a.m. to noon, plant sale with Native Legacy Nursery.

- Wednesdays in August, 10-11 a.m., Nature's Healing. ■

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ADEL has become home for Trout family

Home near square has character and big backyard.

If you've lived in Adel for any amount of time, you've more than likely crossed paths with Eric Trout.

He and his family have been part of the community since July 2018, when they moved to town for its quaint atmosphere and the desire to start a new church.

That church is Restoration Church, where Trout serves as lead pastor. He and his wife, Anna, also own Billy's Ice Cream Store, an Adel favorite. Trout serves as a volunteer baseball and softball coach for Adel Parks and Recreation and is on the Adel Public Library Board.

The couple has lived in their current home since July 2020. They chose it in part because it is on the north side of town, within walking distance to the square. They also appreciate the large backyard and character of the home, including its original hardwood floors.

Because they have young children, the Trouts like that their neighborhood includes lots of other children for theirs to play with.

"We jokingly call them the Brickstreet Gang," Trout says.

Adel is small, but it's growing, which is a good thing for the community, Trout says.

"There is lots of history here, which we love," he adds.

"We love living here. Adel is home." ■



LIBRARY

By Olivia Osborn

ADEL Public Library news

Hello from the Adel Public Library.

Join us for our Summer Reading Pool Party. This party is the prize for all children (infant through 12th grade) for completing this year's Summer Reading Program. If you completed your passport, then you earned a ticket to the pool party. Bring your ticket to the pool for entry. Popcorn and drinks will be available during the party, while supplies last. We understand most children will need a guardian to supervise them; guardian(s) can attend without a ticket. Special thanks to Adel Parks and Recreation and the Waukee Palms for their partnership. This event is on Friday, July 26 from 6-8 p.m.

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

- Crafty Mondays (children ages 8 and younger must be accompanied by a parent or caregiver to attend this program) – Every Monday in July, except July 29, at 10 a.m.
- Move & Groove Storytime (0-5 years old)

– Every Tuesday in July at 9:30 a.m.

- My First Storytime (0-36 months) – Every Wednesday in July at 9:30 a.m.
- Preschool Storytime (3-6 years old) –

Every Thursday in July, except the July 4, at 9:30 a.m.

Kid and teen programs

- Family Movie: "March of the Penguins" – Friday July 5 at 10 a.m.
- Fonziba Drums: African Drumming & Culture (family program) – July 8 at 2 p.m.
- Magic Tree House Adventures (grades 1-5) – July 9 at 2 p.m. Registration required.
- Teen Advisory Board (grades 6-12) – July 11 at 1 p.m.
- Instrument Petting Zoo with Des Moines Symphony (Preschool-first grade) – July 12 at 10 a.m. Registration required.
- How to Make Trinket/Travel Boxes (grades 2-5) – July 16 at 2 p.m. Registration required.
- Teen Book Club: One (grades 6-12) – July 18 at 1 p.m.
- Interactive Movie & Sing-along: "Encanto" (family program) – July 19 at 10 a.m.
- Library D&D (grades 7-12) – July 19 from 11 a.m. to 2 p.m. Registration required.
- Travel Adventure with ISU Extension (grades K-5) – July 23, 2-4 p.m. Registration required.
- Family Concert: The Jolly Pops – July 24 at 10 a.m.
- Teen: Bluey Party (grades 6-12) – July 25, 1-3 p.m.
- Family Movie: "Paddington Bear" – July 26 at 10 a.m.
- Harry Potter Escape Room (Ages 11-101) – July 30 and 31, 9:30 a.m. to 5 p.m. (See our calendar to reserve your time slot.) Registration required.

The Adel Public Library will be closed on July 4 for Independence Day. We are excited to see you in the library this month. ■

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RIVER to River Bakery & Pizza

Bakery provides job training services.

River to River Bakery & Pizza, located on the west side of Adel's historic square, opened as Brick Street Bakery in 2016.

In 2020, the place expanded to offer pizza during both the lunch and evening hours. In addition, River to River staff make their own breads, bagels, doughnuts and other pastries, as well as roasting coffee beans.

After the pizza menu launched, Brick Street Bakery was rebranded. It was renamed River to River, as Adel used to be along a direct route from the Missouri River to the Mississippi River when roads were first established.

As a Raccoon Forks microbusiness, River to River Bakery & Pizza provides job opportunities to individuals with disabilities and other barriers to employment. Employees at the bakery receive one-on-one job coaching and support to build skills.

Raccoon Forks microbusinesses are owned and operated by Optima LifeServices, which assists individuals with mental health, disabilities and other barriers, providing health care and human services for clients in 50 Iowa counties.

River to River Bakery & Pizza's mission is not just to offer premium pizza and baked goods, along with top-notch customer service, it's also to provide job-training services to their clients.

"We identified that jobs and job training services give our clients a valued role," Andrew Bassman, coordinator for Raccoon Forks businesses says.

Mary Hawkins, production baker, says the microbusiness joined the Adel Chamber as a way to get the word out about menu items.

"The chamber has helped us with our business by getting our name out there and having events where people can sample our products and meet our fellow business associates," she says.

Additionally, River to River's bread, handmade bagels and roasted coffee are used in local restaurants, such as Railroad Bill's Dining Car and Plain Talk Books & Coffee. Breads and coffee are also sold through the Community Supported Agriculture program from Raccoon Forks Farms.

Because of the success in Adel, the place is currently being remodeled to allow more space for the pizza operation. Andrew says,

"The remodel really gives us a chance to reorganize and make better use of our space and to make our restaurant more welcoming to customers."

Mary says it is important to get involved in the chamber as it opens up doors to meet local businesses and help market their products and goals.

"The chamber strengthens our community by holding events to market our products. It's like free advertising for us," she says. "We appreciate how the chamber supports local businesses." ■

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



WE'RE HIRING

Chamber Executive Director

Under the general direction of the Executive Committee of the Adel Partners Chamber of Commerce Board, the Executive Director is responsible for developing and implementing strategies that fulfill the mission of the Adel Chamber from strategy through execution.

PRIMARY AREAS OF FOCUS:

• Membership Engagement and Retention

Solely responsible for the growth and retention of Chamber membership.
Develop effective strategies to ensure member engagement and satisfaction.

• Economic Development

Maintain a critical relationship to ensure strategic growth with City and County leaders.
Be the connector for businesses and future growth.

• Events and Programs

Responsible for a key event strategy and execution to support business and community vitality including the Sweet Corn Festival.
Must develop and maintain valuable member-only programming

For a complete job description, email chamber@adelpartners.org



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CHAMBER Dinner

The Adel Partners Chamber of Commerce Dinner was held at Country Lane Lodge April 25.



John Parrish and Scott Glover



Derick Anderson and Jake Tharaldson



Carole Schlapkohl was awarded the Adel Partners Chamber of Commerce Citizen of the Year award



Adel Partners Chamber of Commerce Chair Cory Johnson presents the Chamber Business of the Year award to Fiesta Mexican Restaurant.



James West, Justin Vogel and Scott Port



Mary Ockerman, Bob Ockerman and Creighton Cox



Trish Radke and Deb Bengtson



Claire Roorda, Madden Doll, Ali Obstarczyk, Savanna McIntyre and Jayda Petithory

CHAMBER Lunch

Adel Partners Chamber Lunch (C.H.O.W.) was held June 20 at Faith Lutheran Church.



Casey Paxson and Sam Grob



Katie Lind and Abigail Chihak



Natalie Peters and Carman Johns



Susie Latusek and Deb Bengtson



Tom Harmsen and Derek Garrett



Heidiann Campbell and Elizabeth Holland



Amy Lucht, Betsi Ausdemore and Amanda Taborga



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