

Living

MAGAZINE

New AGAIN

Residents share their home renovation experiences

Meet Courtney Arnold

EDUCATION

Blackened spatchcock chicken

RECIPE

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WELCOME

ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■



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New AGAIN

Residents share their home renovation experiences

By Darren Tromblay

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.

Sarah and Dirk Benn removed railway tie borders and installed a retaining wall in their backyard in a renovation that makes mowing easier and beautifies the property.

FEATURE

AFTER

DURING



Landscapers removed rotting boards and re-graded the area next to Sarah and Dirk Benn's house, adding a retaining wall and finishing with plants and bushes.

Retaining wall is functional and attractive

Sarah and Dirk Benn have lived in their walk-out, ranch-style home in Adel for 30 years.

For the longest time, their backyard retaining wall consisted of the old standbys of eras past: railroad ties. Or at least something that looked like them.

Not only were they aesthetically

unappealing, the slope they created was challenging each time either one of them had to mow.

"It's pretty steep, and I'm not getting any younger," Sarah laughs. "Mowing down the sides

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FEATURE

was getting harder and harder. That, and they were beginning to rot and just looked awful.”

The Benns replaced their deck in 2020, and, upon doing so, realized their retaining wall could use some updating as well.

They chose Luke’s Lawncare to do the job, and work began last spring. After some unexpected rain and a couple of other delays, the project was completed in mid-August.

“I really like it, and it looks really good,” Sarah says. “I’m happy with the work they did.”

The formerly angled retaining walls are now straight, rock was added, and brick edging was installed, among other things.

An evergreen tree the couple had planted the first summer they moved into the home was trimmed, as were some of the flowering crab plants. Sarah wasn’t picky, she says, but she did want most of the plants to be of the low maintenance variety.

“I like to put in plants, and they can take care of themselves,” she says. “So, we put in some hostas, some grasses, and whatever they thought might look nice.”

Burning bushes and grasses were added on both sides of the new retaining wall as a

preventative measure to keep anyone — young or old — from accidentally taking a tumble off it.

Two bushes planted 20-some years ago were moved as well. Initially, Sarah says, she had kept them pruned and looking good. But, as the years went on, her interest in keeping them as such waned. There were other things to do. When the day came to have them moved, she suddenly found herself caring once again, in a different kind of way.

“After all those years, watching them move them in about four minutes and move them to the front yard and dump them was crazy to me,” she laughs.

The sides of the yard were graded as well, which will make mowing much easier, Sarah says.

“That was a big bonus,” she says.

While the wall portion of the project is now complete, there is still some work to be done, Sarah says. But not much.

“We still need to trim up a few more trees, but, other than that, our house is pretty much ready for our retirement,” she says. “A lot of people move several times during their marriage, but, for us, it’s the perfect size.”

This new old house

When you live in a home that’s 124 years old, one thing is for certain: Those walls are used to change.

Lori and Scott Gadelmann’s Adel home has undergone a multitude of transformations since being built in 1907, many by them.

That includes not one, but two renovations of the kitchen area alone. The first remodel took place in 2002. A wall was taken out, an island added, and new cabinets were installed. They were happy with it, but, as time went on, the newness wore off.

“We had it for 20 years, but I was ready for a refresh of it,” Lori says. “We had some hinges on cabinet doors that needed work, and I was ready for new countertops, among other things,” she says.

The couple employed the services of Trish and Marty Radke, owners of RCI Builders in Adel, for the job. After some initial planning, work began in the fall of 2023.

New cabinet doors were installed, some existing cabinets were painted, and a large island was added, a key feature of this second-time go-round of the kitchen.

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FEATURE



Scott and Lori Gadelmann added a larger island as the focal point in their renovated kitchen. The new island provides storage space the previous one didn't have.

"I wanted to have pull-out drawers in the island, things like that, that we didn't have the first time around," Lori says.

The old island was removed, and a new, larger version was installed. An induction range was added as well, as was a hood.

New countertops and sink were installed, and the hardwood floors, a main part of the 2002 renovation, were refinished.



Another unique aspect of the renovation was the sky-blue, penny tile backsplash.

"What happens a lot of times when we remodel is, I'll have one thing that I like — it could be a piece of art, or like the first time around, a candlestick — and I will like something about it that influences the rest of the room."

In this instance, her inspiration was a ribbon-



winning quilt piece they'd bought at the Iowa State Fair depicting a cornfield and three grain bins. The couple initially intended to put it in their living room but that wasn't going to work.

"It had way too much blue in it for our living room," she says. "I had a friend over, and we went out in the kitchen, and she held it up near our kitchen table, which is a Sticks table (hand-painted art furniture made in Des



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AFTER



A new counter top and penny tile for the backsplash provided an updated look.

Moines), and it was perfect.”

Lori says, although she enjoys changing things up every now and then — even if it’s as simple as a new coat of paint — the kitchen project fulfilled her renovation needs on the couple’s house. For now, that is.

“Right now, we’re pretty good, but I imagine in a year or so I’m going to be ready to paint the upstairs hallway,” she says.

Having undergone two kitchen renovations

in their current home as well as another in their previous abode in West Des Moines, Lori says she’s learned a lot in the process. Her advice to others thinking about renovating a kitchen? Plan, and plan some more.

“It takes a ton of planning as opposed to doing a renovation in another room of the house,” she says. “You need your kitchen. We were fortunate that, when we redid our basement, we put an oven down there, a deep sink, cabinets and refrigerator, so we just moved everything down there while the renovation was going on.

“You have to plan out and think about what pans and dishes you’re going to need for eight weeks, how you’re going to wash the dishes, how to make the counter space work. That, and don’t jump right into a renovation. Give it time.

“You’re going to come up with a bunch of other things, and write those down,” she advises. “Live with it for awhile and learn about the space.”

If you can, you’ll reap the rewards of having exactly what you wanted in that brand new space later.

“I love it,” Lori says happily.

A favorite place

Sports fans like their space, especially when it comes to game day.

Jamie and Charlie Evans of Adel had been wanting to finish the basement of their 2015 home for awhile. One day, it was time to graduate from the thinking stage to making it a reality.

The two sat down with Trish and Marty Radke, owners of RCI Builders in Adel, and planned out what they wanted.

“They’re always great and just come up with some great ideas to help get you what you want,” Jamie says.

After it was all said and done, the couple’s four-bedroom, 1,400-square-foot home got another 1,100 square feet of much-needed — and well-used — living space.

Included in the plan was a larger bedroom in the downstairs area for their son, Owen, 17, as well as a bathroom and a big living space — to watch sports, of course. A large, comfortable sectional couch was a must, as were the built-in storage areas around the television.

And that wasn’t all. A dry bar area was installed, as was Jamie’s now-favorite room in the house, her craft room.

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“It’s one of those rooms that we couldn’t officially make a bedroom, but I wanted to use that space, so an office space was built, and then my craft room, which has a standing counter, table and all of my supplies,” she says. “I absolutely love it. Being in a house of all men, I don’t have many ‘frilly things,’ so I was able to paint the room pink and make it totally mine.”

One of the walls in the main room is decorated with music memorabilia.

“Charlie’s dad is a drummer, so he grew up with music all around and live performances,” she says. “When we go to live performances, it isn’t necessarily what you hear on the radio; it’s a little more off the beaten path type of musicians, so, on that wall, we have some photos of us at concerts, some of the tickets, posters, autographs. An ongoing collage of memories from concerts.”

AFTER



Jamie and Charlie Evans finished their basement to add several rooms to their home, including a family room for watching sports together.



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One room in the basement was dedicated as an office then became a craft room.

Jamie and Charlie both graduated from the University of Iowa, so, naturally, the family bleeds black and gold, a fact readily reflected in the new bathroom downstairs.

“We just wanted to do an area just for fun, so the bathroom became a Hawkeye area,” she says. “We have some prints from a local artist in there,



Jamie and Charlie Evans, along with son, Owen, enjoy their new basement, which features a wall of concert memorabilia.

so I kind of themed the space around them.”

Charlie was born in Boston, and his love for all things Boston sports is on display as well in the form of decor throughout the basement.

Whether it’s a group of teenagers gathering to watch Sunday Night Football, or some family or friends over to watch an Iowa

Hawkeye game, the space is being utilized just as they envisioned it. A place where memories are being made.

“It’s been great,” Jamie says. “My vision was to have a space just for the three of us to chill out and watch TV, be together and have conversations and make memories.” ■

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ADEL Public Library news

Hello from the Adel Public Library.

We have a fun September planned. Check out all the events below, and make sure to check our website for more information.

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Monday-Thursday: 9 a.m. to 6 p.m.
Friday: 9 a.m. to 2 p.m.
Saturday: 9 a.m. to 1 p.m.
Sunday: closed

STORYTIMES

- Move and Groove Storytime – Every Tuesday at 9:30 a.m.
 - My First Storytime – Every Wednesday at 9:30 a.m.
 - Preschool Storytime – Every Thursday at 9:30 a.m.

ELEMENTARY

- Tail Wagging Readers – Thursday, Sept. 5 at 4:30 p.m.
- * Nerf Battle – Friday, Sept. 6 at 2 p.m.
- *Lego League – Tuesday, Sept. 10 at 4 p.m.
- *Mario Party: In Real Life – Sept. 17 at 4 p.m.
- *Pokémon Club – Sept. 24 at 4 p.m.
- No School Event: Bubble Party – Sept. 27 from 9:30-11:30 a.m.
- *Registered event, register at adelpl.org.

TEEN

- Teen Advisory Board – Sept. 5 at 4 p.m.
- Teens Create: Trinket Dishes – Sept. 12 at 4 p.m.
- Bingo for Books – Sept. 26 at 4 p.m.
- *Library D&D – Sept. 27 at 1 p.m.
- *Registered event, register at adelpl.org.

ADULTS

- 50s+ Senior Gathering – first and fourth Tuesday of the month at 10 a.m.
- Adult Speaker Series: Spot, Stop, Avoid Fraud – Tuesday, Sept. 3 at 10 a.m.
- Homeschool Meet-up – Sept. 9 at 2 p.m.
- Brown Bag Book Club – Sept. 12 at noon
- Adult Speaker Series: Exercise Your Independence – Sept. 17 at 10 a.m.
- Welcome to Medicare – Sept. 26 at 6 p.m.
- Evening Book Club – Sept. 26 at 5:30 p.m. ■

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MUSIC teacher finds joy

Miller is happy sharing music with her students.



Sandy Miller, music teacher at DeSoto Intermediate, says she has known since second grade that she wanted to teach music.

Sandy Miller remembers going home from school in second grade and telling her mom she wanted to be a music teacher.

“One could say I am goal oriented, because I have never wavered on that decision,” Miller says. “Music has always been a love of mine, and sharing that love with students is magical.”

Miller earned her bachelor’s degree from the University of Northern Iowa and master’s degree in educational leadership and curriculum from Drake University. She also has her mastery in Kodaly, a method of teaching music, from Drake.

This year will mark Miller’s second as the choir and music teacher at DeSoto Intermediate. She previously taught elementary music for 20 years in Johnston and then worked as the artistic director for Heartland Youth Choir for five years.

“Although I loved working for Heartland Youth Choir, I knew I was built for teaching, not administration,” Miller shares. “When I saw DeSoto Intermediate was looking for a teacher for fifth and sixth grade (my favorite grades are fifth through eighth), I applied and crossed my

fingers.”

Now, Miller says she enjoys every aspect of working for ADM.

“The students are so wonderful to work with,” she says. “They are so kind and considerate. I love coming to work every day knowing I get to work with young musicians and share my love of music with them.”

She adds that the administration and staff are top-notch as well.

“I have never felt so supported in any job I have had,” Miller says. “The music team is amazing. These individuals helped me survive my first year.”

Even though Miller only has one full year at DeSoto Intermediate under her belt, she’s made lifelong memories, especially at concerts.

“There is something so special about performing what the students and I have worked on so hard,” she says. “To see the pride in the singers’ faces as they perform and hear their comments afterward is very rewarding.”

As she begins another school year, Miller says she is looking forward to building new



relationships with students and continuing to grow in the ADM school district.

“When I talk to people about where I work, I will often say, ‘It is a hidden little gem in central Iowa,’” Miller shares. “From administration on down, everyone is working for the benefit of the students. It is such a great environment to work in.” ■

RECIPE

CRISPY grilled chicken with a kick

(Family Features)

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



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ADEL Women's Club raises funds and has fun

Has a hand in many good causes

What do you get when 50 women form a club and meet once a month? In the case of the Adel Women's Club, the answer is fun and fundraising.



"We are part of a national organization that's been around since 1901, and I think the local club since 1907," Club President Paula Joiner says. "The national organization is called the General Federation of Women's Clubs. All of our members are very active in the community. Lots of different things."

One of the club's favorite causes is the library.

"We help out a lot of different things, most notably the public library. We support that organization quite a bit," Joiner says. "Last year, we helped with their summer reading kickoff and with their summer program. We helped out with their 'book walk' around the elementary school."

Joiner adds that the Adel Women's Club is also a sponsor of the ADM Scholarship Foundation, sponsors one of the gardens at the courthouse, and gives money to the food pantry.

"Last year, we did a National Day of Service in September, and we had members bag meals for Meals from the Heartland," she says. "We did



Bob Grove, of Edward Jones, presents the Good Neighbor certificate to Adel Women's Club members Janet Pasco, Karen Daniel, Marilyn Keltner and Paula Joiner.

May baskets for the nursing home, and that was fun. We had a tour at the Dallas County Correctional Facility, and that was really neat. Another organization we like to help support is the Dallas County kids coat giveaway that they do every October. I think we do a really good job of just helping support other organizations in what they do."

The local club currently has 56 members but is always ready to welcome new members, Joiner says. The club also offers a "limited membership" for those unable to attend meetings but who still wish to remain on the membership list. Each member pays \$50 annually, which covers national, state and local dues. This covers all of the administrative costs of the club.

"That way, all of the money that we donate generally is going to go to the community," Joiner says.

There is no requirement to live in or near Adel and no requirement to attend a certain number of meetings. Joiner says the local club has members from Dallas Center and the Des Moines metro area, although most live in Adel.

"We generally meet monthly, September through May, and, usually, we will have a speaker and then a meeting," Joiner says. "We usually do a couple of fundraisers each year. Currently, our fundraisers lately have been salad luncheons."

Joiner shares that the club generally donates a total of around \$2,200 each year, in addition to the many hours of volunteerism that members perform in helping out. Who does she say makes an ideal member of the club?

"Just someone who likes to have fun and likes to give back to the community," she says. ■

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THE MONUMENT east of Adel

Have you ever driven by the monument located about 2 miles east of Adel on Highway 6 and wondered how it came about? The monument was erected to mark the location where Dallas County was established. The inscription reads “In a Schoolhouse Where This Stone Stands Dallas County Was Organized and the First County Election Was Held April 5th, 1847.”

The Iowa legislature approved the formation of Dallas County on Feb. 16, 1847, and appointed Eli Smithson as organizing sheriff. Smithson then held an election at the one-room schoolhouse that was then on the site for county commissioners. At this election, W. W. Miller, Tristan Davis and Greenbury Coffin were chosen as Dallas County’s first commissioners.

The following May, the board met at the home of W. W. Miller to decide on a suitable place for the county seat. A site was chosen and surveyed, just to the west and along the Raccoon River. The commissioners then met again, approved the plot and suggested the name Penouch. However, the 160 acres of land still belonged to the government, and there was no money in the county treasury to purchase it. The problem was solved when Commissioner

W. W. Miller mortgaged his homestead to secure the necessary funds.

Sixty-seven years later, in 1914, it was proposed by the Adel Commercial Club (predecessor to the chamber of commerce) to mark the spot. An article in the Dallas County News explained that: “A monument of Wisconsin granite was purchased from the Perry Marble and Granite Works and, after being shipped to Adel, was erected on the parking in front of the old schoolhouse on the River to River Road about two miles east of Adel. The schoolhouse is the third that stood there. The first one was built of logs and, as near as can be ascertained, was the building at which the county was organized and the first election held.”

The base of the monument was set on a concrete foundation five feet deep and about four inches larger in length and breadth than the base of the stone. In the top of the concrete foundation, and immediately under the base of the monument, was placed a copper box containing a historical review of the events commemorated and a copy of the Dallas County News.

The monument was dedicated on May



11, 1914, at 6 p.m. There was a large turnout as, according to the Commercial Club, “The invitation is to be extended to everyone in the county to attend those exercises and assist in the dedication of the monument for the purpose of keeping alive the early historical events of the county which even now are becoming matters of tradition.”

It would be interesting to see the contents of that copper box but, considering the difficulty of lifting the monument to find it, I think it would be best to leave it there. ■

OUT of the mud

The streets and sidewalks of Adel are mostly all paved and kept in good order. Adel is known for its historic brick streets around the courthouse square and beyond. But it wasn’t always that way. In the early years, getting around after a rain was quite a challenge.

It was 1893 when brick paving was laid round the courthouse square. But aside from the streets immediately adjacent to the block in which the courthouse was situated, there was little paving until automobiles became popular. Mud roads were everywhere. The present generations, thankfully, know nothing about mud. It was ankle deep for pedestrians much of the time, except when frozen in winter, and was nearly hub deep for wagons and buggies. Doctors, who spent much of their time driving in the country, would have their buggies and teams splattered with mud and their lap robes and overcoats fairly covered with it. Not only were they muddied and splattered, but frequently they got stuck so that they had to

have assistance from other teams to pull them out of the mud holes.

In the early 1890s, there were few if any crossings at street intersections for the use of pedestrians. Crossing a street on foot, a day or two after a heavy rain, was a sore trial to the gentleman whose shoes were nicely polished and whose trousers were carefully creased. And the ladies were even more sorely tried. The long, street-sweeping skirts they wore were gathered up and held in one hand while the fair young thing, or the dignified madam, stepped carefully and gingerly from island to island until she got across the street. Crosswalks were built as time passed on. Sometimes they were of planks and boards and sometimes of brick. They were an aid to the pedestrian but helped the teamster not at all. The street workers spent much time shoveling off the mud so that the foot traveler could get across without soiling his shoes.

Streetlights were unknown in those early

years and people frequently carried lanterns when they went about town at night. Later in the 1890s, cement walks began to appear. But the streets were still muddy and, in early spring when the rains came and the frost came out of the ground, the streets and highways seemed bottomless. For many years, this condition prevailed. But, in 1916, pavement was put in on Main Street and several other streets of the town. The McLaughlin Construction Company did a fine job of paving these streets. The paving consisted of a concrete base and a layer of brick with asphalt filler. Later, other streets were similarly improved.

Today, few people know the hassle of losing a rubber overshoe in the mud while trying to cross the street. Concrete sidewalks have replaced the mud-covered boardwalks, and what few streets that aren’t hard surfaced are at least graveled. Sometimes we need to remember that the “good old days” weren’t always that good. ■

EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Be sure to check for cancelations



Vintage & Made Fair

Saturday, Sept. 21, 9 a.m. to 4 p.m.
Dallas County Fairgrounds, 28057
Fairgrounds Road, Adel

This indoor/outdoor market celebrates the handmade and vintage community. You will find antiques, vintage, home décor, jewelry, handcrafted goods, seasonal flora, food and beverage trucks, live local music and everything you need to create a vintage and handmade lifestyle. Admission is \$10 with 12 and younger free.

Wendysue in Concert

Monday, Sept. 16, 7 p.m.
Faith Lutheran Church, 602 S.
14th St., Adel

The public is invited to this free concert. For more information, call 515-993-3848.



Adel Masonic Breakfast

Sunday, Sept. 8, from 9 a.m. to noon
Masonic Lodge, 411 S. 12th St.

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

Wednesday Night Meal

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

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



Third Monday Bingo

Sept. 16, 6-8 p.m.
Masonic Lodge, 411 S. 12th St., Adel

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

Touchdown Tailgate

Sept. 7
Cowles Commons, 221
Walnut St., Des Moines

Watch the Cy-Hawk football game on two jumbotron TVs at the Cowles Commons. Make sure you wear your Cyclone or Hawkeye team gear to let the others know whose side you're on. www.desmoinesperformingarts.org/events/touchdown-tailgate



Events at The Brenton Arboretum

Various dates
25141 260th St., Dallas Center

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

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

Dallas County Conservation events

To register for events, visit www.dallascountyiowa.gov/conservation, click on "Public Programs" and scroll down to see program descriptions and to register. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577.

• Prairie Awakening/Prairie Awoke

Saturday, Sept. 7, 10 a.m. to 3 p.m.

Kuehn Conservation Area, 32828 Houston Trail, Earlham

Every fall, DCCB invites the public to gather at Kuehn

Conservation Area to experience the songs, dances, games and stories of our Indigenous friends. This year, Master Hoop Dancer Dallas Chief Eagle has invited several of his daughters, who are also champion hoop dancers and storytellers. Their interactive and entertaining presentation shares teachings related to healthy life choices, mental resilience, and our connection to nature. There will be Native games and demonstrations in the morning, dancing and music in the afternoon, and release of tagged monarchs and a rehabilitated raptor as part of the celebration. Bring your own lawn chair or blanket. Concessions will be available.

• Fall Equinox Celebration

Sunday, Sept. 22, 6:30-7:30 p.m.

Hanging Rock Park shelter house, Redfield

Join a DCCB naturalist at the astronomical clock to celebrate the celestial change of seasons. Fall is when nature wears her prettiest dresses. Sing the sun down and reflect on the meaning of the season. Registration required.

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EVENTS IN THE AREA

Be sure to check for cancelations

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Together Through Sound Music Festival

Sept. 8, 1-10 p.m.
Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit www.togetherthroughsound.com.

Des Moines Concours D'Elegance

Sept. 8
John and Mary Pappajohn Sculpture Park, Western Gateway Park, 1330 Grand Ave., Des Moines

This automotive showcase displays some of the finest vintage, classic and exotic cars from around the world. Place it next to the iconic Pappajohn Sculpture park, and this event is a photographer's dream. www.desmoinesconcours.com

CITYVIEW Wine and Whiskey Walk

Friday, Sept. 20, 5-9 p.m.
West Glen Town Center

Tickets are \$25 in advance, \$35 at the event, for 10 tickets for sample-size whiskey cocktails. Enjoy free wine samples at participating retail locations. For more information and ticket link, visit <https://whiskeywalk.dmcityview.com>.



Halfway to St. Pat's Charity Car Show

Sunday, Sept. 22
Charlie's Filling Station, 305 Grand Ave., West Des Moines
www.friendlysonsiowa.com

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m. ■



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SPORTS SCHEDULE

FALL 2024

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:00PM	Newton	ADM High School
Sep 6	7:00PM	Winterset	ADM High School
Sep 13	7:00PM	Lewis Central	Lewis Central High School
Sep 20	7:30PM	Norwalk	Norwalk High School
Sep 27	7:00PM	Boone	ADM High School
Oct 4	7:00PM	Des Moines North	ADM High School
Oct 11	7:00PM	Ballard	Ballard Middle School
Oct 18	7:00PM	Indianola	ADM High School
Oct 25	7:00PM	North Polk	North Polk High School

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Sep 3	5:30PM	Newton	Newton HA Lynn Stadium
Sep 9	6:00PM	Winterset	Winterset High School
Sep 16	6:00PM	Lewis Central	ADM High School
Sep 23	6:00PM	Norwalk	ADM High School
Sep 30	6:30PM	Boone	Boone Goeppinger Field/Track
Oct 7	6:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Oct 14	6:30PM	Ballard	ADM High School
Oct 21	6:30PM	Indianola	Indianola Stadium



VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	4:30PM	Multiple Schools	ADM High School
Sep 5	4:30PM	Multiple Schools	ADM High School more..
Sep 10	7:15PM	Carroll	ADM High School
Sep 12	7:15PM	Dallas Center-Grimes HS	DCG-Meadows Gym
Sep 14	8:00AM	Multiple Schools	Southeast Polk High School
Sep 17	7:15PM	North Polk	North Polk High School
Sep 24	7:15PM	Ballard	ADM High School
Oct 1	7:15PM	Gilbert	Gilbert High School
Oct 5	8:00AM	Multiple Schools	Urbandale High School
Oct 8	7:15PM	Bondurant-Farrar	ADM High School
Oct 10	7:00PM	Carlisle	Carlisle High School
Oct 15	7:15PM	Boone	ADM High School
Oct 17	7:00PM	Winterset	Winterset High School

JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 27	4:30PM	Multiple Schools	ADM High School
Aug 29	4:30PM	Multiple Schools	ADM High School
Aug 31	8:00AM	Multiple Schools	ADM High School
Sep 10	5:30PM	Carroll Community School	ADM High School
Sep 12	4:15PM	Dallas Center-Grimes HS	DCG-Meadows Gym
Sep 17	5:15PM	North Polk	North Polk High School
Sep 23	4:30PM	Multiple Schools	Atlantic High School
Sep 24	5:30PM	Ballard	ADM High School
Oct 1	5:15PM	Gilbert	Gilbert High School
Oct 8	5:15PM	Bondurant-Farrar	ADM High School
Oct 10	5:15PM	Carlisle	Carlisle High School
Oct 14	5:00PM	Multiple Schools	ADM High School
Oct 15	5:15PM	Boone	ADM High School
Oct 17	5:30PM	Winterset	Winterset High School



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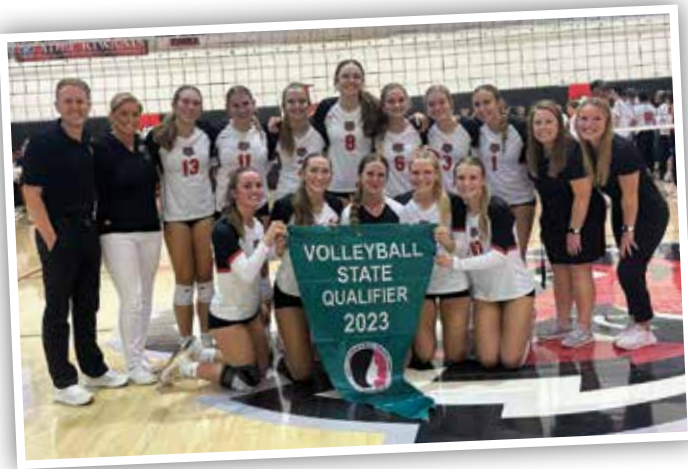
ATHLETICS

BOY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 31	8:00AM	Johnston	Johnston High School
Sep 7	9:40AM	Multiple Schools	Central College
Sep 12	4:30PM	Gilbert	ISU Cross Country Course
Sep 16	4:30PM	Multiple Schools	Ballard Golf & Country Club
Sep 20	1:30PM	University of Minnesota	Les Bolstad Golf Course
Sep 24	4:30PM	Newton	Maytag Park
Oct 1	4:30PM	Williamsburg	Williamsburg Community Rec. Center
Oct 10	4:55PM	Fort Dodge	Lakeside Municipal Golf Course

GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 31	8:00AM	Johnston	Johnston High School
Sep 7	9:00AM	Multiple Schools	Central College
Sep 12	4:30PM	Multiple Schools	Iowa State University CC Course
Sep 16	4:30PM	Multiple Schools	Ballard Golf & Country Club
Sep 20	2:15PM	University of Minnesota	Les Bolstad Golf Course
Sep 24	4:30PM	Newton	Maytag Park
Oct 1	4:30PM	Williamsburg	Williamsburg Community Rec. Center
Oct 10	4:30PM	Fort Dodge	Lakeside Municipal Golf Course



LET'S GO TIGERS!



For all Tigers schedules, scan the QR code. Schedules are subject to change. Scan for most up-to-date schedules.

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NAVIGATING the complexities of Medicare

6 things you need to know.

Medicare is a critical component of retirement planning, but it can be complex and confusing. Here are six things you need to know:



1. You could pay more if you enroll late.

To avoid these penalties, make sure your employer completes the necessary form confirming that you have had qualified coverage since turning 65. If you're not yet 65 and already retired, your enrollment period begins three months before your 65th birthday, so start the process early to avoid delays in coverage.

2. It's not a one-size-fits-all program.

You have options, including Original Medicare (Parts A and B), Medicare Supplements (Part C), and Prescription Drug Plans (Part D). Each option fills different gaps in coverage, so it's essential to understand how they work and

which one best fits your needs.

3. Medicare isn't free. While Part A of Medicare is typically free, Part B has a monthly premium based on your income. It's crucial to work with a retirement planner to understand how your income, including Roth conversions, can impact your Medicare premiums.

4. You enroll in Medicare through Social Security. Many people are surprised to learn that you enroll in Medicare through Social Security, not directly through Medicare. Keep an eye out for your Medicare card, which will come from the Department of Health and Human Services or the Centers for Medicare and Medicaid Services (CMS), as it may look like junk mail.

5. You don't always have to sign up at 65. If you or your spouse is still working and covered by a qualified employer health plan, you may not need to sign up for Medicare at 65. However, if you're on COBRA or a marketplace plan, you'll need to enroll in Medicare when

you turn 65 to avoid penalties.

6. You are not stuck with your plan.

You're not locked into the same Medicare plan forever. Each year during the Annual Enrollment Period (Oct. 15 through Dec. 7), you can review your coverage and make changes to ensure you're set up for success in the coming year. This is important because insurance carriers often renegotiate provider contracts, which can change the terms of your supplement plan and impact premiums, copays, deductibles and covered services, including benefits like X-rays, prosthetic devices and physical therapy. Benefits like gym memberships and chiropractic care can also be added or dropped from plans. Understanding these seven aspects of Medicare can help you make more informed decisions and avoid costly mistakes as you navigate your retirement journey. ■

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.



Learn about another important Medicare fact in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch this episode now.



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HOLIDAY Flag Project supports Lions Club vision program

Lions Club International is a world leader in promoting eye care and in the effort to prevent avoidable blindness. Over the years, the Adel Lions Club has conducted an active vision program, and the community's support for the Holiday Flag Project provides the financial support to accomplish that goal. Within the organization, the Kids Sight coordinator and the vision coordinator have developed local partners to assist in identifying individuals with vision issues.

Working with the University of Iowa's Kid Sight program, the Adel club conducts free vision screenings at local daycares and preschools each year for kids ages 6 months to 5 years old. Good vision is essential to the learning process. Iowa law requires all students to be screened prior to entering school. Digital photographs of the children's eyes are sent to the University's Ophthalmology and Vision Sciences Department for review. If a vision issue

is identified by the ophthalmologists within the department, the parents are notified with medical recommendations. Each year, the Adel club screens 300 to 350 kids.

Working with the schools' nurses and local optometrists, individuals are referred to the club's vision coordinator, and a financial assistance request form is initiated. The coordinator then approaches the individual to explain what assistance can be provided. Many older individuals have simply delayed eye care due to the total cost and limited insurance coverage. The typical cost of both an eye exam and new eyeglasses can range from \$300 to \$750 depending on frames and the prescription lenses needed. This program applies to individuals of all ages in the community, with financial assistance based on need. Each year, the Adel Lions Club provides financial assistance to numerous individuals in the community.

In situations where individuals are identified with a form of binocular vision disorder, vision therapy may be an option. The human visual system is designed so that the eyes and the reciprocating muscles work together with such a high degree of precision that the two eyes perform as if they were one. Lack of eye coordination can affect social and intellectual development. Vision therapy sessions are available in the local area, but typical fees run \$120 per session with 20-40 sessions needed depending on test results. A total fee in the \$3,500 to \$5,000 range is realistic. The Lions Club has helped with these sessions and is prepared for future requests. Once again, this program is available to individuals in the community based on financial need.

We appreciate everyone's participation in the Holiday Flag project.

— Adel Lions Club

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Are you looking to join a local group of service-minded men and women who volunteer to support the community every day? Become a member of Adel Lions Clubs - a respected international organization, a leader in the Adel community, and friend to people in need.

Last year the Adel Lions Club donated to the following causes:

- ADM Fine Arts
- ADM Athletics
- ADM FFA
- Iowa Lions Foundation
- Leader Dog program
- Iowa Kids Sight
- International Lions Club Foundation
- Adel Boy Scouts
- Adel Girl Scouts
- DeSoto Betterment
- ADM Youth Softball
- ADM Strength and Conditioning
- ADM Scholarship Foundation
- ADM Student of the Month
- Dallas County Master Gardeners
- ADM Vision Fund
- Camp Hertko
- Tori's Angels
- Camp Courageous
- Iowa Lions Youth Exchange
- 9SW Care and Share
- ADM Student Council
- Adel Elementary
- Dallas County Conservation Scholarship
- Adel Historical Society
- Adel Sweet Corn Festival
- ADM After Prom projects
- Boy Scout Eagle projects
- Girl Scout Gold projects
- Adel Partner Chamber
- ADM school parking
- Adel Thanksgiving dinner

Did you know?

The Adel Lions Club does the American Flags in Adel on special holidays!



For information on joining the Adel Lions Club, contact:

Josh Shull at 515-577-5642 | adellionsclub.org



SEPTEMBER 2024

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Rob Christensen
515-478-3260
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515-402-9378

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UPCOMING CITY COUNCIL MEETINGS:

- **Tues., September 10th** at 6:00 p.m.
For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

REMINDERS & CLOSURES:

- Adel City Hall will be closed on **Monday, September 2nd** in honor of Labor Day. Garbage and yard waste services will be delayed by one day that week.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- Yard Waste Pickup started Tuesday, April 4th and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

BEGGARS NIGHT 2024

Thank you to all the residents that participated in the poll to help the City decide what date to hold the annual Beggars Night. Based on the community's responses, **Beggars Night 2024 will be held on Thursday, October 31st from 6:00-8:00 p.m.**

HOME FOOTBALL GAMES

During Friday Night Home Football games a victory cannon will be let off as ADM Tigers celebrate victories.

PARKS & RECREATION UPCOMING ACTIVITIES:

For more information and to register, visit adel.activityreg.com



1st/2nd Grade Basketball: Practices will begin week of Oct. 14 Games held in Adel on Saturdays Nov-Dec. \$65 fee includes t-shirt. Registration deadline Oct. 4

3rd-6th Grade Basketball: Practices will begin week of Dec. 2 Games held in Adel and other area towns on Saturdays Jan 4-Feb 15. \$75 fee includes t-shirt. Registration deadline Nov 22.

Over 30 Men's Basketball League: Lace up your old sneakers and hit the hardwood! This is a call your own league. Participants will be divided up into teams. Register at adel.activityreg.com.
- FEE:\$30 per person (includes reversible jersey)
- LOCATION: DAC Gym
- WHEN: Sunday Evenings, November 3 – January 26
- DEADLINE: October 20

OUTSIDE DEDUCT METERS

Referring to deduct meters *OUTSIDE* of the HOME; *NOT* meters directly plumbed inside of the home.

- All outside deduct meters **MUST** be brought into City Hall during the month of October for the annual read to receive a credit. **Deadline: October 31st**
- Any meters not read in the month of October will not receive a credit and will be considered discontinued.
- Please contact Adel City Hall with any questions 515-993-4525.

ADEL POLICE NEWS

Please welcome Officer Ryan Hanssen to the Adel Police Department. He took his Oath of Office during the August 13th City Council Meeting. Congratulations to Officer Ryan Hanssen and thank you for your service to the City of Adel!



Help us congratulate Officer Brandon Pickett as he received his 5 years of service award at the City Council meeting on August 13th. Thank you for your service, Brandon!



BACK-TO-SCHOOL health essentials: A pharmacy guide

As the back-to-school season begins, parents and guardians face the challenge of ensuring their children are well-prepared, not just academically, but health-wise, too. From preventing common ailments to managing chronic conditions, here are some essential health tips to consider as your child heads back to school.



essential items like hand sanitizers, tissues and disinfecting wipes. Teach your children the importance of washing their hands regularly and covering their mouth when coughing or sneezing.

3. Head lice management: Head lice outbreaks are common in schools, and it's best to be prepared. Pharmacies carry a variety of lice treatment shampoos and combs. Look for products that are gentle yet effective, and follow up with your pharmacist for advice on prevention and treatment protocols.

4. Allergy control: For children with seasonal allergies, the fall can be particularly challenging. Over-the-counter antihistamines and nasal sprays can alleviate symptoms, helping your child stay focused in class. If your child has severe allergies, ensure they have access to any necessary prescription medications, such as EpiPens, and inform the school of their condition.

5. First aid and wellness kits: A well-stocked first aid kit is a must for both home and

school. Include basics like bandages, antiseptic wipes and pain relievers. Discuss with your pharmacist which vitamins or supplements might be beneficial, especially if your child has specific dietary needs.

6. Managing chronic conditions: For children with asthma, diabetes or other chronic conditions, the start of the school year is a good time to review their management plan. Ensure they have enough medication and that it's properly labeled. Pharmacies can also help you set up medication reminders and provide advice on how to store and transport medications safely.

A little preparation goes a long way in ensuring a healthy and successful school year for your child. By visiting your pharmacy and stocking up on these essentials, you can help prevent common illnesses, manage chronic conditions and provide your child with the tools they need to stay healthy and focused in the classroom. ■

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

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PROTECT yourself with a flu shot

The annual flu shot is your best defense against the influenza virus. While not a guaranteed prevention, it significantly reduces your risk of contracting the flu and experiencing severe symptoms. Getting vaccinated helps protect not only yourself but also those around you — especially vulnerable populations like young children, the elderly and people with chronic health conditions.



The flu can cause serious complications including hospitalization and even death. By getting vaccinated, you're taking a proactive step to safeguard your health and wellbeing. It's recommended for everyone age 6 months and older. However, certain groups should prioritize vaccination due to increased risk of complications:

- Young children: Immune systems are still developing
- Older adults: Immunity weakens with age
- Pregnant women: Helps protect both mother and baby
- People with chronic health conditions: Asthma, heart disease, diabetes, COPD, and other conditions increase vulnerability
- Healthcare workers: Protects patients and themselves

The best time to get a flu shot is in September or October, before flu season typically begins. However, it's beneficial to get vaccinated even later in the season as protection can last for several months. Don't wait. Get your flu shot today and help prevent the spread of this contagious illness. ■

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

FUNCTIONS of pharamcists

When people think of pharmacists, they imagine them behind the counter of their local drug store. While true, you might be surprised to learn some expanded functions of their role beyond filling prescriptions.



Pharmacists can test for certain acute conditions like strep and flu. Upon a positive result, they can also prescribe medication.

Pharmacists administer vaccines to prevent flu, pneumonia, RSV, shingles, tetanus, chicken pox and more.

Your pharmacist can help you develop a personalized medication calendar so you know exactly when and how to take each one.

Pharmacists are medication experts. They work closely with your doctors to determine which medications are best for you. They know how medications react with each other so can help avoid any life-threatening issues.

Pharmacists are knowledgeable about managing ongoing health conditions like high blood pressure, chronic pain, asthma and diabetes. Pharmacists can run basic tests (like blood glucose levels).

July 1, 2024, a modernized Pharmacy Practice Act became law in Iowa. When fully implemented, you will see the pharmacist's role expanded to take advantage of their full education and training, thus allowing a bigger impact on the health of the community. ■

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

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HAVING bad discs doesn't mean living with pain

Q: I was told that I have bad discs. Do I have to live with pain forever or do I need surgery?

A: Discs are fluid-filled rings of connective tissue that help to improve the motion in our spine, contribute to our height, and help absorb force. As we age, these discs will naturally lose hydration, causing shrinkage and breakdown of the connective tissue. In past studies using imaging, it was found that, in more than 3,000 patients, 30-37% of people in their 20s, had degeneration or bulging of the discs, and this rate increased to 60-80% of people in their 50s, and none of them had back pain. Therefore, just because the discs wear out, doesn't mean you have to hurt. Why, then, does your back still hurt? Everyone is a little different, but, in some cases, there is tightness and dysfunction in the back, pelvis and/or hips that are leading to pain. This tightness can cause irritation of the nerves which then generate the pain you experience. We can't change the degeneration process in the discs, but what we can change is how your tissues move around these discs, with the goal of improving mobility, decreasing nerve irritation and, ultimately, reducing pain without the need for meds or surgery. ■



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

MEET Courtney Arnold

Adel grad teaches the next generation.

Courtney Arnold attended ADM Community School District, where her love of learning started — and it has never stopped. She graduated in 2019 from ADM High School and attended Iowa State University where she earned her bachelor's degree in elementary education with endorsements in reading and English language arts.

This fall, she will be starting her second year of teaching and her second year at ADM, now as a kindergarten teacher at Adel Elementary.



Courtney Arnold now teaches students in Adel where she was once a student herself.

"I honestly feel like education chose me. Growing up, I loved being at school and loved my teachers. I would play school in my room with my imaginary students. I still, to this day, can remember how my teachers made me feel loved and cared for, and I always knew I wanted to do the same for my own students. Education is where I'm meant to be."

For Arnold, ADM has always felt like home, and the district is filled with amazing educators and staff. She's thankful for a team at Adel Elementary that uplifts her and helps her to have confidence in herself and her abilities. Teaching extends far beyond the classroom, and she says she is fortunate to have been able to create so many relationships after just one year of teaching.

Teaching comes with its ups and downs. It can be scary knowing that you are the one helping students build such important foundational learning and life skills, she says.

"There are many days where I question if I'm doing enough or what more I can do the next day. Even though some days may seem challenging, there are always so many rewards and positive things I see inside and outside of my classroom walls. I get to see my students grow each and every day, and that's something I will never take for granted."

Teaching little learners comes with a plethora of funny stories to tell, Arnold says.

"Kids might call you mom, or even grandma. Kindergarteners tell you everything, whether you want to hear it or not. From making potty jokes, to sharing all the recess drama, to consistently forgetting to shut the bathroom door, there is always something to laugh about in the classroom."

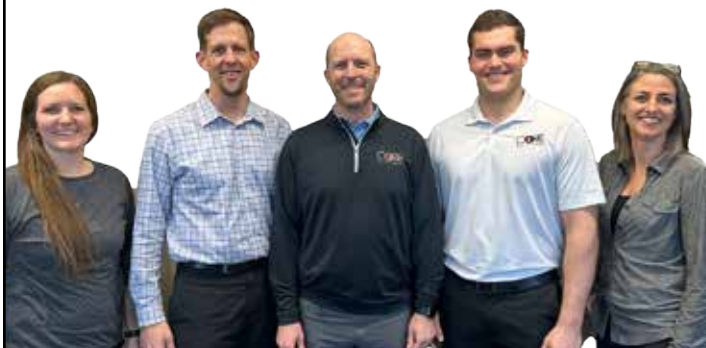
When she's not spending time with her little learners, Arnold enjoys time with family and shopping at favorite stores.

"I am a huge ice cream lover, too, so I am a frequent customer at Billy's here in Adel," she says. ■

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HOW TO wreck your life in two easy steps

Gideon may not be a household name for most, but he was a national hero for Israel 3,000 years ago during a time of deep national struggle. (You can discover more about his life in Judges 6-8.)

The cliff notes version of Gideon's story is that he was a grade-A coward and complainer the Lord used for an incredible military upset. But, after the big-time victory, he had a big-time fall as the second half of his life became the worst years of his life. Sadly, Gideon gives us the playbook for how to wreck our lives in two easy steps. (You might be surprised at how easy it is to do.)

Step one: Pursue selfish power. After the war, Gideon asked for a large collection of gold as compensation for his leadership, which he used to build an apron-like plate only worn by the High Priest. That seems like a strange thing to do except that this solidified himself as the authority for Israel, both politically and spiritually. The people began to worship both the gold-plated vest and the man who wore it.

To be clear, it is not wrong to have influence; in fact, some of you reading this are in positions of authority with the opportunity to do a lot of good. The problem is when we make power our pursuit to steal the



spotlight for selfish ends. Gideon went down this road, and it destroyed him, his family and the nation.

Here is step two: Pursue constant pleasure. This is a big American problem, as we are addicted to entertainment, seekers of pleasure, and revel in an "I deserve" mindset. For Gideon, after his big military conquest, he decided to retire to a life marked by "me time." Rather than finding a hobby or serving others, he turned his house into a Playboy mansion. His pursuit of constant self-gratification corrupted his life.

Enjoying pleasures in life is not the problem, but when it is our constant pursuit, we fall into a trap. Plus, the paradox of hedonism reminds us that, the more we seek pleasure, the less we find it.

If you can relate with any of this, consider focusing less on "what do I want" and more on "what does God want." And, never forget, the person who can destroy you the quickest and easiest is you. This is why people can rule corporations and countries but not their pants or addictions. Here is my encouragement: Pursue the Lord, and you will get pleasure; pursue constant pleasure, and you will get neither. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.

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NEIGHBOR

LIPOVAC crowned

Wins National American Miss Iowa Teen state pageant



Norah Lipovac was crowned queen at the National American Miss Iowa Teen Iowa state pageant.

Norah Lipovac, daughter of Jon and Amy Lipovac, was crowned 2024 National American Miss Iowa Teen Queen at the state pageant held June 28-30 at the LaVista Conference Center in Omaha, Nebraska. She received her official state crown, banner and trophy. She also received a special invitation to compete at the National Pageant held during Thanksgiving week in Orlando, Florida.

Lipovac was also honored for Best Resume and winner in several categories including Top Model, Casual Wear, Fun Fitness, and Runway. Her activities include Wilson College of Business ambassador, designing her clothing, Salt Ministry and snowboarding. Her sponsors for the pageant were Furniture Source, family and friends.

The National American Miss Pageants are dedicated to celebrating America's greatness and encouraging its future leaders. Each year, the National American Miss Pageants awards \$1.5 million in cash, scholarships and prizes to recognize and assist the development of young women nationwide. National American Miss is dedicated to developing the success of young women across our nation with a program that is designed to be age-appropriate and family-oriented. Pageants are held in each state for girls ages 4 to 24 in six different age divisions. Makeup is not allowed on contestants 12 and younger.

The pageant program is based on inner beauty, as well as poise and presentation, and offers an "All American Spirit" of fun for family and friends. Emphasis is placed on the importance of gaining self-confidence, learning new skills, learning good attitudes about competition, and setting and achieving personal goals. The pageant seeks to recognize the accomplishments of each girl while encouraging her to set goals for the future. ■



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How to Ease Back-to-school Anxiety



1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



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HOMETOWN for life

Leininger has made a legacy in Adel.



Dennis Leininger returned to live in his hometown and gives back to the community in many ways.

It would be a tall task to find someone who cares about Adel more than Dennis Leininger.

Leininger grew up in town in the 1950s and 1960s, living in two different houses with his family. It was an idyllic childhood, one where he felt happy and safe. Leininger remembers his school years being “phenomenal.” He and Mayor Jim Peters often talk about how blessed they were to have grown up in Adel.

After graduating from ADM High School in 1970, Leininger moved away for college and then to start his career. He lived in Des Moines for 20 years before deciding to get back to his roots.

He returned to the community around 2000, and his affinity for Adel has since been cemented.

“It was like coming home,” Leininger says. “Even though it’s different, it’s the same.”

The convenience of living in Adel is hard to beat, he says, adding that his doctor, dentist, chiropractor, bank, you name it, are all local.

“Everything I need is literally within three minutes of my house,” he says.

Every time he goes to Fareway, which Leininger jokes is “like a community center,” he sees at least a few people he knows.

“I like that,” he says. “It makes you feel connected.”

In 2017, Leininger was named Adel’s Citizen of the Year. The recognition was the result of Leininger’s many involvements in the community. He was instrumental in the improvements made to the Oakdale Cemetery as part of the Oakdale Pride group, donated a new cooler to the Adel Food Pantry and body cameras to the Adel Police Department, helped spearhead the lighting of the Christmas tree on the courthouse lawn ... and the list goes on.

In more recent years, Leininger founded Blue Kindness, a nonprofit group that supports Adel police officers’ ability to perform scattered acts of kindness in the community.

Leininger has done so much for Adel that, in 2021, he received a “Key to the City” — an award presented by the mayor to distinguished residents and individuals to honor their substantial contributions to the City of Adel and its residents.

Leininger is humble in receiving these recognitions. He simply loves Adel and seeing how supportive everyone is of each other. In fact, he says it’s because of the support he’s received from the city and fellow citizens that he’s had the opportunity to give back to Adel in the ways he has.

“I’m very thankful for that,” Leininger says. “It’s been so great to have Adel.” ■



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MILLION Motors

Car shoppers save on used vehicles.

A car dealership in Adel, Million Motors, started with just five cars in the lot in 2018.

Since then, the business has expanded, selling more than 1,000 vehicles since establishing itself on Fairgrounds Road in Adel.

Yet, Million Motors is not a typical car dealership. Owner Tyler Miller explains how his customers save money.

The cars they offer are rebuilt-title vehicles. A rebuilt vehicle can be from a number of reasons — damage from storms, accidents or non-collision damage, such as theft recovery.

These salvage cars, which may be considered “totaled” by the insurance company, are then repaired in-house by contractors under transparent conditions. This transparency makes the business successful.

“We fix the vehicle and provide a photo history with the previous damage,” Miller explains. “There are no secrets.”

The result is that customers save from 20-30% on a rebuilt vehicle. Miller says there’s typically a stigma about rebuilt titles.

“Some cars have been repaired incorrectly. Not ours. We give ‘rebuilt’ a good name, offering quality vehicles on all repairs done in-house.”

Miller is originally from California and moved to Des Moines to play football for Grand View University. He earned a business degree, aspiring to own a business. He worked with a Des Moines area car dealer who taught him the ins and outs of rebuilt titles.

When it came time to open his own business, he learned about Adel through word of mouth and found the overhead costs lower in Adel.

He joined the Adel Chamber as a way to get involved in the community. Through his chamber connections, he discovered other local businesses.

For example, he’s brought his vehicles to Adel’s Tiger Tire for alignments and to Alley Auto and Big Deal for various vehicle-related services.

“One great thing about the Chamber is the amount of local support they provide to small businesses,” he says. “Adel is awesome, and the cool part is that the community all works together.”

Throughout the years, the business has expanded, and Miller has grown his team. He sells numerous vehicles via his website, www.millionmotorsusa.com. Despite the business being located in an industrial zone, business is booming as folks want to save money on their rides, he says.

Miller says Adel is a family-friendly community, and he has gotten to know chamber members and other folks he works with frequently, such as the title folks in the courthouse.

“It’s a dream come true, starting a small business to help others in a small town I get to call home,” he reflects. “I’m living the dream.” ■

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



Tyler Miller, owner of Million Motors

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Adel PARTNERS CHAMBER OF COMMERCE

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was held Aug. 10.



Adel American Legion



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Adel Boy Scouts Malachi Riedemann,
Emerson Reidemann and Mason Renner



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Barbara Scheetz and Marcia Holstad,
Adel Vision Clinic



Citizen of the Year Carole
Schlapkohl



Retired Adel Chief of Police
Gordy Shepard



Pam and Jim Peters, Adel Mayor



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Alexis Stine

OUT & ABOUT



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Grace Lutheran Church



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