

ADEL

SEPTEMBER 2025

Living

MAGAZINE

ROOM FOR

improvement

Residents share their home renovation experiences

Meet Marcy Conover
EDUCATION

Crack corn dip
RECIPE

Klug and Tavernier
receive Iowa Governor's
Volunteer Award
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WELCOME

WE GET what we pay for

Sometimes, I drive by a remodeling project on a house and say to myself, "Wow, that is beautiful. Those guys really know what they are doing."

Other times, I drive by a project that is seemingly in the works for months (or years) and say to myself, "Wow, they are taking forever, and what they have done looks awful."

The difference usually has to do with having professionals do the work or relying on a handful of weekend amateurs.

Yes, some of you are quite skilled and can do quality DIY work. Others, like me, put forward a good effort but often end up with a less-than-par result. At some point, though, we all realize when we need to call in the experts.

This month's cover story will appeal to all sides, as we once again interview homeowners who have worked through the remodeling or construction process. They share their experiences, the lessons they learned, and how they might have done things differently.

Meanwhile, one of the common complaints we all hear is the challenge in lining up people to do the work. On occasion, that truly is a problem. More often, though, we simply don't want to pay the costs for quality workmanship — until, of course, we learn that we get what we pay for.

And then the people driving by say, "Wow, they are taking forever, and what they have done looks awful." We hope our efforts in this issue will help you avoid those comments.

Happy remodeling, and thanks for reading. ■



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ROOM FOR *improvement*

Residents share their home
renovation experiences

By Rachel Harrington

Live in a home for a while, and one is likely to start thinking, “If only....” If only the bathroom had a walk-in shower.... If only the kitchen had new cabinets.... If only the old flooring could be replaced.... If only the basement was finished.... If only a room could be added.... If only that longed-for home improvement project could be completed ... then the house would be just right. Residents who have taken the leap from thinking about it to tackling their dream projects share their experiences.

Aaron Wies says having a third child was the impetus for finishing their basement for additional space.

From bare bones to beauty

Jason and Gretchen Ogrizovich bought their three-bedroom, two-bathroom home last September. It had an unfinished basement with a support wall in the middle of it. As a family of seven, the couple knew they would eventually finish the basement, but the need for that project to happen sooner was realized quickly.

“The house only had one living space,” Gretchen shares. “If there had been an extra living space for the kids to go to, we would have made it longer before starting the project.”

Jason says he had wanted to build a home, but, as time passed and their family grew, they decided that wasn’t going to happen. However, he jumped at the opportunity to finish the basement. The couple worked on sketches of what they thought the basement should look like until about six months before work began. After they nailed down their ideas, they began contacting contractors for bids. They decided to work with F & F Construction, which was referred by multiple customers at Jason’s workplace. Other contracted work was done by Andy, who works for Tom of All Trades Handy Services, and KS Electrical out of Minburn.

The result was a finished basement complete with two bedrooms with 5-foot by 12-foot walk-in closets, an office, a theater, a bathroom and an open play area.

“One bedroom serves as a playroom right now that we call the Lego Room,” Gretchen explains.

Their kids got in on updates by choosing their own paint colors for their rooms. The theater was painted a dark color that isn’t quite black, and the open room and kids’ rooms were painted light gray.

The biggest challenges they faced were communication with the contractors and scheduling.

“Working with timing turns out to be something we had to be more flexible with,” Jason says.

Their advice to others considering big projects like they did is to set expectations about communication from the beginning with the contractors and to have a lot of patience with the process.

“Don’t be afraid to ask for what you want,” Jason adds. “For example, we were going to have a closet under the staircase with a door and storage area, but we changed the plans to be a reading nook for the kids.”

“My favorite part of the renovation is probably the bathroom,” Gretchen says. “It turned out to be a great big bathroom. I also



The Ogrizovich family added a theater and an open play area to their basement.

like the play space for the kids. It isn’t too big or too small. At first, I thought it wouldn’t be enough space compared to our previous house in Norwalk, but it turned out great.”

“I enjoyed getting to pick everything out and see everything come together,” Jason says.

Beauty in the basics

Donnella Moss and her family moved into her 1940s home in 2000. Though beautiful in its own way, it needed some updates.

“It was all carpeted,” Moss explains. “I’m trained as a microbiologist, and things hide in carpet, so I said goodbye to it. I needed something I could see was clean.”

As she pulled up the old carpet that was in almost every room of the house, including the kitchen, she found beautiful red oak flooring. The daughter of a woodworking father, Moss appreciates natural grain and colors. She bought a sander and got to work.

The floor restoration project began around 2001, and it progressed in stages.

“I started in the coat room and used that as a gauge on how big the project would be, choosing my sanding grit, color and so on,” Moss shares. “The dining room was next, then the living room, then the girls’ room. I did about one room a year and finished around 2015. My girls have moved out, and now I’m starting over and giving it a refresh.”

Moss says taking care of her wood floors is like getting a haircut.

“It’s maintenance work,” she says.



With a family of seven, Jason and Gretchen Ogrizovich needed the additional space available in their unfinished basement so completely renovated it.

Much of the work she does herself, though she received pointers from others when needed. When she finished sanding and cleaning the floors, her husband would put the finish on them.

As Moss moved through her home, updating floors, she grew in knowledge and understanding as to what works best and what doesn’t work at all.

“My first two floors I did with a 6-inch rotary, handheld sander,” she recalls. “Whoa...

that was a bad idea. I wore out the sander. We decided we needed a commercial sander for such a big job. I initially thought I could start with a 60-grit sandpaper when I need to start with a 20-grit sandpaper.”

Moss learned how long sandpaper would last, the efficiency of her tools, and that she needed a corner sander to make the floor look right. She also learned the importance of checking to be sure all the nails and staples from the previous carpeting tack had been removed.

“I also learned how to clean floors once I was finished so all the sawdust was up before applying the finish,” Moss says. “I would wet and dry vacuum the floor repeatedly and then mop it up. Before applying the finish, I had to look at the floor critically to determine if I could improve any spot.”

She says the most challenging aspect of the entire endeavor was choosing the right finish.

“After all the work to sand and clean the floor, you have to choose the finish well, because you have to live with it,” she says. “I had to research and understand the finishes. I feel you get what you buy.

Cheaper finishes won’t last as long.”

She most enjoyed using her wet mop after sanding because the wood color would pop with the moisture on it and give her an idea of what the floor would look like.

“Refinishing my floors is like taking a natural resource and bringing it back to its former glory,” she says.

Smooth and just in time

Three summers ago, the Aaron Wies family had a concrete patio added to their yard and updated their deck. Pleased with the work and results from their contractor, Cody Bailey, they decided to use him again for a basement project.

“Our basement was completely unfinished,” Wies says. “We wanted to do our basement for a couple of years. We looked into it early last year but decided to wait. When we learned that we were expecting our third child in December, we decided we wanted to go ahead and get it done before the baby arrived. My dad and I had worked on a basement before — just the two of us — and it took over a year. I didn’t want to do that again.”



When Donnella Moss tore up the carpeting that covered most of the floors in her home, she found red oak flooring that was beautiful once she undertook the tedious task of restoring it.



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FEATURE

Wies and his wife began planning how they wanted the basement to look. Once they had a good idea of what they wanted, they got in touch with their contractor.

"We began chatting about what we wanted to have done in September last year," Wies shares. "In October, Cody came over to look at the basement, plan things, and get some measurements. He sent us an estimate online on Oct. 28, giving us a chance to make sure everything was what we wanted or if we wanted to change anything."

The basement project commenced in the first week of November.

From start to finish, the whole project took just over a month. Built in 2018, the house had already been prepped for the basement to be finished. It was already plumbed, and no concrete had to be broken. Framing was installed followed by drywall. The layout included a living room, a bathroom, a bedroom and a dry bar. The construction crew took care of the framing, drywall, carpet, plumbing and the priming of the walls. Though a teacher through the school year, Wies does house painting in the summer. Because he had the necessary skills, he took care of most of the



The Wies family's finished basement includes a living room, a bathroom, a bedroom and a dry bar.

painting himself. The crew was just wrapping up the project the day that Wies baby number three was born.

"Everything went pretty smooth," Wies recalls. "There were only a couple of things that needed to be fixed, such as a toilet that was leaking a couple of days after being installed... Other than that, there were no issues."

He says having a contractor to work with was much easier and quicker than when he and his dad did a similar project themselves. Wies advises others who are considering finishing

their basement to have a plan ready before contacting the builder or contractor.

"If you have a decent plan of what you think you want ahead of time, it may make the initial conversations with the builders smoother and easier," he says.

Wies enjoys having extra space for his family of five.

"We now have an extra area to hang out as a family," he shares. "The baby can crawl around on the carpet, and the kids have an area to put some of their toys." ■

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SPECTACULAR Tea and Style Show

Adel Historical Museum sponsors Sept. 27 event.



Tea sets and china will decorate the tables at the tea and style show.

As the leaves begin to turn, and the season changes to fall, it's fun to think about a few new additions to our wardrobe. The board of the Adel Historical Museum will provide the opportunity to enjoy a delightful tea, with sandwiches and desserts, and a style show featuring offerings from local boutiques: Azalea Lane, Real Deals, and the newest, Valtera Boutique.

The tea and fashion show will be from 2-4 p.m. on Saturday, Sept. 27 at the newly remodeled Raccoon Valley Bank Community House, 1016 Main St. in Adel. Tickets are \$25.

The building will be decorated, and tables will be set by selected individuals and community groups. Each table will have the decorator's finest china, including extraordinary examples of teacups, plates and silver, as well as a unique centerpiece. During the tea, the style show will take place with a variety of outfits from each business for a wide range of ages, sizes and tastes. There will be a short talk on the meaning of tea and "high tea" by Nadine Law. A drawing will be held for a quilt donated by the First Christian Church. Tickets may be purchased at the tea for \$10 each.

This is truly a community event with volunteers offering their best to help support this fundraiser for the museum, which was described by Trip Advisor as "a great, small town museum" and given a 5-star rating. Following tea, participants are invited to trek the short block up Main Street to the museum itself at 1129 Main, where more activities are planned. A drawing for a fall arrangement designed by Aubrey Dunbar, a local, well-known decorator, will be held. While taking a tour, be on the lookout for items available to the highest bidder in a "museum scavenger hunt" silent auction. Winners of the auction bids will be notified.

At the close of the afternoon, the drawing for the fall arrangement will be held and each guest will be given their choice of a commemorative plate of Adel or a Christmas ornament as a thank you for their support. The board is encouraging visitors to the museum to keep the history and pride of Adel and surrounding areas alive.

Be sure to reserve your tickets soon, as there is a limited number due to space. Tickets will be available at the Adel Historical Museum, 1129 Main, on upcoming Thursday evenings, 4-7 p.m., and Saturdays, from noon to 3 p.m. Cash or check are accepted. You may also reserve your tickets by calling 515-993-4488 or 515-201-4201. ■



KLUG and Tavernier receive Iowa Governor's Volunteer Award

Concentrate efforts on helping families facing homelessness

Many people volunteer or give back in some way, but some people clearly stand out. That is true of Connie Klug and Paul Tavernier, as proven when they were chosen as recipients of the Iowa Governor's Volunteer Award.



"We volunteer in a lot of different ways but try to concentrate our efforts on helping families who are facing homelessness simply because they cannot afford the cost of housing," Klug says. "The people who head up these families, sometimes single parents but sometimes two parents, are working, but, sadly, their income is not adequate to cover housing, car payments, cell phones, utilities, food, insurance and medical care. If one thing goes awry, maybe a car breaks down, or someone loses his or her job, or someone gets sick, they fall behind on rent and could get evicted."

Klug explains that a vicious cycle can then ensue, in which an individual or family is homeless and likely with few if any belongings. And, after an eviction, finding a new place to rent can be nearly impossible. So, Klug and Tavernier have chosen to make a difference to those facing these challenges.

"Paul and I volunteer at Families Forward in Des Moines, often at their New Directions Shelter, which provides shelter, food and support for up to eight families at a time. They help their clients find a job if they are not employed. They help them save money for rent and utility deposits and help them look for suitable housing in the Greater Des Moines area," Klug says. "Sadly, there are not enough low-income housing options available."

Klug and Tavernier also take direct action to address hunger.

"Paul and I donate meals to the New Directions shelter two to three times a month. We also help with the shelter's needs, and we shop on its Amazon list to help families as they move out to create an 'essential needs' basket," Klug says. "At Christmas, we donate things the families need and want. Our hearts go out to the children at the homeless shelter who are greatly affected by becoming homeless. We also donate produce from our garden to low-income families."

Klug also provides hands-on help through quilting.

"I donate at least six new beautiful quilts each year to low-income families across the country who have lost their homes through floods, hurricanes or tornadoes," Klug says. "Churches in the area know who needs the quilts."

The two are also members of the Builders Circle of the Greater Des Moines Habitat for Humanity, providing financial support for their work in providing low-income housing to families. They also participate in many of their work builds. In addition, they are active in their church, Central Presbyterian Church in Des Moines, and help its extensive mission work.

Klug shares that she and her husband each grew up with the expectation of helping those in need.

"I have been involved in charity work my entire life. My parents taught all four of us kids to give back, to be aware of others who need help and to answer the call," Klug says. "Paul, who lived in Minnesota his entire life except for the last six years, was also raised to help others. Giving back is a central purpose in our lives."

Klug maintains fulltime employment even though the couple doesn't need the income.



Paul Tavernier and Connie Klug with the Good Neighbor certificate presented by Robert Grove of Edward Jones.

"Our efforts really ramped up in the last three to five years as I am still working full time even though I am way past normal retirement age," Klug says. "My purpose in continuing to work fulltime is to 'earn to give.' By continuing to work full time, I can give more to people who drew the short straw in life." ■

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EDUCATION

By Lindsey Giardino

MEET Marcy Conover

Coming home to teach gifted students



Marcy and Dustin Conover and their daughters live on a farm near Adel.

Marcy Conover wanted to be a teacher for as long as she remembers.

"I love watching students learn new things and grow academically," she says. "Students thrive on challenges, and providing these opportunities is what makes my job so fun."

After graduating from ADM in 2003, Conover earned her bachelor's degree from Wayne State College in 2006. She went on to complete a master's degree in gifted education from Morningside and another in K-12 administration from the University of Iowa.

After teaching elsewhere for several years, Conover returned to her hometown two years ago as a teacher of gifted students. She wanted to work in a smaller district that prioritizes its students.

"ADM has a history of setting high goals for their students," she says. "The climate and culture that is created focuses on student achievement and ensuring they are getting all the tools they need to be successful."

For Conover, the best part of her job is that no two days at Meadow View are alike.

"Each day, each group, each grade level has such unique blends that you never know what the day will bring," she says. "In my enrichment and gifted groups, we strive to think outside the box. Students are challenged to push their thinking each time we meet. In order to make this successful, I work to build relationships with each student, so they are comfortable to do hard things."

Conover says her favorite memories over the years are not necessarily tied to lessons she has taught. Instead, they're the funny stories students share, their excitement to tell her about big or small moments in their lives, and the innovative projects they complete — especially her novel writers.

Conover and her husband, Dustin, live on a farm west of Adel with their three daughters: Ashton, eighth grade; Kimber, sixth grade; and Lyndee, second grade. The family raises cattle, and the girls show both cattle and pigs through 4-H. When she has free time, Conover enjoys reading, baking cupcakes, listening to country music, being outdoors and spending time with friends and family. ■

ADEL Public Library news

**Storytimes are back**

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

ELEMENTARY

- Lego Club: Famous Buildings – Tuesday, Sept. 2 at 4 p.m.
- Tail Wagging Readers – Thursday, Sept. 4 at 4:30 p.m.
- All About Birds with Brenton Arboretum – Friday, Sept. 5 at 2 p.m.
- Pokémon Club: BINGO! – Tuesday, Sept. 9 at 4 p.m.
- Nerf Battle: Grades 2-5 – Friday, Sept. 12 at 2 p.m.
- Pet Rock Adoption – Tuesday, Sept. 18 at 4 p.m.
- Touch A Truck – Friday, Sept. 26 from 9-11 a.m.
- Comics and Cookies! – Tuesday, Sept. 30 at 4 p.m.

TEEN

- Teen Advisory Board – Wednesday, Sept. 3 at 4 p.m.
- Teen Chef: Ice Cream – Wednesday, Sept. 10 at 4 p.m.
- Teen Hangout – Wednesday, Sept. 17 at 4 p.m.
- Teen Craft: Yarn Painting – Wednesday, Sept. 24 at 4 p.m.
- Library D&D – Friday, Sept. 26 at 1 p.m.

ADULTS

- Yoga – Every Wednesday at 6 p.m. Register at adelpl.org.
- 50's Plus Senior Group – Tuesdays, Sept. 2 and 16 at 10 a.m.
- Author Visit: Maggie Rivers – Tuesday, Sept. 2 at 10 a.m.
- Adult Craft: Back to School Apples – Monday, Sept. 15 at 5:30 p.m.
- Evening Book Club – Thursday, Sept. 25 at 5:30 p.m. ■

Adel Public Library

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EVENTS IN THE AREA

Be sure to check for cancellations

Coming up in Adel Living magazine

Costume Creations: Halloween fun is quickly approaching! If you forgo the off-the-rack costumes for something more creative, we want to hear from you. Tell us about your costume creations and the fun you had making them. Email tammy@iowalivingmagazines.com with your stories.

Wednesday Night Meal

Wednesdays, 5-6:30 p.m.

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.

Vintage and Made Fair

Saturday, Sept. 20, 9 a.m. to 3 p.m.

Dallas County Fairgrounds, 28057 Fairgrounds Road, Adel

Vintage and Made Fair is inspired by indie craft and all things vintage. This indoor/outdoor market features vintage home décor, jewelry, handcrafted goods and everything you need to create a vintage and handmade lifestyle. More than 150 vendors from all over the Midwest are expected. Admission is \$10 per person, 12 and younger free.

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

Adel Circle of Friends nut sale

Orders accepted until Oct. 15

Adel Circle of Friends and the Adel United Methodist Church are taking orders for their annual nut sale until Oct. 15. Orders will be available for pickup mid November. For information or to order, contact Bev Smith, 515-993-4887, or Norm Renner, 515-480-8554.

50s Plus meetings and events

First and third Tuesdays of the month, 10 a.m. to 1 p.m.

Adel Public Library, 303 S. 10th St.

Enjoy board games, conversation, coffee and food at the 50s Plus gatherings. They invite anyone in Adel and the surrounding area to join. If you have just moved to the area and would like to meet new people, this is a great way to do it. The group now has programs included in its activities. Programs are open to anyone, not just seniors.

Self-Defense Class

Tuesday, Oct. 7, 6 p.m.

West Des Moines Elks Lodge 2060 N.W. 94th St., Clive

The West Des Moines Elks Lodge in Clive is hosting a self-defense class taught by Blackbelt Hall of Fame inductee Ray Boyer. This event is free and open to the public. This class will help you focus on what to look for in terms of your surroundings so you can get yourself out of a potentially threatening situation.

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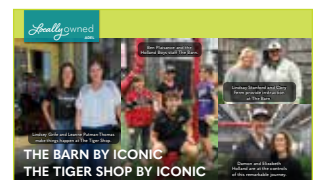
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Martini Fest

Friday, Sept. 19, 5-9 p.m.

West Glen Town Center

CITYVIEW is bringing Martini Fest back to West Glen Town Center. For a ticket price of \$25 (tickets will be \$35 at the event), attendees will receive 10 tickets that can be redeemed at each participating martini stop for a sample-size martini. Locations include nightclubs and restaurants at West Glen Town Center. Reserve your tickets at martinifest.dmcityview.com now so you can avoid registration lines at the event. ■



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NATURAL landscapes come with benefits

Decrease flash flooding and improve water quality

Like an umbrella, our buildings, paved surfaces, and compacted soils shed water instead of allowing it to naturally soak into the ground. By more effectively managing water in our own backyards, we can make a positive difference for our local watersheds — decreasing flash flooding and improving water quality, says Tess Kern, Conservation Outreach Coordinator with the Dallas County SWCD.

Homeowners can take action, and programs can help with the costs.

Yards can be designed to hold and retain stormwater instead of losing it to runoff. By using strategically planned landscaping practices (called rainscaping) on lawns, our community can act less like an umbrella and more like a sponge to let water naturally soak into the ground, preventing flooding and protecting water quality, Kern says.

A county cost-share program is available to Adel residents. Residents can reach out to DallasSWCDIowa@gmail.com, and an urban conservationist can come to their home to see what would be do-able for their lawn/property and walk through the cost-share steps with them, Kern says.

The top three rainscaping practices that Dallas County SWCD work on with people are: rain gardens, native landscaping and soil quality restoration (SQR).

Rain gardens: A rain garden is a landscaping feature that captures rainfall and helps soak it into the ground. Rain gardens can be used to capture runoff from roofs, driveways or yards, helping you to better manage drainage or ponding issues while reducing dirty stormwater runoff flowing into local waterways. Rain gardens are planted with mostly native flowers, grasses and shrubs with deep root systems that can tolerate moist to wet soils. Besides reducing runoff, the plants add wildlife and pollinator habitat to your yard, along with other benefits.

Native landscaping: Across Iowa, our native prairie landscape has been mostly eliminated by rural farming and urban development. What green space is present is often landscape of non-native or “alien” species from Europe or Asia and a carpet of turf grass lawns. This dramatic change of our landscape has led to multiple problems, including increased local flood potential, wildlife and habitat loss, decreased biodiversity, and overall, a loss of functioning ecosystems. Benefits of native plants include providing habitat for pollinators and birds, decreasing runoff (traditional turf grass can only absorb about a quarter-inch of rainfall), and improving water quality by minimizing stormwater runoff from houses. Prairie plants are well adapted to Iowa weather, meaning they can tolerate heavy rains and hot, dry summers, too.

Soil quality restoration (SQR): In urban environments, soils are usually compacted and in poor condition. Construction and grading activities create compacted soils, and topsoil, which absorbs more water, is often removed. Yards with poor soil quality require more time, money, water and fertilizer to stay green and maintain a lush appearance. Soil quality restoration can improve the soil, making it easier to grow plants, reduce runoff and improve drainage.

Soil quality restoration is a simple step that benefits the homeowner and the community, Kern says.

For more information about cost-share programs available, visit www.dallasswcdiowa.org/state-cost-share-programs. ■

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SPORTS SCHEDULE

FALL 2025

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 11	TBD	TBA	ADM HS Stadium
Aug 22	7:00PM	Johnston	ADM HS Stadium
Aug 29	7:00PM	Winterset	Winterset High School.
Sep 5	7:00PM	Ballard	ADM HS Stadium
Sep 12	7:00PM	North Polk	North Polk High School
Sep 19	7:00PM	Bondurant-Farrar	ADM HS Stadium
Sep 26	7:00PM	Boone	ADM HS Stadium
Oct 3	7:00PM	Council Bluffs T.J.	T.J. - Council Bluffs HS
Oct 10	7:00PM	Glenwood	Glenwood High School
Oct 17	7:00PM	Lewis Central	ADM HS Stadium
Oct 24	7:00PM	Denison-Schleswig	ADM HS Stadium
Oct 31	7:00PM	TBA	ADM HS Stadium
Nov 7	7:00PM	TBA	ADM HS Stadium
Nov 13	4:00PM	IHSAA	UNI

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 11	TBD	TBA	ADM HS
Aug 22	7:15PM	Johnston	ADM HS Stadium
Sep 1	6:00PM	Winterset	ADM HS Stadium
Sep 8	6:30PM	Ballard	Ballard Middle School
Sep 15	6:30PM	North Polk	ADM HS Stadium
Sep 22	6:30PM	Bondurant-Farrar	Bondurant-Farrar HS
Sep 29	6:30PM	Boone	Boone Goeppinger Field/Track
Oct 6	6:30PM	Urbandale	ADM HS Stadium
Oct 13	5:30PM	Glenwood	ADM HS Stadium
Oct 20	6:00PM	Indianola	Indianola High School



FOR ALL TIGERS SCHEDULES

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

VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 11	TBD	Away vs.	
Aug 23	9:00AM	Johnston	Johnston High School
Aug 28	4:30PM	Multiple Schools	ADM HS North Gym
Aug 30	8:00AM	Harlan Community	Harlan Community High School
Sep 4	4:30PM	Multiple Schools	ADM HS North Gym
Sep 9	7:15PM	Carroll Community School	Carroll High School
Sep 11	7:15PM	DCG HS	ADM HS North Gym
Sep 13	8:00AM	Multiple Schools	Southeast Polk High School
Sep 16	7:15PM	North Polk	ADM HS North Gym
Sep 23	7:15PM	Ballard	Ballard High School
Sep 30	7:15PM	Gilbert	ADM HS North Gym
Oct 4	8:00AM	Urbandale	Urbandale High School
Oct 7	7:15PM	Bondurant-Farrar	Bondurant-Farrar HS
Oct 9	7:00PM	Carlisle	ADM HS North Gym
Oct 14	7:15PM	Boone	Boone High School
Oct 16	7:00PM	Winterset	ADM HS North Gym
Oct 21	7:00PM	TBA	ADM HS North Gym
Oct 23	7:00PM	TBA	ADM HS North Gym
Oct 28	7:00PM	TBA	ADM HS North Gym
Nov 3	TBD	Multiple Schools	
Nov 4	TBD	Multiple Schools	
Nov 5	TBD	Multiple Schools	

JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 11	TBD	TBA	
Aug 26	4:30PM	Multiple Schools	ADM HS North Gym
Aug 28	4:30PM	Multiple Schools	ADM HS South Gym
Sep 8	5:30PM	Multiple Schools	ADM HS North Gym
Sep 9	5:30PM	Carroll Community School	Carroll High School
Sep 11	5:15PM	DCG HS	ADM HS North Gym
Sep 16	5:15PM	North Polk	ADM HS North Gym
Sep 22	4:30PM	Atlantic CSD	Atlantic High School
Sep 23	5:30PM	Ballard	Ballard High School
Sep 30	5:15PM	Gilbert	ADM HS North Gym
Oct 6	5:00PM	Multiple Schools	Boone High School
Oct 7	5:15PM	Bondurant-Farrar	Bondurant-Farrar HS
Oct 9	5:15PM	Carlisle	ADM HS North Gym
Oct 14	5:15PM	Boone	Boone High School
Oct 16	5:15PM	Winterset	ADM HS North Gym



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TIGERS

ATHLETICS

BOYS CROSS COUNTRY

Aug 11	1st Practice	TBD	ADM HS
Aug 30	8:00AM	Johnston	Johnston High School
Sep 6	9:40AM	Multiple Schools	Central College
Sep 11	5:00PM	Gilbert	ISU Cross Country Course
Sep 15	4:30PM	Multiple Schools	Ballard Golf & Country Club - In Huxley
Sep 23	4:30PM	Newton	Maytag Park
Oct 2	4:50PM	Perry	Perry Golf & Country Club
Oct 9	4:55PM	Fort Dodge	Lakeside Municipal Golf Course
Oct 13	5:00PM	Multiple Schools	Bondurant-Farrar Interm. School
Oct 22	4:00PM	TBA	TBA
Oct 31	State TBD	Multiple Schools	TBA

GIRLS CROSS COUNTRY

Aug 11	TBD	TBA	ADM HS
Aug 30	8:00AM	Johnston	Johnston High School
Sep 6	9:00AM	Multiple Schools	Central College
Sep 11	5:25PM	Multiple Schools	ISU Cross Country Course
Sep 15	4:30PM	Multiple Schools	Ballard Golf & Country Club - In Huxley
Sep 23	4:30PM	Newton	Maytag Park
Oct 2	5:15PM	Perry	Perry Golf & Country Club
Oct 9	4:30PM	Fort Dodge	Lakeside Municipal Golf Course
Oct 13	5:00PM	Multiple Schools	Bondurant-Farrar Interm. School
Oct 22	4:00PM	TBA	TBA
Oct 31	State TBD	Multiple Schools	Lakeside Municipal Golf Course



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WHEN other people's choices cause you pain

Have you ever wondered how to respond when other people are the ones responsible for the hurt you are enduring? Maybe you are wrestling with this now. Maybe you have had plenty of responses toward those who have hurt you, and it has only made things worse.



Sometimes we suffer because of the consequences of our own choices. This is hard. But other times we suffer because of what other people do, whether intended or not, and this can be even harder. This is when that drunk driver wrecked your car and your life. This is when your adult son or daughter married someone who then wrecked the family. This is when hurtful words, bad financial choices or abuse become a part of your story.

If you have ever been in this place or you

are there now, here are three ways the Bible calls us to respond: First, respond with love and grace toward the other person. I know it is tempting, but don't retaliate. Don't name call or try to even the score. Instead, choose to respond with kindness. Ephesians 4:32 addresses this when it says, "Be kind and compassionate to one another..."

Next, choose to forgive. Now, before you stop reading and turn the page, please understand forgiving the other person does not excuse or diminish the wrong they did to you, but it does free you from bitterness, anger and desire to pursue revenge. The second half of Ephesians 4:32 says, "... and forgive each other, just as in Christ God forgave you."

Finally, rely on God's comfort. He knows what you are going through. He sees and cares, and, to those who are hurting, He gives a promise: (2 Corinthians 1:3-4) "God is the God of all comfort who comforts us in all our troubles." The Lord wants to comfort you, but

the question most people need to wrestle with is whether or not they will let Him.

If your leading thought right now is that this is all crazy, let me ask you: What other options do you have as far as how to respond when other people hurt you? Let the anger consume you? Get revenge? Develop an ulcer? We all know these types of responses never help.

My final encouragement to you is to choose to trust in the Lord in the middle of your pain. Choose to pray to Him and praise Him even if circumstances may still be difficult. Give Him your hurt and let Him give you His comfort. This is how you can experience His peace in the middle of your life storms, especially the ones you didn't create. ■

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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HONORING Caelen

Scholarship supports mental health and education.

Adel teenager Caelen Peterson touched many lives before his death at the age of 14.

"Fast forward, and we are still trying to process his loss, while navigating our grief and finding a way forward in healing," community member Amber Rowley says.

At Caelen's one-year memorial service on Feb. 8, 2024, Rowley and others began talking about how they could honor his memory while also addressing the urgent need for mental health awareness.

Earlier this year, that vision became reality. The Caelen Peterson Memorial Scholarship Fund was created not only as a lasting legacy for a young man whose light went out too soon, but also as a way to address the critical shortage of mental health providers. The fund supports students pursuing careers in the mental health field, while also investing in the well-being of the Adel community.

The foundation also provides support for those who wish to obtain their GED or attend trade school but need financial help, such as assistance with purchasing tools.

"It is important to the Petersons that those who want to further their education have as much help as we can give," Rowley, who serves as president of the foundation, says. "Caelen had plans to go either into trade school or the military once he graduated."

This past July, the foundation hosted its first annual Summer Jam in Adel, featuring live music, food trucks, a car show, kids' activities, a pie auction, raffles and a street dance. In August, they organized a Poker Run, with stops in Waukee, De Soto, Adel, Granger and other towns. Both events raised funds to benefit the foundation's scholarships.

Beginning in 2026, the foundation will award a yearly \$5,000 scholarship to a graduating ADM senior, along with five \$500 trade scholarships to help cover the cost of tools. Assistance is also available to community members working toward their GED.

Rowley and other foundation leaders are working with local mental health agencies to connect parents and students with the resources they need.

"Parents can reach out to us, and we can help direct them to the proper resources when they need help," Rowley says. "The mental health of our youth in the community is of the utmost importance, and we shouldn't be ashamed to admit that it is an issue within our community."

Donations to the Caelen Peterson Memorial Scholarship Fund can be made at Lincoln Savings Bank or via Venmo at @cpscholarship. All donations are tax-deductible.

"There's so much stigma surrounding mental health, and the foundation is working hard to erase that," Rowley says. "Some of Caelen's last words were not to let him be forgotten. We are honoring this request by setting up a legacy that will allow people to go on to save lives as mental health providers and professionals. We will not give up." ■



REMODELING questions answered

If you are considering a home remodel, chances are you have many questions. Here, we answer some of the questions we get most often.

How much will it cost? Every remodel is unique, so costs will vary. Estimates are usually custom, based on project size, complexity and trades involved. For example, a small kitchen refresh might be \$10,000, while a mid-size remodel could be \$80,000. Your contractor can provide a detailed estimate for your specific project.

How long will the project take? Each project timeline is also unique and is based on the scope of work. Wall changes mean drywall drying time, countertops can take weeks to fabricate, and detailed tile work takes time. Ask your contractor for a general timeline and regular updates to stay comfortable with the progress.

Will we need to move out? You usually won't need to move out, but, for a full-home remodel, it may be recommended. For kitchens, plan a temporary setup with a table, microwave and fridge. A little planning for daily routines makes life much easier.

Will it add value to my home? Many remodels can increase your home's value. Updates to kitchens and bathrooms, finishing a basement for extra living space, and curb appeal improvements like new garage doors often deliver a strong return on investment. ■

Information provided by Trish Radke, Owner, RCI Builders, 28059 Fairgrounds Road, Adel, 515-490-3791, www.RCIBuildersInc.com.



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HEALTH

By Alicia Fisher, PT, DPT

WHAT TYPE of stretching should I do?

There are three types of stretching exercises. The first group is called static. When performing static stretching, the muscle is stretched slowly to tolerance and held in position of maximal stretch for a defined period of time. Static routines are the more traditional type of stretches and are commonly used in most training regimens to increase flexibility.

The second group is called dynamic. This type of stretching has been shown to improve agility, speed and strength. The muscle is stretched by moving from resting position to maximal stretch and returned to resting position for a defined period of time. Static stretching, combined with dynamic stretching, may provide the optimal balance of both improved performance and flexibility.

The third and final group is called proprioceptive. Proprioceptive stretching is done when the muscle is contracted directly prior to static stretch of the same muscle. The proprioceptive stretch requires expertise to perform correctly.

Benefits of stretching usually fade once stretching regimens are discontinued; however, long-term stretching routines have been shown to help pain-related issues. Consult with a qualified professional to help create a personalized routine. ■

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



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HEALTH

By Leslie Herron

IS IT too early for a flu shot?

As flu vaccines begin appearing in pharmacies during the summer months, many people wonder whether they should get vaccinated right away. While early availability is tempting, experts caution that August or early September may be too soon for most individuals to roll up their sleeves.

The Centers for Disease Control and Prevention (CDC) recommends getting vaccinated in late September or October, when timing aligns better with the typical flu season, which peaks between December and February. The reason? Vaccine effectiveness wanes over time. Studies show protection can decline by 8-11% each month after vaccination. If you get your shot in August, your immunity may be significantly reduced by the time flu activity reaches its peak.

This waning effect is especially pronounced in older adults, who already have weaker immune responses. For them, early vaccination could mean less protection when it matters most. Think of the flu shot like a winter coat: putting it on too early might leave you exposed when the cold truly hits.

Unless you fall into special categories — like being pregnant in your third trimester or traveling internationally — waiting until fall is the smarter strategy. That way, your immune system is primed and ready when the flu virus begins to circulate widely. ■

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



TRANSITIONING into fall: Supporting your immune system

As summer winds down and cooler days arrive, many of us look forward to crisp mornings, colorful leaves and cozy routines. But with the change in seasons also comes an increase in colds, flu and other respiratory illnesses.

Supporting your immune system now can help you stay healthy and energized as fall begins.

Prioritize immune-boosting nutrition

A balanced diet is one of the best defenses against seasonal illness. Focus on eating a variety of colorful fruits and vegetables, which provide antioxidants and essential vitamins like vitamin C and vitamin A. Zinc, found in foods such as nuts, beans and lean meats, also plays a vital role in immune function. If your diet is lacking, supplements like a daily multivitamin, vitamin D or probiotics may help fill the gaps.



Ask your pharmacist which options are right for you.

Don't skimp on sleep

As daylight hours shorten, our natural sleep rhythms can be disrupted. Yet adequate rest is critical for a strong immune system. **Adults should aim for seven to nine hours of sleep each night.** Establishing a consistent bedtime, limiting screen use before bed, and keeping your bedroom dark and cool can improve sleep quality. If you continue to struggle, talk with your pharmacist about safe, short-term sleep aids or natural options like melatonin.

Manage stress for better health

Stress doesn't just affect your mood; it can weaken your body's ability to fight off illness. This fall, build in time for stress-relieving activities such as walking outdoors, journaling, meditation, or connecting with loved ones. Even 10 or 15 minutes of mindful breathing

each day can lower stress hormones and support immune health.

Stay active and hydrated

Regular exercise helps keep your immune system in peak condition. Aim for at least 30 minutes of moderate activity, like brisk walking, five days a week. Don't forget hydration. Cooler weather can make us less aware of thirst, but water remains essential for overall health.

Don't forget preventive care

Finally, fall is the perfect time to stay up to date on recommended vaccines, including the flu shot and updated COVID-19 boosters. These vaccines, available at your local pharmacy, are some of the most effective tools for protecting your immune system. ■

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

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DRIVING without distractions: Iowa's new cell phone rules

Iowa has recently enacted a new law (Iowa Code § 321.276 (2025) as amended by SF 22), aimed at improving road safety by regulating the use of all electronic devices, including cell phones, tablets and other portable communication devices while driving. The legislation, effective as of July 1, is designed to reduce distracted driving.



Under the new law, drivers in Iowa are prohibited from holding or using their electronic devices while operating a vehicle, even if it is being used for GPS purposes. This means that drivers must use hands-free devices or mount their devices securely to follow GPS directions. The law specifically requires that any GPS use while driving must be done in a manner that does not involve holding or touching the device. For example, drivers can set their GPS destination before starting their trip or use voice commands to interact with their device.

Additionally, the law restricts use of electronic devices for making video calls, as well as viewing texts, videos or social media, and it prohibits any use that would involve typing, scrolling or swiping. Moral of the story: Once your car is started, you cannot

touch your phone.

The law authorizes officers to stop and ticket drivers solely for violations of this law. First-time offenders may face fines of up to \$100. The statute treats a violation as a moving violation subject to points and administrative consequences. It is important to note that a six-month warning period applies from July 1 to Dec. 31, 2025, with citations and fines commencing Jan. 1, 2026.

The law does provide exceptions for several groups such as public safety agencies, healthcare professionals, and utility workers acting in the scope of their employment. For a complete list of exceptions read Iowa Code § 321.276.

In summary, Iowa's new hands-free driving law marks a significant expansion of distracted driving regulation, effective July 1, 2025. It clearly prohibits handheld use of electronic devices while driving, permits voice-activated/hands-free operation, provides for primary enforcement, imposes fines including enhanced penalties for injury or death, and treats violations as moving violations. ■

Information provided by Dawnelle R. Schlagel, Hopkins & Huebner P.C., 1009 Main St., Adel, 515-993-4545

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How to Ease Back-to-school Anxiety



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

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

2. Listen, listen, listen.

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

3. Recognize that anxiety is normal.

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

4. Encourage kids to pace themselves.

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

5. Maintain a normal daily routine.

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

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

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



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CRACK corn dip

There's something special about recipes that come from family, and my daughter, Samantha, has a corn dip that fits the bill, especially when made with fresh Iowa sweet corn. There is nothing quite like the flavor of corn picked at its peak — crisp, juicy and naturally sweet.



Every summer, when the corn stands start popping up around town, we know it is time to whip up a big bowl of her famous dip. It is creamy and a little cheesy with just the right amount of spice, and that fresh sweet corn takes it to the next level. Whether we are hosting friends, heading to a potluck or just craving a snack on a hot afternoon, this dip is a hit. Served with tortilla chips or fresh veggies, it disappears quickly. I like that it has become part of our summer tradition, and now we're sharing it with you, straight from our kitchen and Iowa's golden fields. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

Crack corn dip

Ingredients:

- 5.25 cups of fresh corn plus 1/2 each red and green pepper, finely diced (for the off-season use 3-15 oz cans fiesta corn or Mexicorn, drained)
- 1 can Rotel, 10 oz (reg or hot), drained
- 1 can jalapenos, 6 oz, drained and diced
- 1/2 cup green onions, sliced (5 stalks), optional
- 2 cups cheddar, shredded
- 1 cup sour cream
- 1 cup mayonnaise
- Salt and pepper to taste
- Pinch of sugar
- Handful fresh cilantro leaves, chopped

Directions

- Mix all the ingredients excluding bell peppers in a bowl. Refrigerator for 3-4 hours before serving. The dip will thicken as it sits in the fridge. Add peppers right before serving. Enjoy!



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BACK-TO-SCHOOL financial rhythms for families

As school starts again, family routines shift quickly from carefree days to structured schedules filled with classes, activities and expenses. While the focus often falls on school supplies and new clothes, it's also a perfect time to revisit your family's financial rhythms. Your local community bank can help make the transition smoother by offering tools and tips to keep your finances on track.

Create a back-to-school budget: List out anticipated costs like supplies, sports gear, technology and extracurricular fees. Setting a budget helps avoid overspending and ensures that big-ticket items don't catch you by surprise.

Use a separate account for school expenses: Consider opening a dedicated savings or checking account for school-related costs. This makes it easier to track spending and stick to your budget.



Set up automatic savings: Even small, regular contributions can add up over time. Automatic transfers into a school expense fund help prepare for upcoming needs like field trips, class projects or graduation fees.

Encourage kids to learn about money: Back-to-school season is a great time to teach financial responsibility. Open a youth savings account for your child, give them an allowance tied to chores, or involve them in budgeting for school supplies.

Use mobile banking for convenience: Busy school days mean less time to run errands. Take advantage of mobile deposit, bill pay and account alerts to stay on top of your finances while juggling family schedules.

Plan ahead for activities and sports: Registration fees, uniforms and travel expenses add up quickly. Work with your community bank to explore budgeting tools or short-term savings accounts dedicated to extracurricular costs.

Pack lunches, save money: Preparing

lunches at home not only saves money but also allows for healthier choices. Get kids involved in planning to make it fun and educational.

Revisit insurance and emergency funds: With kids heading back into sports, driving to school, or even college, review your insurance policies and emergency savings to ensure you're covered for unexpected events.

Lean on local support: Many community banks partner with schools or offer financial literacy programs. Take advantage of these resources to support both parents and students in building healthy financial habits.

By setting clear financial rhythms this back-to-school season, families can reduce stress, stay organized, and focus on what matters most — helping kids learn and thrive. Your trusted local community bank is here to guide you every step of the way. ■

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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THURS. SEPT. 18 • 5:30 - 7:00PM

Connect with Chamber members.
Connect with your community.

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515-993-5472

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Adel
PARTNERS
CHAMBER OF
COMMERCE

CHAMBER NEWS

By Jackie Wilson

CHAMBER'S valuable resources

Happenings, opportunities and wisdom

The Adel Partners Chamber of Commerce is a constant resource for promoting Adel, its businesses and all it has to offer to remain a vibrant community. It is the chamber's goal to help the members and the community to stay connected, informed and inspired.

Erin Milroy, president of the Adel Partners Chamber of Commerce, says the chamber is committed to local businesses and bringing the community together.

"Even though Adel is in our name, membership doesn't stop at the city limits. We know your customers, employees and partnerships reach beyond boundaries — and so does our chamber," she explains. "No matter where you're located, if you care about growing your business and strengthening our community, we're here for you."

Both chamber members and the community are encouraged to promote the city of Adel. Some folks might ask how. The Adel Chamber provides a quick look at what's happening and how you can become involved.



Erin Milroy, president of the Adel Partners Chamber of Commerce

HAPPENINGS

- Networking and C.H.O.W. luncheons – Join the chamber each month for a relaxed lunch where ideas, friendships and business opportunities are served up alongside a good meal.
- Community events – From festivals to ribbon cuttings, the chamber is passionate about celebrating growth and good times in Adel all year long.
- Bridge Us Back Campaign – Along with the city and other businesses, the chamber is helping raise funds to restore Adel's beloved lighted bridge and strengthen community connections.

OPPORTUNITIES

- Promote your business – Members can spotlight their services through chamber newsletters, sponsorships and event partnerships.
- Get involved – Got some extra time on your hands? The chamber is always looking for volunteers to serve on chamber committees, help shape events or lend your voice to local initiatives.
- Grow your network – The chamber makes it easy to meet new clients, partners and friends through the chamber gatherings — both big and small.

WISDOM

- Relationships build resilience – Strong businesses don't stand alone; they thrive in a supportive community. The chamber helps in bridging the gap and assisting with connecting people.
- Small steps matter – Sometimes all it takes is a kind word, a referral or a collaboration. These small steps can create big momentum.
- Adel pride is contagious – When we, as a community, show up for each other, the whole community grows stronger together.

The Adel Partners Chamber of Commerce is ready to provide support and resources. Learn more at adelpartners.org or call 515-993-5472. ■

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



Youth Activities -> Spring Summer -> Power Wheels Nationals

Free Event!

Registration Dead Line 8-30-2025

Where: Kinnick Feller Park - Adel

When: Saturday, September 13th 2025
9-10am Start Time With Racing To Follow**



**All Children included,
community power
wheels available
at ZERO charge!**

Limited Pro Stock
On Site Inspections
2-4 Years of age
Helmet Required
Seatbelts Required
(if applicable)

Pro Stock
On Site Inspections
5-7 Years of age
Helmet Required
Seatbelts Required
(if applicable)

Outlaw
On Site Inspections
5-7 Years of age
18v Battery upgrade in
original battery compartment
out of reach of driver
Self tapping hex headed screws allowed
in tires
Ballast allow but must be bolted
Seatbelts REQUIRED
Body modifications allowed

PRESENTED BY



****RAIN DATE: SEPTEMBER 20TH, 2025**

SUMMER Concert Series

Summer Concert Series at Country Lane Lodge on Aug. 20.



Addison Koch, Oliver Koch and Cathy Schwarzkopf



Dan Jones, Chuck Schwarzkopf and Dan Garrity



Ted Cochran and Amy Bair



Jill and Charlie Ruby



Dick, Lucy and Jan Allen



Heidi Freidhof and Emily Hatchitt



David and Julie McAdon



Mike and Tami Hoyt



Sherri and Todd Marker



Sue Arneson and Darci Hoffman



Avery Garrity, Dan Garrity, Tracy Sundquist, Jason Sundquist, Melissa Lensch and Mike Lensch



SEPT. 2025

UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, Sept. 9, 2025 at 6:00pm**

**For additional meeting dates/times, meeting information, or to subscribe for email notifications when Agendas are posted for City Council meetings please visit https://www.adeliowa.gov/government/agendas_minutes.php*

REMINDERS & CLOSURES:

- **ADEL CITY HALL WILL BE CLOSED** to the public from **SEPTEMBER 17-19** for City staff training. Utility payments can be put in either drop boxes located at City Hall or Adel Public Library (in alley).
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- **YARD WASTE PICKUP** started Tuesday, April 4th and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

OUTSIDE DEDUCT METERS:

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

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

PARKS & RECREATION ACTIVITIES:

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

1st/2nd Grade Basketball – Practices will begin week of Oct. 13. Games held in Adel on Saturdays Nov-Dec. \$70 fee includes t-shirt. Registration deadline Oct. 3

3rd-6th Grade Basketball – Practices will begin week of Dec. 1. Games held in Adel and other area towns on Saturdays Jan 3-Feb 15. \$75 fee includes t-shirt. Registration deadline Nov 22.

Over 30 Men's Basketball League - Lace up your old sneakers and hit the hardwood! This is a call your own league. Participants will be divided up into teams. Registration can be done at adel.activityreg.com.

- **FEE:** \$40 per person (includes reversible jersey)
- **LOCATION:** DAC Gym
- **WHEN:** Sunday Evenings, November 2 – January 25
- **DEADLINE:** October 20

Indoor Pickleball League – Grab a partner and get ready to hit the court for our Indoor Pickleball League. Leagues offered for Men, Women, and Coed. Registration can be done at adel.activityreg.com.

- **FEE:** \$50 per team
- **LOCATION:** TBD
- **WHEN:** Sunday Evenings, Oct. 12 – Dec. 14
- **DEADLINE:** Oct. 3

Adel Powerwheels Nationals – The 4th Annual Nationals will be held September 13. This free program will be at Kinnick-Feller Park with a 9:30am check-in. Several Classes are offered: Limited Pro (2 – 4-year-olds), Pro Stock (5- to 7-year-olds), Outlaw (5- to 7-year-olds) **DEADLINE:** September 5.



BEGGARS NIGHT 2025:

Beggars Night 2025 will be held on Friday, October 31st from 6:00-8:00 p.m.



HOME FOOTBALL GAMES:

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

ADEL POLICE NEWS:

Please welcome Officer Tayte DeVoll to the Adel Police Department. He took his Oath of Office during the August 12th City Council Meeting. Congratulations to Officer Tayte DeVoll and thank you for your service to the City of Adel!



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.gov

PUBLIC SAFETY 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

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

James West
515-402-9378

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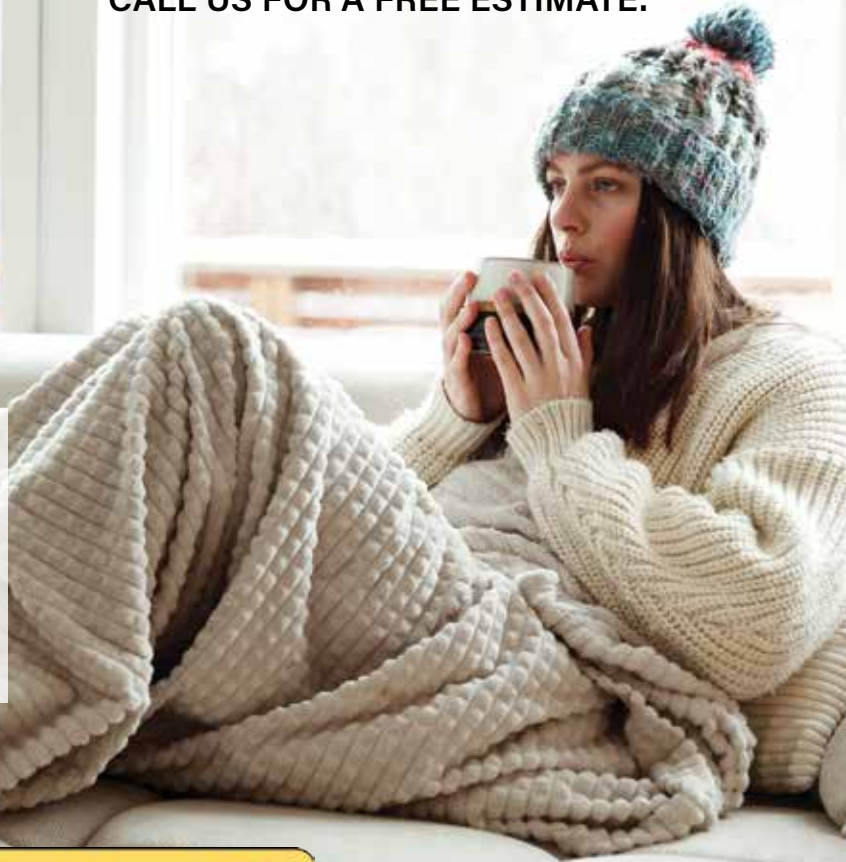
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