

DID YOU KNOW?

Larry Vodenik Special to the Chief

Did you know... where and when this photo was taken? This was the April snowstorm of 1973.

The red and white building on the left was the Maid-Rite on Willis. Today this is Lou's Restaurant. This was only a couple of years after the big blizzard of 1971. I do not know if it's just global warming or if we are just lucky, but it seems we get off easier now weather-wise. I remember when there were huge piles of snow down second street, waiting to be removed.

I hope Mother Nature is not offended by my memories of April's past, I for one remember this, but do not miss it.



Did you know... where and when this photo was taken?

PROVIDED BY
LARRY VODENIK



Health and Wellness

Natalie Peters
Dallas County Public Health
Special to Perry Chief

Tips to help find healthy ways to manage stress

Everyone experiences stress to some degree. While it's your body's natural reaction to encourage you to address the threats or challenges in your life, it can quickly become overwhelming. It can also negatively affect your health. Symptoms of stress overload can include headaches, muscle tension, sleep problems, weakened immune system, and poor mental health. It's even a risk factor for heart disease.

Therefore, it's important to find healthy ways to manage your stress. Some of these methods are described below:

Take care of yourself by finding a physical activity you enjoy and making time for it most days of the week. Eating a balanced, healthy diet as well can support your immune system, give you energy, and regulate stress hormones in your body. Prioritizing getting plenty of sleep every night — at least 7 hours — can also reduce stress levels.

Practicing relaxation techniques like deep breaths, meditation, or yoga can help you cope in moments of high stress. Setting aside time for your hobbies and interests can allow you to focus on other, more positive things.

Stay connected with friends, family, and your community and share with them how you're feeling.

Finally, avoid unhealthy coping mechanisms like using alcohol or drugs. These may seem to help in the short-term but can lead to additional problems and increased stress in the long-run.

If these techniques aren't helping and stress is affecting your daily life, let your primary care provider or mental health provider know. A list of mental health resources is available in the Community Resource Directory on the Dallas County Health Department's website.

AROUND THE COUNTY

Staff Report

Swiftie Party

4-5 p.m. Friday, April 19 at Perry Public Library.

What Era are you in? Kids, ages 6 to 11, are invited to our Taylor Swift party, in honor of her new album release. We'll do karaoke, make friendship bracelets and create Era bookmarks. You can even try your hand at making Blackout poetry by using old book pages to black out words and phrases to create your own Swiftie song lyric! This is a free activity and no registration is required. For more information, call 515-465.3569, or visit the library.

Perry Firefighters Association Grab-n-Go Dinner

5-6:30 p.m. Friday, April 19 at 908 Willis Ave., Perry.

The Perry Firefighters Association will serve a Grab-n-Go Dinner on Friday, April 19 in the Perry Fire Department parking lot. The menu includes hot dogs for \$5, cheeseburgers or pork loin sandwiches for \$8 and steak sandwiches for \$12. Each meal comes with chips and a drink.

All About Dahlias

6-7:30 p.m. Friday, April 19 or Friday, April 26 at Dallas County Extension Office, 28061 Fairground Road, Adel.

Dallas County Master Gardeners are excited to announce an upcoming presentation titled "All About Dahlias" presented by Danielle Roberts, Dallas County Master Gardener. The program is offered on two dates for participants to choose from, April 19 or April 26. Come learn all about dahlias. Learn when to plant, how to plant, how to care for them, what insects to look for to keep your dahlias healthy. Learn to propagate dahlias so you can have more for your garden. The cost of this class is \$10, and participants will take home their own dahlia to plant. Limited seats are available for this workshop, and early registration is encouraged. To reserve your spot, visit go.iastate.edu/NAAJ3T or go.iastate.edu/ZV5ZPU or contact Megan Will at mwill@iastate.edu

Friends of the Perry Public Library Crafting with Friends FUNdraiser

8 a.m. - 8 p.m. Saturday, April 20 at McCreary Community Building, Perry.

The Friends of the Perry Public Library will be holding their Crafting with Friends Event from 8 a.m. to 8 p.m. on Saturday, April 20 at the McCreary Community Building. This semi-annual Friend's fundraiser is a fun gathering that offers crafters a 6-foot workspace, meals, snacks, door prizes, and vendors. To register and reserve your spot, visit tinyurl.com/craftingwfriends,

mail a registration form to 1101 Willis Ave, Perry, IA 50220, or visit the library. Registration deadline and payment are due by April 13.

Spring Hike

10-11 a.m. Saturday, April 20 at Kuehn Conservation Area.

Come enjoy springtime with a hike around Kuehn to see what nature is up to with the shift in seasons. We'll trek down the forest trails to the lower prairie. Dress for the weather! Registration is required through the DCCB's Eventbrite page.

Soup Luncheon & Bake Sale

11 a.m. - 2 p.m. Sunday, April 21 at Perry Alano Club, 1211 Lucinda St., Perry.

A soup luncheon and bake sale will be held on Sunday, April 21. For a suggested \$5 donation, the menu includes your choice of 12 oz soup (chili, broccoli cheese, veggie, cheesy potato, chicken tortilla), crackers and drink. Some of the baked items for sale: cheesecake, apple crisp, cookies. All of the proceeds go to supporting the Perry Alano

Club. Want to donate, but can't make it? Call +1 (515) 612-8909 for information on how to donate.

Earth Day at Brenton Arboretum

12-3 p.m. Sunday, April 21 at Brenton Arboretum. The Brenton Arboretum will host a variety of family-friendly Earth Day activities on Sunday, April 21. Activities include a kids planting station, selfie station, found object bug craft and more. A special presentation on How to Plant a Tree will be held at 1:30 p.m. with Director of Horticulture, Andy Schmitz. All booths are open house style from 12-3 p.m. Come and enjoy the arboretum grounds and make an afternoon of exploring and visiting the vendors.

Perry Fine Arts presents Carol Montag

2 p.m. Sunday, April 21 at Perry Performing Arts Center, 1200 18th St, Perry.

The Perry Fine Arts Series will present Carol Montag on Sunday, April 21 in the Perry High School's Performing Arts Center. Carol Montag is returning to Perry to share her unique talent as a singer-songwriter. Carol performs original songs, traditional and contemporary folk. on acoustic guitar and piano. Perry Fine Arts concerts are free (donations are accepted) and open to all. The Performing Arts Center is handicapped accessible.

Earth Day Trash Clean-up

10:30 a.m. - 12 p.m. Monday, April 22 at North Raccoon River Wildlife Area - Snyder Tract, Lexington Lane, Minburn.

Join others for an Earth Day classic: a public lands trash clean-up! Come to learn more about the interesting Snyder Tract property and help make a difference for the land, water and wildlife in Dallas County by removing trash and junk of all sizes. Work gloves, pants and closed-toed shoes are recommended. Registration is not required.

Rain Barrel Workshop

6:30-8:30 p.m. Monday, April 22 at Dallas County Extension Office, 28061 Fairground Road, Adel.

Iowa State University Extension and Outreach in Dallas County will be offering a Rain Barrel Workshop on Monday, April 22. Come learn about water quality in Iowa and build your own rain barrel to do your part to reduce flooding and stormwater pollution on your property! All materials will be provided. Pre-registration is required. Please only register if you will be available to attend, as space is limited and materials will be purchased for you. The cost of the event is \$60. This program is led by Dallas County Master Gardeners. To register visit go.iastate.edu/ALXVDE

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THANK YOU, LINEMEN!



Jeff Eagle • Bailey Benton
Line Crew Foreman Jeremy Gruber
Line Crew Foreman Jalen Spack
Jordan Terwilliger • Brian Marso
Line Superintendent Josh Oltmann
Todd Tinken • Keith Hise



Guthrie County REC
A Touchstone Energy Cooperative

1406 State St. Guthrie Center, IA
guthrie-rec.coop | 888-747-2206

Facing Chronic or Serious Illness?

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If you or a loved one needs care at home for recovery from illness or injury, help with chronic conditions, or care for serious illness — ask for EveryStep to be your provider. Our trusted nonprofit services offer:

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Hospice
(515) 333-5810

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(515) 558-9591

everystep.org/findcare



EveryStep

PERRY CHIEF

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