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ADM SCHOLARSHIP FOUNDATION STUDENTS OF THE MONTH

Another year is well underway at ADM Schools. About 175 teachers gathered for an all teacher and staff breakfast on Aug. 16 to begin the school year. The new teachers were welcomed in preparation for their coming assignments. Again this year, teachers and/or coaches of ADM will designate students to be acknowledged for their accomplishments in specific fields. Last year, e-sports was added on a quarterly basis, and now, in 2024-2025, boys and girls bowling is included. There are 24 different Student of the Month categories throughout the year depending on the activity season.

The following lists the category of achievement, the student's name(s) and the local business that has sponsored them in the month of September.

- **Student of the Month:** London Warmuth, Raccoon Valley Bank
- **Kiwanis:** Ella Goodrich and



Ella Goodrich was one of the September ADM Kiwanis Student of the Month. Club members Jodi Luellen and Jim Marshall presented her with a certificate and gift card at the Sept. 17 Club meeting at Patrick's Restaurant.

Payton Taylor

- **Fine Arts:** Marching Band, Soila Winter and Aubree Timmer (drum majors), Lincoln Savings Bank

- **Football Players of the Week:** Fuller Petroleum Service, Inc.

Week One: Corbin Reed and

Grant Engleman

- Week Two:** Wyatt Schweiger and Grant Jansen

- Week Three:** Brayden Rynearson and Hudson Shull

STUDENTS, ON BACK

ADEL WEATHER FORECAST

FRIDAY HIGH 77 | LOW 56 Pleasant with plenty of sunshine

SATURDAY HIGH 92 | LOW 49 Mostly sunny, windy and hot

SUNDAY HIGH 78 | LOW 54 Sunny, windy and cooler

MONDAY HIGH 76 | LOW 42 Nice with plenty of sunshine

TUESDAY HIGH 77 | LOW 46 Warm with plenty of sunshine

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FROM THE PUBLISHER

SHOES ON, OR SHOES OFF?

Do you take your shoes off when you enter your home? Or do you wear them around the house the same way you do outside?

I used to think the answer to this question mirrored the answer to whether you make your bed every morning or not, wash your car every week or not, or make to-do lists or not. Today, I think the answer to the shoes on or shoes off question has more to do with something else. I will get to that in a moment.

I realize, as most of you do, that our habits are formed by what our parents made us do, or not do, repeatedly. In my childhood home, all shoes were taken off at the door. There were no exceptions. If any of us even attempted to sneak in with shoes on, we would be the ones on our hands and knees washing the kitchen floor for a week. There were rules, and there were consequences — and mom was the judge, jury and executioner.

I simply thought this was the rule in every household. So, when

I went to other people's homes, the first thing I did was take off my shoes. Even if my friends' mothers or fathers told me not to worry about it, I still did it. I think I worried that Mom might find out, and I didn't want to wash any more floors.

Jolene's parents had the same rule and were equally strict about it, so this easily carried over into our home. The irony was, when her parents would visit, they would wear their shoes inside our home — until I pointed out the rules and consequences to them. They didn't want to wash the kitchen floor, either.

What I have now realized is that the overlooked factor in the answer to the shoes on or shoes off question is age. Shoes are not as easy to take on or off as we get older. That whole balancing on one foot thing is a trick. My dad used to have a small bench by the door so he could sit down and



take his shoes off. Now, I get it.

Jolene and I are not as particular about taking our shoes off at our door as our parents were. Our shoes are stored in our bedroom closet, and we put them on there and walk through the house. And, maybe not surprisingly, I have a small chair in the bedroom where I sit to put my shoes on. Also, our bare, aging feet don't feel so great on hard floors. An effective alternative we implemented is to don some cozy slippers, at least in the colder months.

I must admit, though, when I go to other people's homes, I take my shoes off at the door. Mom might still be watching, and I don't want to have to wash their kitchen floors.

Have a great week, and thanks for reading. ■

Shane Goodman
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ADEL
Living Weekly

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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
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Des Moines Community Orchestra Concert

DES MOINES COMMUNITY
ORCHESTRA CONCERT

Sunday, Oct. 6, 2 p.m.; pre-concert talk at 1 p.m.
Sheslow Auditorium at Drake University

(Sheslow Auditorium is attached to the north side of Drake's "Old Main" building at 2507 University Ave. in Des Moines.)

The concert will feature two guest pianists from Lyon, France, Haley Myles and Matthieu Bergeau. The program will include Piano Concerto No. 3 by Ludwig Van Beethoven and Piano Concerto No. 2 by Sergei Rachmaninoff. Admission is free. Donations are welcome. A reception will follow the concert. All ages are welcome to attend this family-friendly event.

Other upcoming concerts are:

- **Sunday, Oct. 27**, Halloween Costume Concert, Sheslow Auditorium.
- **Sunday, Dec. 8**, Celebrate & Sing Handel's Messiah, Grace United Methodist Church.
- **Sunday, Feb. 23**, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- **Sunday, May 11**, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium.

For more information, visit
desmoinescommunityorchestra.org.

COVERED BRIDGE FESTIVAL

Oct. 12-13

Winterset and Madison County

Celebrate Madison County's history while also taking in its iconic covered bridges alongside food and art vendors, a car show, a parade and more. Starting at 9 a.m. at the Winterset Square, Winterset. For schedule and more, visit www.madisoncounty.com/covered-bridge-festival-2.

SPIRIT SEEKERS FAIR

Oct. 18

Unity of Des Moines, 414 31st St., Des Moines

Vendors featuring healing arts, intuitive readers, gifts, stones, jewelry and more. Experience a welcoming environment to sample Iowa's rich spiritual community. For more information, visit www.unitydesmoines.com.

KICKING OFF OCTOBER

- **Flannel Fest**, Oct. 5. Local vendors inside the Dogpatch Urban Gardens will be stocked with all things autumn. Dogpatch Urban Gardens, 4600 N.W. 51st St., Des Moines; www.dogpatchurbangardens.com
- **Worldwide Food Truck Tour**, Oct. 5. This food-filled tour stops in Des Moines with a wide range of food trucks and entertainment for the whole family. Cowles Commons, 221 Walnut St., Des Moines; worldwidefoodtrucktours.com ■

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Funeral notices can be emailed to tammy@iowalivingmagazines.com

BONNIE LOU BOWLES

Bonnie L. Bowles was born in Albert Lea, Minnesota, on Jan. 26, 1936. She was raised and educated in Rowan. After high school, Bonnie attended the American Institute of Business (AIB) in Des Moines. On Aug. 25, 1957, she married Andy J. Bowles from Adel.

Bonnie worked in several locations as an administrative assistant prior to starting a family, when she became a devoted wife, mother, grandmother and great-grandmother.

Bonnie was a long-time member of the De Soto United Methodist Church in De Soto. Her interests included cooking and baking, gardening, crafts, playing bingo, and spending time with family and friends.

Bonnie died Sept. 27, 2024, at Azria Health in Winterset, where she had been a resident for more than seven years. She is preceded in death by her parents; brothers, Doede Harms and Bill Lockett; sister, Violet Pohlman; and son-in-law, Michael Wonderlin.

Bonnie is survived by Andy Bowles, her husband of 67 years; sons, Jerry (Sheri) Bowles and Alan (Stacey) Bowles; daughter, Beth Wonderlin; seven grandchildren and seven great grandchildren. A funeral service was held Oct. 1 at the Caldwell Parrish Funeral Home in Adel. Interment followed in the Oakdale Cemetery in Adel. Memorials may be left to the De Soto United Methodist Church in DeSoto. Online condolences may be left for the family at www.caldwellparrish.com. ■



THOMAS 'TOM' WALTER HARBISON

Thomas "Tom" Walter Harbison, 76, died Sept. 26, 2024, at Independence Village in Waukee. He was born in 1947 in Waynesville, Missouri. Tom graduated from El Dorado High School in Arkansas and Oklahoma State University with a degree in agriculture economics. He also served in the Reserves.

In 1969, Tom married Jeanne Mauk. The two shared 55 years, traveled, built a family and shared a lifetime of memories. Tom dedicated much of his career to agriculture banking, working with Wells Fargo and Farmers Hybrid before ending his professional life at the Small Business Administration (SBA). He spent 17 years as a scoutmaster, guiding young boys on countless adventures, including a memorable trip to Philmont Scout Ranch in Arizona and the Boundary Waters in Canada. He enjoyed spending time with his grandchildren, playing golf, hunting, fishing and embracing the outdoors, especially in the mountains.

Tom is survived by his wife, Jeanne; children, Heather, Jay (Jen), and Ross (Laura); grandchildren, Brock, Hannah, Quinn, Tommy and Leila; sisters, Sue Harbison and Jane (Russ) Jackson; and many extended family and friends. He was preceded in death by his parents.

Visitation was Oct. 3 at Caldwell Parrish Funeral Home, Adel Chapel. Funeral service is at 10:30 a.m., Friday, Oct. 4, at the First Christian Church in Adel. A private family burial will take place at a later date in the Oakdale Cemetery. In lieu of flowers, memorial contributions can be made to Mid-Iowa Council, Scouting Foundation. Online condolences may be left for the family at www.caldwellparrish.com. ■



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JEAN SCHNOES

Jean Marie Schnoes, 66, died Sept. 26, 2024, at the Clarksville Skilled Nursing and Rehabilitation Center in Clarksville after many years of medical issues with her neurodegenerative disease (olivopontocerebellar atrophy) that resulted in progressive deterioration of the nerve cells in her brain.

Jean was born on April 8, 1958, in Charles City and graduated from Clarksville High School in 1976. She graduated with her accounting degree at the University of Northern Iowa in May 1980. She worked at several accounting positions before retiring from Wells Fargo due to her health. She met Mike Schnoes while working in Des Moines, and they were married on May 19, 1984. After living in West Des Moines for a number of years, she and Mike moved to an acreage outside of Adel, where they enjoyed the country life, planting a garden every year and harvesting fruits from their many fruit trees. Jean also loved ice cream, which worked well with their purchase of the Waukee Ice Cream Shoppe.

Jean is survived by her brother, Mike, and his wife, Vickie, who took care of her during her final years at the Clarksville nursing home; brother-in-law, Rob, and his wife, Sandy; nieces and nephews: David Miller (Ambarlee), Chris Miller (Jennifer), Sarah Lodge (Luke), Adam Schnoes (Jeannie), and Joe Schnoes (Clara), as well as other relatives and her church friends and neighbors from the Adel area. She was preceded in death by her parents; her husband, Mike; and in-laws Leo and Jane Schnoes, Rick Schnoes and Teresa Schnoes.

Mass of Christian burial will be held at 10:30 a.m., Friday, Oct. 4, at St. John's Catholic Church in Adel with family greeting friends one hour prior beginning at 9:30 a.m. Burial will follow in the Booneville Cemetery. Memorial donations can be made to Cedar Valley Hospice in Waterloo. ■



KATHLEEN 'KATHY' ANNE MARSHALL

Kathleen "Kathy" Anne Marshall, 74, died Sept. 23, 2024. She was born April 1, 1950, in Colorado Springs, Colorado, and grew up in Des Moines, where she attended St. Pius X Catholic School and graduated from St. Joseph's Academy in 1969. She married John Carl Marshall on Jan. 5, 1990, in Des Moines. They spent their lives together in Adel until John's death on Feb. 10, 2017.

Kathy was a member of De Soto Calvary Baptist Church. She loved cats, Faith Hill, the color green, and her Irish heritage. Kathy made sure everyone received greeting cards for birthdays and thank-yous and thinking-of-yous.

Kathy is survived by three children and their families: Raymond Banks, John Parcel and Coleen Carper; five siblings, Dennis (Peggy) Strode, Eileen (Kevin) Kehoe, Rick (Vivian) Strode, Margaret (Jeff) Berry and Mary Strode Pals; and a number of nieces and nephews.

She was preceded in death by her husband, John Marshall; and her parents, Thomas and Dorothy Strode.

Visitation was Oct. 2 at Caldwell Parrish Funeral Home in Adel, followed by a graveside service at Iowa Veterans Cemetery in Adel, where Kathy was laid to rest with her husband, John. ■



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RECIPE

HOMEMADE MEALS TO TACKLE TAKEOUT CRAVINGS

(Family Features) Many busy weeknights come down to one decision for frazzled families: cook at home or give in to takeout cravings. Instead of stressing over a decision, enjoy the best of both worlds and make Asian-inspired dishes from the comfort of your own kitchen.

Featuring a blend of chilled, freshly chopped vegetables; ready-to-eat, pre-cooked noodles; gourmet dressing sauce; and crispy toppings, Fresh Express Hot or Cold Salad and Noodle Meal Kits offer two meal options in every bag — hot or cold — so you can make your salad, your way. Available in Teriyaki, Asian Sweet Ginger and Korean Sesame flavors, they're the perfect inspiration for making takeout-style dishes at home.

Consider this Marinated Teriyaki Steak with Teriyaki Noodle Salad recipe, which combines juicy steak with crisp vegetables and pre-cooked Udon noodles for the ultimate at-home comfort food in an effortless meal. ■

MARINATED TERIYAKI STEAK WITH TERIYAKI NOODLE SALAD

Prep time: 1 hour

Cook time: 24 minutes

Servings: 4

Ingredients:

- 1/2 cup dark soy sauce
- 1/2 cup brown sugar
- 1 tablespoon Sriracha sauce
- 1/2 cup unsalted chicken stock
- 1 pound flank steak
- 1 tablespoon sesame oil
- 1 bag (16.9 ounces) Fresh Express Hot or Cold Teriyaki Salad and Noodle Meal Kit

Directions:

In saucepan, add soy sauce, brown sugar, Sriracha sauce and chicken stock; bring to simmer while whisking. Simmer 4 minutes.



Cool mixture down until cool to touch, about 20 minutes.

Slice steak into thin strips and place in bowl. Pour marinade over steak and marinate for 1 hour.

In large pan over medium-high heat, stir-fry steak 2 minutes.

Remove steak from pan and allow to rest.

In same pan used for steak, add oil and cook hot or cold kit according to instructions on bag.

Add steak back to pan and stir to incorporate.

Garnish with toppings from hot or cold kit and serve.

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About David Young

David is a seventh-generation Iowan born and raised in Van Meter where he resides today.

He is a graduate of Drake University where he currently teaches.

David previously served as U.S. Congressman for Iowa's 3rd Congressional District and sponsored legislation passed into law to help our veterans, farmers, small business owners, teachers, seniors, and Iowa workers and families.

Now, in the Iowa House, David is continuing his work to make our community a better place to live. As an Assistant Majority Leader, David is working to keep our streets safe, strengthen local schools, and lower taxes on hardworking Iowans.

- ✔ **Safer Communities**
David is a proven supporter of law enforcement and always backs the blue. He helped pass legislation to fight human and drug trafficking.
- ✔ **Stronger Schools**
David is a strong advocate for our local schools and parents. He voted to increase teacher pay, refocus K through 12 curriculums on the basics, and expand access to childcare.
- ✔ **Lower Taxes**
David will continue to vote for lower taxes and fight to eliminate wasteful government spending to lower inflation and the cost of essentials – from groceries to gas.



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DALLAS COUNTY COAT GIVEAWAY

The Dallas County Coat Giveaway will be held Saturday, Oct. 12 from 9-11 a.m. at Adel First Christian Church, located at the corner of Highway 169 and Rapids Street. More than 300 new coats and 100 gently used coats in sizes infant through adult will be available. In addition, the Clothes Closet will be open.

The Coat Giveaway focuses on coats for residents of Dallas County and rural surrounding communities, though everyone is welcome. It is sponsored by the Adel Rotary, the Adel Women's Club, the Knights of Columbus from St. John's Church, and the Adel Christian Church. Everything is free. ■

A SAFE AND HEALTHY HALLOWEEN

"We don't scare. We care!" Enjoy a Halloween event at Dallas County Hospital on Friday, Oct. 25, 5-6:30 p.m. Go to the north entrance. ■

STUDENTS, FROM FRONT

- **Volleyball:** Callie Seehase, Patrick's Restaurant
 - **Cheer:** Annika Hillmer (for leadership), Adel Rotary Club
 - **Boys Cross Country:** Dain Holdmeyer, Fareway Stores
 - **Girls Cross Country:** Ella Goodrich, Adel TV & Appliance
- ADM Scholarship Foundation thanks the local businesses for their recognition of the students and for their contributions to the Foundation.

Each year at commencement, scholarships are granted to qualifying seniors graduating from the ADM School District going on to post-secondary education. All contributions given to the Foundation are invested, and the income is used to provide the scholarships. The amount of \$947,500 has been given in scholarships to 967 students since the Foundation's inception in 1985. More information may be found online at www.admscholarshipfoundation.com. ■

ADM SPORTS SCHEDULE

Friday, Oct. 4

7 p.m. **Football:** Varsity vs. Des Moines North

Saturday, Oct. 5

8 a.m. **Volleyball:** Varsity Invitational @ Urbandale

Monday, Oct. 7

5 p.m. **Football:** Freshman @ Des Moines North

5:30 p.m. **Football:** JV @ Bondurant-Farrar

Tuesday, Oct. 8

4 p.m. **Esports:** Varsity vs. Urbandale

5:15 p.m. **Volleyball:** Freshman vs. Bondurant-Farrar

5:15 p.m. **Volleyball:** JV vs. Bondurant-Farrar

7:15 p.m. **Volleyball:** Varsity vs. Bondurant-Farrar

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