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Living



Urban FARMING

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WELCOME |

What's for 'supper'?

I drove my teenage kids to an event at a rural Iowa high school recently, and I was surprised by their questions about some of the surroundings. My 15-year-old asked, "What's that big ugly building in the middle of town?" She noticed that it was the only structure taller than a handful of



the two-story homes. It, of course, was a grain elevator, but "elevator" has a whole other meaning to these city kids.

After curiously viewing a line of long white tanks in a neighboring field, my 13-year-old asked, "And what are those things?" They, of course, were anhydrous ammonia tanks. Had she gotten close and taken a whiff of the ammonia, she would never ask that question again.

The most pressing question, though, came when looking for a place to have dinner. This rural community didn't have a pizza place, a fast food joint or even a sit-down diner. Truth be told, we couldn't even find a Casey's General

Store. "Where do these people eat," they asked in harmony. While pointing out the many gardens in view, I explained how many of these folks eat what they grow and can their fruits and vegetables so they can enjoy them throughout the year. I also pointed out that had we nicely asked for "supper" rather than dinner, we might have been invited into one of their homes for a home-cooked meal. Instead we drove to a neighboring community and picked up some pizza. This conversation reminded me that I need to get my kids out to see real Iowa farms.

In the meantime, much of what we enjoy in rural Iowa is coming to town. Urban farming is a growing trend that city dwellers are latching on to for a variety of reasons. Some grew up on farms and want their children to experience what they did. Others are looking for chemical-free food and farm-fresh fruits and vegetables. Still others are simply motivated by getting black dirt under their nails and truly living off the land. Whatever the reason, the trend is undeniable, and I find it refreshing. In recent years, my wife and I started planting a small garden in our backyard. Our children helped decide what to plant and have been involved in the entire process. We don't yet have chickens out to roost like some urban farmers. As much as this likely disappoints our dogs, we have to take this one step at a time.

Be sure to read this month's cover story on urban farming to see what your fellow residents are doing to get closer to Mother Earth and gain a true appreciation for where their food comes from.

Thanks for reading. ■

Shane Goodman
Publisher



Darren Tromblay
Editor
515-953-4822 ext. 304
darren@dmciview.com

Macinzie McFarland
Advertising
515-669-6497
macinzie@iowalivingmagazines.com



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7:00pm **FIGURE 8 & CIRCLE TRACK RACING**
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1:00pm **BILL RILEY TALENT SHOW**
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Urban FARMING

ADEL RESIDENTS REAP THE BENEFITS OF EXPANDED GARDENING

By Melissa Walker

Sustainability and living off the land have been long-time interests of Dustin and Jrdyn Welshons.

This past winter, Dustin made maple syrup, which he canned. He tapped gallons upon gallons of sap from the maple trees on his property. After boiling it, he was left with four quarts of maple syrup.

"I knew I could do it," Dustin says. "It was an experiment."

"He's always got some hare-brained idea,"

his wife says with a smile.

Recently, Dustin canned wild cherries he picked along the road during one of his "foraging" walks. He likes to take walks and look for wild food. He made a stinging nettle soup, which he and Jrdyn had first had in France.

The Welshons are among a growing number of Adel residents who are growing their own food and raising small fowl and livestock while living in small-town Iowa. In larger cities, it's a concept known as "urban farming."

"I love it," Dustin says. "I wish I could spend more time doing it because that's my passion. I'd love to be able to use every square foot of our yard as a homestead and grow our own food."

In Adel, where a large section of the city limits is still in a rural area, there have been few, if

Top: Dustin and Jrdyn Welshons are pictured with two of the chickens they're raising in their Adel backyard. Photo by Melissa Walker.

FEATURE |

any, issues with residents raising chickens, fowl and other small livestock, city officials say.

Interest in sustainability leads couple to try raising chickens, other fowl

The Welshonses thought about raising chickens for some time. They were living in Des Moines at the time and had a large, 20-foot by 30-foot garden where they grew kale, tomatoes, broccoli, corn, basil and other herbs. In addition, they had an apple tree and a pear tree.

"We're pretty avid gardeners," Dustin says. "We do grow a lot of different food."

"I enjoy the process, and you hope the food is of better quality than the store-bought food," he continues. "It's not less expensive, but it's nice knowing where it comes from."

The next step for the Welshonses was to start raising chickens. About three or four years ago, they bought their first chicks from a farm supply store. Dustin says they mostly did it for the eggs, but it was fun to raise and watch the chickens roam around their Des Moines yard.

"We had been reading a lot of self-sustainability books and about having chickens in town, and we thought, 'Why not?'" Jrdyn says.

At the peak, the Welshonses had 22 chick-

ens, some of which they were raising as meat birds. They had an over-abundance of eggs at one point and were giving them away and selling them. They also had ducks and goats.

When the Welshonses moved into their house in Adel in October 2014, they requested permission from the City Council to have the chickens. The council granted approval.

Steve Nichols, Adel's building and code compliance officer, keeps track of those residents who have Council approval to raise chickens. There are five residents who raise anywhere between two and 12 chickens. They cannot have roosters, and the chickens must be contained within a yard area.

Another family sought and has approval to raise six domesticated animals — which can range from cows, horses, sheep and/or chickens — for a 4-H project. While the property is still within the city limits, it's on the outskirts of town in a more rural area. Other individuals may have livestock and were "grandfathered in" and granted permission to keep what they had as their properties were annexed into the city.

Unfortunately, the Welshons' chickens were killed during the winter by raccoons. They've since bought more, but it will be several months before the chickens are old enough to lay eggs. They constructed a smaller coop

"I enjoy the process, and you hope the food is of better quality than the store-bought food."

— Dustin Welshons

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and enclosure in their backyard but plan to build a larger one as they settle into their new home.

In addition to their chickens, the Welshons have permission to raise goats in the city, too. They tried raising two when they first moved to Adel, but they were bottle-fed goats. Jrdyn says that made them too vocal and needy because they cried out when they saw the Welshons and wanted to be fed. They also were “naughty,” she says, and escaped from their enclosure. The Welshons gave them to a local girl for her 4-H project.

They plan to give it another try and get more goats in the future. Jrdyn says they will be more prepared next time with a goat-proof fence and will better research which breeds to get. Dustin plans to build a shed for the goats to seek shelter in the winter. Also, they will not bottle feed the goats.

Dustin says the couple wants goats for their milk and to make cheese and soap.

Growing a garden at their new home is a little more challenging. The Welshons’ property abuts the Raccoon River. The backyard is soggy from rain, and the soil is too sandy. Next year, they hope to create a garden in the front yard and plant vegetables and herbs in pots.

They’ve planted two apple trees— two plum trees didn’t survive the winter — along with



Dustin Welshons made maple syrup from sap he tapped from trees in his yard. He also canned these wild cherries, which he found on one of his “foraging” walks. Photo by Melissa Walker.

raspberry, blackberry and elderberry bushes.

Community gardens raise food for the need, give residents chance to grow own food

Harvey Floral Co. in Adel used to provide a community garden section for residents who

could not have gardens at their home to rent a space. Owners didn’t have time to put in the plots this year.

But just a few blocks away at Grace Lutheran Church, congregation members have come together to create a different sort of community garden. This is the inaugural year for the Garden

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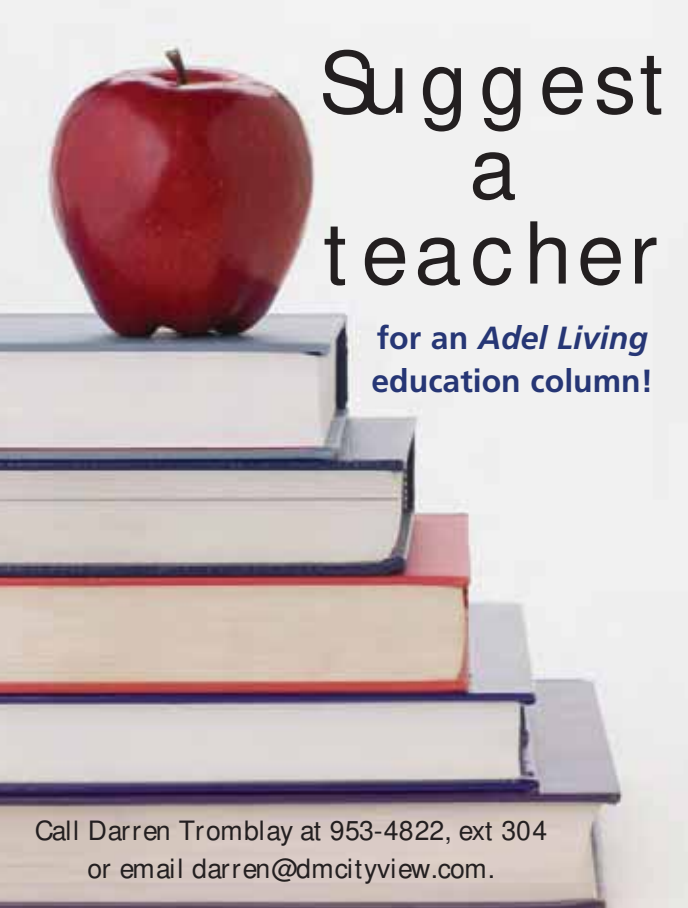

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FEATURE |

of Grace, a project where the Adel-DeSoto-Minburn community comes together to feed the hungry.

Produce raised from the garden will be harvested and given to the Good Samaritan Food Pantry, housed in the United Methodist Church in Adel.

"They have such a need for fresh produce and all produce," says Marty Radke, garden coordinator. "We had a surplus of land that we weren't doing anything with and thought that would be a good way to tie those two together."

About 15 to 20 church members help with the garden in some capacity. The garden space is 75 feet by 50 feet. Members planted tomatoes, potatoes, beets, carrots, spinach, cucumbers, squash, peppers, zucchini, watermelon, cantaloupe and more. The seed money to start the project came from a grant, and church members have been more than willing to pitch in and lend a helping hand. One church member tilled the garden, some planted and laid mulch, and some will help weed and maintain the garden. Others who are more physically limited will help harvest and deliver the produce.

"I have a passion for gardening," says Radke, who also has a garden on his acreage outside of Adel. "I have a passion for getting fresh produce to those who need it."



The Garden of Grace at Grace Lutheran Church in Adel continues to grow. The produce will go to local food pantries. Photo submitted.

Rain delayed the initial planting of the garden, but members worked around it, and the rain since has helped the garden grow.

"A great group came together spur of the moment (to plant)," Radke says. "Our original planting day got rained out. Everyone just rolled with the punches, and we got it done."

Since this is the first year, members are

unsure how much produce the garden will generate. The Good Samaritan Food Pantry is only open on Mondays and Wednesdays, so extra food harvested on days when it's not open will be distributed throughout the Dallas County area to food pantries in Waukee and Perry.

Radke says the group wanted to ensure the food stayed in the Dallas County area. ■



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FAITH |

Giving back

Kids had fun while helping those in need

By Chris Kelley

Luke 6:38 says: "Give, and you will receive. Your gift will return to you in full — pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Each summer, there is a special program at church that kids look forward to. Vacation Bible school at Adel United Methodist Church is a yearly tradition categorized by fun, fellowship and learning. The best part about each VBS program is that while kids, families and church members are having fun enjoying the special week of study, they are also giving back to those in need.



Items to be taken to Bidwell Riverside Center piled up during vacation Bible school at Adel United Methodist Church.

Adel United Methodist Church

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The extra mile

This year's VBS program at Adel UMC was no different. Each day, students, visitors, volunteers and families brought supplies for families and children to go to the Bidwell Riverside Center in Des Moines.

The Center provides multiple opportunities for families and children in need. From a distribution center to a child development center and an array of family services, Bidwell Riverside takes donations and gives them to children and families in need across the metro and the state.

Workshop of Wonders

This year's Bible school theme was Workshop of Wonders:

Imagine and Build with God. The program was in partnership with G-Force, God's Love in Action. The week was dedicated to teaching participants about the wonderful relationships and skills they can build through Christ. And build they did.

As the week began, a wall of donations was assembled at the church to highlight the drive and determination of the church to help out those in need. The collection included such items as clothing, books and toilet paper that could be given to those in need.

The week-long VBS program wrapped up on June 19 with great news. Not only were all the participants ready to take on the rest of the summer with God's tools working within them, they had also made a big difference for families in need. At final count, everyone who was a part of the VBS program raised a total of 650 books, 618 clothing items, 60 rolls of toilet paper and 75 health kits that were delivered to Bidwell Riverside Center. Event organizers were amazed by the turnout, and hope to continue the tradition of giving back and growing for next year's program. ■



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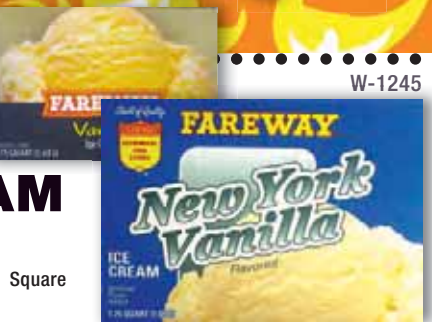


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Q: What is lumbar stenosis?

Lumbar spinal stenosis is a narrowing of space around the spinal cord in the low back that causes nerve pinching, which can lead to persistent pain in the buttocks, limping, lack of feeling in the legs and decreased physical activity. It can also lead to the condition known as sciatica, depending on where the narrowing is present in the spinal column. Along with spinal stenosis, people will commonly develop muscles that are tight and also muscles that are weak and need strengthening.



There are several different types of spinal stenosis. The most common is degenerative stenosis, which is a common aging process and can be found in nearly everyone as we get older. Acquired lumbar spinal stenosis is also common and generally develops when patients are in their 60s or older. There is also congenital lumbar stenosis, which is relatively rare and usually presents at an early age, often between 30 and 40.

Spinal stenosis is usually diagnosed by an MRI or other imaging tests. Treatment may include medication for pain and/or inflammation, injections for pain relief, rest, restriction of activity and also physical therapy. Physical therapists can help relieve some of the symptoms caused by spinal stenosis through the use of soft tissue mobilization and exercise. If these conservative treatments do not help relieve symptoms, your doctor may recommend surgery. ■

Information provided by Mike Burggraaf, PT, DPT, LAT, Core Physical Therapy Inc., 516 Nile Kinnick Drive S., Suite B, Adel, 993-5599.

Q: Should I really be eating more seafood?

A: In 2006, the Journal of the American Medical Association published a comprehensive clinical review that concludes that the health benefits of modest consumption of seafood far outweigh the health risks of toxin ingestion. Besides being an excellent source of complete proteins and other essential nutrients, seafood is by far the best concentrated source of omega-3 fatty acids. Your risk of developing heart disease from not eating fish is much higher than your chance of getting cancer from dioxins and PCBs or poisoning from mercury in fish. By eating six ounces of fish twice a week, adults lower their risk of death from heart disease by 36 percent and overall risk of death by 17 percent. Omega-3 fatty acids improve lipid profile, reduce blood pressure and lower the risk of blood clots, stroke and risk of death from a heart attack. Other health benefits include reduced inflammation, lower risk of Alzheimer's disease and macular degeneration, reduced pain from arthritis, improved depression and other mood and behavioral disorders and reduced allergies and asthma symptoms.

Fish highest in Omega-3s include salmon, herring, Atlantic mackerel, farmed rainbow trout, sardines, swordfish, albacore tuna, crab and sole. Women who are pregnant, seeking to be pregnant or nursing should avoid shark, swordfish, king mackerel, tilefish and albacore tuna, the larger types of fish with higher mercury content. However, fatty acids found in fish are extremely important for the developing fetus and infant; therefore eating fish lowest in mercury twice a week is still an important part of these women's diets. Clearly, fish should be a regular part of all of our diets. ■

Information provided by Toni Sumpter, Sumpter Pharmacy and Wellness, 628 Nile Kinnick Drive South, Suite A, 993-1119.



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HEALTH |

Q: Why is medication adherence so important?

A: Medication adherence refers to whether you are taking your medication as directed as well as continuing to take a medication that has been prescribed. There has been mounting evidence in the past several years that directly relates nonadherence to adverse outcomes and higher costs of care. There are many barriers that can make staying adherent difficult. These include the inability to pay for the medication, confusion on how to take the medication or keeping up with multiple medications and complex dosing regimens. A common example of being nonadherent is simply not finishing an antibiotic prescribed. If the full course is not completed, a small number of bacteria will survive, and these are likely to be more resistant to the antibiotic. They can multiply and spread and may develop a new infection.

The direct cost to our health care system is estimated to be more than \$100 billion annually. It is estimated that only 51 percent of Americans treated for hypertension are adherent to their long-term therapy. It is clear that taking medication properly has a direct impact on your health.

What are some things you can do to make it easier to stay compliant? Talk with your pharmacist and doctor about any challenges you are having with your medication whether it's cost, side effects or difficulty with your regimen. There are likely changes that can be made to simplify or find a less expensive alternative. Ask your pharmacy if it offers an auto-refill program or specialty medication packaging to help with your adherence. ■

Information provided by Jane Clausen, Adel Health Mart, 113 N. Ninth St., 993-3644.

Q: What is a herniated disc? Can it be prevented?

A: The spinal disc is a soft cushion between each vertebrae of the spine. Originally the disc is soft and elastic, but gradually loses elasticity, becomes vulnerable to injury and is more likely to herniate. A herniated disc may occur suddenly with a fall/accident or gradually with repetitive stress on the spine. If its walls are damaged and a portion bulges beyond the normal boundary, it may compress the spinal nerves and spinal cord by displacing the tissues that protect them. Compressed nerves don't work properly, pass abnormal signals to the tissues they control or pass no signals at all with symptoms such as:

- Electrical shock-like pain that travels down the arm or leg.
- Tingling or numbness — pins and needles in the arm or leg.
- Muscle weakness — loss of grip or foot drop.
- Bowel or bladder problems — spinal cord is compromised.

Treating disc herniations can be a long and difficult process with frequent recurrences of pain when the vulnerable area is stressed. Preventing them, therefore, is critical. Proper ergonomic postures at work/play, stretching before/after workouts, strengthening core muscles and good body biomechanics are essential to keep the spine healthy. Chiropractors are trained to diagnose herniated discs and manage them with conservative treatments or concurrent intervention from other healthcare professionals. Chiropractors specialize in spinal adjustments that optimize body biomechanics as well as stretches and exercises that stabilize the spine and minimize the damage on the discs that makes them vulnerable to degeneration. Seek chiropractic care to allow your body to function at its highest potential. ■

Information provided by Jodi K. Kuhse D.C., D.I.C.C.P., Luellen Chiropractic, 608 Greene St., Suite C, 993-1117.

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CALENDAR |

Thursday July 2

- W ii Games, 11 a.m., Adel Public Library
- Music Time, 10:30 a.m., Adel Public Library
- Baseball: J/V vs. Dallas Center-Grimes, 5:30/7:30 p.m. @ ADM
- Softball: J/V vs. Grandview Christian, 6/7:30 p.m. @ ADM

Friday July 3

- Baseball: Freshman vs. Carlisle, 10 a.m. @ ADM
- Softball: J/V vs. Roosevelt, 5/5:30 p.m. @ ADM

Saturday July 4

- Independence Day

Monday July 6

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church
- Preschool Story Time, 10:30 a.m., Adel Public Library
- Super Messy Monday Crafts, 2 p.m., Adel Public Library
- Heroes and Villains Book Club, "Jane, the Fox, and Me," 11 a.m., Adel Public Library

Tuesday July 7

- Toddler Story Time, 10:30 a.m., Adel Public Library
- W ii Games, 11 a.m., Adel Public

Library

- Adel Farmers Market, 4-7 p.m., Harvey's Greenhouse & Garden Center
- Library Board Meeting, 5 p.m.
- Figure 8 Race, North Track, 6:30 p.m., Dallas County Fair Grounds
- Baseball: J/V vs. Chariton, 5:30/7:30 p.m. @ ADM
- Softball: J/V vs. Indianola, 6/7:30 p.m. @ ADM

10 a.m. @ ADM

- Baseball: J/V vs. Carlisle, 5:30/7:30 p.m. @ ADM

Saturday July 11

- Yoga in the Park, 10 a.m., Evans Park
- Softball: Varsity Regionals, TBD

Sunday July 12

- Adel Masons Second Sunday Breakfast, omelets to order, biscuits and homemade sausage gravy, pancakes and whole hog sausage, milk, coffee and orange juice. 7 a.m. - 1 p.m., 411 S. 12th St.

Wednesday July 8

- Good Samaritan Food Pantry noon- 2 p.m., First United Methodist Church
- Super Lego Racers, 2 p.m., Adel Public Library

Thursday July 9

- W ii Games, 11 a.m., Adel Public Library
- Music Time, 10:30 a.m., Adel Public Library
- Magic Show Workshop, Pre-registration required, 2 p.m., Adel Public Library
- Alzheimer's Support Group, free and open to the public. 6-7:30 p.m., Village at Legacy Pointe
- Softball: Varsity Regionals, TBD
- Baseball: J/V vs. Van Meter, 5:30/7:30 p.m. @ ADM

Friday July 10

- Backstage Boogie Band, 7-10 p.m., Penoach Winery
- Baseball: Freshman vs. Winterset,

Monday July 13

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church
- Preschool Story Time, 10:30 a.m., Adel Public Library
- Super Messy Monday Crafts, 2 p.m., Adel Public Library
- Baseball: J/V vs. Creston, 5:30/7:30 p.m. @ ADM

Tuesday July 14

- Toddler Story Time, 10:30 a.m., Adel Public Library
- W ii Games, 11 a.m., Adel Public Library
- Adel Farmers Market, 4-7 p.m., Harvey's Greenhouse & Garden Center



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CALENDAR

- City Council Meeting, 6-7 p.m., City Hall

Wednesday July 15

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church
- Super Movie, "Megamind," 2 p.m., Adel Public Library

Thursday July 16

- Wii Games, 11 a.m., Adel Public Library
- Music Time, 10:30 a.m., Adel Public Library
- Parent Cooking and Nutrition Class, 1-2:30 p.m., Dallas County Extension office

Friday July 17

- Super Movie, "Man of Steel," 2 p.m., Adel Public Library

Saturday July 18

- Tour Harvey's Greenhouse, 10 a.m.

Monday July 20

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church

Tuesday July 21

- Wii Games, 11 a.m., Adel Public Library
- Adel Farmers Market, 4-7 p.m. Harvey's Greenhouse & Garden Center
- Softball: Varsity State vs. Fort Dodge, TBD @ ADM

Wednesday July 22

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church
- Softball: Varsity State vs. Fort

Dodge, TBD @ ADM

Thursday July 23

- Parent Cooking and Nutrition Class, 1-2:30 p.m., Dallas County Extension office
- Softball: Varsity State vs. Fort Dodge, TBD @ ADM
- Summer Reading Finale, 10 ways to Be Super with Tim Read. 11 a.m., Adel Public Library

Friday July 24

- Softball: Varsity State vs. Fort Dodge, TBD @ ADM
- Edible Medals & Pizza Party, 5 p.m., Adel Public Library
- Adel Partners Free Friday Entertainment Series: Max Wellman, 7-10 p.m., Adel Community Stage and Pavilion
- Brother Trucker, 7-10 p.m., Penoach Winery

Saturday July 25

- Figure 8 Race, North Track, 6:30 p.m., Dallas County Fair Grounds

Monday July 27

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church
- Top Reader B&N Trip, shopping trip for our top readers, noon, Adel Public Library
- Panther Creek Church Annual Ice Cream Social, Beefburgers, chips, brownies, pie, drinks, and homemade ice cream will be served. 5-7 p.m.

Tuesday July 28

- Wii Games, 11 a.m., Adel Public Library
- Adel Farmers Market, 4-7 p.m. Harvey's Greenhouse & Garden Center

Wednesday July 29

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church

Thursday July 30

- Parent Cooking and Nutrition Class, 1-2:30 p.m., Dallas County Extension office
- Teen Volunteers Ice Cream Party, 2 p.m., Adel Public Library

Saturday August 1

- Free Kids Clothes Closet, find clothes for infants to high schoolers in a large selection that includes new and gently used clothing as well as new underwear and socks, all for free, 9-11 a.m. Kids Clothes Closet

Monday August 3

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church

Tuesday August 4

- Adel Farmers Market, 4-7 p.m. Harvey's Greenhouse & Garden Center
- Library Board Meeting, 5 p.m.

Wednesday August 5

- Good Samaritan Food Pantry noon - 2 p.m., First United Methodist Church

Thursday August 6

- Parent Cooking and Nutrition Class, 1-2:30 p.m., Dallas County Extension office

Promote your event!

Have a calendar entry for the next issue of Adel Living? Send your information to:
calendar@iowalivingmagazines.com.



Q: What is the difference in palliative and hospice care?

A: Palliative care is specialized medical care for people with serious illnesses. It focuses on providing people with relief from the symptoms, pain and stress of a serious illness such as cancer, cardiac disease such as congestive heart disease (CHF), chronic obstructive pulmonary disease (COPD), kidney failure, Alzheimer's, Parkinson's — whatever the diagnosis.

Palliative care focuses on symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping and depression. Medication is provided for symptom relief, usually no curative effect on the underlying disease and may be provided along with the curative treatment or to alleviate the adverse effects of the curative therapy such as management of nausea associated with chemotherapy.

Hospice care is the care given to terminally ill patients with life expectancy of six months or less. The goal of hospice care is to keep pain and suffering of a person with a terminal illness to a minimum and not to cure the illness. It can be provided in the person's home or in skilled nursing facilities, hospice centers, hospitals or other long-term care facilities.

Both are provided by a team of medical professionals. While Medicare, Medicaid, private insurance plans, etc. may provide hospice coverage, Medicare or Medicaid does not cover palliative care costs. Some private insurance may cover palliative care. Be sure to ask your palliative care provider if services will be covered, and what, if any, costs you will be asked to pay. ■

Information provided by Pam Walker, administrator, Adel Acres, 1919 Greene St., 993-4511.



Dr. Eric Anderson, Dr. Lona Kouri and Dr. Ames Cross at the Chamber's ribbon cutting for Adel Dental Group on June 18.



Nancy Wiggins, Dr. Ames Cross and Heather Smith at the Chamber's ribbon cutting for Adel Dental Group June 18.



Dr. Eric Anderson and Diana Anderson at the Chamber's ribbon cutting for Adel Dental Group on June 18.



Adel Dental Group celebrates at the Chamber's ribbon cutting on June 18.

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Be happy with your smile

Do you ever refrain from smiling because of your teeth?

By Dr. Ames Cross

Are you happy with your smile? Do you ever refrain from smiling because of your teeth? Have you put off getting braces because you were afraid of the metal brackets?

If you struggle with any of these questions, now is the time to consider your service options to get the smile you deserve.

Q: What options do I have?

A: Two unique systems of bracket-free orthodontics are available: MTM Clear Aligners and Invisalign. With the bracket-free system patients are allowed to take the trays out when they

would like and are able to continue to brush and floss normally. Each system uses a set of clear retainers to gradually move your teeth into the ideal location. The bracket-free systems are also virtually invisible which often makes it easier for patients to accept.

Q: What is the difference between the two systems?

A: MTM Clear Aligners are specifically designed for anterior tooth movement only. This means the system does not move any back teeth but precisely focuses on moving your front teeth into an ideal location. Since MTM Clear Aligners only move

anterior teeth, they tend to cost about half the price of Invisalign.



Invisalign, however, is a system which allows for movement of anterior and posterior teeth. This system also uses clear retainers to gradually shift your teeth into proper position. Invisalign is able to modify your bite while obtaining that smile you have always wanted.

Q: Which system is best for me?

A: There are a number of factors to consider before deciding which system would be right for you, such as your bite, your personal wishes for your smile and your budget. You will want to seek a consult from a skilled dentist to help you decide on the system that's right for you.

Don't spend another day wishing you could do something about your smile. Call and schedule today. ■

Information provided by Dr. Ames Cross, Adel Dental Group, 216 Nile Kinnick Drive S., Adel.

Wish you could do something about your

SMILE?



Call **TODAY** to schedule an appointment!

Left to Right: L. Eric Anderson, DDS • Lona Kouri, DDS • Ames Cross, DDS

Adel Dental Group

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No free bites under Iowa law

Owners are strictly liable for any damage caused by their dog's bite

By Chandler Maxon, attorney at law

It's that time of year again — time to cheer on the Iowa Cubs, time to dive into the swimming pool, time to chase the ice cream truck and time to take the dog out for a nightly walk. But while a bite of a hot dog at a baseball game is an integral part of summer, a dog bite should not be.

Although some states follow the "one bite rule" and shield a dog's owner from liability to the first victim of the animal, there is no such thing as a free bite in Iowa. The Iowa dog bite statute provides that the owner of a dog is strictly liable to an injured party for all damages caused by the dog. This means that an owner is responsible for any damages caused by the dog, whether it is the dog's first bite or second, and

whether or not the owner knew the dog had a propensity to bite.

Ownership under Iowa law can be proven by showing that the dog was in the person's possession and the person was keeping the dog on his or her premises like an owner normally would. That's not to say that a person dog-sitting for a friend becomes an owner of the animal in question. A person acting as a temporary custodian of a dog is not considered the owner and shouldn't be held liable if the dog bites.

An exception to the strict liability rule exists when the bite victim is doing an unlawful act that directly contributes to the injury. For example, an owner might not be held liable for a dog's actions if the victim was trespassing on the



owner's property at the time the injury occurred.

There is no exception granted for a person who assumes the risk of being bitten by a dog as part of his or her profession, such as a veterinarian or groom-

er. Accordingly, dog owners are held responsible for the actions of their dogs in these situations.

As a dog owner, I try not to even think that my little guy could hurt anyone. I'm pretty sure his bark is bigger than his bite, but I don't want to find out. However, as an injury lawyer in Iowa, I know that if my dog bites someone, that victim is entitled to compensation. All we can do is try to train our dogs well, and try to restrain the biting to hot dogs at Principal Park. ■

Information provided by Chandler Maxon, attorney at law, Hopkins & Huebner P.C., 2700 Grand Ave., Suite 111, Des Moines.

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Greek yogurt muffins



Breakfast treats pack plenty of protein

By Jan Allen

Happy summer, everyone! My husband and I are now in the chicken “business.” We have 25 laying hens (although we have a few “laying slackers”). We consume quite a few eggs and try to share with our kids when we can. Chickens are interesting creatures.

Two of our grandchildren came to stay at Grandma and Grandpa’s a couple of weeks ago. They love to bake with me and usually ask for pancakes for breakfast. This time our 5-year-old granddaughter had definite ideas about the breakfast menu on Sunday morning. She decided that banana muffins were in order, and her 3-year-old brother agreed. I was on the hunt for a banana muffin recipe that would be on the healthy side and worthy to serve these precious grandbabies. I found a perfect recipe that uses plain Greek yogurt, oatmeal, bananas, our farm-fresh eggs and blueberries. They have very little refined sugar, which is something I liked about this recipe as well. (You could replace the brown sugar with honey if you wish.) They loved them. I sent the remainder of the 12 muffins home with them, and I think there were only four or five in the care package that was sent home.

These muffins have a moist dense texture, and are a good breakfast muffin with plenty of protein and healthy carbs. They also make a good, nutritious snack. I would refrigerate leftovers in an airtight container. Enjoy! ■

Banana oat Greek yogurt muffins

Ingredients

1 cup plain Greek yogurt
 2 ripe bananas
 2 eggs
 2 cups rolled oats
 1-1/2 teaspoons baking powder
 1/2 teaspoon baking soda
 1/4 teaspoon salt
 1/4 cup brown sugar
 blueberries

Directions

1. Preheat oven to 375 degrees and prepare muffin pan by spraying with cooking spray or lining with cupcake liners. (You

may want to spray cupcake liners with spray so they don’t stick to the liners).
 2. Put all ingredients except blueberries into a blender or food processor and process on high until oats are broken down and it becomes a smooth and creamy batter.

3. Pour batter into prepared muffin tins. Push 5 or 6 blueberries into each filled muffin cavity and bake for 15-20 minutes until tops are set and a toothpick comes out clean. Let muffins set 5-10 minutes before removing and placing on a cooling rack. Makes 12.

Refrigerate leftovers in an airtight container or baggie.

Pin it!





Brandy and Dave Jensen celebrated their 15th wedding anniversary on June 10.

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Lightning safety

Facts and fallacies about storms

By Josh Heisterkamp, multi-line agent

The next time you see or hear a thunderstorm in Adel you might want to take a moment to review what you know about lightning safety. Strikes are most common during the summer thunderstorm season, but they can happen at any time of the year. And a lot of less-than-accurate ideas about lightning have found a place in the popular imagination over the years. Here's a look at current knowledge.



Indoor safety

The safest place to be during a storm is typically indoors, but it is important to avoid anything that conducts electricity — metal, land-line phones, appliances, wires, TV cables and plumbing.

Automobiles can be safe havens thanks to the metal frame that diverts the electrical charge. Don't lean on the doors during a storm, though.

Outdoor safety

Don't look for shelter under a tree. If lightning hits its branches, a "ground charge" could spread out in all directions.

Don't lie flat on the ground. This makes you even more vulnerable to a ground charge.

Don't crouch down. Once recommended, the "lightning crouch" has been discredited — it's not likely any safer than standing if you're outside during a storm. Instead, get inside or into a car.

Where strikes will happen

Contrary to folk wisdom, lightning does indeed strike twice in the same place. The best example is New York City's Empire State Building. It was once a lightning laboratory due to being struck scores of times every year.

Lightning doesn't only strike

the tallest objects. Although tall, pointy, isolated objects are often hit, lightning has been known to hit the ground instead of buildings and parking lots instead of telephone poles.

The presence of metal doesn't affect where and if lightning will strike. Neither mountains nor trees contain metal, and both get struck. However, metal is a conductor of electricity, so avoid it during any storm.

Strikes don't just happen in areas where rain is falling. Even if you're miles away from a thunderstorm, lightning can still occur.

Lightning strikes cost nearly \$1 billion in insured losses per year. Installing quality surge protection devices for incoming power and data lines as well as connecting vulnerable electronic devices can significantly reduce your risk. Lightning protection systems do not prevent lightning strikes, but intercept the strike and allow for the safe discharge of the electrical energy into the ground.

Finally, it's important to remember that you won't be electrocuted if you touch someone who has been struck — the human body doesn't store electricity. So, by all means, give a lightning strike victim first aid. You might just save a life. ■

Information provided by Josh Heisterkamp, multi-line agent, LSB Financial Services, 805 Main St., Adel, 515-993-5663, www.MyLSB.com.



Angie and Kip Overton enjoy the scenic landscape of their home on South 10th Street. Photos by Dawn van Buren.

A happy place

Neighborhood fits family's criteria

By Dawn van Buren

In 2007, when Kip and Angie Overton were shopping for a house, they looked at three locations.

"When I walked into this house, I knew it was the one" says Angie. "We had just sold our house on Prairie Street and were ready to move."

The house at 724 S. 10th was a good choice because the Overtons could not be happier with the location and the neighbors. There are no fences in the neighborhood, and every backyard looks perfectly maintained to the point that the area looks like one massive yard. Mature hardwoods are scattered about making a very scenic landscape.

"We love this neighborhood," says Angie. "It's not unusual for neighbors to congregate in one of our backyards to enjoy a cool drink and conversation, and we really like that."

The sense of community and togetherness varies widely from place to place, especially

since the growth of "online communities." This community, as well as others in Adel, takes pride in its environment by supporting and respecting one another, therefore making it a cohesive, safe and happy place to live.

This charming ranch-style house has four bedrooms, three baths, a living area with a fireplace, a kitchen with an extended eating area, dining room, office, storage room, utility room and a spacious downstairs entertainment area that is the teenager's sanctuary.

A covered back porch leads to an attractively decorated concrete stamped patio and outdoor grilling station. Both the front and back porches are floored with Ipe hardwood, a dense South American timber that has superb weathering characteristics. Mission style furnishings adds complementary elements to the interior.

Kip is the public works director for the city of Adel. He is from Leon. After college in

1985, he moved to Adel and started working for the city. Kip has a passion for hunting with his two German Shorthaired Pointers that have their own climate-controlled room. He has many impressive hunting trophies in the form of taxidermy art.

A business professional, Angie grew up in Huntington Beach, California. She moved to Iowa in 1983 and then to Adel in 1990. She currently manages the women's casual/fashion shoe departments at Scheels in West Des Moines.

The Overtons have two teenage children and are happy that they live in such a special neighborhood in Adel. ■

Contact Darren Tromblay at 953-4822 ext. 304 or darren@dmcityview.com to be featured in a future "Where We Live" column of Adel Living.

Looking back

A glimpse into Adel's history

100 years ago: "Local Happenings: Miss Grace Garoutte of Elkhart was an Adel caller Thursday evening; Mrs. Thos. Mullins was over from Waukegan Friday having dental work done. There was a large crowd here last Thursday evening to hear the band concert. Kingsley Clarke went to Des Moines Friday morning for an over Sunday visit with relatives."

Advertisement: "Single Buggy For Sale: Almost new. Inquire of J. N. Forrester, Adel: Peaches: Car due to arrive about Wednesday, July 28. Leave your order now and we will call you when they arrive. \$1.60 per bushel."

75 years ago: "Adel Fans Get Acquainted With the 'Voice' (caption) Pictured above are Bill Brown WHO sports commentator, and Robert Grant, The 'W heaties' man whose company makes possible the fine sport's broadcasts heard over WHO daily. It was the first opportunity most Dallas County baseball fans had to get a look at the fellow they rate as top among all the broadcasters. Those who met him found out that he not only has a fine speaking voice but that he knows his stuff and likes his work as well. The picture was taken at a dinner for Babe Ruth here in Adel last Friday."

Advertisement: "United Foods: Two 5 cents Candy Bars Free with every purchase of 2 boxes of W heaties, The Breakfast of Champions"; #303 Hub brand peas - 8 cents; Crisco 3 lb. can 45 cents; Bread two 20 oz. loaves - 15 cents per bag; Ring Bologna 2 lbs. - 25 cents.

50 years ago: "Install Jaycee & 'Ettes' officers, Dick Pratt and Kay Steelman. Adel Jaycee and Jaycee-ettes presidents were installed at a banquet held at the Red Barn last week. There were 39 present at the event. Other Jaycee officers are Ken Chapman, Roger Martin, Jim VanWerden & Jerry Olson. Jayce-Ette officers included Janice Olson Gretchen Chapman & Donna Grove."

Advertisement: "Shop and Save at Fisher's Town 'n Country - Adel: Summer Suits reduced to \$21.99; White Dress Shirts - Reg. \$3.95 now \$21.99; White Dress Shirts - Reg. \$3.95 now \$2.95; Summer dress shoes - Reg. \$17.95 now \$11.66; 1 group of men's sport shirts - \$2.66; 1 group slacks Reg. \$8.95 to \$14.95 - Now \$4.99."

25 years ago: "Caption: Band seeks elusive gig with a paycheck: Mike Fletchall, David Olson and Brian Olson (not related) collectively known as 'Teazer' practice in hopes of landing gigs. Since forming last October, the Adel group has recorded a demo tape in a small Des Moines studio of some of their original material."

Advertisement: "Vickie's Pet Grooming: 13 years professional experience - state licensed; grooming small and medium-sized breeds - Quality Work - Family pets welcomed - Vickie Nielsen, owner - phone 993-5229."

Some interesting facts about Adel

The Adel Historical Society was organized Sept. 26, 1972 with 30 charter members. They purchased the building that stands at 1129 Main St. This two-story brick building, built in 1857, was used at the Adel's second school house for 12 years.

Museum moments

If you have not visited the Adel Historical Museum, come tour the 8 rooms filled with historic items on Saturdays from noon until 4 p.m. The museum may be viewed on other days by appointment by calling 993-1032. We have many items recently donated. We are still accepting donations for our Clarke-Kinnick Addition. Needed: small ladies' dress form. ■

Information provided by Adel Historical Museum.

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Still time to sign up for reading

Special programs scheduled for July

By Brittany Burk

Every hero has a story, and at the Adel Public Library our story is that more than 650 people have signed up for our summer reading program, which is a lot more than we've ever had sign up before. Haven't signed up? It's not too late. Come join the fun, but remember — all reading logs are due by July 21.

We'll show three movies on the big screen in July. We'll watch "The Incredibles" on Wednesday, July 1 at 2 p.m., "Megamind" on Wednesday, July 15 at 2 p.m., and "Man of Steel" on Friday, July 17 at 2 p.m. We'll bring the popcorn.

Our Heroes and Villains Book Club meets on Monday, July 6 to discuss the award winning graphic novel "Jane, the Fox, and Me" by Isabelle Arsenault and Fanny Britt.

Our summer meeting of the Friends of the Adel Public Library Foundation will be on Thursday, July 9 at 6:30 p.m., when we'll be planning our annual book sale.

Join us on July 18 as we tour Harvey's Greenhouse, meet new owners Mike and Valerie Sutton at 10 a.m. and learn about herbs.

Come along with children's illustrator Tim Read, and discover your true super powers in a fun and creative children's program, "10 Ways to be Super" on July 23 at 11 a.m. We all know about the super heroes we read about in comics or see in movies, but did you know about the real heroes that live among us? Tim Read uses his creative talents as an illustrator and entertainer to explore the super powers of the real super heroes in

our lives and the 10 most important super powers we use every day. Come laugh, be inspired, and get ready to launch the super hero in you.

We're having a pizza party for teens on Friday, July 2 at 5 p.m. We will decorate cookies and draw our summer reading grand prize. To say thank you to our teen volunteers we are having an ice cream social on Thursday, July 30 at 2 p.m.

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Tues. - Thur.
10 a.m. - 7 p.m.
Fri.: 10 a.m. - 5 p.m.
Sat.: 10 a.m. - 1:30 p.m.

Our third Friends of the Adel Public Library Foundation summer garage sales will be on Friday, July 24 and Saturday, July 25 in the second floor conference room. The library accepts items for the garage sale during regular business hours. The library is also accepting book donations for the Annual Friends of the Adel Public Library Foundation Book Sale. The book sale is open to Friends members on Thursday, Aug. 6 and to the general public on Friday, Aug. 7 as well as Saturday, Aug. 8.

The library will be closed in observance of Independence Day on Friday, July 3 and Saturday July 4. Information about the Adel Public Library and our clubs, events, and programs is available on our website at www.adelpl.org. ■

OUT AND ABOUT |

Director's efforts recognized

Dan Juffer, Horizon Printing and Eric Schepers, State Farm, held a Breakfast Before Business on June 5 for Chamber of Commerce members and to recognize the efforts and accomplishments of outgoing chamber executive director Karina Ward.



Shirley McAdon and Marilyn Kofmehl



Dan Juffer and Bob Ockerman



Caitlyn Ryan



Eric Schepers, Dale Klocke and Steve Telford



Doug Zeigler and Shane Goodman



Bryce Smith and Peg Chapman



Dan Juffer, Karina Ward and Eric Schepers

Summer fun

Sweet Corn Festival T-shirts arriving soon

By Karina Ward, director, Adel Partners Chamber of Commerce

Here's hoping by now the rainy season is over, and you've been able to enjoy the many outdoor activities available this time of year. I know, summer goes so fast. Try to enjoy the moments that make memories.

We are already halfway through the 2015 Free Friday Entertainment Series. Attendance has been great at these events and continues to grow each month. Make sure to join us on Friday, July 24 when Max Wellman, jazz and cabaret-type of music, takes the stage. Special thanks to Adel Family Dentistry for sponsoring the July event.



many events, from the shucking, parade, princess contest, entertainment and, of course, the corn at the Facebook page for Adel Sweet Corn Festival.

Sweet Corn Festival

Plans for the 36th Annual Sweet Corn Festival are underway, and we hope to see everyone on Aug. 8. The official Sweet Corn Festival T-shirts will be arriving soon. The new logo for the Sweet Corn Festival is displayed on them. They will be available for purchase at the Chamber office as well as several local businesses. Look for the signs around town or follow the Chamber on Facebook for a list of businesses selling shirts this year.

We have reached the maximum number of vendor spaces available for the Sweet Corn Festival. They should be sufficient to satisfy anyone's passion for food, crafts and fun.

Volunteers for the various events at the Sweet Corn Festival are always needed, including the corn tent and beer garden. Contact the Chamber at 993-5472 or chamber@adelpartners.org to volunteer. It takes a lot of volunteers to make this another successful event for Adel. You can check out all the

Ribbon cutting events

The Chamber celebrated two ribbon cutting events in June to welcome the new owners of Daisy Nail & Spa on June 2 and Adel Dental Group on June 18. Work continues on the downtown façade project. Several buildings are now complete, including Rendezvous Lounge and Adel HealthMart. Make sure to visit downtown Adel this summer to see all of the great changes!

As I type this and look out my window, I see the freedom rock that was painted by the ADM High School art classes. It's very inspiring. More sides will be added in the near future.

After listening to the news and all the depressing events that take place daily in this country and world, it is truly a blessing to live in this community with so many wonderful assets. Let's not take it for granted. ■

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SATURDAY AUGUST 8TH

9:30 a.m. Parade (largest in Dallas County)
 10:30 a.m. - 5 p.m. Vendor booths and children's rides
 11 a.m. Corn serving (7 tons until it's gone)
 6 p.m. - Midnight: Street Dance and Beer Garden

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OUT AND ABOUT |

Free Friday Entertainment

The band Get Off My Lawn performed June 5 as part of the Adel Partners Free Friday Entertainment series.



Get Off My Lawn performed at the Adel Pavilion and Stage.



Jill and Sophie Danner



Paul and Janet Wilson



Hailey, Mimi and Hunter Davis



Dee Davis and Brenda Burditt



Chad, Dana, Finn and Irelynn Cohoon



Jenny and Rick Condon



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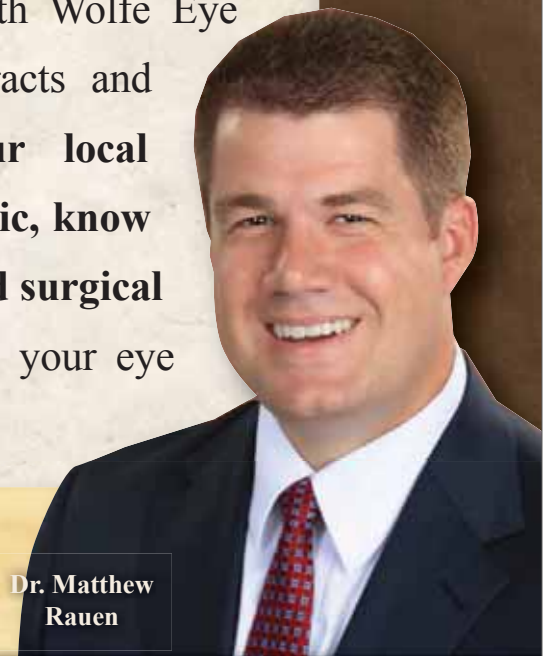
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