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WELCOME

MY BABY blue Mustang

It was a 1980 Ford Mustang. Baby blue in color. Hatchback. Four-cylinder engine. The car was nothing special, but it was my first car — and it was all mine.

I, of course, pulled the factory stereo out of it and installed a Pioneer cassette deck and Jensen speakers. A guy has to have priorities, after all.

My life savings went into the purchase of that vehicle. Insurance. Gas. Oil changes. All on my dime. I was OK with that, as it was part of my greater independence — and I was the only one with the keys.

The Mustang got me through my college years, despite one unfortunate incident. I am by no means a gearhead, but I had a cracked fuel line, and it seemed easy enough to replace. In the process, some gas leaked out of the old line onto the engine. No big deal, I thought.

I drove the Mustang to a local car wash, and my mother rode along with me. I put some coins in the machine and motioned Mom to drive the car into the wash bay. (I should note that this was the first — and only — time my mother drove any vehicle of mine.) Mom turned the ignition, and I immediately saw flames peeking out of every possible opening in the hood and below the car. I yelled to her to pop the hood. She turned the lights on, applied the parking brake and started the wipers, but the hood remained closed. As I frantically ran to the car, the paint on the hood started bubbling. I opened the driver-side door, popped the hood and put out the fire with the car wash wand I still had in my hand. What was left was a melted mess.

Dad had a friend who was a local mechanic and rewired everything and got my Mustang running again. The mechanic said he did his best on my limited budget, but he wasn't making any promises on how well it would run. And he was right to say that. The best gas mileage I got after the repairs was 4 mpg.

When I graduated from college, I traded the Mustang in on a new vehicle. The dealer put it on the used car lot, and a potential buyer called me and asked about it. "Do not buy that car," I told him. "It caught on fire and only does about 4 mpg." He kept asking questions, so I repeated my comments. I think he still bought the car.

We all learned some lessons after the car fire incident, but my Dad's comments stuck with me the most. "If you ever have a car start on fire again, let it burn."

Thanks for reading. ■



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An Unforgettable **RIDE**

**Residents share the
joy of their first car**

By Rachel Harrington

What kids, strapped into the backseats of their parents' cars, gazing through the gaps between the front seats and watching the road ahead, don't think how great it will be when they are in the driver's seat? And not just any driver's seat, but the seat of their very own car. The power of the machine in their control. The freedom to choose the destination. The total control over the stereo. It's no wonder people's memories of their first auto stay vivid, and the stories remain a thrill to be told.

Lee Snyder enjoyed driving his friends around in his first car, a 1950 Studebaker Champion that he bought from a junkyard. While that car is now buried on a family farm, he has found another that he is restoring.



First car maybe not the best choice

Kelly Sedars is one of the lucky ones. He still owns his first car, which he acquired many years ago.

“I got my first car when I was 13 years old,” he shares. “As a kid, I would look through the Wheeler Dealer magazines. My dad was in the auto body business, and he was always looking for cars he could fix up. The cars that always caught my eye were the old Mustangs. I let my dad know that I really loved the 1966 Mustang. He found a guy that had one sitting in his garage for a long while — to the point that it needed restoration. He wanted \$1,000 for it. I had worked odd jobs and had \$800 that I could put toward the car. My dad made a deal for that amount.”

Kelly’s “new” car was a 1966 yellow Mustang Coupe that had a bench seat — a rare option since most had bucket seats. It was a pale springtime yellow, and, as a teen, Kelly didn’t think that was cool. So, he and his dad painted the car a royal red with a white stripe down the side, which he says made it look like a Shelby Mustang clone. It didn’t have a radio, and his dad didn’t put one in, so, once Kelly got his driver’s permit, he drove around without a radio, air conditioning or power steering. It was also rear-wheel drive.

“Dad fixed it up with the idea that it was for a kid that would beat it up living on a gravel road,” he recalls.

He held on to the Mustang even though both he and his parents decided it wasn’t a good fit after ending up in a ditch twice in the first year and sliding around on the roadways because of its light weight on icy roads.

As an adult, Kelly has gotten into car restoration himself, and he has built up a classic car collection that includes the Mustang. With maturity, he warmed up to the original yellow color, so he repainted it. He also updated the car with a radio, power steering and power brakes.



When Kelly Sedars received his 1966 yellow Mustang Coupe, he couldn’t wait to paint it red and white. However, he has since restored it to its original yellow.

“It took 18 months to do the second restoration. In 2019, I got the car to where it is drivable again, though I haven’t driven it in a couple of years due to a few minor issues,” he says.

Though there aren’t many pictures from before or during the first restoration, he made sure to document the second round that he did himself.

Kelly still uses his dad’s space to work on his cars, including the Mustang, so he says it feels like it’s as much his dad’s car as it is his own. He says he has considered selling it over the years, but he didn’t want to be one of the guys who gets rid of his first car and wishes later he had kept it.

“It may not be my favorite old car now, but I’m glad to have it,” Kelly says.

A special wedding gift

Ella Moss-Gross says her dad was “extremely” into cars when she was growing up, and he passed that love of cars on to her.

“My dad bought a TJ 2001 Jeep Wrangler for me when I was first starting to drive around at 14 years old,” she says. “He found out that one of his customers had a Jeep for sale that they drove around their farm to check on their cows. It was a little rough around the edges. I drove everywhere in it. To have a vehicle like that in high school that I could take the top off and carry my friends around in brought so much freedom to me.”

Ella says her dad must have felt the Jeep would be a safe vehicle for his daughter to drive since they lived on a gravel road. He helped her paint inserts inside the vehicle and outfit it to



Ella Moss-Gross with her first car, a TJ 2001 Jeep Wrangler.

her liking.

“He must have enjoyed knowing that I had a fun vehicle to drive,” she says.

Ella’s Jeep started to fall apart during her junior and senior years in high school. She was sad about replacing her first vehicle. She used to take her dog everywhere in it. However, she and her dad went on the hunt for a new car and ended up with another Jeep. They sold her first one when she was in college.

FEATURE

Fast forward a few years. Ella's then-fiancé was mechanically inclined, and he was familiar with the story of her first Jeep. Before they married, he secretly located it and arranged to buy it as a wedding gift for Ella; then he fixed it up. He rented a storage unit in his hometown and kept it hidden there for eight months. Ella's entire family knew about it — everyone except her. For their wedding day, one of their friends brought the Jeep down to where the reception would be and hid it until afterward.

"We got married at the Iowa State Fairgrounds on May 27, 2023," Ella shares. "Everyone came out of the venue and led me up on a trailer, then told me to close my eyes. I thought to myself, 'I hope he didn't go crazy and buy me a vehicle!' When I opened my eyes, there was my old fixed-up Jeep. I didn't think I would ever see it again."

Later, Ella shared a video of the story of her Jeep on Tik-Tok. The next day, she woke up to all kinds of social media people contacting her online, asking to share her story.

"I had over 800,000 views overnight" she recalls. "I still have my white Jeep that I bought to replace the first one. Now my first one is tucked away and used in the summer months or to run errands like going to the grocery store."



As a wedding gift, Ella Moss-Gross was surprised to have her first Jeep returned to her. Her fiancé had found it and restored it.



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Junkyard finds

In 1960, when he was 16 years old, Lee Snyder lived west of Minburn. He found a 1950 Studebaker Champion in a junkyard and brought it home in his dad's dump truck and fixed it up.

"It only cost \$25 from the junkyard. Lee's dad could repair almost anything," Deannette Snyder, Lee's wife, says. Lee shares it took about six months to fix up the car.

The interior of the car was minimalistic, and the repair work was rudimentary.

"The red velvet bucket seats came out of a hearse in the junkyard," Deannette shares. "The back lights had to be turned on with a toggle switch, and the steering wheel moved side to side. It probably wasn't the safest car on the road, but it was only driven around Dallas County and occasionally to Des Moines to go to the movies. Back then, there were a lot more junkyards, and people would go there to find parts for the cars they were fixing up."

Lee and Deannette were high school sweethearts. They would often go riding in his Studebaker around town. The car had regular back seats, and they often had friends and family members ride along with them, including Deannette's sister and her boyfriend. Lee entered it



Lee Snyder enjoyed driving his friends around in his first car, a 1950 Studebaker Champion.

in Minburn's Fourth of July parade in 1961, and each person in the parade was to receive 25 cents.

"So, nine of us piled into the car," Deannette laughs. "To have a car like that to drive to school at 16 years old back then was a big deal."

The Studebaker only ran about three to four years. The couple graduated from Minburn in 1962 and were married in 1963. Right after high school, Lee joined the Marine Corp. While he was away, a friend was driving his car and wrecked it. The car wasn't repairable, so the Studebaker was buried on the family farm.

"That's what people did with cars back then," Deannette shares. "You couldn't do that these days."

This past September, Lee's brother located another 1950 Studebaker Champion convertible.

It came from California and Nebraska, and, therefore, wasn't as rusty.

"Lee's first Studebaker endured the harsh Iowa winters, so it was in worse shape. Even at only 10 years old, that first Studebaker had had a hard life," Deannette says. "This second car is 74 years old and is in better condition than the first one, minus interior including seats. We are sitting on 5-gallon buckets in it."

Lee is mechanically talented, like his dad was. Now, at 80, with 50 years of automotive experience, he is doing a frame up restoration.

"More money will be involved in this one," Deannette shares. "It would be fun to have it at least drivable by the Minburn Fourth of July parade in 2025, though I don't know that we will be piling nine people in it again." ■

RETHINKING your IRA

The evolution and tax strategies

IRAs play a key role in retirement planning for many Americans. According to the Investment Company Institute, 42% (or 55.5 million) of U.S. households reported owning an IRA in 2023.



Since its introduction in 1974, the Individual Retirement Account (IRA) has transformed from being solely offered by banks with limited investment choices to being available through various carriers that provide hundreds of investment options.

The contribution limit started at \$1,500 and was only increased once between 1974 and 2001. The 2025 limit is \$7,000 for those under age 50 and \$8,000 for those 50 and older.

One of the initial attractions of traditional IRAs is that they are tax-deferred. This means that contributions may be fully or partially deductible (depending on filing status and income), and earnings and gains are not taxed

until you take distributions.

They are a great way to save for retirement, especially as few employers offer pensions. However, a consequential factor that many overlook is the tax implications of withdrawing IRA funds in retirement. As the IRA grows, so does the tax bill. The tax-deferred nature of these accounts can essentially be viewed as a loan from the IRS. Essentially, your pre-tax IRA represents a debt to the IRS that you might have to repay at a less than convenient time — when you retire and perhaps desire financial simplicity more than ever.

This is where strategies like Roth conversions come into play. Converting a portion of your pre-tax IRA to a Roth IRA involves paying taxes on the converted amount at the time of the conversion. However, once the funds are in the Roth IRA, they grow tax-free, and qualified distributions are also tax-free. For most, this can significantly reduce the overall tax burden throughout retirement.

The Roth conversion is not the only strategy to consider. Qualified Charitable

Distributions (QCDs) offer another powerful tool. A QCD is a tax-free transfer of funds from an IRA to a qualified charity. Once you reach 70 1/2, you can transfer funds directly from your IRA to a qualifying charity annually (the limit is \$108,000 for 2025). This transfer counts toward your Required Minimum Distribution (RMD) requirements when those kick in at age 73 or 75, depending on when you were born. For those already inclined to charitable giving, this is a win-win scenario — supporting causes you care about and lowering your RMD and possibly your retirement tax bill. The key is to think ahead now about how the IRA that helped you get to retirement could become tax-efficient income in retirement. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Investment Company Institute (2024, February 24) IRAs Play a Key Role in US Households' Retirement Planning [Press Release www.ici.org/files/2024/per30-01.pdf]



Learn what other tax strategies you could implement in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch now.



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GUILD weaves communities together

Weavers and Spinners Guild welcomes all levels.

The Des Moines Weavers and Spinners Guild formed in 1945 to generate and inspire interest and instruct members and the general public in the various arts of weaving, spinning and fiber arts. With more than 70 members, the guild welcomes anyone who would like to learn new skills or advance existing ones to join them. The current membership includes local individuals as well as others from as far away as Marshalltown and Waterloo.

Adel's Lorinda Inman has been a member of the guild for the last 10 years, though she attended classes that the guild offered before that time as well.

"I only attended occasional classes before I retired. After retirement, I became a member of the guild. To me, it's an educational place, as well as a place to get together," she says. "We meet monthly at Franklin Jr. High School in Des Moines on Saturdays so that those who work in the week can come. The meetings consist of about an hour of conversation, then meetings and business. Then there is some education."

During meetings, one of the members might discuss a topic, or, as in the December meeting, the guild may have an expert share and educate via a Zoom call from another part of the country. The topic was Weaving TrT — Dynamite Tips 'n Techniques.

"It's not unusual to have another class during a given month," Lorinda adds.

The guild also offers special interest groups that meet monthly as well.

"A lot of them meet by Zoom," Lorinda says. "Examples of these groups are spinning, tapestry and weaving structures. One of the upcoming classes is Beginning Card Weaving. They have also had basket weaving classes in the past."

Lorinda's favorite skill to learn over the past year has been weaving on an inkle loom, a form of band weaving and one of the oldest forms of weaving.

"I took an inkle loom class a year ago in Des Moines with Midwest Weavers. I had also taken a class on this weaving skill twice before from our own members who knew the skill before the national expert came," she shares.

She is more than happy to show what practice can accomplish by displaying her woven work from when she first started learning and pieces she currently is working on.

Twice a year the guild has workshop days.

"On that Saturday and Sunday, we have classes. We also have vendors there. We advertise what we're doing on our website and through our Facebook page. We want to get the word out and find more individuals who may be interested in becoming members. Fiberfest occurs each spring. The next one is scheduled for April 26. Fiberfest boasts numerous classes and competitions, guest speakers and vendors. The fall workshop is called Threads and Fiber Festival and was recently held the last weekend of November."

Fiber Days are offered on the second Tuesday and fourth Sunday of each month. This is a time to drop by with weaving and spinning materials and equipment to hone and practice the craft with friends and fellow guild members.



Lorinda Inman of Adel is an active member of the Des Moines Weavers and Spinners Guild.

Those who are interested in learning more about the guild and are interested in finding out what upcoming classes and events will be offered are invited to visit the Des Moines Weavers and Spinners Facebook page. ■

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NEW YEAR budget focus

Now that 2025 has arrived, many of us will turn to financial resolutions, attempting to bring positive change in our lives. For those looking to make a meaningful shift in their financial habits, focusing on a structured budget and leveraging a local community bank can be a powerful combination. It's important to recognize that change is difficult, but with the right strategies, it can become a rewarding and sustainable journey.



One of the first steps in creating a new budget is understanding where your money is going. It can be easy to overlook small expenses, but, over time, these add up. Begin by tracking all your income and expenditures, from fixed costs like rent and utilities to discretionary spending on dining out, subscriptions or

entertainment. This will help you identify areas where you can cut back and reallocate funds to meet your financial goals.

As you plan your budget, the key is to focus on both short-term and long-term objectives. It's not just about saving more each month; it's also about creating a balance between immediate needs and future security. A common pitfall is focusing too much on one aspect of budgeting and neglecting others, so use a comprehensive approach.

Changing how we manage money is difficult because it requires discipline and a shift in mindset. However, one of the best ways to stay on track is by setting small, achievable milestones. For example, you could aim to reduce discretionary spending by 10% each month and use those funds to pay off a certain amount of debt within six months. By breaking your goals down into manageable pieces, they become less daunting and more attainable.

Partnering with a local community bank can also support your budget journey. Local institutions tend to have more personalized services, allowing for stronger relationships with bankers who understand your specific needs. They may offer specialized accounts that help you save or invest, as well as lower fees and better terms. These options can serve as a safety net, helping you stay focused on your financial commitments and giving you access to resources that can facilitate lasting change.

In conclusion, committing to a new budget in 2025 and embracing change doesn't have to be overwhelming. By taking a structured approach to budgeting, breaking down goals, and seeking out local financial resources, you can set yourself up for success this year and beyond. ■

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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3 KEY questions to ask as you enter 2025

Did you make a New Year's resolution? If you did, I have bad news for you: 40% walk away from their resolution(s) by the end of January, and 75% stop pursuing their resolutions by Valentine's Day.



The new gym membership, diet goals, financial pursuits, or anything else you are wanting to change usually don't last; we go back to our old habits. It's not because we don't have good intentions, it's that old habits are hard to change. Good intentions are good, but I want to encourage you to have God intentions. What's the difference?

"Good" intentions are usually about "me," doing something I want, something I'm motivated to do. "God" intentions are about the Lord, doing something He wants, something

He is calling me toward. It's about making Him your primary focus. For the person who pursues this, Jesus gave a promise in Matthew 6:33: "God will meet all your needs when you make him your primary concern."

As we launch into 2025, I want to ask you three questions and encourage you to take a moment to write down some thoughts.

What is one thing you need from God?

Maybe you are in a struggling marriage, a difficult family situation, a consuming addiction, or have priorities that are out of whack. Are you willing to invite Jesus to help you in these important areas of your life?

What one thing do you need to let go?

Maybe you need to let go of a past hurt or a failure that paralyzes you with fear to ever take a risk again. Maybe it's time to forgive what you've been hanging on to for years. We should

learn from our past, but it should not keep us from being the person God has called us to be or doing what He has called us to do.

What one promise do you need to claim?

The Bible is full of promises from the Lord. For example, He promises to help you when tempted, to be your help in times of trouble, and more. But God is not a cosmic vending machine to be used, and many of His promises are conditional (we have a part to play). But there is one promise that is not conditional you can always claim, especially as you enter the New Year: The Lord promises to love you. That is something you can always count on, no matter what 2025 brings your way. ■

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



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WHO DOESN'T love acronyms?

Let's talk about the CTA, FinCEN and the BOIR.

Apologies in advance for an article that some may find BOIR-ing (the dad jokes are getting worse as I age), but if you are a business owner, pay attention. Let's get into it.



The Corporate Transparency Act (CTA) was passed by Congress on Dec. 11, 2020, and became effective Jan. 1, 2024. The bill's stated purpose is to combat illegal activity including tax fraud, money laundering and financing terrorism. Transparency...GOOD. Fraud, money laundering and terrorism...BAD. Good law, right? Not so fast.

The CTA requires many small businesses (with certain exceptions) to file a Beneficial Ownership Information Report (BOIR) with the Financial Crimes Enforcement Network (FinCEN). The BOIR must report the company name, address, jurisdiction of formation, and

employer identification number.

The CTA is enforced* by FinCEN and requires companies to submit the initial BOIR no later than Jan. 1, 2025, for companies existing prior to Jan. 1, 2024, and all new companies formed after Jan. 1, 2024, to submit within 90 days of formation. For companies formed after January 1, 2025, the deadline is 30 days after formation.

If your company was formed on or after Jan. 1, 2024, your company will need to provide information for each of its applicants (name, address, and an identifying number from an identifying document such as a driver's license or passport). Applicants are defined as people who filed the document that created the company or were primarily responsible for directing the filing.

Companies need to provide the names, birthdays, addresses and an identifying number from an identification document, along with a photo of the document itself for each of their beneficial owners. Beneficial owners are defined as people who have substantial control over a

company or people who own a minimum of 25% of the company.

Penalties for not reporting or reporting false or incomplete information are criminal fines of up to \$10,000 and two years in jail, and civil penalties up to \$500 per/day.

*However, a federal judge in Texas recently issued a preliminary injunction blocking enforcement of the law. The lawsuit challenged the constitutionality of the CTA, arguing that the CTA exceeded Congress' authority to regulate interstate commerce and that it violates the First and Fourth Amendments. This injunction only temporarily blocks the enforcement of the CTA, and it can be removed or modified at any time. Because of the temporary nature of the injunction, if you're not going to file a BOIR, we strongly encourage you to monitor legal developments closely. Alternatively, you can still file a BOIR if you choose. ■

Information provided by Adam Doll, Hopkins & Huebner P.C., 1009 Main St., Adel, 515-993-4545

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ADEL Public Library news



Hello from the Adel Public Library. Happy New Year. We will be closed Jan. 20.

January 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.

January special story times

- Dallas County Conservation Storytime – Monday, Jan. 13 at 10 a.m.
- Warm & Cozy Pajama Storytime – Monday, Jan. 13 at 6:30 p.m.
- Dino Storytime – Tuesday, Jan. 21 at 4 p.m. Registration required at adelpl.org.

Elementary programs

- Winter Playtime – Every Friday from 9-11 a.m.
- Tail Wagging Readers – Thursday, Jan. 2 at 4:30 p.m.
- Nerf Battle: Grades 2-5 – Friday, Jan. 3 from 2-3:30 p.m. Registration required at adelpl.org.
- Pokémon Club – Tuesday, Jan. 14 at 4 p.m.
- Building League – Tuesday, Jan. 28 at 4 p.m.

Teen programs

- Teen Advisory Board – Thursday, Jan. 9 at 4 p.m.
- Teen: Bullet Journals – Thursday, Jan. 16 at 4 p.m.
- Teen: Hang Out – Thursday, Jan. 23 at 4 p.m.
- Library D&D – Friday, Jan. 24 at 1 p.m. Registration required at adelpl.org.
- Teen: Cozy Watercoloring – Thursday, Jan. 30 at 4 p.m.

Adult programs

- Yoga – Every Wednesday at 5:45 p.m. Registration required at adelpl.org.
- 50s-plus Senior Gathering – Jan. 7 and 21 at 10 a.m.
- Brown Bag Book Club – Thursday, Jan. 9 at noon
- Watercoloring – Thursday, Jan. 16 at 6 p.m. Registration required at adelpl.org.
- How to: Digital Library Services – Tuesday, Jan. 21 at 10 a.m.
- Evening Book Club – Thursday, Jan. 30 at 5:30 p.m. ■

Adel Public Library

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 Monday-Thursday: 9 a.m. to 6 p.m.
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Protect Your Loved Ones from RSV

RSV is a common respiratory virus, which peaks in the winter months.

RSV can be dangerous for infants and older adults. These age groups are more likely to be hospitalized from RSV.

Talk to your family's healthcare providers about RSV prevention.



IOWA | Health and Human Services

EVENTS IN THE AREA

Be sure to check for cancelations

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



Adel Masonic Breakfast

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

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

Faith's Flock Preschool open house

Sunday, Jan. 12, 3-4:30 p.m.
602 S. 14th St.

Registration for Faith's Flock Preschool 2025-2026 year opens Jan. 15 online at adelpreschool.com. Prior to that, an open house will be held Jan. 12. Faith's Flock is a Christ-centered LCMS preschool for 2 1/2 to 5 year olds owned by Faith Lutheran Church in operation since 1982. Email preschool@faithadel.com with any questions.

Third Monday Bingo

Jan. 20, 6-8 p.m.

Masonic Lodge, 411 S. 12th St., Adel

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



Wednesday Night Meal

Wednesdays

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

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

Mobile Food Bank

Fourth Wednesday 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 pick up for free groceries.

Polk County Heritage Gallery exhibit

Until Jan. 24

Polk County Administration Building,
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polkcountyheritagegallery.org

DSM Exhibited 2024 - Annual Juried Show is on display.

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EVENTS IN THE AREA

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

Be sure to check for cancelations



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CITYVIEW's Fire and Ice

Saturday, Jan. 18, 1-4 p.m.
Historic Valley Junction
Foundation, 137 Fifth St., West Des Moines

Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit <https://fire-and-ice.dmcityview.com>. ■



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RACCOON Valley Bank displays local artwork

Bringing art and community together



Among the original artworks Raccoon Valley Bank displays are two acrylics on canvas by James Navarro: "Aerial Adel" and "Adel."

At Raccoon Valley Bank, financial services meet creativity.

Under the ownership of the Garst family, the bank has made a unique commitment to supporting local artists by featuring curated artwork in each of its four Iowa branches: Perry, Adel, Dallas Center and Grimes.

This initiative, which began in 2015, sets aside 5% of the cost of branch renovations or new builds for artwork. Terry Nielsen, the bank's president and CEO, explains that this dedication to the arts reflects the bank's broader commitment to fostering local connections.

"I think these are pieces that will continue to make a mark on local artists and something that we're proud of as people visit our branches," he says. "The artwork is one of a kind."

The bank's collaboration with Des Moines-based artist and curator Liz Lidgett of Liz Lidgett Gallery and Design, who has partnered with the Garst family for years, has ensured that every piece is thoughtfully chosen and displayed. The result is not only a visually appealing environment but also a celebration of the artistic talent within the community.

Each branch showcases a diverse collection of contemporary and modern works, ranging from paintings and photographs to sculptures, pottery and custom wall pieces. Most of the pieces are created by artists from central Iowa, but the bank also incorporates works from nationally recognized creators.

According to Nielsen, the artwork does more than beautify the branches — it creates a welcoming, one-of-a-kind atmosphere for customers and employees alike.

"Most of these prints and works are one of a kind, but the longstanding value has been the ownership and the family commitment to creating an environment where we have these original works of art, which certainly sets us apart a little bit from other banks, but is unique in every community that we serve," he says. "We're proud of the history and heritage of it."

The bank has received positive feedback, particularly during open houses and events, like a recent gathering at the Dallas Center branch. While the pandemic temporarily reduced opportunities for in-branch events, Raccoon Valley Bank is gradually reintroducing these community-building moments, with artwork playing a central role.

"It's been encouraging, and I don't look for us to stop any time soon," Nielsen says. "If we want to continue on with remodels or potentially opening new branches, we'll utilize the same program for our artwork." ■

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to get started.



RHYTHMS of Grace: a mission to help others

Improving lives through horseback riding therapies

Dawn Carlson and the volunteers at Rhythms of Grace, along with the organization's clients, have found many benefits to "horsing around." But it's not disorganized horseplay; the therapies are tried and true ways to improve lives, as Carlson explains.



"Rhythms of Grace is a volunteer-driven nonprofit charity organized in 2020 that partners with special horses to provide healing and hope to children and adults with special needs," she says. "This mission was placed on my heart over many years, through many blessings and many tears."

As the founder of Rhythms of Grace, Carlson has invested much time and energy into bringing her vision to reality.

"We are one of only six Professional Association of Therapeutic Horsemanship (PATH) riding centers in Iowa. I am a PATH certified therapeutic riding instructor, equine specialist in mental health and learning, and natural lifemanship certified level 1," Carlson says. "By partnering with licensed mental health and occupational therapists, we offer equine-assisted therapies. We also offer therapeutic riding. I personally work with 10-14 clients per day. Every client's cost for services is generously subsidized by donors. No family is turned away due to the inability to pay."

Rhythms of Grace relies on volunteers.

"We are blessed to have more than 100 volunteers who have committed to ongoing training and development to lead horses and walk beside riders to support them. More than 10,000 volunteer hours are donated annually," Carlson says. "We have opportunities for grooming horses, keeping the barn clean and welcoming our clients. We have office help needs, fundraising needs, grant and foundation needs, gardening and construction. We pick up 600 pounds of manure daily and compost this for our volunteers to use on their gardens. To allow breaks for our volunteers and horses, we operate in six-week blocks throughout the year. We work directly with clients approximately 1,000 hours per year."

Rhythms of Grace has 12 horses, ranging from miniature horses up to large draft cross horses to suit clients' developmental needs.

Clients are not the only attendees that reap benefits, Carlson says.

"Our volunteers come to serve others but also receive the benefits that come from being around horses and bringing joy to others. We have veterans who volunteer, we have families that have been saved through volunteer service and bonds formed that can only be explained by a spirit of love and empathy leading us. We have volunteers who have overcome their fear of horses to go on to learn to ride. Volunteers who show up regularly have special opportunities to learn, improve their horsemanship skills, build relationships with the horses and clients and other volunteers," Carlson says.

The program welcomes prospective volunteers to take a closer look.

"No prior experience is necessary because we teach volunteers the special way we handle our horses, and the loving care they provide riders comes from deeply compassionate communities. We offer a lot of training and practice sessions," Carlson says. "A one-hour orientation is offered the first Monday of every month to allow people to check us out, learn about the benefits of volunteering to decide if they want to take the next step of training. It's a commitment with flexibility."

Carlson has seen many success stories at Rhythms of Grace.

"Together, we get to witness miracles. We witness injured adults make

gallant strides; nonverbal children and adults learn to communicate and speak words, overcome fears; and unbalanced dysregulated kiddos achieve strength, solace, regulation, peace, manners, gratitude, patience, success in skill development and sequential processing. If you have an injury, and your gait isn't quite back to normal, riding a horse with us will do wonders to speed up your healing process," Carlson says.

"We shed tears of joy and celebration as milestones are accomplished and prayers answered for improved health and healing. It is a joy and an honor to be a part of so many lives and that is what we collectively reap as volunteers. Come join us. The joy returned is so much greater than the gift we give. If you're curious, join us at an orientation to learn more."

For more information, visit <https://rhythmsofgraceequine.org>. ■



Robert Grove of Edward Jones presents Dawn Carlson of Rhythms of Grace the Good Neighbor certificate.

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COZY, comforting recipes to take on the cold

(Family Features) If blustery conditions are giving you the blues, come inside from the cold for a winter warmup in the comfort of your own kitchen. Cold-weather favorites that are baked, roasted or slow cooked are usually equal parts easy, delicious and filling, making them perfect solutions for chilly, snowy days.

Add a bit of comfort to your weeknight menu with this Loaded Chicken Bake that's ready in about half an hour. A short list of ingredients and allowing your oven to do most of the work for you mean it's ideal for saving time (and money at the grocery store) while still satisfying winter appetites.

Serving as the hearty base is READ German Potato Salad, made with thinly sliced potatoes and bacon in a traditional sweet-piquant dressing. While it's delicious when served chilled, heated or at room temperature on its own, it can also be the star of the show in family meals.

Find more favorite wintertime recipes by visiting READSalads.com and AuntNellies.com. ■

Loaded chicken bake

Recipe courtesy of Hungry In LA

Prep time: 20 minutes | **Cook time:** 15 minutes

Servings: 8

- Nonstick cooking spray
- 2 cans (15 ounces each) READ German Potato Salad
- 4 cups shredded rotisserie chicken or other cooked chicken
- 1/2 cup heavy cream
- 1/4 teaspoon salt
- 1/4 teaspoon finely ground black pepper
- 3/4 cup shredded sharp cheddar cheese
- 1/4 cup crumbled, cooked bacon
- French fried onions (optional), plus additional for serving (optional), divided

DIRECTIONS

- Preheat oven to 375 F.
- Lightly coat 9-by-13-inch baking dish with nonstick cooking spray.
- Spread German potato salad evenly in dish. Top evenly with chicken.
- In small bowl, stir heavy cream, salt and pepper. Pour mixture over chicken.
- Sprinkle with cheese, bacon and onions, if desired.
- Bake 15 minutes, or until casserole is bubbly. Let stand 10 minutes.
- Top with additional onions, if desired.





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NEW YEAR, new goals

Empowering your health in 2025

As we usher in the New Year, it's the perfect time to set health-focused goals that benefit your wellbeing. Whether you're managing a chronic condition, looking to improve your lifestyle, or aiming to take control of your medications, here are actionable steps to make 2025 your healthiest year yet.



1. Prioritize medication adherence:

If you're on prescribed medications, staying consistent is vital. Skipping doses or stopping a prescription without consulting your healthcare provider can lead to complications. Set reminders through apps, alarms or pill organizers to ensure you take your medications on time. Your pharmacy can also offer compliance packaging to help aid compliance. If cost or side effects are barriers, talk to us about alternatives.

2. Schedule regular health checkups:

Annual checkups and routine screenings are

essential for monitoring your health. If you're due for vaccinations or lab work, book those appointments early in the year.

3. Make nutrition and hydration a

priority: A balanced diet supports better outcomes for patients with conditions like diabetes, hypertension or high cholesterol. Incorporate more fruits, vegetables and whole grains into your meals, and reduce sodium and added sugars. Staying hydrated is equally important — aim for at least eight glasses of water a day unless otherwise advised by your doctor.

4. Engage in physical activity: Regular exercise benefits your heart, strengthens your muscles and boosts your mood. Even small changes like a 20-minute daily walk can make a big difference. Speak with your healthcare provider to find activities suitable for your fitness level and health conditions.

5. Utilize your pharmacy resources:

Pharmacists are your accessible healthcare allies. Many pharmacies offer free consultations,

medication therapy management (MTM), and even tips on lifestyle adjustments. Don't hesitate to ask your pharmacist questions about your prescriptions or over-the-counter medications.

6. Set realistic goals: When setting your new year's health goals, make them specific, measurable and attainable. For example, instead of "I want to be healthier," aim for "I will check my blood pressure twice a week" or "I will walk 5,000 steps a day."

7. Embrace progress, not perfection:

Remember, improving your health is a journey. Celebrate small victories and learn from setbacks. Consistency and patience will pave the way for lasting change.

Start 2025 with a renewed focus on your health. By setting clear goals and utilizing the resources around you, including your pharmacist, you'll be on your way to a healthier, happier year. ■

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

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HEALTH

By Christopher Baltzell, PA-C, MPAS

NEW YEAR, new you

Resolutions for a healthier you

The start of a new year is a popular time to make resolutions for a healthier lifestyle. Whether your goal is to lose weight, eat healthier, or get more exercise, these resolutions can significantly improve your overall wellbeing.



To make your resolutions stick, it's important to set realistic and achievable goals. Break down large goals into smaller, manageable steps. For example, instead of aiming to exercise for an hour every day, start with 30 minutes and gradually increase the duration as you progress.


Another key factor is to find activities you enjoy. If you dislike running, don't force yourself to do it. Instead, try activities like dancing, swimming or hiking, which you find more enjoyable. This will make it easier to stay motivated and consistent.

It's also crucial to track your progress. Keep a journal to record your workouts, meals or any other relevant information. This will help you stay accountable and identify areas where you may need to make adjustments.

Remember, it's OK to make mistakes. Don't get discouraged if you slip up occasionally. Instead, learn from your mistakes and refocus on your goals.


By following these tips, you can make your New Year's resolutions a success and achieve a healthier, happier you. ■

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



Physical Therapy

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HEALTH

By Alicia Fisher, PT, DPT

Q: How can I ease the pain from an ankle sprain?

A: The ligaments surrounding the ankle are surprisingly fragile. Typically, a sprain is minor and able to heal itself by the next day; however, a seemingly harmless motion has the potential to cause a serious sprain. The muscles surrounding a sprained ankle often tighten and shorten, resulting in decreased range of motion. This makes the ankle more prone to re-injury unless you stretch and strengthen those muscles. If the ankle swells and standing or walking on it becomes unbearable, a fracture needs to be ruled out by your physician.



If you think you may have sprained your ankle, the main goal in the early stage is to reduce inflammation. In order to minimize swelling, it's important to apply ice as quickly as possible. Either submerge your foot in an ice bath or use a bag of ice wrapped in a towel. Ice helps to reduce the pain, redness and warmth common to ankle sprains. Also helpful is resting the ankle as much as possible, elevating your ankle above your heart, and performing gentle ankle stretches. Taking these steps will promote and facilitate healing while helping your body absorb the fluid that has flooded into the tissue surrounding the injured area. ■

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

A HIDDEN gem

The Brenton Arboretum offers beauty and education.

Nestled just outside Dallas Center, The Brenton Arboretum offers a haven for nature lovers, families and those seeking a peaceful escape. It's a sanctuary for the soul and a year-round destination for outdoor exploration.

Executive Director Melissa Burdick shares that the arboretum — a botanical garden specifically for trees — is home to more than 4,000 trees, showcasing an impressive variety of species across its sprawling landscape.

"There's a tremendous amount of diversity," Burdick says.

Unlike city or county parks, the arboretum is a privately operated public charity, dedicated to conservation, education and public enjoyment. Admission is free, with a small fee for non-member visitors bringing their furry friends (\$5 per dog per visit).

Whether you're hosting a large family gathering this holiday season and need to get out of the house, or are seeking solitude just for yourself, the Arboretum is a worthwhile destination.

"Spend as much time as you want out here," Burdick says. "We have miles of trails to hike and explore. They're nice and easy to enjoy."

For younger visitors, the O'Brien Nature Play Area offers natural, engaging play spaces perfect for burning off energy. Meanwhile, solo visitors can find quiet moments of reflection in spots like the meditation labyrinth among the conifer collection.

"We're a great place to get a moment of peace and quiet," Burdick says.

She adds that a visit to The Brenton Arboretum is a helpful way to get a heavy dose of "Vitamin N" — Vitamin Nature.

While some may think of arboretums as a place to enjoy the outdoors during warm weather, winter at The Brenton Arboretum comes with its own set of benefits.

"Seeing our trees in the wintertime is a whole new perspective on their value in the landscape," Burdick says. "People think that trees in the winter are dead and lifeless, but really, they have amazing structure. The architecture of the branches, the twigs and the bark can be amazing and interesting, too."

People even visit the Brenton Arboretum after a fresh snowfall. Burdick often arrives to find snowmen dotting the landscape or evidence of cross-country skiing.

Winter programming keeps visitors engaged as well. Weekly meditation sessions and yoga classes are held every Wednesday, indoors or outdoors, depending on the weather. For children, the Kids Nature Club meets twice a month, featuring seasonal, nature-themed lessons like animal tracking or hibernation.

As spring arrives, the Arboretum's calendar fills with more events. April marks the start of their busy programming season, beginning with an Earth Day celebration on April 27. Monthly events follow, including a homeschool field trip day in May, a June concert, and July's Wine on the Prairie fundraiser.

For more information, including event details and membership benefits, visit the Brenton Arboretum's website, thebrentonarboretum.org. ■



The Brenton Arboretum in winter offers beautiful scenery that can be enjoyed on a stroll, snowshoeing or cross country skiing.

REMOTE patient monitoring in home healthcare

As the healthcare industry evolves, remote patient monitoring (RPM) is becoming a game-changer in home healthcare. RPM involves using digital technologies to monitor patients' health data in real-time, allowing providers to track vital signs, medication adherence, and other health metrics from a distance.



One of the key benefits of RPM is its ability to improve patient outcomes. Continuous monitoring enables healthcare providers to detect potential health issues early and intervene before they become serious. This proactive approach can lead to better management of chronic conditions, reduced hospital readmissions, and an overall improved quality of life.

RPM also alleviates some strain on the healthcare system. With an aging population and a growing demand for home health services, RPM offers a scalable solution to meet the needs of patients without overburdening healthcare providers. It also allows for more personalized care, as healthcare providers can tailor treatment plans based on real-time data and patient-specific needs.

Despite its many advantages, RPM does face challenges, such as ensuring patient privacy and data security, as well as addressing the digital divide that may prevent some patients from accessing these technologies. ■

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



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DID YOU KNOW?

The Adel Chamber of Commerce Arts and Trails Committee organized the creation of the Nile Kinnick banner!



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G&P Contracting

Electrical services benefit from Chamber involvement.

We depend on electricity in our daily lives, and when electrical devices don't work, it's not usually something we can fix on our own. We need a professional and safe electrician to provide service.

That's where G&P Contracting comes in. Co-owners Sam Grob and Casey Paxon established the business in Adel in April 2024. The pair, both certified electricians, bring a combined 15 years of experience to the business, located at 1609 Chance Court in Adel.



Sam Grob and Casey Paxon of G&P Contracting

G&P Contracting offers electrical services for residential, multi-family, as well as new construction; repair and panel upgrades for homeowners and businesses; light landscaping; general handyman repairs and maintenance.

The duo recognized a need for electricians in the area, which is why they chose Adel. As they considered opening up their business in the community, they spoke with Grace at the Greater Dallas County Development Alliance. In turn, she suggested obtaining more information from Deb about the Adel Partners Chamber of Commerce.

"Within moments of meeting with Deb, we decided that it was well worth the investment to join the Chamber to help connect us with other businesses in the area, as well as connect with the citizens of Adel," Sam says.

The Adel Chamber helped with the initial marketing they did as a company.

"Our membership with the chamber immediately impacted our business," he says. "It helped by getting our name out there and putting us in touch with customers in the Adel area."

Since opening, the business has experienced continued success. "We pride ourselves on focusing on customer service and finding options for customers to see what suits and works best for them," Sam says.

Sam Grob and Casey Paxon hope to continue growing the business.

"It's our goal to maintain a high threshold of quality of work and a high standard of customer service going forward," Sam says, adding, the best part of doing business in Adel is the sense of community. "There are so many wonderful people we interact with on a daily basis. Adel is a great town with great folks who live here, and it feels as if everyone is rooting for you and always passing your name along."

He recommends that local business owners join the chamber. "Membership has helped our business grow, get more involved in the community and learn more about everything happening in the community." ■

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

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SIP and Sample

Adel Sip and Sample Business Open House was held Dec. 6.



Tania Harre, Karen Daniel and Marsha Fisher - Adel Women's Club



Lauren Mikkelsen, Stacey Gaidies, Jesse Woerdehoff, Jazmine Martin, Bryce Moss and Nikki Keller - Raccoon Valley Bank



Marion Conover, Claire Priestley and Jane Clausen - Adel HealthMart Pharmacy



Hanna Mankin, Rachel Matta, Kelcey Srp and Stephanie Haas - Matta Family Dental



Archer and Ayva Grob with Santa at Raccoon Valley Bank. The Adel Kiwanis Club hosted Santa.



Kathryn Crabbs and Tom Harmsen at Spiked Infusions



Meyer, Masyn and Madden Vaske at Raccoon Valley Bank



Mark Hantsbarger, Lynne Hoeksema and Holly Adams - New Hope Church



Jodi Kuhse - Luellen Chiropractic



Shirley McAdon - Adel Rotary Club



Ella Fuller - Adel Flowers and Gifts



Rex and Courtney Goodrich at Raccoon Valley Bank

OUT & ABOUT



Dr. Marcia Holstad, Julia Green and Mandi Lamb - Adel Vision Clinic at the Adel Sip and Sample Business Open House on Dec. 6.



Jenn Chapman and Marie Hansen - Adel Flowers and Gifts at the Adel Sip and Sample Business Open House on Dec. 6.



Amy Sutton - Adel Flowers and Gifts at the Adel Sip and Sample Business Open House on Dec. 6.



Elected officials from across Dallas County, as well as members of the public, were on hand for the dedication ceremony at the new County Administration Building on the Adel Square on Dec. 6.



Julianna Cullen and Kevin Howe - Cullen Howe RE/MAX Real Estate at the Adel Sip and Sample Business Open House on Dec. 6.



Kristie Anderson and Sandy Cook - Azalea Lane Boutique at the Adel Sip and Sample Business Open House on Dec. 6.



ADM seniors Kelli Storck and Addison Reynolds were presented Adel Kiwanis Club certificates at the weekly Club meeting at Patrick's Restaurant on Dec. 10.



The Adel Kiwanis Club made a \$6,250 donation to the Adel Good Samaritan Food Pantry at the weekly club meeting at Patrick's Restaurant in Adel on Dec. 10.



Megan Metzger, Stephanie Haas, Rachel Matta, Hanna Mankin and Kelcey Srp at the Matta Family Dental groundbreaking east of Adel at the Eagle Vista development on Nov. 8.



Dallas County Supervisors Mark Hanson, Kim Chapman and Brad Golightly cut the ribbon at the new County Administration Building on the Adel Square on Dec. 6.



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F-Sat 9 a.m. – 4 p.m.
www.adelpl.org

UTILITY PHONE PAYMENTS
866-229-7831

OTHER NUMBERS
Aquatic Center
515-993-5246
Ankeny Sanitation
515-964-5229
S. Dallas Co. Landfill
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:

- **Tuesday, January 14th, 2025 at 6:00 pm**
- **Monday, January 27th, 2025 at 6:00 pm**
- **Tuesday, February 11th, 2025 at 6:00 pm**

For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org or visit our Facebook page.

REMINDERS & CLOSURES:

- **Tuesday Jan. 7th and Tuesday, Jan. 14th, 2025:** Christmas Tree Collection - Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.
- **Monday, January 20th, 2025:** All City facilities will be closed for staff in-service day. Garbage services will remain on schedule for the week.
- **Monday, February 17th, 2025:** All City facilities will be closed in observance of Presidents' Day. Garbage services will remain on schedule for the week.

PARKS & RECREATION UPCOMING ACTIVITIES

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

YOUTH BASEBALL & SOFTBALL

It is that time of year again, to start thinking about youth baseball and softball signups. Leagues start in mid-April & May. Registrations can be completed online by visiting adel.activityreg.com



2025 SUMMER AQUATIC CENTER STAFF

Acceptance of applications for Lifeguards, Admissions/Concessions and managers has begun. Applications can now be filled out online by visiting adeliowa.org/employment-volunteer-opportunities/. If your son or daughter wishes to become a Lifeguard, he or she MUST have a current lifeguard certification. Contact rdillinger@adeliowa.org for questions or assistance in locating training sites.

SNOWMAN CONTEST

Start thinking of a masterpiece you are wanting to create once the snow falls. Then bundle up and head outside to build your best snowman. Take a picture of your creation and submit it to Ramona at rdillinger@adeliowa.org. All snowmen will be featured on our Facebook page and a prize will be awarded to the most creative snow sculptor! Deadline is March 7.

SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

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

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.

For more information please visit the City of Adel website at www.adeliowa.org to view a FAQ flyer.

CITY OF ADEL EMPLOYEE HIGHLIGHT: COLE PRICHARD

Please join us in congratulating Cole Prichard as he completed the St. Jude Marathon in Memphis, TN.

"I ran 26.2 miles through the streets of downtown Memphis. Running this marathon has been my favorite so far. Running for the kids of St. Jude has an entire different purpose. This race raised over \$15,000,000 for the kids and their families."



ADEL POLICE NEWS

Help us congratulate **Sergeant Bryce Deeth**, as he received his 10 years of service award at the City Council meeting on December 10th. Thank you for your service, Bryce.



Help us congratulate **Officer Cory Herrmann**, as he received his 5 years of service award at the City Council meeting on December 10th. Thank you for your service, Cory.



2025 GOLF CART REGISTRATIONS:

Golf Cart Registrations are effective for the current calendar year and will be open on January 1st, 2025. Forms are available online at <https://adeliowa.org/permits-and-forms/>.

Registration Cost: \$50

Receiving Registration Stickers: Golf Cart Registration stickers will not be mailed out until payment is received

INVENTORY TIME!

HELP US ELIMINATE SOME STORE STOCK!

Pick-Up Pricing Limited Quantities Pricing valid Jan. 1-31, 2025

MAYTAG® \$699

MAYTAG® \$1,199 EACH

MAYTAG® \$1,149



DISHWASHER
Stainless Steel Tub with 5 Cycles. Dual Power Filtration. Finger Print Resistant stainless steel.
MDB4949SKZ



Smart Top Load Washer with Extra Power Button - 5.2 cu. ft. MVW7230HC

Smart Top Load Electric Dryer with Extra Power Button - 7.4 cu. ft. MED7230HC



30" Wide, 5.3 cu ft Self Clean Oven. Air Fry Mode. Five Element Cooktop. Convection Oven. Fingerprint Resistant Stainless Steel.
MER7700LZ

MAYTAG® \$949

MAYTAG® \$1,099

MAYTAG® \$2,599

MAYTAG® \$749 EACH



Garage Ready in Freezer Mode Chest Freezer with Baskets - 16 cu. ft. Power loss assist. Heavy-duty sliding baskets. Deep basket MZC5216LW



Maytag 33" wide top freezer refrigerator, 21 cu ft. Powercold feature. Fingerprint resistant MRT311FFFZ



25 Cu. Ft. French Door Refrigerator PowerCold® Feature Fingerprint Resistant LED Lighting MFI2570FEZ



Washer: 4.5 cu ft, deep fill option, power agitator, quick wash MVW4505MW
Electric Dryer: 7.0 cu ft, wrinkle protection, reversible door MED4500MW

\$999 EACH

MAYTAG® \$1,049 EACH

Whirlpool® \$1,349

Whirlpool® \$799

5 YEAR PEACE OF MIND ▪ 5 YEARS PARTS + LABOR



Washer New 4.7 CU FT. Deep Wash option MVW6230RHW
Electric dryer 7.4 CU FT. Hamper door MED6230RHW



3.5 CU FT. Power Wash Cycle. Commercial Grade Residential Washer. MWWP586GW
7.4 CU FT. Commercial Grade Residential Dryer. Wrinkle Control. MEDP586KW



5.0 cu ft oven
• 5-in-1 Oven •
• Air Fry Mode •
• Dishwasher-Safe
• Air Fry Basket •
• Fan Convection Cooking
WFG550S0LV



Dishwasher with Stainless Steel Tub, 3 Rack, Fingerprint Resistant Stainless Steel WDT750SAKZ

Whirlpool® \$1,199

Whirlpool® \$1,499

Whirlpool® \$799

Whirlpool® \$1,999



5.3 Cu.Ft. Electric Range with 5 in 1 Air Fry Oven, Adjustable Self-Clean Oven with Fan Convection, Ceramic Glass Cooktop, Finger Print Resistant Stainless Steel WFE550S0LZ



CLOSEOUT
Smart freestanding electric range
• 6.4 cu ft
• Frozen bake technology
• True convection
WFE975H0HZ



Dishwasher with stainless steel tub, 3 rack, adjustable middle rack, 47DBA, fingerprint resistant WDTA50SAKZ



20 cu ft, 30" wide French door, tuck shelf, adjustable gallon door bins, LED lighting WRF560SEHZ



916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-2
515-993-4287

www.adelwintersettv.com

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2
515-462-2939