



REDFIELD REVIEW

AROUND TOWN

Redfield Clinic News

Submitted by Ed Friedman

We should aim to walk 10,000 steps per day. Why? Because walking improves mood, increases blood flow, decreases cortisol (a stress hormone), decreases blood sugar, burns fat, reduces over thinking, and increases dopamine (a neurotransmitter that helps transmit calming signals).

What sunlight does: increases vitamin D, decreases pain, helps to regulate hormones, strengthens bones, improves immune system, enhances nutrient absorption, improves sleep, regulates our circadian rhythm, heals wounds and fights depression. But too much causes painful sunburns and increases the chance of developing skin cancers.

Health hints:

- Best sleeping time is from 10PM to 4AM
- Avoid heavy meals after 5PM
- Drink more water in the mornings and less in the evening.
- Avoid lying down right after taking medicine.
- Avoid answering your cell phone when the battery is down to 1 bar as the radiation is 1,000 times stronger.
- If someone is yelling at you, calmly say "Are you having a bad day?"
- When someone apologizes to you, don't say "No problem". Instead say "Thank you" and they are much less likely to do it again.

Helpful cold treatments from the Mayo Clinic Health Letter:

While there still is no cure for the common cold the following tips can help you feel less miserable:

- Salt water gargles for sore throat (1/2 teaspoonful of salt dissolved in 8 ounces of warm water)
- Drink plenty of fluids to loosen congestion (especially warm water with honey and lemon juice)
- Saline nasal drops or sprays (these can ease stuffiness)
- Nasal decongestants like Afrin or Four Way can relieve congestion but need to be limited to no more than 3 consequent days to avoid rebound stuffiness when discontinued.
- Chicken soup consumption can thin mucus and have reduce congestion.

Cold remedies that don't work: Antibiotics kill bacteria but are no help against cold viruses, Zinc studies show mixed results and need more study. Caution: Zinc sprays or gels can cause permanent loss of smell.

Redfield City Council

Submitted by Debra Light, City Clerk

The Redfield City Council met in regular session on Tuesday, January 7, 2025. Mayor Reed called the meeting to order at 7 P.M. Present were council members Gish, Stonehocker, Meyers, Cave and Danielson, Attorney's Schlager and Updegraff and Clerk Light.

Gish moved to approve the agenda with the addition of a Budget Meeting added under New Business. Meyers seconded the motion. Roll call vote – all ayes. Motion carried.

Stonehocker made a motion and Gish seconded to approve the consent agenda which included both the minutes of the previous meetings and claims paid. Roll call vote – all ayes. Motion carried.

Continued on page 3

HEY, NEIGHBORS! Our Neighbor feature will return next month. If you live, work, volunteer, or otherwise help make Redfield awesome, I want to hear from you! <https://forms.gle/hwxCGwmeKBCUbFPM9> [a paper copy is included in this edition] We'll spotlight a different neighbor each month in upcoming issues of the Redfield Review. If you have an idea of someone who should be included please complete the Google form: , please email your suggestion to caradredge@gmail.com

Redfield Library Board Meeting

Submitted by Carolyn Wilson

Call to Order: Monday, December 23, 2024 at 4:05 pm

Trustees: Julia Swallow, Leslie Wiles, Carolyn Wilson Absent: Pauletta Cox

Library Staff: Lori Stonehocker

Visitors: Pam Danielson came after meeting began and left before meeting was over

Approval of Agenda for December 23 Meeting: Same agenda as previously approved. Swallow moved to approve agenda. Second by Wiles. Approved by all.

Approval of Minutes from December 16 Meeting: Swallow moved to approve. Second by Wiles. Approved by all

Library Director Report: Director Stonehocker's presentation included the following information:

Monthly=Book of Procedures progress: Stonehocker presented written procedures for opening and closing, cataloging in Apollo, checkout and check in procedures and SILO (Interlibrary loan procedures).

November=Technology training update: Stonehocker will be watching a webinar on Foundations.

OLD BUSINESS: The board reviewed the Collection Development Policy and the Network and Computer Policy. They need edits and dates.

NEW BUSINESS: Donations: Need ledger to track donations and use of them or a book for public viewing so it can be publicly noted.

2025 Calendar- a proposed calendar was reviewed with additions to come.

Library Director of Programming - The executive committee will meet on January 10 at 10 am to review the Programming Job Description

ADJOURNMENT: 6:34 pm Wiles moved to adjourn. Wilson second.

Approved by all. **NEXT REGULAR MEETING:** January 20, 2025. 6:00pm

February at the Library

Chair Yoga Wednesdays at 2:30

Mahjong Wednesdays at 5

Blood Pressure Devices available at the library donated by the Iowa Heart Foundation

Libby available with your library card to read e-books or listen to audio books

Let's allow our Afghan friends into the USA.

The current across the board suspension of all immigration to the USA has stranded 40,000 of our Afghan allies. These Afghan interpreters and soldiers risked their lives and those of their families for our troops. Let's bring them to the USA now, before the Taliban harm them. If we can make exceptions for aid to Israel and Egypt we can do so for our Afghan friends, too. And by doing this we make it much more likely that our troops will be helped by indigenous friends in the future.

I am alive today because of the courage of our interpreters and Cambodian & Vietnamese troops when I served with the 5th Special Forces (Green Berets) in '68-'69 in Vietnam. So are many of my fellow troopers. Let's do right by our Afghan friends who have earned the right to live in our great country.

Ed Friedmann
Redfield

REQUEST TO RECEIVE REDFIELD UTILITY BILL BY EMAIL ONLY

The default method of bill delivery is mailing paper postcard bills to our customers, but the City of Redfield has the ability to automatically email utility bills each month instead of mailing out paper postcard bills. E-Bills (receiving your bill by email) offers the following advantages:

**The opportunity to go paperless (Go Green and save more trees)!*

*w*A convenient way to receive and save your bills*

**Eliminates bills getting lost or damaged in the mail*

**Receive your bills sooner*

**Saves the City money by reducing postage, material and equipment costs*

The E-bill only delivery method is optional. To sign up for E-bills, complete the form below and return it to city hall. The form is also available on the city's website www.redfieldia.com Customers with multiple utility accounts should complete a City of Redfield E-Bill Sign-Up Form for each utility account.

City of Redfield E-Bill Sign-Up Form

Utility Account _____ Name _____

Property Address _____

Email _____ Phone _____

I understand that I am signing up to receive my monthly City of Redfield utility bill by email only. I also understand that paper postcard bills will no longer be sent to me by postal mail. I understand that it is my responsibility to pay my bill on time, even if I do not receive an emailed bill.

I am responsible to notify the city if an emailed bill is not received. If my email address changes, I will contact the City of Redfield as soon as possible to update my email.

Signature _____ Date _____

Redfield City Council

Continued from page 1

Library Board Secretary Cox was not present but the circulation report was reviewed.

Zoning Administrator Bowman was not present as there were no permits issued in December.

Code Enforcement Officer Leedum was not present.

Tony Kendall visited with the council about the notice he received and promises to have his property cleaned up by April 30th. Attorney

Updegraff said he will prepare a consent decree.

EMS President Paardekooper reported 21 calls for the month of December with one billable to the City of Linden.

Fire Chief Short reported five of the 21 calls were for the Fire Department.

Deputy Myers with the Dallas County Sheriff's Office was on hand to go over the police report. Thirty-six calls were answered with 118 hours of patrol and 14 hours spent on calls. Meyers asked if hours of patrol are included on Redfield's time when the officer is sitting at the Heartland Coop fertilizer shed or along a road in the area. Deputy Myers said yes, the officer is most likely working on reports in his car.

Both Public Works Director Danielson and W.W. Superintendent Clausen were absent from the meeting.

Meyers made a motion and Stonehocker seconded to approve a bid of \$8,352, for new shade sails at the Redfield Depot. Clerk Light said the cost could be slightly more due to ordering after the first of the year. Roll call vote – Stonehocker, Cave, Meyers and Danielson, all ayes. Gish, nay. Motion carried.

A motion was made by Stonehocker and seconded by Cave to have Meyers work on a grant for speed signs. Roll call vote – all ayes.

A budget workshop will be held on Monday, January 20th at 5:30 P.M.

Meyers talked about the Redfield Senior Citizens Homes in town and how they are not tax exempt anymore due to the buildings being paid off. The Redfield Senior Citizens Board asked if the City of Redfield could own them so they would then be tax exempt. Attorney Schlagel will do some research and report back. This item was tabled.

An Ordinance concerning the placement of shipping containers on property within the city limits of Redfield was reviewed. Discussion was held and this item was tabled.

The City Clerk position was discussed, the position was offered but turned down due to not enough money. The ad will be sent to the Stuart Herald to be run again.

There being no further business, Stonehocker moved and Gish seconded that the meeting be adjourned.

Meeting adjourned.

Redfield City Council Special Meeting

Debra Light, City Clerk

The Redfield City Council met in special session on Monday, December 23, 2024. Mayor Reed called the meeting to order at 5:30 P.M. Present were council members Cave, Stonehocker, Gish, Danielson and Clerk Light. Meyers was absent.

Discussion was held on hiring to fill the City Clerk position. Danielson made a motion to offer the job to Jennifer Crozier at \$21.00, per hour, do a review in 90 days with a possible pay increase. Gish seconded the motion, roll call vote – Cave, Stonehocker, Gish and Danielson all ayes. Motion carried. Mayor Reed will contact Crozier.

There being no further business, Gish moved the meeting adjourn, Stonehocker seconded. Meeting adjourned.

Gardening Tips for February in Zone 5 (Redfield)

Submitted by Bill Hotchkis & Janell Ketelsen both Master Gardeners

Another cold month. Last week, as I thought of writing this article, it was 5 degrees below zero and with the windchill, 30 below. Today it will be near 36 degrees and by Tuesday, it will be close to 50 degrees. With all of these temperature swings, the insects that are hiding in the ground debris will come out from their homes and freeze when the temperatures go back below freezing (dead bugs are good – if they are not beneficials). I can only hope that the trees are not fooled by the temperature fluctuations and start to bud out too soon and become damaged. Yesterday a friend of mine told me that he had a lot of fat Robins in his yard. They must have thought it was time to fly North to get out of the cold weather down South. Will they be surprised when it gets cold once again? Crazy weather!!

Gardening "To Do" Tips by Month for Redfield, IA

- Tools...if you haven't done it, sharpen tools or if you need to, buy a new spade and other tools that were not taken care of.
- Order seeds as soon as possible or risk not being able to get the variety you really want.
- Check the planting schedule for starting tomatoes, peppers, and other plants that you like. Try to work around neighbors that are spraying pesticides that might move into your yard and damage your garden plants.
- Stop and visit a nursery to find out what they are doing at this time of the year.
- I have assembled my seed starting supplies...lights, heat mats, pots & potting soil. I know that I have a plan on what to grow under the lights in the basement, it is time to start.

I would also like to encourage everyone to look at companion planting for the upcoming season.

Continued on page 4

Please consider supporting the Snack Sack Ministry.

100% of any donation you make will go to purchase food for students in the West Central Valley School District. Donations can be mailed to the Redfield Christian Church [attn: Justin Reynolds], PO Box 224, Redfield, IA 50233. For more information, call Doug Jones at 515.490.1040 or Kyle Dredge: 515.619.0123.

Gardening Tips for February in Zone 5 (Redfield)

Continued from page 3

- Some people utilize companion planting to add nitrogen to the soil (planting legumes – peas, beans, clover, or alfalfa)
- Others use companion planting to help with the soil structure (break up a hard pan, or a clay zone that will constrict the roots of your plants)
- Many people participate in companion planting to help encourage beneficial insects to visit their garden/yard (butterflies, bees, some beneficial beetles and praying mantis)
- Companion planting can also help with disease and weed management

There are several books at Menards that deal with home gardening. One that I bought the other day was on companion planting: Plant Partners – Science based companion planting strategies.

There are many other titles to look at for the upcoming season there at Menards.

Another great resource for your gardening would be the Dallas County Extension Office. They are in tune with what to grow, when to plant the plants and how to grow the plants we have selected. They have many publications on gardening, whether it be weed & insect control, how to take soil samples, and what practices work in our part of the state. If presented with a issue in your yard/garden, they can help with the identification of the problem and offer solutions. If they are not sure about the remedy, then they go to ISU for help. This is a resource we all should be using.

I am sure that the future will be filled with more cold days, but here is a quote I got from the Stuart Herald:

“At press time, thermometers were registering a balmy 3 degrees... keep smiling.

Remember the August sunshine, the changing of the leaves and long hikes in the timber? Well, when the thermometer registers several digits below zero, just be consoled that this too shall pass.

We have the promise of sunny springtime; green grass and leaves will reappear (along with a few weeds), and this frigid weather will just be another memory”

This encourages me that this winter will pass soon, and spring is just around the corner.

Snow Removal Notice

Snow Ordinance for the City of Redfield will be in effect until April 1, 2025.

STREETS: 69.10 SNOW REMOVAL. No person shall park, abandon, or leave unattended any vehicle on any public street, alley, or City-owned off-street parking area during the time period of November 1st - April 1st of each year if it is snowing or snow is forecasted, or the snow is in the process of being removed or plowed from said street, alley or parking area. If the street has been fully opened and the snow has ceased to fall, one may park on any public street, alley, or parking area where parking is normally allowed.

SIDEWALKS: 136.03 REMOVAL OF SNOW, ICE, AND ACCUMULATIONS. The abutting property owner shall remove snow, ice, and accumulations promptly from sidewalks. If a property owner does not remove snow, ice, or accumulations within 24 hours, the City may do so and assess the costs against the property owner for collection in the same manner as a property tax. The abutting property owner may be liable for damages caused by failure to remove snow, ice, and accumulations promptly from the sidewalk within 24 hours.

CHAIR YOGA AT CITY HALL

Amy Lipovac of alali/YOGA is hosting 45 minutes of chair yoga at city hall on Wednesdays at 2:30 pm. A \$10 donation per class is appreciated.

Do you have something to share with Redfield?

Advertisements are \$5 for ¼ page ad, \$10 for ½ page ad, and \$15 for a full-page ad. Payment can be made to the Redfield Development Corporation at First State Bank and helps with the cost of printing the Review. **Have a story idea:** Please send your ideas to caradredge@gmail.com or mail them to Cara Dredge, PO Box 91, Redfield, I 50233 by the 25th of the month..

**Redfield Residents:
There is no parking on either side of Second Street from Jackson Street to Casey's.**



David
Black, PA




WE SURROUND YOU WITH CARE

An Affiliate of **MERCYONE**

HIRING NOW

CMA, LPN, or RN

SIGN-ON BONUS UP TO \$10K

4 DAY WORK WEEK
TUESDAY - FRIDAY
8A to 5P

Independent Clinic looking for a nurse to support well established family practice provider in our Stuart location.

APPLY NOW:
<https://www.achsiowa.org/careers>

THEY'RE BACK!

Dexfield Diner reopens in a new location:

1119 Thomas Street, Redfield

515.526.9004

Daily Diner Specials

Served Nightly from 5:00 to 9:00

	Price	Meal	Drink Specials
Totally Taco Tuesday	\$10.00	Three tacos in a deep fried flour shell. Choice of beef, chicken, or steak.	\$3.00 Frozen Margaritas \$5.00 Margarita on the Rocks
Wacky Wing Wednesday	\$10.00	10 Bone In Wings!	\$3.00 Domestic Draft Beer
Here's the Hot Beef Thursday	\$13.00	Roast beef and brown gravy over homemade mashed potatoes and white bread. Served with a side of corn.	\$4.00 Glasses of Wine
Fish Bites Friday	\$13.00	Hand battered Walleye bites. Served with fries.	\$3.00 Domestic Draft Beer

<p>Round One Supersized, handmade appetizers for the table!</p> <table border="0"> <tr> <td>Onion Ring Thin, hand battered onion strings, with RANCH \$10.00</td> <td>Mammoth Mozzarella Hand battered and fried cheese sticks, w/ RANCH \$10.00</td> </tr> <tr> <td>Diner Curds Hand battered cheese curds, with RANCH \$10.00</td> <td>Pickle Chips Hand battered and fried dill pickle chips, w/RANCH \$10.00</td> </tr> </table>	Onion Ring Thin, hand battered onion strings, with RANCH \$10.00	Mammoth Mozzarella Hand battered and fried cheese sticks, w/ RANCH \$10.00	Diner Curds Hand battered cheese curds, with RANCH \$10.00	Pickle Chips Hand battered and fried dill pickle chips, w/RANCH \$10.00	<p>Little Blue Devil Meal vvvvFor the kids or the kids at heart</p> <table border="0"> <tr> <td>Mini Pups Mini corn dogs and French fries \$6.00</td> <td>Cheesy Quesadilla Flour tortillas, melty cheese with French fries \$6.00</td> <td>CrisPy Strips Hand battered chicken strips and French fries \$8.00</td> </tr> </table>	Mini Pups Mini corn dogs and French fries \$6.00	Cheesy Quesadilla Flour tortillas, melty cheese with French fries \$6.00	CrisPy Strips Hand battered chicken strips and French fries \$8.00			
Onion Ring Thin, hand battered onion strings, with RANCH \$10.00	Mammoth Mozzarella Hand battered and fried cheese sticks, w/ RANCH \$10.00										
Diner Curds Hand battered cheese curds, with RANCH \$10.00	Pickle Chips Hand battered and fried dill pickle chips, w/RANCH \$10.00										
Mini Pups Mini corn dogs and French fries \$6.00	Cheesy Quesadilla Flour tortillas, melty cheese with French fries \$6.00	CrisPy Strips Hand battered chicken strips and French fries \$8.00									
<p>Quench your Thirst Coke, Diet Coke, Mellow Yellow, Root Beer, Orange Fanta, Pibb Extra, Sprite \$2.75</p> <table border="0"> <tr> <td>Milk</td> <td>\$2.00</td> </tr> <tr> <td>Coffee</td> <td>\$1.50</td> </tr> <tr> <td>Iced Tea</td> <td>\$ 2.75</td> </tr> </table>	Milk	\$2.00	Coffee	\$1.50	Iced Tea	\$ 2.75	<p>Wings and Things Single Serve- Served with wings only Basket- Served with choice of side French fries, cottage cheese or salad +\$2.00 Upgrade to onion rings, cheese curds or sticks</p> <table border="0"> <tr> <td>CrisPy Strips Hand breaded chicken strips Single \$13.00 Basket \$16.00</td> <td>Boneless Wings 8oz, choice of sauce Single \$13.00 Basket \$16.00</td> <td>Bone In Wings 10 count, choice of sauce Single \$11.00 Basket \$14.00</td> </tr> </table>	CrisPy Strips Hand breaded chicken strips Single \$13.00 Basket \$16.00	Boneless Wings 8oz, choice of sauce Single \$13.00 Basket \$16.00	Bone In Wings 10 count, choice of sauce Single \$11.00 Basket \$14.00	
Milk	\$2.00										
Coffee	\$1.50										
Iced Tea	\$ 2.75										
CrisPy Strips Hand breaded chicken strips Single \$13.00 Basket \$16.00	Boneless Wings 8oz, choice of sauce Single \$13.00 Basket \$16.00	Bone In Wings 10 count, choice of sauce Single \$11.00 Basket \$14.00									
<p>ON THE SIDE Side Salad \$5.00 (cheese, tomatoes and croutons) Dressing Choices: Ranch, Caesar, French, Italian <i>*Ranch is free with salads, appetizers, wings and strips.</i></p> <table border="0"> <tr> <td>French Fries \$5.00</td> <td>Cottage Cheese \$3.00</td> <td>*Side of Ranch \$0.50</td> </tr> </table>	French Fries \$5.00	Cottage Cheese \$3.00	*Side of Ranch \$0.50	<p>Sammiches Sammiches Sammiches Single Serve- Served with sandwich only Basket- Served with choice of side French fries, cottage cheese or salad +\$2.00 Upgrade to onion rings, cheese curds or sticks for \$2.</p>							
French Fries \$5.00	Cottage Cheese \$3.00	*Side of Ranch \$0.50									
<p>BURGERS BURGERS BURGERS Brioche bun, seasoned beef patty with lettuce, tomato and onion served on the side Single Serve- Served with burger only Basket- Served with choice of side, French fries, cottage cheese or salad +\$2.00 Upgrade to onion rings, cheese curds or sticks</p> <table border="0"> <tr> <td>Hamburger Single \$9.00 Basket \$12.00</td> <td>Cheese Burger Single \$10.00 Basket \$13.00</td> <td>Bacon Cheese Single \$11.00 Basket \$14.00</td> </tr> <tr> <td>Midwestern Bacon, onion strings, bbq sauce Single \$13.00 Basket \$16.00</td> <td>Patty Melt *Rye bread and sauteed onions Single \$13.00 Basket \$16.00</td> <td>Mushroom Swiss Sauteed shrooms Single \$13.00 Basket \$16.00</td> </tr> </table>	Hamburger Single \$9.00 Basket \$12.00	Cheese Burger Single \$10.00 Basket \$13.00	Bacon Cheese Single \$11.00 Basket \$14.00	Midwestern Bacon, onion strings, bbq sauce Single \$13.00 Basket \$16.00	Patty Melt *Rye bread and sauteed onions Single \$13.00 Basket \$16.00	Mushroom Swiss Sauteed shrooms Single \$13.00 Basket \$16.00	<table border="0"> <tr> <td>Top TENDERloin Brioche bun, hand breaded or grilled pork Lettuce, tomato and onion served on the side Single \$14.00 Basket \$17.00</td> <td>CrisPy Chicken Bacon Swiss Hand battered chicken, bacon and swiss Single \$13.00 Basket \$16.00</td> </tr> <tr> <td>Philly Cheese Sandwich Toasted hoagie, sliced ribeye steak or chicken, bell peppers, swiss, and caramelized onions Single \$13.00 Basket \$16.00</td> <td>Buffalo Chicken Sandy Toasted hoagie, grilled chicken, cheddar, jack cheese, banana peppers, buffalo ranch Single \$13.00 Basket \$16.00</td> </tr> </table>	Top TENDERloin Brioche bun, hand breaded or grilled pork Lettuce, tomato and onion served on the side Single \$14.00 Basket \$17.00	CrisPy Chicken Bacon Swiss Hand battered chicken, bacon and swiss Single \$13.00 Basket \$16.00	Philly Cheese Sandwich Toasted hoagie, sliced ribeye steak or chicken, bell peppers, swiss, and caramelized onions Single \$13.00 Basket \$16.00	Buffalo Chicken Sandy Toasted hoagie, grilled chicken, cheddar, jack cheese, banana peppers, buffalo ranch Single \$13.00 Basket \$16.00
Hamburger Single \$9.00 Basket \$12.00	Cheese Burger Single \$10.00 Basket \$13.00	Bacon Cheese Single \$11.00 Basket \$14.00									
Midwestern Bacon, onion strings, bbq sauce Single \$13.00 Basket \$16.00	Patty Melt *Rye bread and sauteed onions Single \$13.00 Basket \$16.00	Mushroom Swiss Sauteed shrooms Single \$13.00 Basket \$16.00									
Top TENDERloin Brioche bun, hand breaded or grilled pork Lettuce, tomato and onion served on the side Single \$14.00 Basket \$17.00	CrisPy Chicken Bacon Swiss Hand battered chicken, bacon and swiss Single \$13.00 Basket \$16.00										
Philly Cheese Sandwich Toasted hoagie, sliced ribeye steak or chicken, bell peppers, swiss, and caramelized onions Single \$13.00 Basket \$16.00	Buffalo Chicken Sandy Toasted hoagie, grilled chicken, cheddar, jack cheese, banana peppers, buffalo ranch Single \$13.00 Basket \$16.00										
<p>Pizza Steve's Please! 12" Thin Crust or 10" Cauliflower Crust +\$2.00 upcharge Single Topping Thin \$12.00 Single Topping Cauliflower \$14.00 BYO Each additional topping \$0.50. Pepperoni, sausage, beef, bacon, mushroom, onion, peppers, garlic, black olives, jalapenos, pineapple House Favorite Paul's Pizza Olive oil, minced garlic, bbq sauce, mozzarella, chicken, bacon, green pepper, jalapenos, pineapple</p>	<table border="0"> <tr> <td>Specialty Thin \$14.00 Margherita Olive oil, minced garlic, mozzarella, tomato, fresh basil Buffalo Chicken Buffalo ranch, mozzarella, cheddar, chicken and banana peppers</td> <td>Specialty Cauliflower \$16.00 Veggie Lovers Marinara, mozzarella, peppers, mushroom, onion and black olive Meat Lovers Marinara, mozzarella, pepperoni, sausage, beef, and bacon</td> </tr> </table>	Specialty Thin \$14.00 Margherita Olive oil, minced garlic, mozzarella, tomato, fresh basil Buffalo Chicken Buffalo ranch, mozzarella, cheddar, chicken and banana peppers	Specialty Cauliflower \$16.00 Veggie Lovers Marinara, mozzarella, peppers, mushroom, onion and black olive Meat Lovers Marinara, mozzarella, pepperoni, sausage, beef, and bacon								
Specialty Thin \$14.00 Margherita Olive oil, minced garlic, mozzarella, tomato, fresh basil Buffalo Chicken Buffalo ranch, mozzarella, cheddar, chicken and banana peppers	Specialty Cauliflower \$16.00 Veggie Lovers Marinara, mozzarella, peppers, mushroom, onion and black olive Meat Lovers Marinara, mozzarella, pepperoni, sausage, beef, and bacon										



Mobile Pantry Program

Available to you free of charge!



When: Wednesday, February 5th
4:30 – 6:30 p.m.

Where: Redfield City Hall
808 1st Street
Redfield, IA 50233

This will be a walk-in only pantry.

Bring your own bags please!

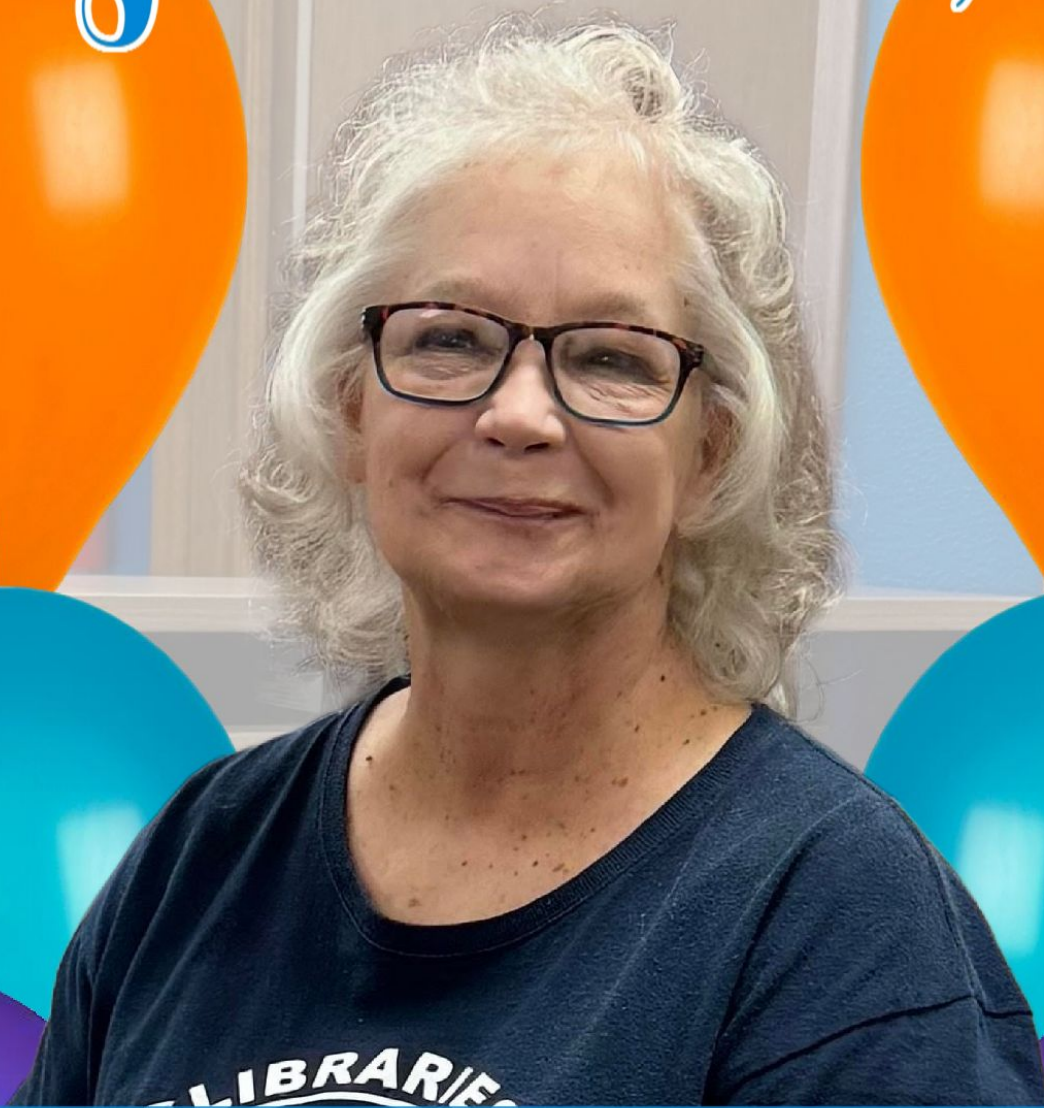
We will have enough food for 60 families. Please come!

Questions?

Call the Food Bank of Iowa at 515-564-0330.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department.

Congratulations, Lori!



Join us in celebrating Lori Stonehocker's retirement from the Redfield Public Library after 45 years of service!

**Saturday, February 22nd from 1-3 pm
at Redfield City Hall.**



The Jack Dabbler

Now offering alterations at:



Call Redfield Quilt Shop 515-478-5555
to schedule a time to meet with
Sophia for your alteration needs.

***Beards and
Bobbins***



Now offering sewing machine
cleaning/repair and scissor
sharpening at:



Bring your machine and/or scissors
into the shop Thursdays, Fridays
and Saturdays, 9a-5p.

90th

BIRTHDAY

*Pat
(Baker)
Parry*

**February 28th
Birthday Greetings**

may be mailed to:

**107 W Hazelwood Dr.
Lemoore, CA 93245**

Redfield Public Library

redfield.lib.ia.us.com

IT ONLY TAKES 60
SECONDS TO GET A
LIBRARY CARD.

JUST CALL OR
COME IN!

THE COMPLETE
LIBRARY
CATELOG IS NOW
ONLINE!

IF WE DO
NOT HAVE WHAT YOU
ARE LOOKING FOR, WE
CAN REQUEST IT FROM
ANOTHER LIBRARY!

THE
CATALOG IS ACCESSIBLE
WITH ANY SMARTPHONE,
IPAD, AND COMPUTER!



Did You Know?

THERE ARE 15,695
BOOKS, AUDIOBOOKS,
AND DVDS!

THE LIBRARY
OFFERS THE
LIBBY APP

THE LIBRARY HAS 3 COMPUTERS
AND 3 PRINTERS AVAILABLE TO
YOU ALONG WITH FREE WIFI!

THE LIBRARY OFFERS 147,103
DOWNLOADABLE EBOOKS AND
AUDIOBOOKS THROUGH

THE LIBBY APP!

Thank You,
Redfield Board of Trustees



- **DOT Inspections**
- **Engine Service**
- **Full Truck Service & Inspection**
- **Clutches**
- **Transmissions**
- **Brakes**
- **Wheel Seals**
- **Engine Replacement**
- **Engine Overhauls**

DeMoss Diesel Repair offers a variety of services on light duty, medium duty, and heavy duty on highway trucks. DeMoss Diesel Repair values quality workmanship and goes above and beyond for our customer needs and expectations. We pride ourselves on doing the job right the first time.

515-681-3388 • REDFIELD, IA

2024 - 2025 LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)



LIHEAP is a federally funded program that has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season.

Elderly (60 & over) and/or disabled
 October 1, 2024, to April 30, 2025
All other households:
 November 1, 2024, to April 30, 2025

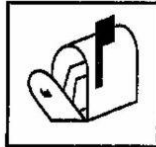
<u>Household Size</u>	<u>Annual Gross Income</u>
1	\$ 30,120
2	\$ 40,880
3	\$ 51,640
4	\$ 62,400
5	\$ 73,160
6	\$ 83,920
7	\$ 94,680
8	\$105,440

For family units with more than eight members, add \$10,760 annually, for each additional member.

APPLY BY:

In Person

Mail



Applications are taken at the following locations: (must apply in the county you reside in)

Audubon County	109 Tracy St	Audubon, IA 50025	(712) 563-2777
Calhoun County	334 Richmond St	Rockwell City, IA 50579	(712) 297-7721
Carroll County	23751 Hwy30. PO Box 427	Carroll, IA 51401	(712) 792-9266
Dallas County	2816 1 st Avenue	Perry, IA 50220	(515) 465-5185
Greene County	1401 N Elm St Ste A	Jefferson, IA 50129	(515) 386-2719
Guthrie County	400 State St PO Box 22	Guthrie Center, IA 50115	(641) 747-3845
Sac County	1710 W Main St	Sac City, IA 50583	(712) 662-3236

REDFIELD

FEED & SUPPLIES, LLC



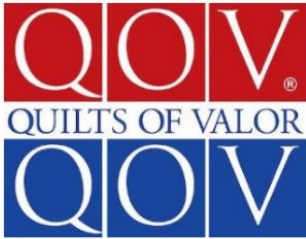
Diamond
Maintenance Cat
Food 40lbs for
\$34.95

**616 1st St
Redfield, Iowa
(515) 833-2280**



Eradicate flies &
mosquitos from
your favoirite
outdoor areas!

**Mon-Fri 8A-5P
Sat 8A-12P**



Perry, Iowa Piecemakers Quilt of Valor (PIPQOV) Information Sheet

Honoree Name: _____ Honoree Phone #: _____

Name & phone number of person making nomination, if not honoree:

Branch of service: _____ Date entered: _____

Location of basic training: _____

Where and when was specific training received: _____

Discharge date: _____ Rank: _____

Places served and duties: _____

Other duties/experiences: _____

Recognitions or honors: _____

Occupations or activities since leaving service: _____

Permission to publicize? Yes No Award presentation preference? Group Individual

Any additional comments: _____

Submit form to: Barb Hansen, 2012 16th Street, Perry, IA 50220



SOMMERS
HANDYMAN LLC

If you are in need of someone who can do

- Doors
- Flooring
- Trim
- Tile
- Sinks
- Stools
- Cabinets
- Paint
- Drywall
- And More!

Call or text for your free consultation

515-993-0223 or

email any questions to

sommershandyman@gmail.com

Rex J. Harvey Foundation

A fund has been set up to raise money for a statue of Rex J. Harvey of Redfield.

Rex attended Dexfield High School, where he helped his track and field team win two state championships under the legendary coach Dean Roe. He then earned a Bachelor of Science in Mechanical Engineering at Iowa State University, where he attended on an athletic track and field scholarship. During which he participated in four U.S. NCAA Division I Championships.

Rex was a Vietnam War Veteran, who served as a Captain in the United States Airforce. As a member of the US Military track and field team he represented the United States at many international competitions, as well as the 1972 and 1976, US Olympic Trials in the Decathlon.

Rex went on to earn a Master of Science Degree in Systems Management at the University of Southern California. During his many years as an engineer, he designed and holds several patents for nozzles. He ended his career as a Research Development Engineer at Parker Corporation in Cleveland, Ohio.

Rex continued his track career as a master's competitor, during which he won 13 straight national decathlon championships, as well as several world championships in the decathlon, pole vault, and as a member of several relay teams.

Rex was inducted into the USATF Masters Hall of Fame in 2000. He was an integral part of developing age-graded tables for scoring masters track and field athletic performances. He was elected to two terms as Vice President Stadia of World Masters Athletics (WMA). At the time of his death, he was serving as the President of USATF Masters Track & Field. Rex had accumulated one million total decathlon points, making him a World Record holder.

Donations to honor Rex can be sent to:

**The Rex J. Harvey Foundation
% R. Joe Smith
P.O. Box 460, Redfield IA 50233**

FOOD BANK OF IOWA

DALLAS COUNTY PANTRY PARTNERS

If you need help, please visit these partners. Please call ahead to confirm dates and hours of service.

FOOD PANTRIES

Waukee Area Christian Services*
515-987-5523

Westview Church
1155 S.E. Boone Drive, Waukee
Monday from 12:00 - 6:00 p.m.
Tuesday, Wednesday, Thursday from
9 a.m. - 3 p.m. and Saturday from 9 - 11 a.m.

Adel Good Samaritan Food Pantry
515-478-3760
215 North 11 Street, Adel
Monday and Tuesday from noon - 2 p.m. and the
forth Monday of the month from 5 - 6 p.m.

Perry Area Emergency Food Council*
515-570-2975
3000 Willis Ave, Perry
Tuesday from 10 a.m. - 12:30 p.m. and Thursday
from 1 - 3:30 p.m.

Redfield Mobile Pantry
515-564-0330
Redfield City Hall
808 1st Street, Redfield
First Wednesday of every month at 4:30 p.m.

Adel Mobile Pantry
515-564-0330
New Hope Church
25712 US 6, Adel
Forth Monday of every month at 5:30 p.m.

West Des Moines Crossroads Church Mobile
515-564-0330
1200 60th Street, West Des Moines
Third Monday of every month at 4:30 p.m.

Perry Crossroads Church Mobile Pantry
515-564-0330
2810 1st Ave, Perry
Forth Saturday of odd months at 8:30 a.m.

Dallas County Hospital Mobile Pantry
515-564-0330
610 10th Street, Perry
Forth Wednesday of even months at 3 p.m.

For more information, visit www.FoodBankIowa.org or call 515.564.0330

***Will provide delivery to seniors as needed**

Partners may provide delivery to seniors if they have volunteers available to do so.



FOODBANK
OF IOWA



L-R Kurt Thompson, John Davis, Greg Wilson, Randy Hiatt, Bruce Miller, Pat Marks, Tony Feldmann-CPA, Joe Rinaldi, Kevin Pearce, Sam Braland-Legal Council

Front Row: Jordan Foster, R. Joe Smith, Nancy Smith

- Design of Retirement Income Plans
- Design of Comprehensive Estate Plans
- Social Security Analysis & Personal Reports
- * Wills, Trusts, Living Wills, Health Care Power of Attorney, and Financial Power of Attorney
- * Provided by Licensed Iowa Attorneys

“Helping People Create, Protect Their Net Worth”®

National Office
818 1st Street
Redfield, Iowa
(515) 833-2616

www.nationalinvestors.com

FIRST STATE BANK

FSB's App

It Goes Where You Go



Member
FDIC

Dexter • Redfield • Stuart
www.stuartbank.com
Since 1944



Who are the people in your neighborhood?

Anyone else remember that segment on Sesame Street where you find out about the different business owners, service people, and neighbors in the community? If you live, work, volunteer, or otherwise help Redfield be awesome, I want to hear from you! Please answer the following questions for articles to be included in upcoming issues of the Redfield Review. If you have an idea of someone who should be included, please email your suggestion to caradredge@gmail.com

Your name: _____

What would you like people to know about you and your family? _____

The name of your business or organization is: _____

How long have you been affiliated with this business or organization? _____

What is the primary goal or service offered by your business or organization? _____

What special events [or specials] does your business or organization have coming up? _____

What is something people might not know about you, your business or organization? _____

Just for fun, please answer one of the following questions:

1. If you could completely get rid of one month out of the year, what month would it be and why?
2. If your hometown was a food, what food would it be and why?
3. What would the silliest or most outrageous feature of your dream house be?








REDFIELD REVIEW

4J Farms Pet Nutrition	515.490.3280	MidAmerican Energy	888.427.5632
Aging Resources of Central Iowa	515.255.1310	National Investors - Home Office	515.833.2616
AJS Sanitation	515.564.9058	Nicole's Grooming & Boarding	515.705.8385
Alliant Energy	800.822.4348	Pea Ridge Products Tina Godwin Bailey Pruitt	515.577.1635 515.577.7573
Backroads Recordkeeping - Pam Paardekooper	515.833.2485	Raccoon River Retreats	515.229.9510
Baker Heating & Cooling	515.559.6778	Raccoon Valley Plumbing	515.612.2666
Blood Drive - Sue Rogers	515.720.5416	Redfield American Legion Hall [Rental] Al Carmichael	515.833.2823
Casey's	515.446.7659	Redfield Christian Church	515.833.2785
Casey's Pizza	515.446.7660	Redfield City Hall	515.833.2512
Chance Electric Motor	515.314.8132	Redfield City Public Works	515.833.2600
Cindy's Cleaning Service	515.210.3889	Redfield Feed & Supplies	515.833.2280
Dairy Shoppe	515.833.2815	Redfield Medical Clinic	515.833.2301
Dallas County 24 Hour Dispatch Non-Emergent	515.993.4567	Redfield Post Office	515.833.2741 <i>M-F 8 am-12 pm & 1-3 pm, Sat. 9-10 am; Lobby open 24 /7</i>
DC Conservation Hanging Rock	515.465.3577	Redfield Public Library	515.833.2200 <i>Mon., Wed. 2-7 Tue., Fri. 10-4 Sat. 10-12 Closed Thursday</i>
Dexfield Diner & Pub	515.833.2927	Redfield Quilt Shop	515.478.5555
Dollar General	515.478.3740	Redfield United Methodist Church	
DVC Plumbing - Dennis Clemetson	515.720.5856	Reed's Bicycle Service and Repair	515.344.7963
First State Bank	515.833.2303	Roto-Rooter Plumbing	515.278.5668
Godwin Trucking - Nyle Godwin	515.250.1523	Spracher Sewer Service	515.402.2598
Hair Junction	515.833.2323	T&T Auto Sales	515.867.8032
Head Start - Christina Schalk	515.987.7428 712.830.1327	Tigges Comfort Services, LLC	515.833.4024
Heartland Co-op	515.833.2953	TK's Auto	515.833.2377
Hilltop Chapel	515.833.2515	Valo-Biomedica	515.993.3574
Hide It Here & Hide It Here 2 Mini Storage	515.360.1695	West Central Valley Food Pantry	515.401.7102
HTC Residential Cleaning	515.681.1744	West Central Valley Schools	
Iowa State Patrol	800.525.5555	Redfield Middle School	515.833.2331
Johnson Funeral Home	515.789.4621	Dexter Elementary	515.789.4480
K & D Cleaning	515.443.2487	Stuart Elementary	515.523.1018
Kate's Salon	515.473.4863	High School	515.523.1313
Keller Williams GDM - Dan Wilson	515.371.1151	Windstream	800.347.1991
Light Brothers Trucking	515.833.2365		
Mediacom Cable	855.633.4226		



REDFIELD REVIEW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Legion Breakfast 6-9 am
2	3	4 Legion Mtg. 6:30 Council Mtg. 7	5 Food Pantry 12:30-3:30 pm Mobile Food Pantry 4:30 Chair Yoga 2:30 Mahjong Masters 5 Book Club 6	6	7 Garbage 	8 Legion Breakfast 6-9
9	10 Children's Crafts 3 Lions Club 6:30 pm	11 Recycle 	12 WCV Food Pantry 12:30-3:30 pm Chair Yoga 2:30 Mahjong Masters 5	13	14 Garbage 	15 Legion Breakfast 6-9 am
16	17 Library Board 6 pm Development Corp. 7 pm	18 Legion Auxiliary 5	19	20	21 Garbage 	22 Legion Breakfast 6-9 am Lori Stonehocker Retirement Party 1-3 at City Hall
23	24	25 Recycle 	26	27	28 Garbage 