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NOVEMBER 2024

ADEL

# Living

MAGAZINE

## ON THE

# Map

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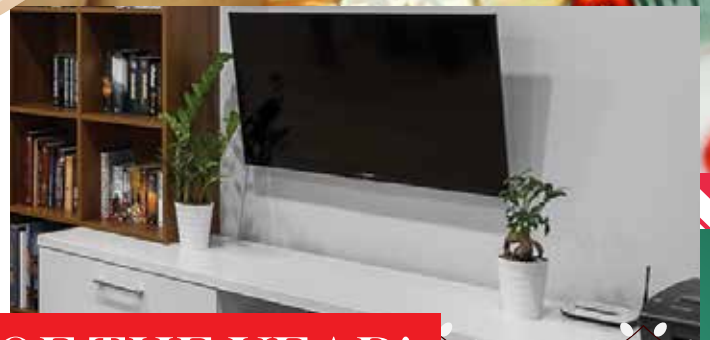
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WELCOME

# BINDING one generation to another

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.

Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share many of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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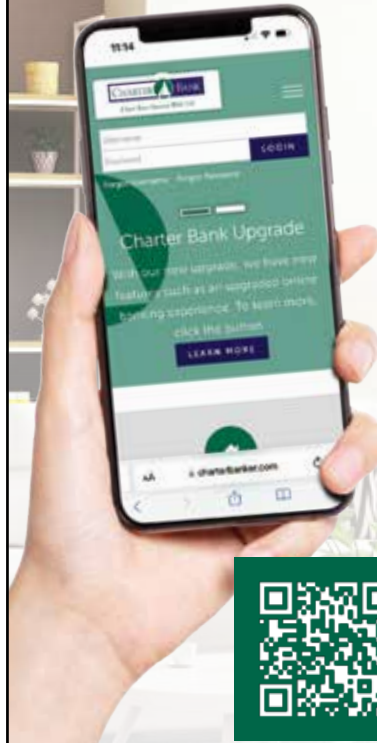
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# ON THE

# Map

Landmarks add to Adel's character

By Rachel Harrington

A historic courthouse and square, brick streets, Victorian homes, grand churches, monuments. Adel abounds with well-known sights — the landmarks that are part of the community's lore and character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As houses, businesses, street scenes change with the times, the landmarks remain steadfast reminders that Adel is one of a kind. While most of the city's landmarks have been known for years and even generations, the community continues to add to its notable sights. Three of the newest to the list are featured in this month's cover story.

# THIS IS ADEL



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Rebecca Hillmer and Elizabeth Holland say the interactive mural downtown draws a lot of attention and features many of Adel's attributes. Featured in the center of the mural is Nile Kinnick. Photo by Rachel Harrington





A QR Code can be scanned so viewers can see the interactive aspect of the mural. Photo by Rachel Harrington

## Interactive mural

Nothing seems to bring a community together better than a project that highlights the best that the community has to offer. The Adel Arts and Trails Committee was aware that Adel residents had long wanted, and asked for, a mural in the downtown area. Unfortunately, several obstacles would need to be overcome to make it a reality. With downtown buildings on the National Register of Historic Places, the committee knew it had to maintain the integrity of downtown Adel's history. They would have to get creative with the "how" of a mural. Cost and future maintenance were other factors to consider.

"We found a way to preserve the buildings as they are and add a mural that would highlight the best of the community," Rebecca Hillmer says. "A vinyl mural could be adhered to a wall without damaging the building. It can be removed by a high powered pressure washer."

The Arts and Trails Committee set to work, partnering with Lashier Graphics and Vaezr Studio to design and develop a mural that includes pictures from a variety of groups and parts of the community. The result came together quickly.

"The process didn't take too long," Hillmer says. "We started around December 2023 and had around three months of meetings. After giving approval for the design, it only took about a month to get it made."

The mural was finished, and a ribbon



Mike Vaniten (project manager), Tyler Jensen, Curt Cable and Dylan Graber completed the wooden railings on the RRVT lighted bridge at Adel. Photo by Rachel Harrington

cutting was held on May 8. Visitors can enjoy the interactive aspect of the mural by scanning a QR code located on an adjacent wall or on a bench in front of the mural. The activation includes fireworks, the ADM marching band playing the ADM school song, and the option of including a selfie or photo of your choice in the mural.

Elizabeth Holland, who spearheaded gathering the photos that appear on the mural, adds, "We've had big storms since it was put up, and it hasn't been bothered by them."

If they get three years out of the vinyl material, it will be a success, Hillmer says, adding that the committee can update and make a new one in the future if they need to.

"Part of the emphasis was to encourage people to come downtown, and we'd love for people to know that it can be activated," Hillmer says.

The mural displays the image of Nile Kinnick at its center, surrounded by an assortment of photos from around Adel.

"Highlighting the great Nile Kinnick has always been high on our list of to-dos. He was truly an outstanding athlete and human, and he represented Adel and Iowa on the world stage," Holland says. "Additionally, we wanted to focus on things we know citizens are proud of such as our aquatic center, ADM athletics, the Sweet Corn Festival and high-quality schools, and also branch out to include things like our parks, fine arts and the Raccoon River Valley



The RRVT lighted bridge is a stunning sight after sunset. Photo by Mark Hansen

Trail."

Holland shares that she recently drove by the mural and saw a family with a young child posing in front of it as if he were throwing a football.

"It gave me goosebumps. We want people to know Nile was 'Adel-raised' and be proud of that," she says.

## Light shines bright on bridge

Adel's Arts and Trails Committee works to provide enjoyable displays and community-specific projects for the enjoyment of residents and visitors alike. Among these projects is the newly updated lighted bridge on the Raccoon River Valley Trail.

"Putting lights along the bridge was part of a total project begun in 2019," Hillmer says. "Besides adding the lights, we had young helpers and community volunteers plant over 2,000



annuals, trees and shrubs for visitor enjoyment.”

In the summer of 2020, the bridge was first lit with 66 programmable LED color-changing lights.

“The lighted bridge sprung out of a committee vision that was three-fold, including the art pole along the trail and plantings along the trail,” Holland says. “As a committee, we saw what other communities along the trail were doing with art, and we tried to follow suit.”

The lighted bridge was a larger project that took around two years to complete between estimates, configurations and installation. The total cost was approximately \$150,000, and the project was successfully finished with the help of grants, sponsors, donors and fundraisers.

The Arts and Trails committee appreciates the amount of community support it received for this and the other two projects, Hillmer says.

The lights are set up in a red/green/blue format. Because of this format, the committee has the capability to create about five million color combinations along the bridge.

“The first year, we picked a color for each month in coordination with cancer-colored ribbons and holidays. After that year of figuring

out what colors work best, we set a monthly routine for the colors. We try to honor special requests, such as lighting up the bridge on Oct. 13 with pink, green and teal for metastatic breast cancer awareness. We did blue for Perry Strong after the tragedy in Perry, sky blue for 9/11, pink in October for breast cancer awareness, and green and yellow during Sweet Corn weekend.”

The group tried ADM school colors one year for homecoming week, but quickly discovered that the black just looked like the lights were out, so they decided against doing that in the future.

Throughout this past summer, the bridge was closed due to the need for updates. Crews rebuilt the bridge railings.

“We couldn’t get equipment through the bridge anymore,” Hillmer states.

Mike Vaniten, project manager, says that, when planning updates, his crew had to comply with DOT standards since the bridge used to be a railway and, as such, still falls under the transportation department.

“They wanted it to keep the historic look, so we made new wooden railings,” he says.

The bridge, which was first constructed in 1899, needed to be widened about six inches. The work has been completed, and the bridge reopened for community use.

The Adel lighted bridge is part of the 89-mile Raccoon River Valley Trail Loop, which was recently connected to the High Trestle Trail.

## Tiger pride on display

The ADM Alumni Association takes great pride in supporting the high school. Dana Brown has been on the board of the association for about 10 years and has played a large part in projects that the group has spearheaded.

“The tiger statue in front of the middle school was one of our bigger projects, and I was very involved,” Brown shares.

The project began in 2018 with two large fundraising events with the total funds secured in the winter of 2020.

“A tiger mascot statue had been on our project wish list for quite some time,” Brown states. “We did lots of research. We wanted to focus on it being completely custom-made based on our logo.”

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# FEATURE

An arrangement was made with a family-run artist studio based in Chicago, allowing the benefit that the tiger could be completely custom-made. Fiberglass was the material finally decided upon because it is low-maintenance, clean-looking and modern in appearance.

“They did a lot of renderings and moldings for us to see and tweak,” she recalls. “They created and kept a mold, which is neat because we could then use it again in the future. Another tiger statue was purchased by the alumni association in 2023 and is already complete. Finished and in storage as of January 2024, it can be placed on ADM’s new high school campus in 2027.

“Once the tiger statue was complete, a couple of board members drove to Chicago to pick it up, which was much cheaper than getting it shipped. It took about six months between the down payment until getting the tiger installed. It’s actually not that heavy because it is hollow,” Brown says. “It is about 6 feet long with the tiger face set at nearly eye level.”

Its size was based on the wishes of the board in conjunction with the school district.

“We wanted it to be as big as possible to

make a statement and to look good in photos,” Brown explains. “With size comes cost, so we had to strike a balance between the two.”

Brown shares that, even in the summertime, the tiger statue is a focal point and a meeting place for many individuals and groups. Sports teams sometimes meet at the tiger to begin or end a gathering, and many others in the community “meet at the tiger” before heading to their destination.

“It makes me very happy,” Brown says. “I love that it’s one of a kind and truly a piece of art. A statue of this kind is incredibly special to a high school, especially one of our size.”

Brown says she and her alumni peers are incredibly grateful for how the community got behind and supported the idea of the tiger mascot statue.

“As an association, one of our focuses is creating community pride and connection for the town and the school,” she says. “It was nice that we had this highlight for our community, especially during COVID when the project was really getting going, complete with a parade upon its arrival. It has turned out great in the end. It is one of the biggest projects the alumni association has successfully brought to life.” ■



The tiger statue in front of ADM Middle School was an ADM Alumni Association project that Dana Brown helped spearhead. A mold of the tiger is available and another was created for the new high school when construction is complete. Photo by Rachel Harrington

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# FINDING balance in retirement

As you edge closer to retirement, it is common to feel a bit wobbly. Transitioning from a steady paycheck to managing income from savings and investments is daunting. It's similar to my daughter Jayce on the balance beam — one misstep can throw off everything. Just as she has to navigate her routine with precision, pre-retirees need to handle their retirement savings with care.



Watching her compete is thrilling but nerve-racking. She has one shot to execute her moves flawlessly. Similarly, in retirement, you can do many things right, but one misstep can have significant consequences. This parallel drives home the importance of having a comprehensive retirement plan.

Record inflation, fluctuating markets, and rising health care costs can make you feel off balance. Picture sitting in a coffee shop discussing how much more a cup of coffee costs compared to a few years ago, followed by a

trip to the grocery store where prices have also surged. And don't forget replacing a vehicle, which costs significantly more now than it did five years ago.

Watching your retirement accounts fluctuate wildly can be unsettling. Your 401(k) and IRA are crucial for sustaining your lifestyle, but how do you make sure they can withstand market ups and downs? How do you create a portfolio that's resilient enough to deliver consistent income despite recessions?

The latest estimates show that a 65-year-old retiring today could spend \$165,000 in out-of-pocket costs to cover medical expenses in retirement. These are only a few examples of the financial pressures pre-retirees face.

Our planning process includes developing a long-term retirement income strategy and an "Income for Now and Income Forever" plan. We help pre-retirees segment investments into different "buckets," each with specific goals. An "Income Now" bucket, invested conservatively, provides immediate income. A second bucket, with a moderate risk profile, replenishes the first. Finally, a third, longer-term growth

bucket helps combat inflation and medical expenses.

On average, recessions occur every five to six years, meaning they will likely be a part of your retirement experience, but they don't have to knock you off course. You can prepare for market volatility before it happens by building a recession-resistant portfolio that doesn't rely solely on the stock market.

To sum up, just as Jayce finds balance on the beam, you can find balance as you head to retirement with careful planning and execution. This will help you avoid missteps, stick the landing, and retire with confidence. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Fidelity Investments® Releases 2024 Retiree Health Care Cost Estimate as Americans Seek Clarity Around Medicare Selection (2024, August 08) Accessed October 10, 2024. <https://newsroom.fidelity.com/pressreleases/fidelity-investments--releases-2024-retiree-health-care-cost-estimate-as-americans-seek-clarity-arou/s/7322cc17-0b90-46c4-ba49-38d6e91c3961>



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## ANTHONY FLORA

Adel

**Military branch:** U.S. Army

**Rank:** E6

**Service:** 1990-2013

**How can Americans best honor veterans?**

*"Show you them you appreciate them."*

— Anthony Flora



## STEVE KELLER

Adel

**Military branch:** Air National Guard then Air Force

**Rank:** E5/Staff Sgt.

**Service:** 1963-1970

**How can Americans best honor veterans?**

*"Show them how much you appreciate what they gave.*

*Some gave some, and some gave all." — Steve Keller*



## MIKE GILES

Adel

**Military branch:** U.S. Army

**Rank:** Sgt. First Class

**Service:** 1990-2014

**How can Americans best honor veterans?**

*"Support organizations that help veterans and honor anyone who puts others before self, such as police, firefighters and medics. They are all heroes." — Mike Giles*



## JIMMY J. MCDOWELL

Adel

**Military branch:** U.S. Army, then Iowa National Guard, also worked for the Army Recruiting Office and the VA Hospital as a civilian after retirement.

**Rank:** Sgt. First Class

**Service:** 1976-2005

**How can Americans best honor veterans?**

*"We can honor our veterans best by teaching the young of our history, the importance of the freedoms that we enjoy in this country, and the importance of defending our country."*

— Jimmy J. McDowell



## THOMAS WALTZ

Adel

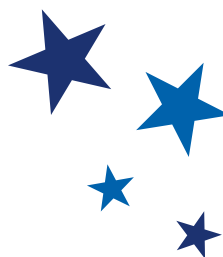
**Military branch:** U.S. Navy

**Rank:** Electronics Tech Third Class

**Service:** 1966-1970

**How can Americans best honor veterans?**

*"Honor and respect them. Adel does a good job of this." — Thomas Waltz*





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Adel  
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Service: 1969-2003



**JIM MARSHALL**  
Adel  
Military branch: U.S. Navy  
Rank: Chief Petty Officer (E-7)  
Service: Deployed 6 times, 1956-1975. Department of Defense Spirit of Hope Award



**PHIL ANDEBERG**  
Adel  
Military branch: U.S. Navy  
Rank: Hull Tech Second Class  
Service: 1971-1975



**JOSH WILLS**  
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Military branch: U.S. Air Force  
Rank: Master Sgt./E7  
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Adel  
Military branch: U.S. Air Force and U.S. Army  
Rank: Chief Warrant Officer 4  
Service: 1967-2002  
How can Americans best honor veterans?  
"Support veterans in any way you can. Help those with PTSD. Contact the VA and help how you can." — Kent McAdon

## RAYFORD STANES

Adel  
Military branch: U.S. Air Force  
Rank: E6/Tech Sgt.  
Service: 1971-1991  
How can Americans best honor veterans?  
"Show up and say how much you appreciate what they've done." — Rayford Stanes



## JERRY BOND

Adel  
Military branch: U.S. Marine Corp  
Rank: First Lt.  
Service: 1969-1971  
How can Americans best honor veterans:  
"Stand behind them and give lots of support. Support the VA." — Jerry Bond



# CHRISTENSENS keep saying 'yes' to Adel

Want to make an impact in the community they call home

More than 30 years ago, Del and Deb Christensen moved to Adel, and they knew from the start that they wanted to be involved in the community.



“We’ve always believed that a community is not just a place to live, but a place where we contribute to the culture and vibrancy of the people that we’re neighbors with. We want to make an impact,” Deb says. “Ever since our daughter was small, we were Girl Scout leaders, and we’ve volunteered with the church. It’s just living in your community and being a part of it.”

After Del initially became involved, it led to more and more ways to pitch in.

“I’ve been part of the Adel Concerned Citizens Committee for the better part of 30 years now,” Del says. “I’ve been on the Adel Parks and Rec board, I guess I’m going into my fifth year now. Prior to that, I also had been in the Adel Rotary Club for 24 years. So, I did a lot of volunteering through Rotary. I served on the Raccoon River Watershed Association before that.”

Both Del and Deb have also volunteered at the historic Salisbury



Bob Grove, Edward Jones, presents the Good Neighbor certificate to Del Christensen, who accepts on behalf of himself and his wife, Deb.

House in Des Moines, a century-old home and museum. Their interest in preserving history has led them to also become involved locally.

“I serve on the Adel Historic Preservation Commission. I started there somewhere around 2010. I served for 11 years, then I was off for one year, and then I rejoined and have been on since,” Deb says. “I belong to Questers. And I’ve volunteered with the museum.”

Del recalls his involvement in helping to bring internationally renowned singer and native Iowan Simon Estes to Adel for a patriotic concert in 2002.

“To me that was a big event that we were able to pull off thanks to a lot of volunteers pitching in to make it happen,” Del says.

Besides helping the community, the couple has found volunteerism to be personally rewarding, too. They find joy in being deeply engaged in the local culture and events.

“It gives you a chance to meet new people that you might not have otherwise interacted with,” Deb says. “It’s eye-opening.”

The Christensens hope they can inspire others to become involved, both to support the community and for the fun of it.

“We need that next generation to see the value in stepping forward and pitching in,” Del says.

When asked about their volunteerism plans going forward, the Christensens say they are unlikely to cut back anytime soon.

“Volunteerism isn’t something that I planned. I just do it,” Deb says. Del agreed.

“I guess for the most part, we’ve just never learned to say ‘no,’ when we’re asked to do things,” Del says. ■

**Edward Jones** > edwardjones.com | Member SIPC

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# GRACE Lutheran Church celebrates 25 years

A key part of the Adel community



The 25th Anniversary planning committee: Brandi Jensen, Trent Holmburt, Anika Hilmer, Carole Erickson-Schepers (chair), Pastor Tania Schramm, Craigh Poldberg, Sandra Christensen and Kim Nordquist (chair). Not pictured: Breanna Duff

Grace Lutheran Church is marking a big milestone — 25 years of being a pillar of faith, service and community in Adel. The celebration offers a chance to look back on the past and embrace the future with hope and vision.

In 1999, the church signed its charter, which is a formal recognition from the Evangelical Lutheran Church in America (ELCA).

The church's anniversary celebration has been a year-long event, kicking off in January. From new t-shirts and sweatshirts to commemorate the occasion, to acts of service highlighted throughout the year, the celebration has offered numerous ways for the congregation to take part.

One of the most symbolic aspects is the wooden tree in the church's entryway. Members have been invited to write down acts of service, big and small, on paper hearts and hang them on the tree.

"The tree is full of hearts now," Pastor Tania Schramm, who has been leading the

congregation for the past two years, says.

Each heart represents an act of kindness, such as shoveling a neighbor's walkway or providing meals to those in need.

Another important part of the celebration has been the sharing of personal faith stories. Members contributed these throughout the year, with each reflecting on moments in their lives when they deeply felt God's presence.

"It's been really moving to read these stories," Schramm says. "Some give their whole life story, and some people gave a particular moment or period of time in their life when they felt God's presence."

A picnic on Sept. 15 was a highlight of the anniversary year. The church welcomed back former pastors, staff and charter members, as well as special guests, including representatives from the Southeastern Iowa Synod.

Grace Lutheran's involvement in the community is a cornerstone of its mission. The church's Garden of Grace is one such example, with all the produce grown there going to the Adel Good Samaritan, Waukee, Greater Des

Moines and Redfield food pantries.

Schramm says the church's ongoing commitment to serving the community continues.

"We continue to listen to where God is calling us," she says, pointing to the church's partnerships with organizations like the Adel Ministerial Association and the continued growth of the garden ministry.

As the community evolves, particularly with the anticipated development of a new high school nearby, Grace Lutheran Church remains dedicated to being a place of love, service and connection for all who walk through its doors.

"We welcome everyone," Schramm says. "We worship, we learn, we connect, we care for each other, and we serve the community in love."

The 25th anniversary has been a time for reflection, gratitude and excitement about the future. While there may not be grand plans for what's next, Grace Lutheran Church is ready to continue its mission — preaching, teaching and reaching out with the love of God. ■

# THE IMPORTANCE of local banking

Local banks play a crucial role in the economic and social fabric of communities. Unlike large, national financial institutions, local banks are deeply rooted in their neighborhoods, often



staffed by people who understand the community's unique needs. This connection fosters a sense of trust and reliability that can be difficult to find elsewhere.

One of the most significant advantages of a local bank is its personalized service. When you walk into a local branch, you're likely to be greeted by familiar faces — bankers who know your name and understand your financial situation. This relationship allows for tailored advice and services that larger banks may not offer. Whether you're seeking a loan for a small business, a mortgage for your first home, or simply guidance on savings, local bankers can provide insights that are

relevant to your community's specific economic conditions.

Moreover, local banks often have a vested interest in the success of their customers. They are more likely to lend to individuals and businesses they know and trust, which can make obtaining financing easier for community members. This local lending contributes to economic growth by supporting small businesses that create jobs and foster innovation. When local banks thrive, so do the communities they serve.

Additionally, local banks tend to reinvest a significant portion of their profits back into the community. This can include funding for local projects, scholarships for students, and support for non-profit organizations. The result is a stronger, more vibrant community that benefits everyone.

The importance of local banks also extends to their responsiveness during times of crisis. Whether it's a natural disaster or an economic downturn, local banks are often more agile and can quickly adapt their services to meet the urgent

needs of their customers. This local knowledge and commitment can make a significant difference in recovery efforts.

Furthermore, using a local bank strengthens community ties. It fosters a sense of belonging and mutual support, encouraging individuals to invest in their neighborhoods. When you know the people behind your bank, you're more likely to feel invested in the community as a whole.

In conclusion, local banks are essential not just for their financial services, but for the relationships they cultivate and the support they provide to their communities. By choosing to bank locally, individuals can contribute to a stronger, more resilient community, benefiting everyone in the long run. ■

Information provided by Tim Canney, Business Development Officer, Sr. Mortgage Lender, Lincoln Savings Bank, 312 Nile Kinnick Drive, Adel, 515-993-5663, timc@mylsb.com, www.mylsb.com/adel.

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**Tim Canney** Business Development  
**Kristi Fuller** Branch Manager  
 (515) 993-2097





# HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

## WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

## HOW DO I SCHEDULE AN APPOINTMENT?

**Call 515-987-0051.** We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



**Waggoner Pediatrics of Central Iowa**

Call today to schedule your child's appointment!

**515-987-0051**

2555 Berkshire Pkwy, Suite A, Clive

**waggonerpediatrics.org**



# Locally owned ADEL

Adel Living magazine salutes locally owned businesses. When you patronize these establishments, you are greeted by neighbors and friends — people who live in the community and invest in their livelihood here. They support local causes, are involved in area activities, and are dedicated to the success of the the town they live in. And, more of the money you spend at locally owned businesses stays in the community. Thank you, local business owners for helping to make your community a wonderful place to live.



## BALDON HARDWARE

**OWNERS:** Tim and Karen Baldon  
**ADDRESS:** 409 S. 6th Street, Adel  
**PHONE:** 515-993-4113  
**WEBSITE:** Baldonhardware.com

Locally owned  
ADEL



Take a stroll through Baldon Hardware in Adel, and you will find thousands of essential items, including lawn and garden supplies, paint, household products, plumbing, electrical, and automotive supplies, as well as screen and window repair services. Owners Tim and Karen Baldon, along with their friendly and knowledgeable staff, are ready to fulfill their customers' hardware and household needs.

Baldon Hardware was established in 1981 by Tim's parents, Fred and Jo Baldon, who called him while he was attending Iowa State University and told him they were purchasing Gowin Hardware and needed him to manage it. The store was located on Main Street until 1989 when the Baldons

built a new store at the current location on Hwy 6. The store was recently remodeled, including new siding, paint, and signage.

Tim says he takes pride in learning his customers' names and acknowledging them when they come through the door. Like any business, competition is a concern, but their loyal customer base has kept them in business for over 40 years. If customers cannot find what they're looking for, Baldon Hardware can order it or have it mailed directly to their home. Baldon's greatest strength is personalized service and knowledgeable staff—something that big box stores do not have.



Locally owned  
ADEL



# PATRICK'S RESTAURANT

**OWNERS:** Elisabeth Mickael

**ADDRESS:** 211 S. 7th Street, Adel

**PHONE:** 515-993-3884

**WEBSITE:** [aweserv.com/patricks](http://aweserv.com/patricks)

# Patrick's

In September 1995, Patrick Lantz and Lisa Mickael borrowed money from Patrick's mom, Gloria Daugherty, to help fund his dream of opening a restaurant. Initially, Lisa was just there for support, but she quickly became the face of Patrick's Restaurant, which has now been a local staple in Adel for 29 years.

Patrick's started as a tiny hole-in-the-wall place on the square across from the courthouse, with hip-to-hip seating for about 40 people. Lisa delivered catering to local businesses and provided a space for meetings for groups such as Kiwanis, Adel Partners, and the Adel Rotary Club. Over the years, she donated generously to local initiatives, including the ADM Scholarship Fund and the ADM Fine Arts Boosters.

In 2006, Lisa and Patrick decided the business had grown enough to warrant an expansion. They worked out a plan to move into a larger building, which is where the restaurant is currently located. Lisa collaborated with local architect Greg Hilsabeck to design the new space, featuring a front room that seats 80 and a party/catering room in the back for 50 guests. This change allowed her to offer catering services right at the restaurant, eliminating the need for transfers.

A few years after relocating, Lisa and Patrick discovered a brickstone pizza oven at an auction for a great price. They decided to add pizzas to the menu after perfecting their own recipes for the

dough and sauce, which have since become local favorites. Patrons also rave about the homemade onion rings served with ranch dressing, especially for takeout on Friday and Saturday nights.

Their daughter, Elisabeth (Beth) Mickael, began working at the restaurant in 2006 at the age of 15. She took on various roles, from hosting to waiting tables, and eventually cooking. After Lisa and Patrick passed away in 2022, Beth took over as the owner while raising her four kids.

Many employees at Patrick's have been there for years, including Angie Mague and Sadie Pane, who have been part of the team since the original location.

Patrick's menu offers something for everyone, from weekend breakfast specials like biscuits and gravy to hot beef sandwiches, tenderloins, and pizzas. It's crucial to support mom-and-pop restaurants like Patrick's, especially as bigger chains move into the area. These small businesses are the heartbeat of our town. During COVID, the community rallied around Patrick's, keeping it alive, and for that, they are incredibly grateful.

Walking into a place where everyone knows your name is comforting, and it shows in the time and effort put into each meal.



# ADEL VISION CLINIC

Locally owned  
ADEL

**OWNER:** Dr. Barbara Scheetz  
**ADDRESS:** 813 Main Street, Adel  
**PHONE:** 515-207-7400  
**WEBSITE:** adelvisionclinic.com

## Adel Vision Clinic



Quality Eye Care  
on the Square

Dr. Barbara Scheetz has been a practicing optometrist for over 30 years. One day she and her husband went on a bike ride along the Raccoon River Valley Trail in Adel. As they explored, they noticed the rapid growth of the community and decided to take a closer look. Dr. Scheetz immediately fell in love with the town square of Adel. Although she has a thriving practice in West Des Moines, Adel kept calling to her.

In 2018, Dr. Scheetz began remodeling an old building on Main Street, right in the heart of the block across from the Dallas County Courthouse. Although Adel already had a full-time optometrist who was nearing retirement, she recognized that the time was right to establish her practice there. In

February 2019, she opened the doors to Adel Vision Clinic. Business grew quickly, and the clinic now employs two full-time staff members and two doctors.

Adel Vision Clinic is a full-service optometry clinic, offering routine exams as well as medical evaluations for diabetes, glaucoma, macular degeneration, and eye infections, all supported by the latest technology. They also provide a range of glasses and contact lenses. With its small size, the clinic is able to offer more personalized care to its patients.

Dr. Scheetz loves Adel and takes great pride in delivering the highest quality care to the community.



## Adel HealthMart PHARMACY

Locally owned  
ADEL

**OWNERS:** Jane Clausen and Julie Priestley  
**ADDRESS:** 113 N. 9th Street, Adel  
**PHONE:** 515-993-3644  
**WEBSITE:** adelhm.com



Jim and Janice Vandevanter purchased Dowd Drug in Guthrie Center in 1981. In 2008, they acquired an existing pharmacy in Adel, renaming it Adel HealthMart Pharmacy. The couple's daughter, Jane Clausen, became the manager. In 2018, Jane and her sister Julie Priestley purchased both pharmacies from their parents. Jane manages the Adel location, while Julie manages the Guthrie Center location. Jim, Jane, and Julie all graduated from Drake University.

Adel HealthMart Pharmacy is a full-service pharmacy that offers prescription and over-the-counter medications. It has expanded to provide immunizations and medication packaging, as well as curbside and door-to-door delivery

within Adel. The store also features a large gift section that includes Hallmark cards and seasonal décor.

Jane is most proud of the longevity of her employees and how they truly are a family that enjoys working together. Besides herself, she has two part-time pharmacists, three technicians, and two clerks. They work hard to get to know customers and their individual needs—something that cannot be matched by large competitors or mail-order drug companies.

Adel HealthMart Pharmacy has much more to offer than a traditional pharmacy. If you cannot find something you need, just ask a staff member; they truly do care.



Locally owned  
ADEL



Lindsey Grife and Leanne Putman-Thomas make things happen at The Tiger Shop.



Ben Plaisance and the Holland Boys staff The Barn.



Lindsay Stanford and Cory Ferm provide instruction at The Barn.



Damon and Elizabeth Holland are at the controls of this remarkable journey.

# THE BARN BY ICONIC THE TIGER SHOP BY ICONIC

**OWNERS:** Damon and Elizabeth Holland

**ADDRESS:** The Barn • 1802 Greene St., Adel

The Tiger Shop • 105 N. 9th St., Adel

**WEBSITES:** [repiconic.com](http://repiconic.com) | [repthetiger.com](http://repthetiger.com)

“Hey Dad, can we go hit somewhere?”

About six years ago, a little deeper into winter—with snow on the ground—my three sons and I wanted to go hit some baseballs. Not knowing of any specific indoor options, I hopped online and did a quick search. What I found was that most facilities were connected to some kind of baseball academy or training program. I wasn't looking to start my 5, 7, and 8-year-old boys on a specific program to get them a Division 1 scholarship; I just wanted a place to throw them some batting practice and maybe help them figure out how to hit a ball with more frequency. I was shocked to find so few options in our area. Surely, with the resources of the metro, there had to be somewhere a mom or dad could take their kid and have a catch inside. Not really. And definitely not something easily accessible or, at the very least, not intimidating. That wasn't acceptable to me.

Elizabeth and I began discussing whether we could pull off a solution to this issue in Adel. Land was expensive, existing building spaces were extremely limited, and no matter how significant we felt the need was, the cost of this venture wasn't going to be insignificant. But we kept dreaming. Iconic Apparel was doing okay with team uniforms and custom apparel. We were starting to see more and more local teams, organizations, and businesses supporting us. Through our work with Adel Parks and Recreation Little League programs, we could see that the need and the support for what we wanted to do existed. Our little

shop on the square (The Tiger Shop) started to be busier, and we were blessed with Lindsey Grife coming aboard and breathing some new life into our ADM offerings.

“If you're going to make a dream come true, you've got to work with it. You can't just sit around. That's a wish. That's not a dream.”

- Dolly Parton

We started to draw. We started to plan. We started to figure out real costs, and we began to realize that this wasn't going to be simple, easy, or make much financial sense at all. Our objectives were steadfast, though. Our facility was going to be affordable. It was going to focus on all skill levels. It would always be available (24-hour access). It was going to be easy to use, and it would be welcoming. Our facility would be for our community. In the spring of 2023, our current location next to The Brickyard became available. We were blessed with a wonderful landlord who was very supportive of our effort, and construction began. RCI Builders did an amazing job with the majority of our installation, including adding new bathrooms, an office, and our pro shop. Mike Peterson Design perfected the logo and branding, and in January of 2024, The Barn by Iconic opened its doors with 4,000 square feet of net-enclosed turf for Adel.

We offer memberships for individuals, families, and teams. We provide hitting, pitching, and fielding instruction, camps, and a ridiculous amount of sporting goods in our pro shop. Stop by soon, and we'll toss the first round of BP!





# RCI BUILDERS, INC.

Locally owned  
ADEL

**OWNERS:** Marty and Trish Radke  
**ADDRESS:** 28059 Fairgrounds Road, Adel  
**PHONE:** 515-314-5650  
**WEBSITE:** rcibuildersinc.com



RCI Builders Inc., established in 2009, is proudly celebrating 15 years in the home building and remodeling industry. Owners Marty and Trish Radke work closely with homeowners to create unique spaces, offering what they call “Construction with Character.”

Trish and Marty love helping people build or remodel their dream homes. Craftsmanship is essential, but they also strive to make the process enjoyable. That’s one of the advantages of working with a small business.

Marty, inspired by his father, a skilled carpenter, learned the trade while growing up in northwest Iowa. After many successful years with a builder in Des Moines, he founded RCI Builders.

Thirteen years ago, the Radke family — Marty, Trish, and their two sons, Cole and Sam — moved to an acreage northwest of Adel. They instantly felt at home, appreciating the small-town hospitality, schools, and historic buildings, and decided Adel was the perfect place to grow their business.

RCI Builders is also celebrating five years at their showroom in Adel, currently located at 28059 Fairgrounds Road. Here, they offer design/build services and showcase the latest in building materials, including cabinetry, countertops, flooring, and more. In 2022, they expanded their trim carpentry crew, beginning to trim new homes while continuing to specialize in remodels, additions, and custom homes.



ADEL VETERINARY CLINIC  
MEDICINE • ACUPUNCTURE • BOARDING

Locally owned  
ADEL

**OWNER:** Elizabeth Holland  
**ADDRESS:** 619 Greene Street, Adel  
**PHONE:** 515-993-4707  
**WEBSITE:** www.adelvet.com



Dr. Lisa Kilgore, Dr. Nicole Powers, Dr. Leah Thies and Dr. Elizabeth Holland (owner)

I grew up in Decorah, Iowa, a small college town in beautiful northeast Iowa. It was there that I learned the importance of civic responsibility by observing my parents’ participation on boards, councils, and committees. My dad’s professional business provided me with many lessons: treating every person who enters your office with concern and respect, providing a healthy and positive work environment for your employees and their families, and promoting your community by supporting its local businesses. Finding the opportunity to mirror that experience in Adel, when I became the owner of Adel Veterinary Clinic in 2015, has been a dream come true!

As a veterinarian, I find joy in being a teacher, a scientist, and a healer. By owning a business, I take pride in providing a positive workplace, contributing to community organizations, and enjoying the flexibility it offers my family.

Our passion at the clinic is to help pets live happy and healthy lives. We love educating clients and building relationships. We are a certified Cat Friendly Practice and have several Fear Free certified team members.

In addition to attending many of my kids’ activities, outside of work I volunteer at the Good Samaritan Food Pantry, serve on the executive board of the Iowa Veterinary Medical Association, and participate on the Arts and Trails Committee for the Adel Chamber, which is responsible for many improvements around Adel, such as the new mural and the lighted bridge. I am also co-owner of Iconic Apparel.

I love Adel, and I want to see it continue to thrive. That takes patience, commitment, and people willing to step up to do the work.





## ADEL LIONS CLUB

**CONTACT:** Scott Jungman  
**PHONE:** 515-339-5754  
**MEETING PLACE:** Adel American Legion Hall  
**ADDRESS:** 119 N. 9th Street, Adel

Lions Clubs International is the largest membership-based service club organization in the world, with 1.4 million members serving both locally and globally to tackle some of humanity's most pressing challenges. The Adel Lions Club, one of 49,000 clubs worldwide, boasts over 40 active members and takes pride in being one of the most vibrant and engaged clubs in Iowa.

The club's core mission is to serve and advocate for the visually impaired. Through the KidSight program, the Adel Lions Club screens all preschool-aged children in Dallas County for vision issues, ensuring early detection and support for those in need.

The Adel Lions Club raises over \$80,000 annually through initiatives such as the Community Flag Program and the Adel Can Bin. Members display more than 2,700 flags across the town and surrounding areas five times a year. Additionally, the Can Bin donation box collects over 400,000 nickel cans each year. All funds raised are reinvested in the community through grants and donations.

The club proudly supports ADM Schools' activities. Recent contributions include the purchase of a 12-foot by 18-foot retractable American flag for the ADM High School

gymnasium, the marching band, and the new e-sports team. Furthermore, the Adel Lions Club has pledged \$70,000 toward building outdoor pickleball courts for community enjoyment.

Other key initiatives supported by the Adel Lions Club include Blue Kindness, the Adel Food Pantry School Backpack Program, Dallas County Master Gardeners, Boy and Girl Scout projects, and tornado relief efforts for Greenfield and Minden.

The first meeting of each month typically features a guest speaker. Notable past speakers include Jamie Pollard, Athletic Director at Iowa State University; James Vandenberg, a quarterback at Iowa from 2008 to 2012 who set 20 high school records; Jenny Baranczyk, former Drake women's basketball coach; and Mr. Kevin Reynolds, First Gentleman of Iowa, who shared an apolitical perspective on life at Terrace Hill as the husband of the governor.

The Adel Lions Club's local mission is to serve and strengthen the community while enjoying great food and camaraderie at our twice-monthly meetings. We meet at 5:30 PM on the first and third Wednesday of each month at the Adel American Legion Hall on the town square.

If you feel called to serve the community and enjoy having fun, consider attending a meeting of the Adel Lions Club for free. You're sure to have a great time and gain a renewed sense of pride and satisfaction in serving your community. Please RSVP to Scott Jungman, 515-339-5754.



Locally owned  
ADEL



# AMBRO'S ROADHOUSE BAR & GRILL

**OWNERS:** Amber Broeker

**ADDRESS:** 917 Guthrie St (Hwy 169), De Soto

**PHONE:** 515-834-9174

**WEBSITE:** ambrosroadhouse.com



Amber Broeker had a dream of owning her own restaurant, a vision that materialized in 2015 when she stumbled upon a quaint house for sale at the corner of Hwy 169 and Spruce Street in DeSoto. The property, hidden beneath a tangle of overgrown shrubs and trees, was a diamond in the rough, and Amber saw potential where others saw work.

Transforming the old house into Ambro's Roadhouse was no small task. With unwavering determination, Amber, along with her husband Chuck, family, and friends, poured their hearts into the renovation, often working eighteen-hour days. Their hard work paid off, and on October 29, 2016, the doors of Ambro's Roadhouse swung open, welcoming the community to a warm, inviting atmosphere.

The name "Ambro's" carries a special meaning for Amber. As a little girl, she was such a tomboy that her brother playfully nicknamed her "Ambro," saying she acted more like a brother than a sister. The moniker stuck and eventually inspired the restaurant's name.

Amber's culinary skills were honed in her family kitchen, where she learned to cook from her mother and grandmother. Today, Ambro's is celebrated for its home-cooked meals, specializing in handmade burgers, tenderloins,

and poutine. The restaurant offers nightly specials and serves breakfast all day. Family-friendliness is at the heart of Ambro's, with a menu that includes beloved kid favorites like chicken strips, corn dogs, and mac and cheese. For busy families on the go, carry-out orders are readily available. A full bar offers a variety of beers and cocktails for the adults.

In 2022, Ambro's Roadhouse underwent significant expansion, nearly doubling in size with a spacious addition and patio, great for hosting group gatherings. Amber credits her 19 amazing staff members for fostering a community spirit and creating lasting relationships with customers. Amber would like to especially thank the community for supporting her business through the Covid pandemic.

Looking to the future, Amber dreams of opening a second location, ideally in a warmer climate as she approaches retirement. She urges everyone to appreciate local family-owned businesses, as they bring a unique charm to the community.

If you're in the area, don't miss the chance to experience Ambro's Roadhouse—a unique establishment where Amber's passion for bringing people together shines brightly.



Locally owned  
ADEL



# AZALEA LANE BOUTIQUE

**OWNERS:** Kristie Anderson

**ADDRESS:** 803 Main Street, Adel

**PHONE:** 515-347-7070

**WEBSITE:** [azalealaneboutique.com](http://azalealaneboutique.com)

azalea lane   
boutique

Kristie Anderson spent years as an accountant, yet never felt it was her true calling. When her son prepared to leave for college, she realized it was time for a change. During a ladies' church group meeting, she shared her dream of opening a clothing boutique, despite having no retail experience. Just two days later, a group member connected her with a boutique owner, igniting the journey that would lead to the creation of Azalea Lane Boutique. Within four months, she proudly opened her doors.

Five years later, Azalea Lane moved just a block west to the town square. This seemingly small change made a significant impact. Kristie enjoys being part of the downtown community and cherishes the view of the beautiful courthouse from her new location.

At Azalea Lane, Kristie is dedicated to curating unique brands and styles. She prides herself on getting to know her customers, often selecting pieces tailored specifically to their tastes. The boutique offers clothing for all ages, attracting a diverse clientele, including grandmothers shopping with their granddaughters. In addition to clothing, the store features shoes, jewelry, hats, gifts, and handbags, along with locally made goat milk soaps and lotions.

When Kristie is at market or on vacation, her talented staff—Elissa, Molly, Jeanne, Lisa, and Cinda—takes charge. They build connections with customers, learning names and stories, transforming the shopping experience into a friendly gathering.

Azalea Lane also hosts “Girl’s Night Out” parties, allowing customers to reserve the store for private shopping events. Kristie provides wine and snacks, while hostesses bring their friends. Ten percent of the evening’s sales can be used as shopping credit for the hostess or donated to a favorite charity, making it a fun way to fundraise while enjoying time with friends.

With new inventory arriving daily, the boutique offers a fresh experience every visit. Kristie loves the thrill of discovering new fashion trends at market, but her greatest joy comes from being in the store, engaging with her customers and fostering relationships.

Kristie Anderson’s journey from accountant to boutique owner reflects her passion for community and fashion, proving it’s never too late to pursue your dreams.



# RUSSELL ABSTRACT & TITLE

Locally owned  
ADEL

**OWNERS:** Brett and Kent Glenn  
**ADDRESS:** 821 Main Street, Adel  
**PHONE:** 515-993-4833  
**WEBSITE:** russellabstract-title.com



Russell Abstract & Title, established in 1872, proudly holds the title of the oldest continually running business in Dallas County. Current owners Brett and Kent Glenn, who acquired the company around 30 years ago from their father, Cedric Glenn, represent the fifth generation of the family to lead the firm. Recently, they welcomed the sixth generation—Brett’s daughter, Gabbie Glenn—into the business.

provider, and even if another company has previously handled transactions, Russell Abstract & Title is ready to assist moving forward. The Glenns prioritize smooth transactions and cherish their relationships with their customers and fellow real estate professionals.

Specializing in land title searches and real estate abstracts for all of Dallas County, Russell Abstract & Title is dedicated to providing accurate, timely, and reasonably priced title products. Real estate sellers can choose their title service

Located on Main Street in Adel, the company recently underwent an extensive remodel, restoring many original architectural elements of the building. Although the business location was chosen for them 150 years ago, Brett, Kent, and Gabbie would not want to work anywhere other than Adel.



# XTREME TREE

Locally owned  
ADEL

**OWNER:** Stuart Buse and Matt Vrieze  
**ADDRESS:** 36656 N Avenue (Hwy 169), De Soto  
**PHONE:** 515-802-4638  
**WEBSITE:** xtremetreeinc.com



## XTREME TREE

At Xtreme Tree, we pride ourselves on being a trusted tree care provider with over 40 years of combined experience. Our licensed and insured arborists deliver exceptional services throughout the greater Des Moines area. Whether you need tree removal, trimming, stump grinding, or tree planting, we are dedicated to helping you achieve your property goals with the highest standards of care.

We go beyond basic care by providing fertilization programs, disease treatments, and pest control to protect your trees from harmful insects and invasive species, including the Emerald Ash Borer (EAB). Our preservation efforts are grounded in a deep understanding of plant health, ensuring your trees thrive for years to come.

As industry leaders, we specialize in the safe removal of hazardous trees and offer a comprehensive range of preservation services. Our arborists are experts in aesthetics, crown pruning, and other essential maintenance techniques. We understand the importance of maintaining healthy trees, whether for regular upkeep or minimizing construction impacts.

In addition to our hands-on services, we offer professional Arborist Assessments, Tree Risk Assessments, and Tree Inventory Services. Our Certified Arborists provide thorough evaluations to help you develop actionable plans for your trees’ health. Trust Xtreme Tree for total tree care — where experience meets excellence.





# LUKE'S LAWN AND LANDSCAPING

Locally owned  
ADEL

**OWNER:** Luke Orstad  
**ADDRESS:** 30672 Old Portland Road, Adel  
**PHONE:** 515-201-0468  
**WEBSITE:** lukeslawnandlandscaping.com



Founded in 2010, Luke's Lawn and Landscaping is set to celebrate its 15th anniversary in April 2025. Owner Luke Orstad, with degrees in Commercial Horticulture and Turf Maintenance from Des Moines Area Community College, has transformed the business from a landscape installation company into a full-service lawn care provider.

With a dedicated team of 10-12 employees, Luke's offers a wide range of services, including mowing, fertilization, irrigation maintenance, and hardscape installation. The company prides itself on building long-lasting customer relationships and delivering quality work year-round.

As a locally owned business, Luke's ensures exceptional customer service, with Luke personally responding to all calls and emails. He is passionate about creating a positive workplace culture that encourages employee retention.

In conjunction with its anniversary, Luke's Lawn and Landscaping will rebrand as Legacy Outdoors in 2025. This new name will reflect the same commitment to quality service and local values while introducing a fresh look.

Thank you to all our customers for your support over the years. We look forward to continuing our journey with you as Legacy Outdoors!



# HANDSOME HOUNDS PET GROOMING AND BOARDING

Locally owned  
ADEL

**OWNER:** Laura Juffer  
**ADDRESS:** 23266 268th Lane, Adel  
**PHONE:** 515-993-4466  
**WEBSITE:** adelgroomingboarding.com



Laura Juffer has always had a passion for animals, spending her childhood showing horses, dogs, and rabbits at county fairs. When she sought a career change, she wanted a role that allowed her to be her own boss while working with animals. In 2011, Laura attended grooming school in northern Wisconsin and opened Handsome Hounds Pet Grooming from her home on South 11th Street in Adel.

In January 2021, she expanded her business by acquiring Whimsey Park Pet Boarding, just two miles north of Adel on Hwy 169, where she now lives and works with her family.

Currently, Handsome Hounds is not accepting new grooming clients due to a full schedule, but there is availability for pet boarding. The modern facility features spacious suites with heated floors and outdoor runs. Laura and her team of five provide attentive care throughout the day, including a final potty break for all dogs at 9:30 PM. Dogs of any size are welcome.

Laura appreciates the smaller scale of her business, allowing her to tailor care to each pet's individual needs. She loves forming relationships with both dogs and their families, grateful for the trust they place in her with their beloved companions.



Leslie

# SUMPTER PHARMACY HAPPIER AT HOME



**OWNER:** Leslie and Mike Herron

**ADDRESS:** 628 Nile Kinnick Drive S., Ste 1, Adel

**PHONE:** Pharmacy: 515-993-1119

Happier at Home: 515-335-4186

**WEBSITES:** [sumpterpharmacy.com](http://sumpterpharmacy.com)

Sumpter Pharmacy in Adel opened its doors in 2003 and was purchased by Mike and Leslie Herron in July 2018. As a fourth-generation pharmacist and owner of an independent community pharmacy, Leslie's roots run deep in the profession. Mike's roots run deep in Dallas County where 4 generations currently live within a 7-mile radius. This combination fuels the passion for taking care of people in their community.

Since taking ownership, Leslie has significantly expanded the business by introducing various professional services alongside traditional prescription dispensing. Services include medication compliance, medication therapy management, opioid overdose prevention and education, immunizations, point-of-care testing and treatment for illnesses such as strep, flu, and COVID-19. Following a positive test result, the pharmacists can perform consultations and prescribe appropriate medication. Recently, Leslie introduced affordable and convenient access to telehealth care, allowing customers to purchase up to five medical doctor visits a month for just \$35.

Many people still view pharmacies primarily as retail businesses selling products, rather than as integral members of their healthcare teams providing valuable services. This perception often stems from their services traditionally being performed for free, leading to a lack of recognized value. As reimbursement for prescriptions decreases to unsustainable levels, community pharmacies must adapt to survive, shifting their focus towards service-oriented models rather than relying solely on prescription revenue.

In April 2023, Herrons launched Happier at Home, an in-home caregiving service designed to support anyone seeking additional assistance. The service enhances clients' lives by offering compassionate, one-on-one care in the comfort of their homes, whether in senior independent living communities, assisted living facilities, or their current residences.

Reliable caregivers provide home care services seven days a week, with options ranging from one to 24 hours a day. Services include Companion and Personal Care, Alzheimer's and Dementia Care, Hospice Support, Transportation Services, Virtual Care, Respite Care, and Short-Term Recovery Services.

While health insurance typically does not cover non-medical services like those provided by Happier at Home, these services can often be more affordable than other options families may consider, resulting in greater client satisfaction.

There are numerous advantages to choosing an independently owned healthcare provider. Healthcare should not be delivered by the "next available agent"; personal service is irreplaceable, especially when it comes to your health.

Leslie is passionate about caring for people and making a positive impact in their lives, whether they are patients, clients, or their 60 employees. She considers it an honor to serve her community and values the trust placed in her and her team. Her goal is to continue providing exceptional care for you and your family for many years to come.





The ONLY poll mailed to residential households. VOTE NOW!



# IT'S BACK!

## Who will be voted favorite in Dallas County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2024 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January in Waukee, and February in Adel and West Des Moines - Jordan Creek editions. You can vote in one or every category, or anywhere in between.

SCAN HERE TO VOTE TODAY!



**HURRY! POLL CLOSSES DEC. 13, 2024**

See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll). One vote per resident, please.

### FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

### AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

### COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

### SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Bakery
- Florist

### ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

### HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym

### HEALTH/BEAUTY

- CBD Store
- Pharmacy
- Cosmetic Service
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

### OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Pet Care
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder/Remodeling
- Outdoor Lawn Equipment Store
- Pest Control

# OFTEN overlooked ways to parent your kids

Here is a “no duh” statement: Parenting can be really hard.

Author Mark Twain once quipped about parenting a teenager, “When they are 13, put them in a barrel and nail the lid shut, then feed them through the knothole. When they are 16, plug the knothole.”



But, in the midst of the challenges of parenting (meeting needs, sleepless nights, demands, non-stop questions about everything from “Can I have a snack?” to “Do worms ever yawn?”), being a mom, a dad, a grandparent, or playing a key role in the life of a young person is extremely rewarding. To see a child grow and share special experiences together is priceless.

As a parent of four kids myself, I often ponder if I’m hitting the mark. What do my kids need from me? I usually think first about things like love, affection, healthy boundaries,

guidance and my time. But is there more? I think there is. I want to suggest two other parenting ingredients often overlooked, especially in the busyness of life:

First, parents should help their kids get introduced to God. Regardless of where you are in your own spiritual journey, recognize that your kids, like you, either are or will ponder the God questions: Does God exist, and, if so, what is He like? Parents should encourage their children to explore these questions.

Second, parents should help their kids learn the virtue of serving others. When kids learn to recognize the needs of others and then respond, parents help them fight narcissism and experience greater joy in life.

To help you as a parent vest these two virtues in your kids, I would like to introduce you to some opportunities. First, New Hope Church offers both high school and middle school youth groups every Wednesday night from 6-8 p.m. and includes a free dinner.

New Hope also offers a monthly Family Night (6-7:45 p.m.) where you can enjoy dinner, activities, worship and learning alongside your crew. Of course, another option is Sunday morning where New Hope offers three worship services (8 a.m., 9:30 a.m., 11 a.m.) and something for everyone. All of these are great opportunities to help your child get introduced to God.

A way to help your child grow in having a servant’s heart is taking place right now. In the month of November, you pick up and fill a shoebox Christmas gift for another youth somewhere else in the world. This is a way, together, with your child, you can make a difference in the life of another person. To learn more and get involved, including how to get a shoebox and when to have it returned, please see the ad. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).

*Fill a Christmas shoebox to brighten a child's Christmas!*



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GREAT JOY

Empty shoeboxes are available at the church office:  
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**RETURN SHOEBOXES**  
from 11/18 – 11/24

See our website for more information:



[newhopeadel.org/occ](http://newhopeadel.org/occ)

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## ADEL Public Library news



Hello from the Adel Public Library.

Thank you to everyone who supported our bake sale. November is another fun month full of activities.

**Note:** We will be closed Nov. 11 in observance of Veterans Day and Nov. 28-30 for Thanksgiving.

### Adel Public Library

303 S. 10th St.  
adelpl.org • 515-993-3512  
Monday-Thursday: 9 a.m. to 6 p.m.  
Friday-Saturday: 9 a.m. to 4 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.
- **Saturday Storytime** – Nov. 16 at 10 a.m.

### ELEMENTARY

- **Spy Training Camp** – Tuesday, Nov. 5 from 4-5 p.m. Registration required at adelpl.org.
- **Tail Wagging Readers** – Thursday, Nov. 7 at 4:30 p.m.
- **Brick Building League** – Tuesday, Nov. 12 from 4-5 p.m. Registration required at adelpl.org.
- **Dino Day at the Library!** – Tuesday, Nov. 19 from 4-5 p.m. Registration required at adelpl.org.
- **Pokémon Club** – Tuesday, Nov. 26 from 4-5 p.m. Registration required at adelpl.org.

### TEEN

- **Nerf Battle:** Grades 6-12 – Friday, Nov. 8 at 2 p.m. Registration required at adelpl.org.
- **Teen Advisory Board** – Thursday, Nov. 14 from 4-5 p.m.
- **Teen: Friendsgiving** – Thursday, Nov. 21 at 4 p.m.
- **Library D&D** – Friday, Nov. 22 from 4-5 p.m. Registration required at adelpl.org.

### ADULTS

- **Yoga** – Every Wednesday at 5:45 p.m. Registration required at adelpl.org.
- **50s+ Senior Gathering** – Nov. 12 and 19 at 10 a.m.
- **Adult Speaker Series: Planning Ahead for Future Care** – Tuesday, Nov. 12 at 10 a.m.
- **Fall Tissue Paper Flowers** – Nov. 14 at 6 p.m.
- **Homeschool Meet-Up** – Monday, Nov. 18 from 9-11 a.m.
- **Brown Bag Book Club** – Thursday, Nov. 14 at noon
- **Friends Foundation Meeting** – Nov. 19 at 4:30 p.m. ■

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# BUILD a relationship with your pharmacist

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Do you think of your pharmacist as the busy person behind a window or counter? Someone who simply prepares and dispenses medications? We've long been more than just drug experts, but our role continues to expand and change. Building a relationship with patients to enhance their health has become a vital part of our profession.



You, too, are likely to benefit from working closely with a pharmacist who knows you well. That's someone who knows your health concerns, recalls your medication history, and can help you stay on track. And all of this can only help when it comes to advising you about:

- Potential drug, supplement or food interactions.
- Possible allergies or side effects.
- What to avoid while taking a medication

or if you miss a dose.

- When to call the doctor.

Who benefits? These are examples of people who may benefit the most:

- Those with chronic or complex conditions who are likely to take more than one medication.
- Older individuals, who often value a personal touch tailored to their unique needs.
- Patients recently discharged from the hospital who may need extra help managing their prescriptions and care.

Let's work together. Building a trusting, long-term relationship with a pharmacist is no less important than it is with your doctor. Shared knowledge may not only make you less anxious, but also really pay off in terms of health outcomes. For one thing, you're more likely to reap the benefits of your medicine while having fewer problems.

Why is that so? Research shows that, if you trust your pharmacist, you're more likely to take your medicines the right way and to

stay watchful for side effects. If you value this relationship, you are more likely to:

- Feel comfortable asking questions.
- Request information about adverse effects and drug interactions.
- Understand instructions.
- Share information, which can help the pharmacist better guide you in decision making.
- Follow up if you have a problem.

A ready resource: With longer hours and no appointment needed, community pharmacists are more accessible than many health care professionals. That makes it easier to get answers when you need them. Why not take advantage of all we have to offer? I, for one, am ready and willing to be an ally in your quest for better health. Come talk to me, and let's have a conversation. ■

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

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# EVENTS IN THE AREA

Be sure to check for cancellations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

## Upcoming in Adel Living magazine:



**Holiday recipes:** Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Nov. 15 to have it included in our December issue.

**First cars:** Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) by Dec. 5 to be included in the January issue.

## ADM High School presents Disney's "Newsies"

Nov. 8 and 9 at 7 p.m. and Nov. 10 at 2 p.m.  
ADM High School Auditorium

Disney's "Newsies" tale, based on a true story about the 1899 Newsboys strike in New York City, will take center stage at ADM, kicking off the 2024-2025 theater season. Tickets are being sold at <https://admhs.booktix.com>. These performances are the result of hard work and dedication that started with the casting process last May. With cast, crew, student orchestra and a featured dance ensemble, there are more than 75 students helping "make headlines" with this show. "Newsies" tells the underdog story of Jack and his Newsies who deliver the news on the streets of New York City for pennies a day, striving to make a life for themselves. Under Jack's leadership, they stage a strike, stop the presses, and stand up to the publishing titans who are making money off of the Newsies' hard work. Director is Molly Longman. Music director is Daniel Novotney.

## Sip & Sample: Adel Hometown Holiday Celebration

Friday, Dec. 6

The Adel Partners Chamber of Commerce presents its Sip & Sample: Adel Hometown Holiday Celebration. Santa and Mrs. Claus will be at the library from 1-3 p.m. twisting balloon creations. Enjoy fun crafts and activities. Cookies and cocoa will be available. At 4:45 p.m., stroll over to the northeast corner of the square to enjoy Christmas carols by the Scouts before the 5 p.m. lighting of the Christmas tree and wreaths. Then stroll to the shops participating in the Sip and Sample while enjoying Music by Gottazig on the square and visiting Santa at the Raccoon Valley Bank courtesy of the Kiwanis. Events wrap up at 7:30 p.m.



## Craft and Vendor Show

Nov. 9, 9:30 a.m. to 2:30 p.m.  
Meadow View Elementary, 1300 S. 15th St., Adel

The ADM Fine Arts Boosters will hold a craft and vendor show. General admission is \$5 for adults, \$3 for children, and free for children younger than 5 and parent/student volunteers.

## Harvest Fest Fall Dinner

Nov. 9, 5:30-7:30 p.m.  
St. John's Catholic Church, 24043 302nd Place, Adel

The public is invited to St. John's Catholic Church's Harvest Fest Fall Dinner. The menu includes smoked pork chops and various sides and desserts. Tickets are \$12 for adults and \$8 for kids 3-10. There will also be a silent auction and kids activities. Join this evening of faith, fellowship and fall's bounty.



## Adel Masonic Breakfast

Sunday, Nov. 10, 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.

## Mobile Food Bank

Fourth Wednesdays of the month

New Hope Church, 25712 Highway 6, Adel

Adel Mobile Food Bank is now the fourth Wednesday of the month at New Hope Church in Adel from 5-6:30 p.m. or until the food is gone. This is a drive-thru pickup for free groceries. ■

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# Congrats Tigers

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### VARSITY/JV FOOTBALL



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# TIGERS

## ATHLETICS

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### VARSITY DANCE

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# BRING the taste of takeout home

*(Family Features)* Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour. Using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy, provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at [SuccessRice.com](http://SuccessRice.com). ■

## Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

### DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce



and sesame oil. Set aside.

- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.

happy  
**thanks giving**  
from our family to yours!

We are truly thankful for our patients and our community.  
Stay healthy and enjoy the holiday season.

Dr. Eric Anderson, DDS • Dr. Rachel Reis, DDS

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# LIGHT up Adel

Luminary display set for Dec. 15, kits to be sold prior.



Picture the darkness of a December evening being brightened with luminaries in the windows, on sidewalks and along driveways of our beautiful community. The Adel Women's Club has had that vision and hopes to make it an annual fundraiser for this long-standing civic organization in Adel. The group will be selling the luminary kits at a variety of times and places throughout the community during the months of November and December in preparation of a grand display of them on Sunday, Dec. 15 at dusk.

The kits consist of a white stencil-cut-out bag, an LED tea light and a bag of sand to anchor the luminary. These kits may be purchased individually for \$2 and in sets of five for \$10. They may be used in family gatherings

to celebrate the many festivals of light during December, as a craft activity for children or used as a memorial for a loved one during the holiday season.

The money raised will be distributed throughout the community. The Adel Women's Club has been a part of the landscape of Adel for more than 100 years, being organized in 1901. As a part of the General Federation of Women's Clubs (GFWC), the theme of "living the volunteer spirit" shines through in the local club. Members of the club volunteered almost 900 hours in 2023, donating a total of \$2,272 to local organizations such as the Adel Public Library, Adel Historical Museum, Adel Partners Mural, the ADM Scholarship Fund and Fine Arts, The Good Samaritan Food

Pantry, the Dallas County Coat Closet and Dallas County Extension. Over the last year, in-kind donations of \$1,650 by the Women's Club made the total of club donations for 2023 to be \$3,922.

The club would like to increase its financial impact on the community, as well as create a new tradition of lighting up the night during December in Adel. Like the pride many residents feel during the summer holidays when the Lions Club flags flutter in the breeze, the Adel Women's Club hopes this project brings joy and celebration to the community. So, purchase your luminary kit and be ready to enjoy the lights throughout Adel. For more information, contact [adelwomensclub@gmail.com](mailto:adelwomensclub@gmail.com). ■



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## HEALTH

By Christopher Baltzell, PA-C, MPAS

### MOVEMBER: More than a mustache

November is Movember, a global initiative dedicated to raising awareness and funds for men's health issues. The month-long event encourages men to grow mustaches, symbolizing the commitment to improving men's wellbeing. While the mustache is a visible reminder, the real focus is on the underlying message: men's health matters.



Men often neglect their health, putting their wellbeing at risk. Whether it's due to societal expectations, fear of vulnerability or simply a lack of awareness, men are less likely to seek medical attention compared to women. This reluctance can have serious consequences, as many men's health issues go undiagnosed or untreated.

One of the key areas addressed by Movember is prostate cancer. This disease is the most common cancer affecting men worldwide. Early detection is crucial for successful treatment, but many men delay or avoid regular screenings. Prostate-specific antigen (PSA) tests and digital rectal exams are essential tools for identifying potential issues.

In addition to prostate cancer, Movember also highlights other men's health concerns such as testicular cancer, mental health and suicide prevention. These issues are often overlooked or stigmatized, but they have a profound impact on men's lives. By raising awareness and providing support, Movember aims to create a more open and supportive environment for men to discuss their health concerns.

Participating in Movember is a small gesture with a big impact. ■

Information provided by Christopher Baltzell, PA-C, MPAS, the Iowa Clinic, 710 Common Place, Adel, IA, 50003, [www.iowaclinic.com](http://www.iowaclinic.com).

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## HEALTH

By Leslie Herron

### ADDICTION in the elderly

It is widely believed that substance abuse/addiction in the elderly is a hidden epidemic. Aging comes with changes, and substance abuse can have a disproportionately negative effect on older adults. Chronic illness/pain are often treated with potentially addictive medications. The elderly metabolize medications more slowly, making them more sensitive to effects that decrease memory and interfere with balance, which may cause serious falls. Elderly substance abuse is underrecognized due to:



- **Social isolation:** Living alone and away from family may increase use and go unnoticed.

- **Ageism:** May lead to the belief that older adults have earned certain indulgences.

- **Quality of life:** Includes concerns about living with pain. Oxycodone (Percocet and OxyContin), hydrocodone (Vicodin), codeine, morphine and fentanyl are commonly prescribed for severe or chronic pain. Benzodiazepines such as diazepam (Valium), lorazepam (Ativan), alprazolam (Xanax) function as relaxers. All are highly addictive.

Acknowledging the problem is the first step to overcoming it. Open a discussion about what pain management alternatives they've tried and help them talk with their doctor. Look for ways to work together to manage the situation. ■

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



# WINKOWITSCH is pursuing excellence

New football coach looks to bright future for team and new work-based learning program.

Doug Winkowitsch (aka Coach Wink) is ADM's new head football coach. But chances are, you might have already heard of him, given the team's stellar season.

Winkowitsch previously served as the head football coach at West Delaware High School in Manchester, where he led his team to 15 playoff appearances. In 2010, he was named Class 3A coach of the year and has been named district coach of the year 10 times.

His journey in education began with a deep appreciation for the impact that coaches and teachers had on his life — people who greatly influenced him. He was also a sports fan and a three-sport athlete in high school. Those experiences shaped his desire to give back, too.

Winkowitsch graduated from Westmar College in 1994, earning degrees in K-12 physical education and biology, along with a minor in psychology. During his time at Westmar, he was a four-year starter on the football team. He continued his education by earning a master's degree in school counseling from Wayne State College and a degree in administration from Buena Vista University.

Now in his 30th year as a head football coach, Winkowitsch's passion for education and athletics is as strong as ever. In addition to his coaching duties, he leads a newly established work-based learning program in partnership with DMACC, aimed at connecting students with local businesses for real-world career experiences. This initiative marks a significant step for ADM, which has recently made a commitment to enhance its vocational education offerings.

"I'm just so excited to see how excited these kids are," Winkowitsch says. "This program is for them. It's about them. It's giving them real life experience and an opportunity to go out and see if they may or may not want to do a certain career."

Part of the motivation behind Winkowitsch's transition to ADM is family. With six adult children now living in the West Des Moines area, he and his wife felt it was the right time to move closer to family.

"When the ADM job came up, we knew it was the perfect fit for us," he says. "I was fortunate enough to be hired into a great community, and I'm really grateful for the opportunity."

In just the short amount of time he's been with ADM, Winkowitsch has found his place.

"I've been so impressed," he says. "The community, the families and the administration are just incredible. We've got a great group of students here. I can't believe how respectful they are and how supportive the administration is. And we've got tremendous teachers here. This is a great place."

As a coach, Winkowitsch wants to do everything he can to help each player grow into adulthood and become the best version of themselves.

"I really try to emphasize the fact that we can only be our best," he says. "If you stop comparing yourself to others and just try to be the best person you can be, you're going to advance a lot quicker." ■



ADM Head Football Coach Doug Winkowitsch

# Q: What is a repetitive strain injury?


**A:** RSI (Repetitive Strain Injury) should be a concern for anyone who performs prolonged repetitive, forceful, or awkward movements/positions. These repetitive tasks can damage the nerves, tendons and muscles of the hands, forearms, shoulders and neck and result in conditions such as trigger finger, golfer's and tennis elbow, and carpal tunnel. Pain may result from these repetitive movements, along with weakness, numbness, and/or compromised motor control, which can lead to the loss of ability to perform daily tasks.



Those at higher risk for RSI are individuals who demonstrate poor posture or poor technique, as well as perform work duties that require repetitive motions. These concerns may seem inconsequential to a worker moving a mouse over a pad or continuously typing at a keyboard; however, these repetitive motions may lead to potentially severe consequences.

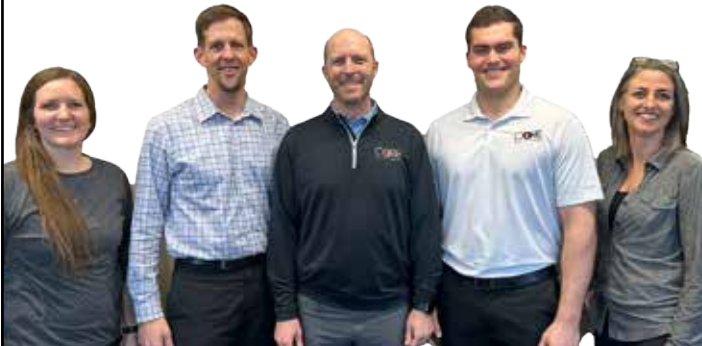
When the symptoms of RSI arise, it is best to have posture, technique and work habits assessed early by a physical therapist to avoid further injury. ■

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



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# ADEL Dental Group

Caring for patients and developing commercial properties

Helping improve smiles, helping people and being a “problem solver” are a few reasons why Dr. Eric Anderson became a dentist. He is joined in the dental practice by many family members, including his wife, Diana; his sister-in-law, Dawn; his mother-in-law, Fran; several of his children and a niece. Ty, his youngest son, plans to join the practice upon graduating from dental school. Anderson credits his dental practice success to an extremely supportive family and his talented staff. Beyond oral care, he has also improved opportunities for small businesses close to his practice.



Anderson established a dental practice in West Des Moines 25 years ago. In 2014, he expanded and purchased Dr. Howard Belsheim’s dental practice in Adel. In 2016, he and Diana bought two properties next to the original dental practice. In 2018, he built a new state-of-the-art dental facility, naming it Adel Dental Group. This facility is located at 202 Nile Kinnick Drive South.

To keep pace with the growth within their new facility, Dr. Rachel Reis joined the practice, along with additional staff. Anderson brought in Johnson Orthodontics to improve access and convenience for orthodontic services.

Anderson joined the Adel Chamber soon after purchasing the dental clinic. He explains, “In a small community, it is necessary to get plugged in and network with other businesses by having a chamber affiliation.”

Through involvement in the chamber, it became apparent that more commercial property space was needed. Prospective businesses expressed frustration at the lack of commercial space options.

In 2020, Anderson’s daughter-in-law, Makayla, and son, Andrew, opened their Morning Grind Coffee shop across the street from the dental office. The Andersons purchased the building and the brick building north of it, which is now home to D’vine Hair Salon. Both buildings were revitalized by the Andersons.

Being involved in the community has allowed opportunities for Anderson to become involved in other endeavors as well. He has participated in career fairs at the ADM High School. He supports local sports teams, the Dallas County Fair and the Sweet Corn Festival. He assists Dallas County jail inmates with emergency tooth problems. Anderson also helps out and assists with local charities. He explains why it’s important to give back. “We want our community to support us, and we want to give back to the community in return.”

Anderson recommends small businesses join the chamber. “My own experience of networking and staying in touch with the community is part of our success,” he reflects. “The chamber plays a significant role in that.” ■

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

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**1-3 p.m.** Santa and Mrs. Claus at the Adel Public Library  
Including crafts, activities and food

**4:45 - 5 p.m.** Christmas Carols and the Lighting of the Tree  
on the NE corner of the Courthouse Lawn

**5 - 7:30 p.m.** Sip and Sample  
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# PEP Rally

The ADM Homecoming pep rally was held on Oct. 3.



ADM Cheerleaders



Juniors Peyton Standley and Ellis Smith



Attendants Balin Hysell and Calli Seehase



Attendants Brady Gustafson and Josi Dufoe



Attendants Owen Evans and Jada Grove



Attendants Isaac Hatchitt and Madi James



ADM Homecoming Queen Soila Winter with Co-Kings Isaac Hatchitt and Owen Evans. There was a tie vote for the King position.



Attendants Grant Jansen and Soila Winter



Senior Anniston Tollari



Junior Brecken Morse



Senior Powder Puff "injured reservists" Payton Taylor and Carmen Schwalen.



# OUT & ABOUT



ADM students Josie Steinkamp, Isabelle Karwal, Ellis Smith and Genevieve Book attended the Adel Kiwanis Club meeting at Patrick's Restaurant on Oct. 22. The students gave a presentation about the new ADM Best Buddies Club which assists students with disabilities.



Adel Kiwanis members Jodi Draisey and Dan Burgus, presented October Kiwanis Student of the Month certificates to ADM seniors Evelyn Horgen and Luke Yanacheak at the Club meeting on Oct. 8 at Patrick's Restaurant.



Katie Oliver at the ADM Homecoming pep rally Oct. 3.



Genevieve Book at the ADM Homecoming pep rally Oct. 3.



Adel Kiwanis member Jackie Giles presented the Kiwanis Student of the Month certificate to ADM senior Payton Taylor at the Club meeting on Oct. 1 at Patrick's Restaurant.



Johannah Williams at the ADM Homecoming pep rally Oct. 3.



Marley Akey and Angel Lin at the ADM Homecoming pep rally Oct. 3.



Jordan Crannell at the ADM Homecoming pep rally Oct. 3.



Isabelle Karwal at the ADM Homecoming pep rally Oct. 3.



Brinn Kreifels at the ADM Homecoming pep rally Oct. 3.



Evelyn Miller at the ADM Homecoming pep rally Oct. 3.



Lilee Wahlert at the ADM Homecoming pep rally Oct. 3.



Clare Garrity at the ADM Homecoming pep rally Oct. 3.





**NOVEMBER 2024**

**CITY HALL**  
Administration  
Public Works  
Compliance Officer  
Parks and Recreation

301 S. 10th St.  
P.O. Box 248  
515-993-4525

M-Th 7:30 a.m. – 4:30 p.m.  
F 7:30 a.m. – noon  
www.adeliowa.org

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Police and Fire Depts.

102 S. 10th St.  
P.O. Box 127  
515-993-6723

M-Th: 7:30 a.m.-noon;  
12:30-4:30 p.m.  
Fri: 7:30 a.m.-noon  
**EMERGENCY – DIAL 911**

**LIBRARY**

303 S. 10th St.  
515-993-3512

M-Th 9 a.m. – 6 p.m.  
F-Sat 9 a.m. – 4 p.m.  
www.adelpl.org

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Ankeny Sanitation  
515-964-5229

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515-993-3148

**ADEL CITY COUNCIL**

Mayor James F. Peters

515-993-4436

Mayor Pro Tem

Shirley McAdon

515-993-4862

Bob Ockerman

515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

James West

515-402-9378

www.adeliowa.org



**UPCOMING CITY COUNCIL MEETINGS:**

• **Tues., November 12th** at 6:00 p.m.

For additional meeting dates/times, or meeting information; please visit our website [www.adeliowa.org](http://www.adeliowa.org).

**REMINDERS & CLOSURES:**

- All City facilities will be closed on Monday, November 11th in honor of Veterans Day.
- All City facilities will be closed on Wednesday, November 27th thru Friday, November 29th in honor of Thanksgiving.
- The last day for yard waste pickup in 2024 will be Tuesday, November 26th.

**ADEL POLICE NEWS**

Please welcome **Officer Sarah Taylor** to the Adel Police Department. She took her Oath of Office during the October 9th City Council Meeting. Congratulations to Officer Sarah Taylor and thank you for your service to the City of Adel!



**PARKS & RECREATION UPCOMING ACTIVITIES**

For more information and to register, visit [adel.activityreg.com](http://adel.activityreg.com)



**3rd-6th Grade Basketball:** Both girls and boys leagues. Registration ends November 22nd. Visit <https://adel.activityreg.com/> for more information and to register.

**Turkey Toss:** Join us for a thanksgiving free-throw contest. Teams consist of one parent and one child ages 8-18. No fee or pre-registration. Located at the ADM District Administration Center Gym on November 23 at 2:00pm.

**SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:**

Here's the "snowdown" on some helpful tips to remember in the coming months.

(For more information please visit the City of Adel website at [www.adeliowa.org](http://www.adeliowa.org) to view a FAQ flyer)

- **Snow parking:** It is unlawful to park any vehicle on any street or alley during a snow removal period. The ban continues from the beginning of snowfall until 24 hours after the snowfall ends. Residents should be aware of weather conditions and not park on City streets if there is a possibility of overnight snow.
- **Sidewalks:** Snow removal from sidewalks is the responsibility of the property owner. You have 24 hours after the snowfall to clear your sidewalk. Please pile the snow on your yard and not in the City street. **A helpful hint for residents:** clear your sidewalks after the snowplows have finished plowing to the curb. If you fail to clear your sidewalk, the City may do so and bill you.
- **Snowmobiles:** From November through March, snowmobiles may be operated on the Raccoon River Valley Trail between 7:00 a.m. and 10:30 p.m. The speed limit is 10 mph.
- **Mailboxes/Fire Hydrants:** Residents are responsible for clearing snow around their mailbox to assure delivery of mail and that their mailbox is properly installed behind the curb line. The Fire Department requests property owners who have a hydrant to clear snow away for easier access.

**CITY OF ADEL EMPLOYEE HIGHLIGHT: SNOW PLOW ROADEO**



Congratulations to our Adel Public Works snow crew (Justin Zika, Eli Kasap, Jonathon Reel, and Cody Werts) who participated in the annual Snow Plow Roadeo in Cedar Rapids on Oct. 3. The Roadeo included training and competition for public works employees from all over the state. Approximately 100 attendees took part in Snow Plow Operator Training, while 150 competitors participated in single-axle truck, skid steer, and mini excavator contests, all held at Kirkwood Continuing Education Training Center.

**RESULTS:**

**Single-Axle Truck:** 58 teams  
- Team Werts/Zika came in 2nd  
- Team Reel/Kasap came in 17th

**Mini Excavator:** 65 competitors  
- Zika came in 4th  
- Kasap came in 5th  
- Reel came in 30th  
- Werts came in 43rd

**Skid Steer:** 73 competitors  
- Kasap came in 8th  
- Reel came in 23rd  
- Zika came in 24th  
- Werts came in 29th

**Grand Champion Overall Results:** 64 competitors  
- Zika came in 1st  
- Werts came in 4th  
- Kasap came in 7th  
- Reel came in 25th

**NOTES FROM THE NORTH POLE**

Sign up to receive a letter from Santa! A unique idea for your children, nieces, nephews, or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation by the deadline to ensure your child receives their letter before Christmas. Visit <https://adel.activityreg.com/> for more information and to register.



**Deadline:** Friday, December 6th, 2024  
**Fee:** \$6.00 per letter (Maximum fee of \$18.00 per family)

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