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AUGUST 2024

INSIDE: ADEL SWEET CORN FESTIVAL OFFICIAL GUIDE

Living

MAGAZINE

SERVING UP CORN and fun!

Celebrate Adel Sweet
Corn Festival Aug. 10

Meet Emily Blok
EDUCATION

Young entrepreneur brings joy to community
NEIGHBOR

Air-fryer bang bang chicken tenders with rice
RECIPE

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WELCOME

IT'S WHAT we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about the Adel Sweet Corn Festival.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■



SHANE GOODMAN

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

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.



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

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



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SERVING UP CORN *and fun!*

Celebrate Adel Sweet
Corn Festival Aug. 10

By Jackie Wilson

The Adel Sweet Corn Festival — the Adel Partners Chamber of Commerce's signature event — returns Aug. 10.

In its 45th year, the celebration is about more than just tons of free cobs of tender corn. It's a jam-packed day of entertainment and family fun. The event has been attended by more than 10,000 people. Each year, the free event seems to run as smooth as butter dripping from hot corn. But, did you know, it takes about 500 volunteers to put on the event?

In this issue of Adel Living magazine, volunteers share how their piece of the puzzle helps complete a successful festival.

Miles Foster serves up corn at last year's Sweet Corn Festival. Photo by Dan Juffer

5K race kicks things off

What is the best way to start the Sweet Corn Festival? By getting a little early-morning exercise at the Sweet Corn Festival 5K race. It is open to both walkers and runners and starts by the old district administration building before weaving throughout town.

In past years, up to 500 runners have joined in the trek. Rebecca Hillmer is a volunteer coordinator for the race. She and race director Alicia Moore arrive on location by 4:30 a.m.

More than 50 volunteers then arrive shortly after, help block off streets, hand out water and monitor street intersections.

"We have high school students from ADM who can use honor hours and help out," Hillmer says.

This year's race starts a half hour earlier to allow for more time for the parade start at 9:30 a.m.

"Earlier start times are also cooler," she says. "We've had hot days in the past."

Registration fees and money raised go back into the festival.

"Funds help keep the festival free," Hillmer says.

She adds, many folks return each year.

"We have a lot of repeat runners. Out-of-town folks are in town for class reunions. We have entire families walking," she says. "It's a heck of a festival, and we want to show off the community."

To sign up or volunteer for the race, visit <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>.

Parade starts at 9:30 a.m.

The Sweet Corn Festival parade is another cherished tradition of the festival. The parade includes volunteers who help line up participants and take care of the logistics. One long-time service organization, the Kiwanis, has assisted with the event for years.

Kiwanis member Scott Gavin began helping about 20 years ago with the parade. Approximately 20 Kiwanis members guide parade participants by directing traffic and helping line up entries.

In previous years, about 150 entries have joined the parade. Gavin says it could be higher this year.

"It's a campaign year, so it could be busier."

Gavin says the members work hard to



Vendors line the street at last year's Sweet Corn Festival.

tweak any issues from the previous year and incorporate changes as needed.

"The event could potentially be mayhem, but we help to streamline it. It's a day of celebration, and we want things to go off smoothly," he says.

He cautions residents to check for street closures.

"Read the signs or check the parade route so you can get to where you want to go," Gavin suggests.

The Kiwanis are a giving group of volunteers.

"We want to help in the community whenever possible," he says. "It takes a small army to make it go."

Lions assist vendors

Dozens of streetside vendors will be selling wares, handmade crafts, food, drinks and more, adding to the celebration. Volunteers from the Lions Club will be there to assist.

Jon McAvoy, Adel Chamber and Lions Club member, took on the role of coordinating volunteers about 15 years ago.

Volunteers arrive early to direct vendors to their assigned spots. They coordinate the unloading of items and help when needed.

"We haven't messed it up too much," McAvoy laughs. "We try to bribe the volunteers with donuts."

As a longtime volunteer, he's witnessed an increase in vendor participation.

"The first time, it started out with only



Lions Club members, including Ann Case and Janelle Duffy, volunteer at the Sweet Corn Festival.

local vendors," he recalls. "Since then, it's gotten really big, and we have commercial vendors."

The Lions Club works as a team, not only to help with the festival but with communitywide efforts. They coordinate the holiday flag project, do vision screenings at schools and assist in community events.

McAvoy says being involved in the Adel community has been a huge part of his life.

"I was on the city council for 30 years helping others. I've been in the Lions Club for 40 years. I enjoy every minute of it," he says.

FEATURE

Shucking, cooking and serving corn

And now for the star of the show — sweet corn!

To get that hot sweet corn on the plates of hungry festival goers, operations begin the day before the festival.

Brad Fuller is the head volunteer and ensures there are enough volunteers to help shuck the corn. On Friday evening, approximately seven tons of corn arrive from Deardorff Farms in Adel. The corn is purchased by the Adel Partners Chamber of Commerce, so the sweet corn remains free of charge.

During the shucking, dozens of volunteers of all ages come to help. Depending on the number of volunteers, it takes two to three hours. Then, after it's shucked, it's inspected for quality control, ensuring all ears are fresh.

More than a dozen Boy Scouts then load up the corn and put it in a refrigerated truck. Fuller estimates more than 100 volunteers help with the shucking.

The husks are separated, hauled away and later used to feed pigs.



Last year's Sweet Corn Festival princesses are ready for the parade.

The next day, cooking begins. Mike Giles, a long-time volunteer cooker, says Kenny Chapman designed the cooker. A gas powered boiler is used, and, once heated, it holds 20 milk crates full of corn. A special wench

lowers the corn into the boiling water.

"We take it out when it's done, then keep putting in more crates of corn," Giles says.

He's noticed how patient festival attendees are.

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"We start serving at 11 a.m., and they begin lining up at 10 a.m. Sometimes the line is four blocks long," Giles says. "We keep four lines going."

Fuller agrees.

"People remain civil and polite. The line can be a couple hundred people long. I'm glad nobody complains."

Volunteers work in shifts to help cook and serve the corn. Girl Scouts assist with buttering and clean up.

"It's a big undertaking," Fuller says. "It seems to go smoothly. We get few complaints, and most everyone is happy."

Once they stop serving corn, another group cleans up. If any leftover corn is available, they'll sell it for a freewill donation. The money raised goes back in the festival.

Fuller became involved with cooking of the corn after Giles persuaded him to help.

"It's been rewarding and fun," he says.

Entertainment and street party

Throughout the day and evening, other activities will delight people of all ages. A

FESTIVAL FAST FACTS

- Sweet corn is completely free for anyone attending the festival.
- More than 500 volunteers help put on the festival.
- Approximately seven tons of sweet corn are consumed.
- The corn cooker was designed especially for the festival by Adel resident Kenny Chapman.

car show, kids entertainment, and bags and volleyball tournaments take place at the courthouse square or the Dallas County Fairgrounds. Friday evening is the princess pageant.

Luke Fox entertains with his music starting at 11:30 a.m. A street party starts at 6 p.m., with music by the Burnin' Sensations. The family-friendly event welcomes all ages to attend.

Giles sums it up, saying how the volunteers are the backbone of the festival.



Jon McAvoy, Adel Chamber and Lions Club member, took on the role of coordinating volunteers for the vendor show about 15 years ago.

"Without our volunteers, we couldn't do it. It's what make it a successful event," he says.

For more information on the festival, visit www.adelpartners.org/sweet-corn-festival. ■

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HOW elections could impact your retirement

As you near retirement, it's important to understand how elections could affect your retirement savings and how you can protect your portfolio from market ups and downs. Presidential elections are significant events that can bring uncertainty and market volatility. There are many questions during an election year. Who will be the next president? Which party will control the House and Senate? What laws will be passed if power is split in Congress? Historically, stock market volatility tends to increase in the months before an election due to the market's aversion to uncertainty. It's not surprising that the stock market performs better in a year when an incumbent president is re-elected compared to a new administration.

As for whether a Democratic or Republican winner is better for the market, experts agree that there is no clear winner. While



market returns may vary in election years compared to non-election years, the data does not conclusively support a direct correlation between election outcomes and market performance. The stock market has gone up — and down — under all presidents, but the overall trajectory is positive.

In recent history, some of the worst years for stock market volatility and returns have coincided with presidential election years. Still, other factors had the most significant impact on the stock market. For example, the tech bubble burst started in 2000, the year George W. Bush ran against Al Gore. The 2008 housing collapse and subsequent Great Financial Crisis began the same year Barack Obama ran against John McCain. The 2020 COVID-19 pandemic happened the first time Joe Biden ran against Donald Trump.

Plenty of opinions and predictions will make headlines regarding the elections, the party that wins, and the impact on the stock market. However, you are most concerned about your retirement savings and how to invest

for growth while protecting against swings.

Historical perspective can help you focus on what matters in retirement: controlling what you can control. We help families and individuals prepare for market volatility before it happens by building recession resistant retirement plans. We know that recessions happen, on average, every five to six years. By diversifying investments and incorporating long-term, mid-term, and short-term strategies, you can mitigate the impact of market volatility on your retirement savings.

Proactive planning and strategic investing can help those planning for retirement navigate market volatility. Then, you can stay on track to live out your retirement vision regardless of who gets elected or what other factors may impact the stock market. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: McKenna, Kristin, "Here's How The Stock Market Has Performed Before, During, And After Presidential Elections" (Aug. 18, 2020). Forbes.com. Accessed May 17, 2024.



Are you wondering how the presidential election could **impact** the stock market? Scan the QR code to watch this episode or read about it now.

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HELPING teens form a faith that lasts

Take a moment and think back on your teen years. Consider how you spent your time, who your friends were, what your hair and clothes looked like. Some things you recall may cause you to smile, while others may cause you to cringe. Over time, I imagine many of these things have changed either a little or a lot. Whether you're five years out of high school or 50, your life probably looks a bit different. Not everything changes though. Some things in our lives tend to have a bit more staying power, especially those things that are internal, rather than external, such as our attitudes, our personality traits, our beliefs.



Studies indicate that, in America, nearly two-thirds of adults who believe in Jesus came to faith prior to the age of 18. As we consider today's youth, our children, this indicates that faith formation during the teen years is incredibly important. It's important that our kids are presented with the gospel, that they are immersed in God's word, and that they develop a meaningful relationship with Jesus Christ.

As I consider the hope and the peace that I experience in relationship with Jesus, I want this same hope for my kids. As I consider difficult times in my life when I felt lost and was graciously shepherd back to

the Lord, I want this same love and care for my kids. As I look at the world around us and interact with society and cultural messaging, I find confusion. Maybe you feel this way, too. In a world where anyone can claim to know what is true, based upon whatever their feelings or experiences may be, the foundational and absolute truth found in the Bible continues to be dramatically important and of immeasurable value.

What can we do? How can God use you to guide your children to a "sticky" faith that is deep and that lasts? I can answer this broadly by saying that ministry for our kids starts at home. Pray with them. Read the Bible with them and talk about God's character and how Christ is revealed. Confidently speak to today's issues from a Biblical perspective that is not influenced nor manipulated by culture or societal opinion.

Also, lean into the local church. You've likely heard that it takes a village to raise a child. As your family establishes new routines this fall, I encourage you to seek out a church with clear beliefs rooted in God's word and help your student(s) to get involved. Help them to establish their village. The church is here for you, to help your teen find and follow Jesus. ■

Information provided by Gabe Parker, Associate Pastor of Worship, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.

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YOUNG entrepreneur brings joy to community

Jacob's Chill Shop offers ice cream and more.

The origin story of Jacob's Chill Shop goes like this.

A few years ago, Jacob Gomke was at Billy's Ice Cream Store with his parents, Jessica and Steve. They had Superman Ice Cream available, but Jacob wanted to know why they didn't have a Captain America flavor as well.

"My dad said, 'Why don't you come up with one?'" Jacob shares.

So he did.

"I decided to use blueberries and raspberries," Jacob says. "And it turned out really good."

So good, in fact, that Jacob decided to start selling at the Adel Farmers Market every Tuesday.

It was a big success.

Jacob's parents thought it would be a short-lived adventure for their son. But they were wrong.

Now, Jacob is in his fourth summer at the farmers market, operating as Jacob's Chill Shop with his parents as helpers, and offers five different flavors, all of which he makes himself.

These include Captain America, Cherry Blowout and Coconut Surprise, which features coconuts from Puerto Rico. Because his mom is allergic to dairy — she used to joke that Jacob came up with a business she couldn't even try — Jacob has two dairy-free ice creams as well: Wild Wonder Woman and Black Panther, which he creates using blackberries from his family's garden.

Jacob's Chill Shop sells out of its ice cream nearly every week. It's a great testament to all the hard work Jacob puts into his business. He has a lot to do to keep it running, including advertise on social media, shop for ingredients, make the ice cream with his homemade ice cream makers, talk with other small businesses, and keep track of his income.

Jacob's parents invested \$50 at the beginning to buy his first set of ingredients and supplies. Since then, he's used his proceeds to purchase his weekly goods.

For Jacob, the best part of running Jacob's Chill Shop is meeting new friends and seeing familiar faces at his farmers market booth. He also enjoys giving back to others through fundraising. At one farmers market



Jacob Gomke makes his own homemade ice cream flavors to sell at his farmers market booth, Jacob's Chill shop.



this past summer, he decided to donate \$1 from every scoop sold, as well as all his tips, to help fight childhood cancer. He raised \$110, and his friend Miss B matched it. This means Jacob has \$220 to donate.

In the future, the soon-to-be fourth grader hopes to purchase an ice cream truck and travel to different states. Jacob plans to one day have a brick and mortar, too.

Keep up with Jacob's Chill Shop and check out his "commercials" on Instagram or Facebook @JacobsChillShop. ■

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RECIPE

TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at SuccessRice.com. ■

Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during cook time, 10-12 minutes, or until chicken is



- golden brown and cooked through.
- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.

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AUGUST 2024

UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, August 13th** at 6:00 p.m.

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

REMINDERS & CLOSURES:

- **Friday, August 9th, 2024:** City Hall will be closed to the public.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- **Yard Waste Pickup started Tuesday, April 4th** and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

PAPERLESS BILLING

This is a friendly reminder that the City of Adel offers paperless billing. If you haven't done so, please sign up for paperless billing on our website <https://adeliowa.org/permits-and-forms/paperless-billing-sign-up/>.

CITY EMPLOYEE CONGRATULATIONS:

Jill Anderson, Police Chief Secretary, received her 10 years of service award at the City Council meeting on July 9th. Thank you for your service, Jill!



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: Saturday, August 24 in Evans Park. Bring your chairs and blankets and enjoy the movie starting at sunset. Movie is 'Wish'

Bean Bag League: The classic yard game brought to the Parks and Recreation line-up. Find a partner and get in a couple practice throws. Seven weeks of league play followed by end-of-season tournament.

- Location: Kinnick-Feller Park
- When: Thursdays Evenings, August 15 – September 26 + tournament
- Deadline: August 2

Iowa Park & Rec Day @ the Iowa State Fair: Thursday, August 15, find us at the fair for some friendly competitions including bubble gum blowing, big wheel races, scavenger hunt, and more!

ADEL FAMILY AQUATIC CENTER:

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

Doggy Dip - August 11

Small dogs - under 35 lbs: 6:30 - 7 pm

Large dogs - over 35 lbs: 7-7:30 pm

\$5 per dog, humans free (no human swimmers)

ADEL FAMILY AQUATIC CENTER HOURS:

6:30-8am Lap Swim Monday - Friday

12:30-5pm Open Swim Monday - Friday

6-8pm Open Swim Monday - Thursday

Noon - 1 pm Family swim Saturday - Sunday

1 - 6pm Open Swim Saturday - Sunday

Final day of the swim season is August 11th.

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6:30 PM SWEET CORN PRINCESS CONTEST

Saturday AUGUST 10TH

7:30 AM SWEET CORN 5K RUN/WALK ADM DAC Building 11th & Rapids

8-3:30 PM SEMI SWEET CORN CLASSIC TRUCK SHOW Fairgrounds

9-4 PM FOOD, CRAFT, ART AND INFO VENDORS

PRESENTED BY A KING'S THRONE Downtown Square

9 AM-4 PM ADM GIRLS BASKETBALL DUNK TANK Courthouse Lawn

9:30 AM PARADE 18th & Main - 11th, and Prairie to 14th

11 AM FREE SWEET CORN 10th between Main & Prairie (until corn is gone)

11-6 PM ADM SAND VOLLEYBALL TOURNAMENT Evans' Park

11:30-3 PM LUKE FOX Raccoon Valley Bank Stage & Pavilion

11:30-4 PM ST. JOHN'S BAGS TOURNAMENT ADM DAC Building 11th & Rapids

12-4 PM THE GARLICK TEAM | RE/MAX CONCEPTS FUN ZONE 10th & Court

10-3 PM REDLINE WARRIORS CAR SHOW 9th & Court

12:30-1:30 PM ADEL TUMBLING AND DANCE CLUB Courthouse Lawn

1:30-2:30 PM LET'S DANCE Courthouse Lawn



Street Party

6 PM - MIDNIGHT

10TH & MAIN STREET

7:30-11:30 PM BURNIN' SENSATIONS

RACCOON VALLEY BANK STAGE & PAVILION



PRESENTED BY



ADEL • IOWA SWEET CORN festival

THURSDAY, AUGUST 8 and FRIDAY, AUGUST 9

ADM Alumni Golf Tournament

Due to popularity, they have expanded their 2024 ADM Alumni Golf Tourney to a **TWO DAY EVENT**. Held at River Valley Golf Course on Thursday, Aug. 8 and Friday, Aug. 9, each day of the tournament is limited to 36 teams. The Friday, Aug. 9 tournament is **FULL**. **There are still team spots available for Thursday, Aug. 8.** Registration for Thursday is \$300 per team. Register today to secure your spot. <https://admalumni.com/golf-tournament/>

Annual Shucking of the Corn

Friday, Aug. 9, 4:30-7:30 p.m. 10th & Prairie streets by the Adel Public Safety Building parking lot. Come on down for a few minutes or a couple of hours. Everyone is welcome. Beverages provided. The Big Red Radio will be providing music. Thanks to the Sportsmen's Club.

Sweet Corn Princess Contest

Friday, Aug. 9, 6:30 p.m. at the Adel Stage on the corner of Main and 10th streets. The Sweet Corn Princess contest will showcase girls from the ADM school district. Each girl will be interviewed before the drawing. Sweet Corn Princess and three runners-up are selected by random drawing

Dallas County Landfill is CLOSED on Saturday, Aug. 10, 2024

SATURDAY, AUGUST 10

Sweet Corn Festival 5K Run

Saturday, Aug. 10

7:30 a.m. start time

The race takes place on the scenic brick streets in Adel along the parade route in front of hundreds of spectators.

Registration: To register for the Adel Sweet Corn Festival 5k Run, visit <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>

Awards: 1st-3rd overall in both men's and women's categories. In addition, awards for top 2 men and top 2 women runners in each of the following age groups: 14 and younger, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.

Adel Sweet Corn Festival 5K Run packet pickup:

Aug. 9, 4-6:30 p.m. at N. 11th and Court (ADM DAC)
OR Aug. 10, 6-7 a.m. at N. 11th and Court (ADM DAC)

Remember race starts at 7:30 a.m.



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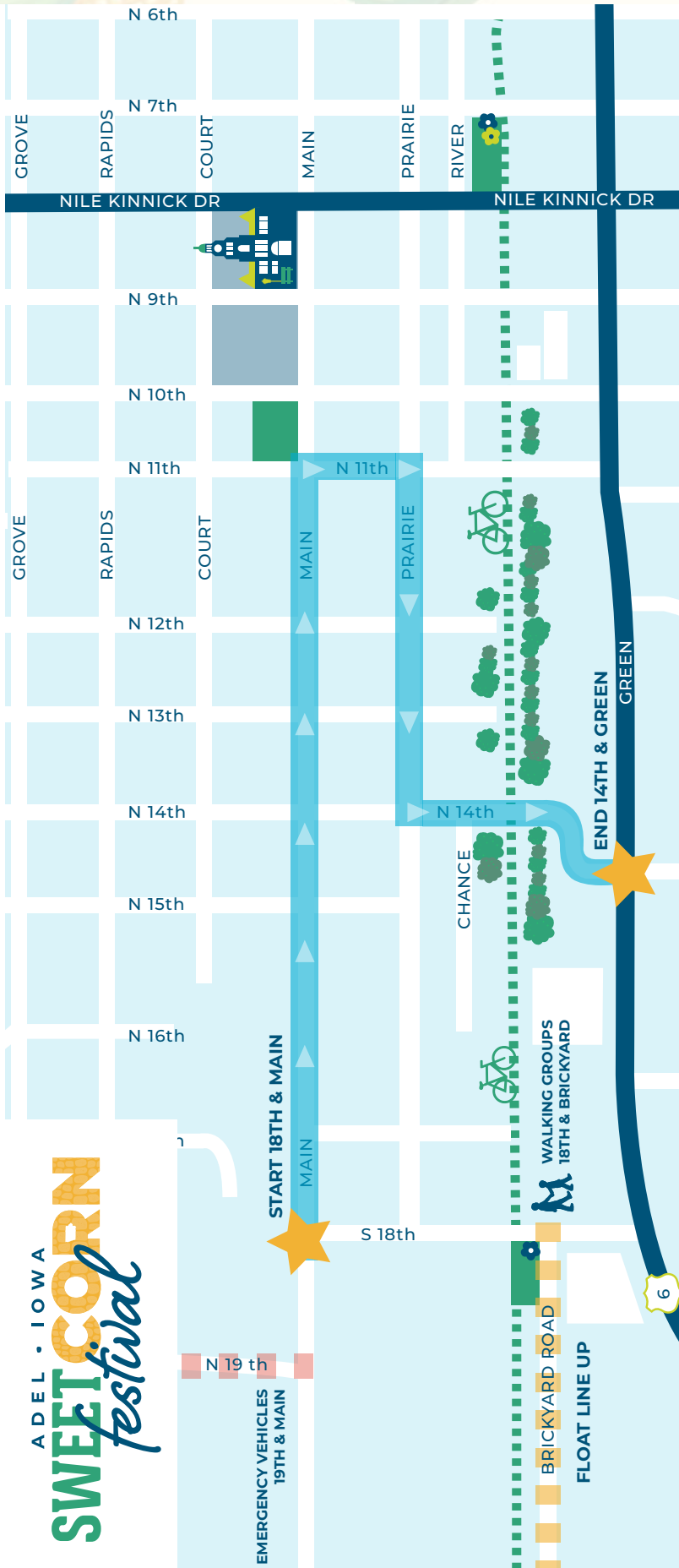
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The theme of the parade is **LYKYK**. (If You Know You Know)

ADEL • IOWA SWEET CORN festival



SWEET CORN PARADE LINE UP : 8:30 AM PARADE START : 9:30 AM

The parade line up starts at 8:30am and the Adel Kiwanis Club assists with the organization.

Parade begins at 9:30 and will travel from 18th St towards downtown Adel on Main Street, turning left on 11th St then right turn on to Prairie St to 14th St. At 14th St turn left and exit to Greene St with stop sign st. 14th and Greene to help clear traffic.

No entry forms or prior notifications required. Please place your parade entry at the designated staging site no later than 8:45am

Each entry should be limited to one vehicle

Entries should remain within 20 feet of each other

Vehicles should not stop on the parade route.

Parking at the parade starting point is extremely limited.

Parade participants please arrive with you parade entry unit if possible.

Emergency vehicles proceed west on Rapids Street and line up at 19th & Main beside the brickyard parking lot.

Floats proceed up Greene Street, Turn north on Visions Parkway and line up on Brickyard Road

Walking groups gather at 18th and Brickyard

Please do not drive west on Main or Prairie streets to line-up

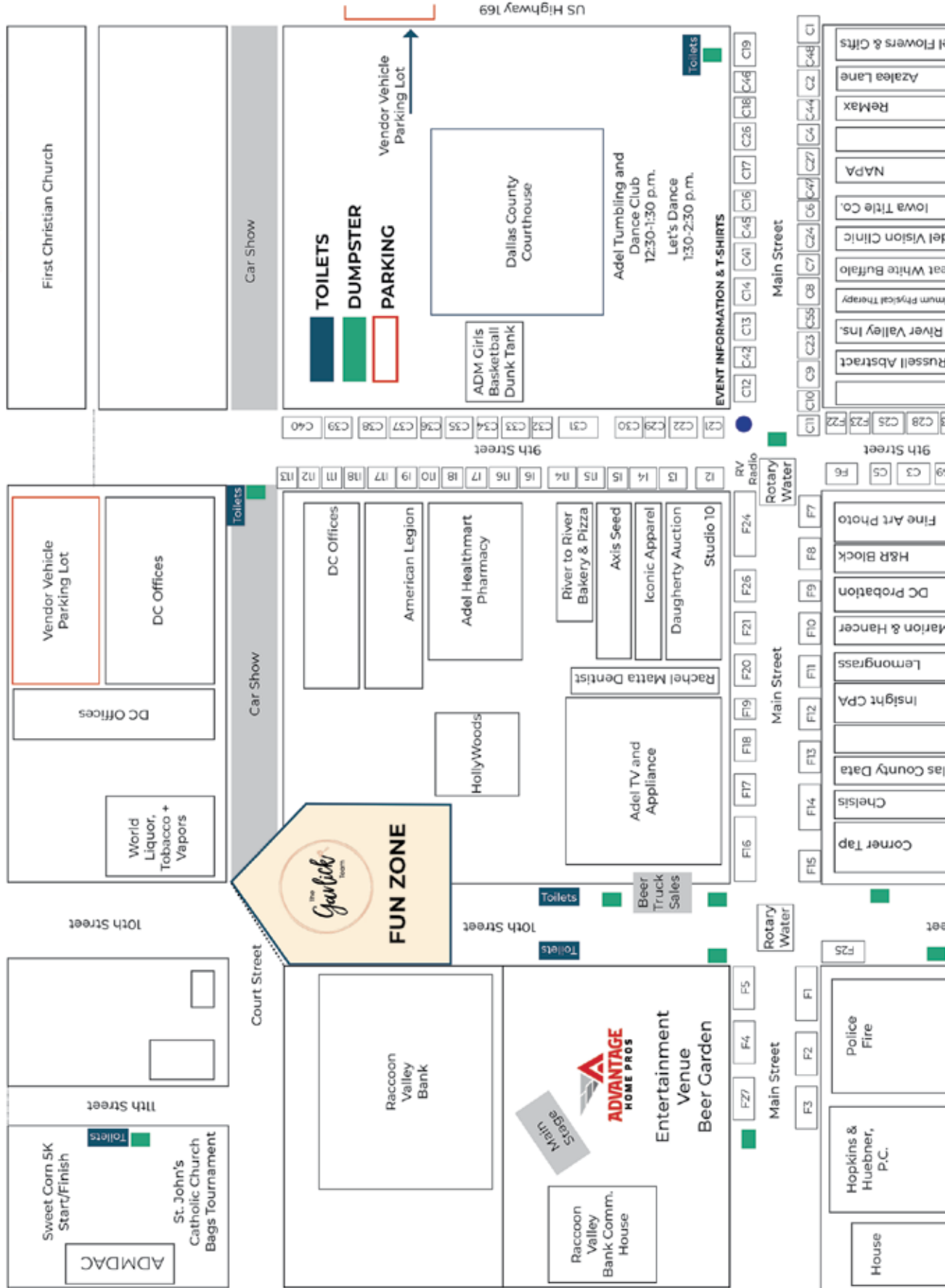
Be cautious when throwing candy to the parade spectators and please do not throw the small, hard rubber bouncing balls or any other small toy.

All entries can return to the starting point by turning left on 14th street and returning to starting point via Greene Street (Hwy 6). Do NOT try to return via Prairie Street.

Questions **Scott Gavin 515-745-7107**

2024 SWEET CORN FESTIVAL MAP

PRESENTED BY  IOWA SWEET CORN SPRING



Map of Festival Layout:

- Top Left:** Corn Serving, Corn Truck, House, CenturyLink, Adel United Methodist Church, House, Bow and Arrow Productions.
- Top Right:** Prairie Street, INFORMATIONAL, FOOD VENDORS, VENDORS SPONSOR PRESENTED BY, A KING'S N THRONES, PORTABLE RESTROOMS.
- Bottom Left:** Crafts, Art, Merchandise (C1-C27), House.
- Bottom Right:** Prairie Street, Corn Seating, House, Vendor Vehicle Parking Lot, City Hall, Adel Public Library, HOSTED BY Adel, PARTNERS CHAMBER OF COMMERCE.

Informational:

- 11 Raccoon Valley Radio
- 12 ADM Athletic Boosters Club
- 13 Dallas County GOP
- 14 KLOTERRA Real Estate
- 15 Aetna Medical Solutions
- 16 Dallas County Democrats
- 17 Dallas County Phleasants Forever
- 18 Cideons International
- 19 Adel American Legion and Auxiliary
- 110 Revival by Anderson
- 111 Ronald McDonald House
- 112 Grimes Chiropractic
- 113 Iowa Donor Network
- 114 A Heintz 57 Pet Rescue & Transport
- 115 Advantage Home Pros Roofmax
- 116 Phillip Stueve State Farm
- 117 Truth Family Chiropractic
- 118 ACLU of Iowa

Food Vendors:

- F1 Smokin' R's BBQ
- F2 Yanni's Grill
- F3 Off the Griddle
- F4 Karam Grill
- F5 Chad's Pizza
- F6 VFW Post 9668
- F7 Snappy's BBQ
- F8 Baan Vaan Ice Cream
- F9 Twist
- F10 Bub's Grub
- F11 Bosco's Fusion
- F12 Dragon Foodies
- F13 Taqueria Arizajitos La Chulita
- F14 Street Sweets
- F15 Twisted Asian
- F16 Deardorff Highlands
- F17 Icedelmo Snow
- F18 Thai Street Food by Weena
- F19 The Kringleman
- F20 Kona Ice of Central Iowa
- F21 Viet Thai Taste
- F22 Sweet B's Treats and More
- F23 Miss B's
- F24 Zippo's Pizzeria
- F25 Totally Rolled Ice Cream
- F26 Boba Tea 168
- F27 Triple B's

Crafts, Art, Merchandise:

- C1 SIS Supply
- C2 Wei Li
- C3 Hinge
- C4 Amazon Creations
- C5 Dasmil in Defense/Lifewave
- C6 Pink Poppy Designs
- C7 T&J Creations
- C8 Sunny Day Creations
- C9 Nyla Moss
- C10 Author's Art
- C11 Airbrush Body Creations
- C12 Heartland Handcrafted
- C13 Raw's Riley Creations
- C14 Brittany's Tupperware
- C15 Devan Designs
- C16 Becky's Perfectly Polished
- C17 Homemade from the Heart
- C18 Buttercup Natural Soap
- C19 It's a Small World Crafts
- C20 Roger Davidson
- C21 Paperazzi
- C22 Nature's Glim
- C23 Mystery's Meadow Artisan Fiber
- C24 Legacy Quilts
- C25 DH Design & Soundbough Bakery
- C26 Chris Cole Gardens
- C27 Bev's Mercantile

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2024 PARADE MARSHALL

2023 Citizen of the Year Carole Schlapkohl

For many years, Carol Schlapkohl has been a steadfast presence in the community, always ready to lend a helping hand wherever it is needed. She came to Adel in 1979 and began her career as a teacher and a coach. She went on to become the curriculum director and administrator for ADM. She taught in the district for 33 years.

Over the years you could find Carole behind the table at volleyball games, track, and cross country meets working the scoreboard and taking tickets. Carole also has volunteered at regional and state golf tournaments. To this day, Carole takes many children out to the golf course to teach and coach young children to love the sport.

Carole has a servant heart and is always looking for opportunities to help in our community. She is a Board member for the ADM Scholarship Foundation. She works tirelessly to track donations, send thank yous, and read the applications each year to ensure that that our senior students are treated with equality and respect.

She volunteered for the ALS Foundation and has raised money to support research to find a cure. She could be found mowing yards, picking up leaves, washing windows, and planting flowers for those patients and families affected by ALS. This is a cause that

Carole holds especially near to her heart. Currently, Carole collects Cans for Cancer and delivers the cans to Washington, Iowa. She is active member of the Backpack Group through the Good Samaritan Food Pantry. Each week this group meets to pack Backpack meals for K-12 students who are food insecure on the weekends. She helps to pack these meals and deliver them to the schools.

Carole has volunteered numerous hours at AHeinz 57 Pet Rescue as a driver to transport animals, fostering and going to retrieve animals. She is actively involved in Purpose Bound. This is an organization that brings local companies and citizens together to support local charities. Through this organization, charities such as: ADM Meadowview Book Vending Machine, No Foot Too Small, Single Parent Provision, Blue Kindness, Iowa Service Dogs, LD Strong, Average Everyday Miracles and many more have received thousands of dollars.

Over the years Carole has served as a Church Council Member at Grace Lutheran Church, in Adel. In addition to providing this leadership for her church, she also volunteers at the Garden of Grace and running the sound system during worship.

Carole has made a profound difference in our community and in the lives of others.

Also honoring retired Chief of Police Gordy Shephard

Career Dates

- Dayton Police Department February 1993
- ILEA (Iowa Law Enforcement Academy) Oct 4-Dec 17, 1993 – 136th Basic Training School
- Greenfield Police Department February 1994
- Adel Police Department August 1996
- Task Force 1999-2003
- Promoted to Sgt. July 2001
- Promoted to Lt. May 2005
- Appointed as Chief May 2015/Active July 2015

Accomplishments

- Better wages (have increased every year under Chief Shepherd)
- Grown staff (added two full time positions bringing department to 11 FT and 2 PT officers)
- Maintained staffing levels during high turnover times industry wide
- Implemented officer body cameras in 2017. This was years ahead of many other state agencies
- Blue Kindness partnership
- Showed tremendous leadership in very difficult times. (derecho, Covid response, law enforcement essential workers)



FREE SWEET CORN WHILE IT LASTS.

After the parade, be sure to get in line for Adel's famous Deardorff sweet corn. Each year Adel Partners purchases approximately 15,000 ears of this delicious corn and gives it away for **FREE** at the festival. The cooking process for the corn is something to see as well. We know you will enjoy eating a few ears of the corn as you visit the festival. Corn is generally gone by mid-afternoon, so plan to come early.



Annual Bean Bag Tournament

Tournament start time is after the Parade at approximately 11 a.m. at the Old Middle School and sponsored by Knights of Columbus. Entry fee is \$30 for a two-person team. This is a double elimination tournament. For more information or to register, call 515-480-3842 or online at <https://stjohnsadel.weshareonline.org/BagsTournamentSweetCornFestival>.

ADM Sand Volleyball Tournament

The Coed sand volleyball tournament is a fundraiser for the ADM Tiger's Volleyball team. You must be 18 years or older to participate, coed teams hosted at Evans Park from 11 a.m. to 6 p.m. Entry fee is \$100/team. Sign up at <https://docs.google.com/forms/d/e/1FAIpQLSehU8pweOmJk-d3bjXP9r1h7JEFSWc47pV1abJCGtoFssmQw/viewform> or scan the QR code.



Redline Warriors presents Adel Sweet Corn Car Show

80's themed Car Show. 70's and 80's cars and attire are encouraged. Rad time for all. Register your car on the north side of the square. Showtime is 10 a.m. to 3 p.m. All makes and models are welcome. No entry fee. Fun time for all.



LIVE ENTERTAINMENT SCHEDULE

STROLLING/LAWN ENTERTAINMENT

located on the southside of courthouse lawn

12:30-1:30 p.m. **Adel Tumbling and Dance Club**
1:30-2:30 p.m. **Let's Dance**

AT THE STAGE AND PAVILION

11:30 a.m. to 3 p.m. **Luke Fox**
6 p.m. to midnight **Beer Garden.** All ages welcome. Tickets for beer and other hard drinks are \$5, or 5 for \$20.
7:30-11:30 p.m. **Burning Sensations**



City of Adel

The annual Sweet Corn Festival would not be possible without the support of the City of Adel. From the city administrative staff to the City Council to the city workers and the police & fire departments, everyone involved with city government pitches in to help out with the festival. Adel Partners would like to acknowledge their support and ask everyone to join us in thanking them for all they do.

Annual Sweet Corn Classic at the Dallas County Fairgrounds

Bobtail, show combination, working or antique. All classes welcome. **FREE** admission and registration. Semis start lining up at 8 a.m. Door prizes given at 3:30 p.m.



Friends of the Library Book Sale - EXPANDED HOURS

The Library is located at 303 S. 10th St. Visit the Adel Public Library during the Sweet Corn Festival for the annual Friends of the Library Foundation Book Sale. We have lots of wonderful books this year. The sale is on Thursday, Aug. 8 and Friday, Aug. 9 during library hours. Or shop on Saturday, Aug. 10 from 9 a.m. to 2 p.m.



Kid's Zone presented by The Garlick Team/ReMax Concepts

Located in parking lot of Raccoon Valley Bank on east side of 10th Street between Main and Court. This year The Garlick Team/ReMax Concepts has provided the kids' games **FREE**. Your kids can enjoy as many rides and experiences as they desire. Make sure to thank Garlick Team.



Radio broadcast

KDLS 105.5 Radio will be broadcasting from the Sweet Corn Festival. You can find them at the intersection of 9th and Main streets. Stop by and they might even interview you.

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CONTRIBUTORS (financial)

Please take the time to thank these businesses and individuals for their ongoing financial support of the Sweet Corn Festival. Without their sponsorships, the entertainment and the technical needs of a festival this size would not be possible.

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KIDS FUN ZONE SPONSOR



Please note that the contributors list is not the official thank you list from Adel Partners Chamber of Commerce and the Sweet Corn Festival committee. It is simply a list of businesses, groups and organizations who have donated money, time or services to the committee in exchange for sponsorship acknowledgement. Hundreds of volunteers make the Sweet Corn Festival possible every year.

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- Adel Lions Club
- Insight CPA
- Kuder, Inc.
- Monarch Materials Group
- Raccoon Valley Bank
- Raccoon Valley Radio

Gold

- Archer Home Center
- Culligan Water
- Fuller's Standard Services
- Twin Eagles East by Kading

Silver

- Caldwell Parrish Funeral Home & Crematory
- Uptown Vintage Market

Bronze

- Ambros Roadhouse
- Soulshine Yoga
- Valo Biomedica, NA

Contributors (In-Kind)

Please take time to thank these businesses for their ongoing support of the annual Sweet Corn Festival. Their service and experience help make the festival possible.

- ADM Schools
- Adel American Legion
- Adel Kiwanis Club
- Adel Lions Club
- Adel Rotary Club
- Anderson Erickson
- Ankeny Sanitation
- Bob Davis
- Boy Scouts of Adel
- City of Adel
- Corner Tap
- Culligan Water
- Deardorff Sweet Corn
- Girl Scouts of Adel
- KFC
- R & K Trucking
- Sportsmen's Club
- UPS Store Clive/Waukee



ADEL SWEET CORN FESTIVAL 2024

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THE ICE man

Refrigeration did not exist in Adel's early days. Most homes, however, had an ice box in which big cakes of ice were put in an ice compartment to keep the contents cool. Delivery of the ice was originally by horse-drawn dreys and later by motorized trucks. The homeowner indicated their need for ice, and the amount, by putting a card in the window on the day they needed it. These ice boxes usually required 50 to 100 pounds of ice every two to three days.

The ice was first supplied by the L.M. Macy Co., the same company that owned the mill and, later, the electric plant. Macy sold the ice business to Harry Kohl and then, in 1922, Kohl sold it to the Spillers family. They operated it until 1943 when, due to the advent of modern refrigeration, it was no longer needed.

Ice was cut from the Raccoon River and stored in a large shed located along the south side of the river. The ice harvest usually began in December or January. A large area of the river had to be kept clear of snow to allow the ice to freeze sufficiently. This area of cleared ice also made a nice place for skating parties. Sometimes floodlights were set up for night skating and bonfires burned along the banks.

The ice was prepared by scoring into blocks with a special ice saw then spudded off into ice barges. These barges were usually 6 feet wide and 30 to 40 feet long. The loaded barges were floated to a large wooden

elevator. Here, the ice was separated into individual blocks 24 inches square and weighing from 200 to 300 pounds each. These blocks were loaded onto the elevator and sent into the warehouse where they were stacked. The warehouse had double walls with 12 to 15 inches of sawdust in between for insulation. Loading docks were located at each end. The ice was covered with hay purchased from local farmers.

The river channel had to be kept open for the barges regardless of the bitter temperatures and blizzards. This was accomplished by two men drawing a barge up and down the river all night. I'll bet they wore their long johns. Fourteen to 18 men were required for the ice harvest. These were usually men whose work was slack at that time of year, such as county road workers, farmers and certain personnel of the brick and tile works.

On exceptionally cold winters, when oxygen was low in the river, fish would swarm to the open area left by the removal of the ice. The temptation of all those channel catfish and other game fish probably kept the game warden busy.

In addition to homeowners, meat markets and restaurants were large users of ice. The repeal of prohibition in 1931 created another big market... keeping the coolers and taps filled with both block and cracked ice so an ice cold beer could be enjoyed in the middle of August. ■

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EVENTS IN THE AREA

Be sure to check for cancelations



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:

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

ADM Booster Club Gala

Saturday, Aug. 24, 5:30-11:30 p.m.
Rewind hotel in West Des Moines,
6075 Mills Civic Parkway

The second annual Adel-DeSoto-Minburn Booster Club Gala includes a sit-down dinner, two cash bars, games, silent auction, live auction and live music by Tony Bohnenkamp. All proceeds go back to the ADM Booster Club. A ticket link is available online at <https://e.givesmart.com/events/D5y/>.

Third Monday Bingo

Aug. 19, 6-8 p.m.

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



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



Adel Masonic Breakfast

Aug. 11 from 9 a.m. to noon
Masonic Lodge, 411 S. 12th St.

The Adel Masons will be serving a breakfast of biscuits and gravy, pancakes, scrambled eggs, bacon, milk, orange juice and coffee for \$9 per plate.

Adel Farmers Market

Tuesdays, 4-7 p.m.
Dallas County Fairgrounds, Adel

The Adel Farmers Market features a variety of local vendors.

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EVENTS IN THE AREA

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Be sure to check for cancellations

Events at The Brenton Arboretum

Various dates
25141 260th St., Dallas Center

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

- Wednesdays in August, 10-11 a.m., Nature's Healing.
- Sept. 22, 1-3 p.m., Painting with a Twist Arboretum inspired.
- Wednesdays in September, 10-11 a.m., Nature's Healing.
- Oct. 6, 5:30-7:30 p.m., Autumn Nature Photography Workshop.
- Oct. 13, 1-3 p.m., Get on Board DSM Charcuterie workshop.
- Oct. 20, 1-3 p.m., Annual Autumn Hay Rack Rides.
- Nov. 10, 1-3 p.m., Floral Centerpiece with Adel Flower & Gifts.
- Wednesdays in November, 10-11 a.m., Nature's Healing.
- Wednesdays in December, 10-11 a.m., Nature's Healing.

Wednesday Night Meal

Wednesdays
Adel United Methodist Church,
115 S. 10th St.

The Adel United Methodist Church is hosting a weekly meal in the fellowship hall downstairs. Serving is 5-6:30 p.m. This is a freewill donation meal. All are welcome.



Ingersoll Live

Aug. 24, 3-10 p.m.
2300 Ingersoll Ave., Des Moines
www.theavenuesdsm.com

Ingersoll's annual block party returns with vendors of all kinds, live music and plenty of family-friendly fun.

World Food and Music Festival

Aug. 23-25
Western Gateway Park,
1205 Locust St., Des Moines
www.dsmpartnership.com/worldfoodandmusicfestival

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards.

Wine and Cider Festival

Aug. 24
Jasper Winery, 2400 George Flagg Parkway, Des Moines
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HEALTH

By Christopher Baltzell, PA-C, MPAS

LYME disease awareness

Lyme disease is a bacterial infection transmitted through tick bites. The culprit in Iowa? The blacklegged tick, also known as the deer tick. These ticks are smaller than a dime and have reddish-brown bodies. They can be distinguished from the more common dog tick by their smaller size and the presence of a small, flat plate on the back (only on adult females).



Iowa has seen a steady rise in Lyme disease cases with the highest concentration in the northeast part of the state. Early detection is key, so be sure to check yourself and loved ones thoroughly after spending time outdoors. It is best to use repellent with at least 20% of an active ingredient like DEET, picaridin or IR3535 to protect against tick bites.

If you find a tick attached, remove it promptly with fine-tipped tweezers and monitor the bite area for a bullseye rash — a circular red patch with a clear center. This hallmark symptom appears in about 70% of cases. Other early signs include fatigue, fever, headache and muscle aches.

Seek medical attention if you experience any of these symptoms, especially after a tick bite. Early diagnosis and treatment with antibiotics can prevent the disease from progressing to more serious complications affecting the heart, joints and nervous system. ■

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

HEALTH

By Leslie Herron

AGING with varicose veins

Varicose veins frequently occur on the lower legs. Aging people are at higher risk. Aging causes wear on the valves in your veins that help regulate blood flow. Eventually, the wear on the valves will allow some blood to flow back into the veins. The veins will enlarge as the blood collects instead of flowing back to your heart.



Risk factors include: age, being a woman, family history, obesity and pregnancy.

Complications to be aware of include:

- **Ulcers:** A discolored spot on the skin usually begins before an ulcer forms. If this happens, see your doctor immediately.

- **Blood clots:** Pain and swelling are signs of blood clots. Visit your doctor.

- **Bleeding:** Veins very close to the skin may burst, usually causing minor bleeding. This issue also requires medical attention.

Possible medical treatments include:

- **Sclerotherapy:** A solution is injected into the varicose veins.

- **Thermal ablation:** A tiny fiber is inserted into a varicose vein through a catheter. It delivers heat that destroys the varicose vein wall.

- **Vein stripping:** Removes varicose veins.

- **Microphlebectomy:** Also removes varicose veins.

Actions such as exercise, elevating your legs and wearing compression stockings can help ease the pain of varicose veins and may keep them from getting worse. If these measures have not helped, visit your doctor. ■

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

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MEET Emily Blok

Finding her own way of making a difference

After attending Ankeny High School, Emily Blok received degrees in accounting and business education from Northwestern College. While there, she also played softball and ran cross country. Blok began her teaching journey at the Southeast Polk High School before joining the Adel-DeSoto-Minburn Community School District. Now, she teaches business at the ADM High School.

"I have been so encouraged since moving to ADM," Blok says, "Building relationships and serving others is what brought me to education from my previous role, and ADM challenges me to keep that purpose and empowers me to make a difference. I feel very supported at work and have met some lifelong friends since starting in August."

Blok likes teaching students at the high school level because they have so much potential and are the future. As a business teacher, she can carry out many fun and practical activities. In accounting, Blok's students play Monopoly while learning how to journalize transactions. In business and personal law, her students are assigned the roles of lawyers and witnesses in a three-day mock trial. Students create advertising campaigns and advertisements in marketing, and those studying entrepreneurship create their own business that is presented to community members, teachers, parents and others at the end of the school year.

"I remember being back in high school and knowing that I wanted to make a difference in the world, but I did not know at the time how I was going to do that. I was extremely blessed to have people in my life who challenged me to keep looking for my purpose and build a life focused on service. I am so appreciative of the coaches, teachers and my parents who were just good, solid role models. I love being able to be that person or one of those role models in these students' lives," Blok says.

This summer, Blok is looking forward to being outdoors and coaching softball for Van Meter. She is also looking forward to taking a family vacation to Wisconsin, attending her sister's wedding, and returning to school to start her master's degree. In upcoming school years, Blok is looking forward to helping start DECA, a student-led business club that has the opportunity to travel and compete against other schools.

"It is a joy to see a student develop into the person they were designed to be, even though that may not be this year or next. I know that so many of our students are going to go on and be amazing. This encourages me to keep working hard, to keep doing things differently, and teaching from my heart even when it seems that you are not making any progress," Blok says. ■



Emily Blok teaches business at the ADM High School. She is married to Isaiah Blok.

IS ARTHRITIS causing joint pain?


Osteoarthritis is a chronic degenerative condition that is predominantly caused by wear and tear on the joints in the body, which can lead to the breakdown of joint surfaces. This breakdown results in a decrease in cartilage or cushioning between the joints. Stiffness, loss of motion and pain can develop from this reduced cushioning. Arthritis can affect any joint but occurs most often in knees, hips, low back, neck, small joints of the fingers, base of the thumb and big toe.



Degeneration is a normal aging process and is most common in individuals 65 and older. Risk factors for arthritis include increased age, obesity, previous joint surgery, overuse of a joint, weak muscles and genetics. While arthritis is common, not all individuals who have arthritis will have pain, and it is a frequent misconception that, if you are diagnosed with having arthritis, that you are destined to have pain. Usually, unless the arthritis is severe, there are other physical reasons why people are having pain. These reasons can include inflammation, tight muscles, decreased strength and loss of mobility.

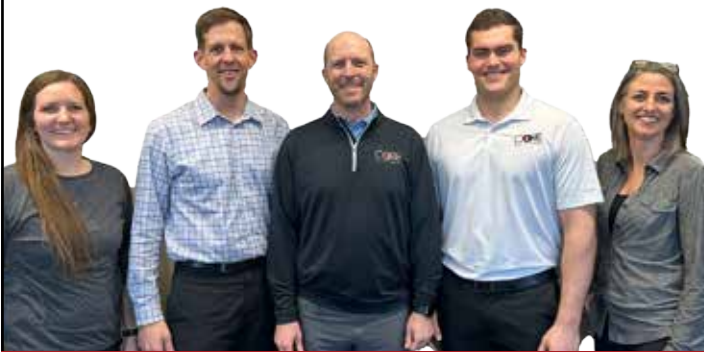
Physical therapy can help manage some of this pain by helping correct imbalances in the body, providing a home exercise program for stretching and strengthening. Low-impact exercise and weight control are also beneficial to help decrease strain on your joints. ■

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



Physical Therapy

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ADEL Public Library news

Hello from the Adel Public Library.

We would like to extend a huge thank you to everyone in our community who supported our summer reading program. We had more than 700 participants this year.

The beginning of August, we're having our annual book sale, sponsored by the Friends Foundation.

- **Pre-Sale**, Aug. 7, 5-7 p.m. Free for Friends of the Library, \$5 for community members
- **Book sale**, Thursday, Aug. 8, 8 a.m. to 6 p.m.; Friday, Aug. 9, 8 a.m. to 2 p.m.; Saturday, Aug. 10, 8 a.m. to 2 p.m.; Monday, Aug. 12, 9 a.m. to 6 p.m.

At the library, we use August to plan for the school year, but we still have a few programs:

- Olympic Storytime with Ms. Paula – Aug. 6, 4 p.m. Register at adelpl.org.
- Teen Book Club – Aug. 15, 1 p.m.

Adel Public Library

303 S. 10th St., Adel, Iowa 50003
adelpl.org • 515-993-3512
 Monday-Thursday: 9 a.m. to 6 p.m.
 Friday: 9 a.m. to 2 p.m.
 Saturday: 9 a.m. to 1 p.m.
 Sunday: closed



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

- Yoga at the Library – Every Wednesday at 5:45 p.m.
 - Exercise Group – Monday through Thursday at 9 a.m.
 - 50s+ Senior Gathering – First and fourth Tuesday of the month at 10 a.m.
- Brown Bag Book Club – Aug. 8 at noon
- Evening Book Club – Aug. 29 at 5:30 p.m. ■

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GETTING the most out of your pharmacy visits

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Good news. If you choose a locally owned independent pharmacy, a pharmacist is a simple phone call away, and pharmacists are readily available to answer your questions if you stop in. So make the most of your time visiting your pharmacy with these simple tips:

- **Use the same pharmacy for every prescription.** This is especially important if you have multiple doctors to help ensure your prescriptions will not interact. Consistency is important for good health.
- **Update your information.** Have you been diagnosed with a new condition or have had unwanted side effects? Keeping your information updated can help your pharmacist spot red flags. Has your address or phone number changed? Let them know so they can contact you if needed.
- **Ask questions about over-the-counter medications.** OTC medications do not require a prescription, but they can interact with

other medications, lessen their effects, or adversely impact a chronic condition.

• **Ask for help.** Do you frequently run out or need to make multiple trips to the pharmacy? Ask if the pharmacy offers any programs such as delivery, medicine synchronization, or compliance packaging to help keep you on track.

• **Annual medication review.** Ask your pharmacist to review your prescriptions. They can work with your physician(s) to keep your medicine regime up to date and most cost effective under your current health plan.

• **Immunizations.** Ask your pharmacist if you are due for any immunizations. From COVID-19 vaccines to influenza, shingles and tetanus, they can provide them all and can easily check your eligibility.

Building a strong healthcare team is the first step to bettering your outcome. It's your health. If you are unsure of a diagnosis or treatment, don't be afraid to ask questions. If you don't understand the answer, ask for clarification until you understand. Your team is here to work for you. ■

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

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Deputy City Administrator/
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CHAMBER NEWS

By Jackie Wilson

ADVANTAGE Home Pros

Gutters, roofs and more

Advantage Home Pros in Adel is in its fifth year of business.

Formerly known as Advantage Seamless Gutters, the company changed its name this year to better reflect their added services.

As the largest gutter company in the Midwest, they install seamless gutters and offer gutter cleaning. Last year, they added commercial Christmas light installation and put lights up around the Adel square. They’ve recently added roofing services and Roof Maxx — a spray that extends the life of roofs.



Cody Jay

Cody Jay is operations and locations manager. The company was originally established in Brainerd, Minnesota, by Cody’s cousin. The company is not a franchise and currently has seven locations in Wisconsin, Minnesota and Iowa.

When Cody moved to Adel, he joined the Adel Chamber as a way to get the company off the ground. He explains, “It’s a way to get our foot in the door by joining the chamber.”

In addition, the company has immersed itself in the community. They’ve sponsored the Sweet Corn Festival for three years.

“We like to serve in the communities where we serve,” he says. “Deb from the Chamber convinced me to become a bigger sponsor. She’s always trying to get businesses involved in the community.”

Cody has donated gutters for Habitat for Humanity houses and funds for Raccoon River Valley Trail improvements. Cody joined the Lions Club, a nonprofit which helps strengthen communities. He says he’s the youngest member, yet feels his involvement is vital.

“It’s a way to give back and teach my kids community is important. As owner of a company, we want to do our part to help others. It’s our goal to become a pillar of the community.”

Since the company was established, it has grown to six employees. The pandemic was a turnaround, as more homeowners focused on home projects. The derecho also brought in new business.

The company continues its growth by adding snow removal services this winter.

“We’d like to double in size. In the future, we hope to open up more locations, covering a larger part of Iowa.”

Cody is content to be in Adel, with supportive businesses through the chamber and the growth of the city.

“The chamber gives a little bit of comfort and support by connecting and promoting local businesses. The chamber gets to work, helping connect businesses, which benefits the town of Adel.” ■

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

OUT & ABOUT

ADM JV

Softball

ADM JV Softball played against Southeast Polk on July 9.



Addison Herrick



Aubrey Noring



Aubrey Winter



Macy Person



Elliotte Von Roden



Kennedy Stanford



Makenna Pitlick



Kinsley Neppel



Lauryn Troster



Payton Herrick



Lexi Maxwell

FARMERS Market

People enjoy the Adel Farmers Market at the Dallas County Fairgrounds on July 16.



Jennifer and Zach Callahan



Ann Heitz and Tiffany Graham



Toni Parkins, Nighten Deardorff, Cameron Gaidief and Stachey Gaidief



Beth Ann Templeman and Cora Templeman



Aaron Stanton and Ana Valencia



Chelsea Ouverson



Abbie Sharp



Ella Krause



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Tam Lines



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- 3 A helmet should be replaced if it has been through a serious fall or crash. Check the manufacturer's recommended time frame for regular replacement. It should be at least 5 years.
- 4 If your child does suffer a serious blow to the head, even while wearing a helmet, watch for these signs of a possible concussion and seek medical help immediately: headache, nausea, dizziness, blurred vision, confusion, sensitivity to light or sound, change in personality or behavior.

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