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DAVID MCADON CONTRIBUTES TO APTA MAGAZINE ARTICLE

David McAdon, physical therapy assistant, is an alternative modalities specialist and whole health gym coordinator at the Central Iowa VA Healthcare Center in Des Moines. He was asked to contribute to an article in the December 2024 American Physical Therapy Association Magazine, detailing his experiences with using virtual reality in treating everything from Parkinson's disease to anxiety and depression.

Entitled "Real Progress: Virtual Reality in Physical Therapy" by Chris Hayhurst, the article notes how VR technologies are gaining ground in research, education and clinical practice.

McAdon has been using VR with patients since 2020 in the Des Moines VA facility's outpatient rehab clinic. The technology consists of a headset that communicates with a large-screen tablet to record



David McAdon uses virtual reality technology during a session with a patient at the Des Moines VA outpatient rehab clinic.

data on balance or range-of-motion or other activities. Because VR is engaging, there is better patient buy-in, and it helps to overcome some of the resistance to treatment activities.

"Depending on what the goal is and the condition we're trying to treat, there are a multitude of activities within the system that

allow you to work on anything you want," McAdon says.

McAdon is a 1992 graduate of ADM Schools and a graduate of Iowa State University and Mercy College of Health Sciences.

Pictured is McAdon with a patient at the Des Moines VA outpatient rehab clinic. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 31 | LOW 18

Flurries; clouds giving way to sun



SATURDAY HIGH 35 | LOW 27

Cloudy



SUNDAY HIGH 30 | LOW 10

Mainly cloudy and breezy



MONDAY HIGH 20 | LOW 6

Breezy; sunny and colder



TUESDAY HIGH 25 | LOW 12

Increasing cloudiness



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FROM THE PUBLISHER

IT'S A BIRD. IT'S A PLANE. IT'S... A DRONE?

I wrote a column a couple years ago about a drone I own that sparked many comments from readers. With all the sightings of these much larger devices hovering in the air around New Jersey recently, it seemed worth revisiting.

My wife bought that simple drone for me as a Christmas present in 2022. I still have it, though I rarely use it, mostly because I still have not become properly licensed. I argued in the past that it seemed like a complicated process, although several readers offered me tips back in 2023 to make it easier. I saved their messages for future use. Well, it's the future, and I have still haven't used them. I ask myself, why? I have certainly learned to navigate through various certifications and training and government requirements many times. Why am I stalling on this one, especially when the drone footage could be quite helpful in my business?

The more I thought about it, the more I realized the truth can be found in multiple explanations.

First, I have learned that operating a drone is tricky — maybe not for those of you who have been playing

complex video games for a few decades, but the skills I gained from mastering Pac-Man as a kid don't seem to help much.

Second, the margin of error is also low, and the replacement cost is high. That's not a good combination for me.

Third, as many of you loyal readers know, I am a privacy freak, and the whole idea of drones taking photos and video on demand is concerning to me. It should be to you, too. Clearly, our government is using drones in ways that would make us all uncomfortable if we knew the entire truth. And, clearly, other governments are doing the same.

Admittedly, I don't fully understand a property owner's rights on how to deal with drones, but I do know I would not hesitate to shoot one down if I felt it was intruding on me, and I would be more than willing to go to court to justify my actions. I wish our government officials would feel the same way about unidentified drones flying over our cities. I find the silence more concerning than the



drones.

I mentioned in the 2023 column about when I attended the Des Moines Symphony's Yankee Doodle Pops outdoor concert in Des Moines and could see a dozen or so drones flying around in the sky. It was uncomfortable, especially when one realizes how easy it would be for a terrorist to fly a drone with a small bomb into a packed outdoor crowd. That's a real concern.

I am not suggesting all drones be banned, but operators should know if they are flying above areas other than property they own, their drones are at risk of being destroyed. And despite the annoying hoops I still haven't jumped through, I believe the licensing is a good idea, as we need to know who is on the controls of these invasive devices. We can only hope it is a group of tech-savvy kids with too much time on their hands.

Have a great week, and thanks for reading. ■

Shane Goodman
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ADM SCHOLARSHIP FOUNDATION STUDENTS OF THE MONTH

The year 2024 has come to a close with lots of memories and many accomplishments both academically and athletically. Again, the teachers and/or coaches have designated students of the month in their specific category for the month of December. The following students are recognized for the month of December.

- **Student of the Month:** Kennedy Stanford — Raccoon Valley Bank
- **Kiwanis:** Kelli Storck and Addison Reynolds
- **Fine Arts:** Ella Jorgensen and Julionna Lessmann, Journalism — Lincoln Savings Bank
- **Girls Bowling:** Rhylea Fuquey — River Valley Insurance
- **Boys Bowling:** Cole Darling — Patrick's Restaurant
- **Wrestling:** Rhett Boston— Adel Family Dentistry
- **Boys Basketball:** Cade Fisher — Cullen Howe Real Estate-RE/MAX Precision
- **Girls Basketball:** Kelli Storck — Adel Lions Club
- **Dance:** Avery Garrity — Azalea Lane Boutique
- **Wrestling Cheer:** Leah Chapman — Fareway
- **Basketball Cheer:** Gabriella Wills — Adel HealthMart

A special thank you to the local businesses that sponsored the Student of the Month program in 2024. These businesses contribute annually to maintain the program through the ADM Scholarship Foundation. Each year at commencement, scholarships are granted to qualifying seniors graduating from the ADM School District going on to post-secondary education. All contributions given to the Foundation are invested, and the income is used to provide the scholarships. The amount of \$947,500 has been given in scholarships to 967 students since the Foundation's inception in 1985. More information may be found at the website www.admscholarshipfoundation.com. ■

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HAIL? DENTS? DINGS?**



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ADM SPORTS SCHEDULE

Friday, Jan. 10

- 4:30 p.m. **Basketball:** Girls JV vs. Boone
- 4:30 p.m. **Basketball:** Boys JV vs. Boone
- 5:45 p.m. **Basketball:** Boys Freshman vs. Boone
- 6 p.m. **Basketball:** Girls Varsity vs. Boone
- 7:30 p.m. **Basketball:** Boys Varsity vs. Boone

Saturday, Jan. 11

- 9:30 a.m. **Wrestling:** Varsity Tournament @ Winterset
- 4:30 p.m. **Wrestling:** JV Tournament @ Des Moines North

Tuesday, Jan. 14

- 4 p.m. **Esports:** Varsity vs. Council Bluffs Abraham Lincoln

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85TH BIRTHDAY



DALLAS BOSOMWORTH

Help Dallas Bosomworth celebrate his 85th birthday Monday, Jan. 13, with phone calls or cards sent to:
31249 Houston Ave.
Adel, IA 50003-5555 ■

THIRD MONDAY BINGO JAN. 20

Enjoy bingo on Monday, Jan. 20, 6-8 p.m. at the Masonic Lodge, 411 S. 12th St., Adel. Seventeen games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card) will be held. Packaged snacks and non-alcoholic drinks will be available. ■

ADEL PUBLIC LIBRARY

303 S 10th St, Adel • 515-993-3512 • adelpl.org

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.
- **Pokémon Club** – Tuesday, Jan. 14 at 4 p.m.
- **Building League** – Tuesday, Jan. 28 at 4 p.m.

TEEN PROGRAMS

- **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.

Did you know that we have programs for adults, too? We have book clubs, in-person speakers, exercise groups and more. ■

FAITH'S FLOCK PRESCHOOL OPEN HOUSE

Registration for Faith's Flock Preschool, 602 S. 14th St., 2025-2026 year opens Jan. 15 online at adelpreschool.com. Prior to that, an open house will be held Jan. 12 from 3-4:30 p.m. 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. ■

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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

RAANNA KAY WITHROW

RaAnna Kay Withrow of Perry was born in Des Moines to Billy Ray and Deanna Mae Buel on Nov. 11, 1959. She died Dec. 29, 2024, at the age of 65. RaAnna lived her entire childhood in Van Meter, where she met her best friend, Janet Dayton. This friendship stood the test of time. She graduated from Van Meter High School in 1978, receiving not only her diploma but an award for perfect attendance. Later in life, she developed a lasting friendship with Vickie Riemer.



After high school, RaAnna joined the workforce and met her first husband, Dallas Martin. Five children were born to this union. She would later meet and marry her second husband, Lawrence. To this union, two more children were born.

She was in a bowling league during her young adulthood. She was a talker and met no stranger. RaAnna enjoyed taking her children fishing, on camping trips and being involved in their lives. She loved hosting holiday parties that often resulted in card and board games. Like her parents, she also had a love for Elvis Presley. There was one annual event RaAnna never missed — The Iowa State Fair. She was a great woman, wife, sister, mother and grandma with a kind, gentle soul and generous heart.

RaAnna is survived by her husband, Lawrence Withrow; her children, Suezanne Martin (Eric Palmer), Melinda Enderton (Richard), Joey Martin, Amanda Martin, Joshua Martin (Amanda), Cody Withrow (Mackenzie) and Heidi Merrill (Anthony); her grandchildren, Emilia Palmer, Jayce, Caitelyn and Brynn Enderton, Bentley and Hunter Martin, Andrea Goehring and Adrian Quijas, Mavrik, Rylan and River Martin, Matthew Navarro and Oliver Christians, Miley and Caleb Withrow, and Jaiden and Jonathan Merrill; and her siblings and in-laws, Dena (Donnie) Smith and Charles (Karen) Buel. RaAnna is also survived by many nieces, nephews, great nieces and nephews, cousins and numerous friends.

She was preceded in death by her parents, Billy Ray and Deanna Buel, Curtis Bruns and cousin Rodney Lemon.

Funeral services were Jan. 2 at Caldwell Parrish Funeral Home, Adel Chapel. Burial followed in the Iowa Veterans Cemetery. Memorial contributions may be directed to the Cranio Care Bears and/or to Autism Awareness. Online condolences may be expressed to the family at www.caldwellparrish.com. ■

DARRELL HUTZELL

Darrell Hutzell, 90, of Adel, died at home Dec. 30, 2024, with his sons, Kip and Benny, at his side. He was born June 28, 1934, to Benton B. Hutzell and Pauline Reynolds. He grew up in Adel, where he went to school and worked at the courthouse with his Grandpa “DeeDee” Elmer Reynolds. He went on to work at Riverside Implement as an International mechanic, then later at the Dallas County home also as a mechanic.



He was a diverse man with many talents, hobbies and likes including his beloved IH tractors, Chevy trucks, truck and tractor pulls, Corvairs and Harley Davidson bikes that he would ride across America. He loved riding around town with his pets, of which he had many. Dogs, pigeons, squirrels and even a toad were loved dearly by him.

Darrell took great pride in helping out others around town. Many would stop by his garage and pick his brain when they couldn't figure out a problem with their machine. He loved fishing, guns, live auctions and telling jokes and stories while sipping coffee with the town-folk. You could find Darrell shucking corn every year on Friday night before the Adel Sweet Corn Festival.

Darrell was preceded in death by his parents and his sisters, Doris and Lois.

Survivors include his sons, Kip, Benny and Dave (Jenny); his brothers, Dale (Velma) and Doyle (Carolyn); and a host of grandchildren and great-grandchildren.

Funeral services were Jan. 8 at Caldwell Parrish Funeral Home, Adel Chapel. Burial followed in the Oakdale Cemetery in Adel. Memorial contributions may be directed to the family for a future designation. Online condolences may be left for the family at www.caldwellparrish.com. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

THEATRE

ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames
actorsinc.org

- **Jan. 23-25, 31, Feb. 1-2:** “Angel Street”

DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines
desmoinesperformingarts.org

- **Jan. 9:** Capital City Pride Presents: “V Spehar”
- **Jan. 25:** “A Night of Magic and Comedy”
- **Jan. 28 to Feb. 2:** “Shucked”

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines
tallgrasstheatre.org

- **Jan. 31 to Feb. 16:** “Ripcord”

STEPHENS AUDITORIUM

1900 Center Drive, Ames
center.iastate.edu/events

- **Jan. 24:** “Matt Mathews: Boujee On A Budget”

LIVE MUSIC

WOOLY’S

504 E. Locust St., Des Moines
firstfleetconcerts.com/first-fleet-venues/woolys

- **Jan. 18:** The Prince Experience at 8:30 p.m.
- **Jan. 24:** Smells Like Nirvana: A Tribute to Nirvana at 8 p.m.
- **Jan. 26:** Beach Bunny at 8 p.m.
- **Jan. 30:** Aaron Watson at 8 p.m.

DES MOINES CIVIC CENTER

221 Walnut St., Des Moines
www.desmoinesperformingarts.org

- **Jan. 31:** Judy Carmichael

DES MOINES SYMPHONY

Des Moines Civic Center, 221 Walnut St., Des Moines
dmsymphony.org

- **Feb. 8-9:** Chen conducts Rachmaninoff

- **Feb. 12:** Youth Jazz Orchestra Winter Concert

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines
hoytsherman.org

- **Feb. 4:** Guster at 8 p.m.
- **Feb. 7:** Folsom Prison Experience at 8 p.m.

NOCE

1326 Walnut St., Suite 100, Des Moines
nocedsm.com

- **Jan. 18:** Fly Me To The Moon: Max Wellman Sings Sinatra at 7 p.m.
- **Jan. 22:** The Des Moines Big Band at 7 p.m.
- **Jan. 24:** The Art of the Trio with Mike Conrad at 7 p.m.
- **Jan. 25:** Fly Me To The Moon: Max Wellman Sings Sinatra at 7 p.m.
- **Jan. 29:** The Des Moines Big Band at 7 p.m.
- **Jan. 31:** For Once in my Life: A Night of Stevie, Luther and more with Napoleon Douglas at 7 p.m.
- **Feb. 1:** NOLA Jazz Band: Something Old, Something New, Something Bowered, Something Blues at 7 p.m.
- **Feb. 6:** Jazz on the House with the Carson Parker Trio at 7 p.m.
- **Feb. 7:** Bojangles: Napoleon Douglas sings Sammy Davis Jr. at 7 p.m.

VIBRANT MUSIC HALL

2938 Grand Prairie Parkway, Waukee
www.vibrantmusic hall.com

- **Feb. 7:** Wallows at 7:30 p.m.
- **Feb. 8:** R&B Only at 7:45 p.m.

VAL AIR BALLROOM

301 Ashworth Road, West Des Moines
www.firstfleetconcerts.com/val-air-ballroom

- **Jan. 31:** Ella Langley at 7:30 p.m.
- **Feb. 1:** Paul Cauthen at 7:30 p.m.
- **Feb. 6:** Zach Top at 8 p.m.
- **Feb. 7:** NOCAP at 8 p.m. ■

RECIPE

CONVENIENT BREAKFAST TO KICKSTART THE NEW YEAR

(Family Features) Starting the morning on the right foot can set the tone for a productive day. Even when crunched for time before work or school, eating a filling breakfast before heading out the door is an important part of setting yourself up for success.

Between work, kids and making it to that early morning workout session, finding time to prepare a quick and tasty meal can be a real challenge. For a flavorful and easy breakfast that can be on the table in just 8 minutes when you're in a rush, try this Quick Breakfast Skillet. With crispy bacon, scrambled eggs and rich cheddar cheese, it's a perfect way to fuel your morning.

The secret, convenient ingredient: fluffy Minute Butter & Sea Salt Jasmine Rice Cups. Ready in just 60 seconds to fit into the day with no hassle, this versatile and flavorful ingredient is perfectly portioned in a BPA-free cup and features a delicious blend of familiar flavors to liven up breakfast. ■

QUICK BREAKFAST SKILLET

Prep time: 2 minutes

Cook time: 6 minutes

Servings: 1

Ingredients:

- 1 Minute Butter & Sea Salt Jasmine Rice Cup
- 1 slice bacon, chopped
- 1 egg
- 1/4 cup cheddar cheese, shredded
- cracked black pepper

Directions:

Heat rice according to package directions.

Heat medium frying pan over medium heat and add bacon. Cook about 4 minutes, or to desired doneness.

Scramble egg and add to frying pan. Cook 1 minute, or to desired doneness.

In bowl, mix rice, egg and bacon mixture and cheese. Top with cracked black pepper.



Tips:

Breakfast sausage or breakfast potatoes can be substituted for bacon. Add favorite hot sauce for a little heat.

TAKING NEW PATIENTS
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adelvisionclinic.com

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DALLAS COUNTY CONSERVATION

www.dallascountyiowa.gov/conservation or call the DCCB office at 515-465-3577.

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

WHO’S HOO?

Forest Park Museum, Saturday, Jan. 18, 9 a.m.

Registration required. Join a naturalist to learn about owls seen in Iowa, practice some calls and meet the DCCB education ambassador owl. This program will be inside.

VOAS OWL PROGRAM

Voas Nature Area main entrance, Monday, Jan. 20, 9-11 a.m.

Registration required. The common owls of Iowa can be located at night by mimicking their calls. The uncommon owls are found during the day roosting in cedar trees. Venture off trail to look for pellets, whitewash and feathers and perhaps experience an “eye-to-eye epiphany.”

CRITTER CRAFTS: BIRDS & BIRD FEEDERS

Forest Park Museum, Monday, Jan. 20, 11 a.m. to noon.

Registration required. Pack up the kids and join a naturalist to learn about Iowa’s birds. The group will read a story book, discuss common birds and finish by making pinecone bird feeders for participants to take home.

2025 PHENOLOGY SERIES: PART 1

Kuehn Conservation Area, Monday, Jan. 20, 1-2 p.m.

Registration required. Phenology is the study of cycles, patterns and observations over time in the natural world. Learn some mindfulness and observation techniques, take a short walk to put them into practice, then record observations from the season in your own nature journal. Return to the same place for future programs in this series to add new entries to your journal throughout the year. ■

CLASSIFIED ADS

FOR RENT: Duplex 2BR, 1.5 Bath, garage, deck, full basement, dishwasher, washer and dryer. 514 Cottage St. Adeld. No Pets \$945. 515-729-4113.

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