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WELCOME

# HALLOWEEN is not just for kids

If you have not yet decided on a Halloween costume, you might want to hurry up. You can't wear that Elvis costume every year.

Yes, Halloween is near, and it's not just for kids. Most all of us have great memories of trick-or-treating with our siblings and friends, amassing a bag of candy we would struggle to carry.

Choosing a costume as a kid was not high pressure, as I simply wore whatever Mom had for me, which was usually a hand-me-down from my siblings. I really didn't care. As an adult, though, the pressure in choosing a Halloween costume intensified. I could no longer strap on a plastic mask and call it good.

Through the years, Jolene and I had some costume hits and some costume misses. The biggest miss was in our younger years when we dressed as mummies, wearing white long underwear tops and bottoms and covering each other with strips of white bed sheets. It seemed like a great idea — until we had to go to the bathroom.

Another year, we went with a group and dressed as the Gilligan's Island crew. Jolene and I were Mr. and Mrs. Howell. And, yes, I carried the teddy bear.

Speaking of bears, a few years later, we tried Goldilocks and the three bears with another couple. It didn't work. We looked like a little girl and three giant mice.

Jolene and I also did stints as the farmer and the cow, the hunter and the deer, the Lone Ranger and Tonto, and Farrah Fawcett and Michael Jackson.

The best costumes we ever had, though, were when we dressed as the couple that was throwing the party. We pulled that one off twice, to the dismay of the hosts.

I encourage you to get into the Halloween spirit this year. Attend a costume party or event, or just dress up and entertain the kids who are trick-or-treating. And, if you struggle to come up with a costume, well, there is always Elvis.

Happy Halloween, and thanks for reading. ■

## SHANE GOODMAN

President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Dan Juffer**  
Senior Advertising Account  
Executive  
515-953-4822 ext. 303  
dan.juffer@dmcityview.com



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# Costume CREATIONS

Residents share how they  
add their own touches to  
Halloween garbs.

By Rachel Harrington

When it comes to Halloween, some people like to pull out all the stops. They turn their yards into haunted or cartoon landscapes. They carve pumpkins, bob for apples, and offer the best treats to their trick-or-treaters. And, they put their energy and holiday spirit into making sure their costumes — or their kids' — make others “ooh” and “aah” ... and perhaps shudder.

Brenda Meade's children and grandchildren have been wearing the costumes she makes for years, often, as with Hannah Meade, starting with their first Halloween.





One year, Sarah Ehrenfried's costume contained the Scooby-Doo Mystery Machine, and she was dressed as Velma.

## Building costumes

Trish Ehrenfried began creating costumes when her two older children were young.

"We couldn't afford to spend the money to buy costumes at the store," she explains. "I don't consider myself a seamstress, so I would make do with what we had, and it ended up being a big hit with everyone else."

When her youngest daughter, Sarah, was diagnosed with muscular dystrophy 15 years ago, Ehrenfried had to up her creative game a bit to accommodate Sarah's wheelchair.

"I built her a Ghostbusters car around her chair," Ehrenfried shares. "I used her leftover medical equipment to make a Ghostbusters backpack to put on the back of her chair. It turned out really cool."

Sarah's wheelchair doesn't affect the style of costume that Ehrenfried puts together. It only affects the size of cardboard that she gathers to construct it.

"We have to make sure it is big enough that it doesn't affect her ability to drive and so we can get to her equipment," she explains.

Ehrenfried doesn't make costumes only for Sarah. She also joins in the fun and makes something for herself that will most often match their collective theme.

"I go to Adel Appliance and get their discarded appliance boxes for my big builds," she shares.

Mother and daughter stay busy coming up with ideas for the next holiday or event. They search throughout the year for ideas and visit local thrift shops. Once, they decided on an Alice in Wonderland theme. Sarah wore a blue dress, and Ehrenfried attached a large deck of heart-suit cards on the back of Sarah's chair along with a Cheshire cat. Ehrenfried found an old Santa hat at a thrift store, put some patches on it, threw together some other clothing pieces, and accompanied Sarah as the Mad Hatter. They also stacked paper plates and teacups as part of the setup.

Several costume builds have become Ehrenfried's favorites through the years.

"The Ghostbuster build is really popular," she says. "Scooby-Doo Mystery Machine is



Trish and Sarah Ehrenfried had an "Alice in Wonderland"-themed Halloween.

another favorite that we've done. Sarah is always Velma, and I'm Shaggy. She carries a magnifying glass when we go with that theme. We also liked the 'Alice in Wonderland'-themed costumes."

This year, Sarah wants to do ghost face.

"We aren't sure yet if she will have a mask or go maskless and use paint," Ehrenfried says. "I'll be Hannibal Lecter from 'Silence of the Lambs' this time. I found an old pair of coveralls for my costume. I think I'll have a plain white shirt plus old white sheets ripped up and tied in knots around me like straps with buttons on them to imitate a straightjacket. However, I'm still deciding on that. I'll also have a mask for half of my face."

Ehrenfried says she enjoys creating their own costumes because they can do their own interpretation of how a costume should look.

"I love most that it's artistic, and feeling artistic is kind of freeing," she shares. "I love seeing others' reactions to realizing what we're dressed up as and how much of it is handmade. Besides, it feels good to do something with your own hands."





The Meade family is ready for Halloween with the kids decked in custom-made costumes of their choice. Pictured are Hugh Meade, Ken VonBon, Brenda Meade, Jeanine VonBon and kids Tyler, Hannah and Brooke Meade.

## Another generation

Brenda Meade has been making costumes instead of buying them for many years. She began when her children were small, and she continued the tradition of creating costumes with her grandchildren.

“My oldest grandchild is 15 years old now, and she is now phasing into wanting to do what her friends are doing,” Meade says. “My grandkids are 15, 12, 11, 10 and 7 now. I have made costumes for all of them over the years, and a few times I even made costumes for my husband and myself. I grew up in a family that did a lot of making our own clothes. I am kind of a self-taught seamstress, and I do a lot of sewing and crafting now at my small word-of-mouth business called Nana’s Bees.”

The collection of costumes Meade has made is extensive and varied. It includes Ariel and Sabastian from “The Little Mermaid,” The Flash, cupcakes and donuts, Tinkerbell, and a puppy dog.

“One of my favorite ones was for my grandson, who was obsessed with vacuums when he was 2 years old,” she recalls. “I made him a Hoover vacuum costume. It was probably one of the more elaborate costumes I have made. The most labor-intensive costume was probably Sabastian the crab.”

She also made costumes like a wizard cape and an entire Hermione outfit from the “Harry Potter” series. She even made her adult daughter a Starbucks costume a couple of years ago for a neighborhood house party.

Meade says, for her children and her grandchildren, they would choose what they wanted to be, and they would go together to pick out



Brooke Meade wears a cupcake costume and Hannah Meade is dressed as a donut, both costumes made by their grandmother, Brenda Meade.

the fabric.

“It was something to do with them, and it served as bonding time with them. If they couldn’t come with me to the store, I’d Facetime them so they could be a part of the process,” she says. “I loved getting fabric from JoAnn Fabrics. Now that they’re closed, I usually visit stores like Hobby Lobby. I think Michael’s has bought out the JoAnn lines, so I need to go check out their fabric selections.”

Sometimes accessories for the costumes were made with other materials, but roughly 95% of the outfits were made with fabric. The time required for making her costumes would vary, but, because she didn’t usually have a pattern, the entire process would take a couple of weeks to complete with many hours of sewing. Then, additional time was required for fitting it and making alterations when necessary.

“I enjoy seeing it come together for the kids, and it was something just for them,” Meade says. “I love seeing the excitement and pride on their faces when we are done, that they would have something unique and different from their friends.” ■



Brenda Meade’s grandson, Heath Ogren, was fascinated by the vacuum when he was 2, so he received a vacuum costume from his grandma.



# PRAYERS God will always say yes to

There are a few words that are understood in nearly all languages. As an example, research shows that, at the top of the list are “mama,” “coffee,” “huh?” and “no.” While most people love their mama and a

good cup of coffee (and who doesn't go through a day without saying “huh?” to something), most of us, most of the time, do not like to hear “no.”

Typically, we want to hear a “yes” to our requests: Can I get a raise? Want to help me move this weekend? How do you feel about making dinner? We all love to hear “yes” but we all know we don't always get one.

But what if I told you there were prayers you could pray to God and always get a yes?



Now, I can almost see the eye rolls happening because of that last sentence. It feels presumptuous to say something like this. I mean, who are we to say God must always answer “yes” to certain prayers? Plus, I'm not sure we should want God to say “yes” to anything and everything we pray for. Even as a parent, you know there are times you should say “no” (because ice cream is not a dinner entrée and post-midnight is not a good curfew).

From the Bible, we learn the Lord always hears our prayers, and He always answers, yet God is not our cosmic vending machine where we offer our dollar bill prayer and out comes our desired answer. And, we should all be very glad for this.

In the Bible, we do learn there are a handful of prayers you and I are invited and encouraged to pray, and God promises He will answer with a “yes.” As an example, consider James

1:5, which says, “If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.” In this verse we learn anyone is invited to ask God for wisdom, and, when you do, God promises to provide. Personally, I think this is significant as I don't know anyone, including myself, who doesn't need to pray this prayer every day.

The bottom line is God wants you and I to talk to Him. He wants us to seek Him. And, to this end, He provides us with the marvelous mind-boggling gift of prayer. If you would like to learn more about prayer and what it means to have a personal relationship with Jesus, you are invited to attend your local church. ■

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

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# CALIFORNIA family enjoys small-town living

Farinos find home in Adel.

Although Heather Farino and her family haven't lived in Adel long — just a couple of months — she says they have already fallen for the community.

Farino moved from the crowded, fast-paced life of Carlsbad, California, in search of a simpler lifestyle and the chance to be closer to family.

"Growing up in Southern California, I thought I was in for major culture shock, but it's honestly been a breath of fresh Iowa air," she says. "My wife grew up in a small town in Minnesota, so she kind of already knew the small-town vibe, and she's loving it here just as much as I am."

The couple has a 10-year-old son, Jaxson, and they were looking for a place where kids still play outside and friendships can flourish.

"The ADM school district was a huge win, and, let's be honest, seeing tiger paw prints stamped on driveways all over town sealed the deal," Farino says. "We also wanted Jaxson to have more of that old-school, latchkey growing-up experience, without the constant fear that comes with life in SoCal."

When choosing a lot, Farino wanted a walkout basement with trees behind it, plus enough yard for Jaxson to run wild — "but not so much that we'd regret the fact that we've never mowed a lawn in our lives."

"Our neighborhood has this great energy, kids riding bikes like little traffic hazards, families walking, neighbors who stop to say hi, and something always happening," Farino adds. "It's lively, welcoming and makes it way too easy to feel at home."

As for Adel itself, one thing stands out to Farino: the kindness of residents.

"People here actually use their blinkers and stop at stop signs, and then wave you through with a smile," she says. "After California freeways, it feels like we've moved into the land of courteous, non-rushed drivers. On top of that, Adel just has this warm, small-town vibe where people seem to genuinely care."

Another thing she appreciates is that, more often than not, people are wearing their ADM Tigers gear, their Cyclone gear or their Hawkeye gear.

"We're personally Cyclone fans, but seeing all the pride in the community is incredible, and, honestly, it's something I've never experienced before in my life," Farino says.

Jaxson plays football for ADM's fifth-grade league and is excited to try other sports. He's also hoping to form a band and meet other kids who want to join. Meanwhile, Farino is focused on launching a salon business in town, catering mostly to men.

"As a family, we're definitely interested in supporting local charities eventually, but I want to spend some time learning about what's available first," she says.

Ultimately, Farino and her family have found a true sense of home in Adel — and it's the little things that make all the difference.



Heather Farino, left, says she and her wife, Diane, and son, Jaxson, have found Adel to be a friendly town with lots of community pride.

"Probably one of my favorite things about this town is how passionate the small business owners are about their work and their customers," Farino says. "We're not exactly used to this. Where we come from, it sometimes feels like doing your job is an inconvenience to their vibe. Heaven forbid you need help in a store. Adel is the exact opposite." ■

# CREAMY tomato soup is rich with sun-ripened flavor

There is something special about cooking with ingredients grown from your own backyard. Recently, I was watching our grandson at my daughter and son-in-law's house. He and I ventured outside to check on their garden and discovered a bumper crop of tomatoes.



Since the weather was cool, I decided that a batch of tomato soup for dinner would serve the harvest well. Our grandson, just 8 months old, is already a curious observer in the kitchen. He keeps me company from his high chair, happily armed with a dozen measuring cups to toss and a few snacks to keep him content. This creamy tomato soup, made with an abundance of fresh-picked tomatoes and a blend of herbs, is rich with sun-ripened flavor. Paired with a golden, melty grilled cheese on homemade sourdough, it was the perfect fall dinner — simple, cozy and made even sweeter by sharing it together with my grandson. ■

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

## Creamy tomato soup

Total time: 45 minutes

Servings: 4

### Ingredients:

- 1 medium onion, chopped
- 3-4 garlic cloves, minced
- 2 tablespoons olive or avocado oil
- 2 pounds fresh tomatoes (about 6 large), blanched, skins off and chopped
- 2 cups chicken broth (low sodium preferred)
- 1/3 cup Parmesan cheese, grated
- 1/2 -3/4 cup heavy (whipping) cream
- 2 tablespoons honey
- Salt and pepper, basil, oregano — more of everything than you think
- Pinch of rosemary
- Fresh basil or parsley (optional, for garnish)

### Directions

- Heat oil over medium heat. Add onion and sauté for about 5 minutes until soft.
- Add garlic and cook all for 2 more minutes.



- Add tomatoes and cook for 10 minutes.
- Add chicken broth and bring to a boil. Reduce heat and simmer for 20 minutes, uncovered. Stir occasionally.
- Blend until smooth by using an immersion blender and scooping the mixture into a traditional blender. Return soup to the pan.
- Add whipping cream and honey and stir. Season with salt, pepper, basil, oregano and other herbs of choice.
- Simmer for 5 more minutes.
- Serve immediately. Garnish with fresh basil or parsley. This pairs well with a grilled cheese sandwich on sourdough bread. Enjoy!

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# MEET Tiffany Banks

Banks champions literacy in Adel



Tiffany Banks, librarian at Adel Elementary and Meadow View Elementary, particularly enjoys reading to her students.

Tiffany Banks is rooted in the Adel community, where she both lives and works. For the past eight years, she has served as the librarian at Adel Elementary and Meadow View Elementary.

“Library jobs are not easy to come by, and I got so lucky to find such a great role in this district,” she shares.

Banks started teaching after earning her bachelor’s degree from Iowa State University in 2016 and her master’s degree in library science from the University of Iowa in 2019.

She says it is a career path that fit her because she is a social person and enjoys spending most of her day talking to others — especially kids.

“Reading fun books to kids is what I do most of the day,” Banks says. “I feel so lucky for that. Books are my passion, and getting to share them every day is amazing.”

Having a role at the elementary level is doubly rewarding for Banks.

“Being the librarian at both Adel Elementary and Meadow View Elementary allows me to watch my readers grow for five whole years,” she says. “It is so fun to watch their interests and personalities grow over that time.”

Working at both schools also lets Banks build continuity with students and staff across the district. She sees familiar faces from year to year, which helps her connect books with readers as their tastes change.

That consistency is part of what keeps her energized: the daily rhythm of read-alouds, conversations about favorite characters, and the simple joy of helping a child find the right book at the right moment.

Outside of work, Banks spends time with her family: her husband, Cory, and their two children, Zeke, 3, and Penny, 1. They moved to Adel in 2021 and enjoy gathering to watch sports and simply spend time together as a family. ■

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## ADEL Public Library news



Hello from the Adel Public Library.  
We'll be closed Monday, Oct. 13, for  
Columbus/Indigenous Peoples Day.

**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.

**Elementary**

- Tail Wagging Readers – Thursday, Oct. 2 at 4:30 p.m.
- Pokemon: Show & Tell – Tuesday, Oct. 14 at 4 p.m.
- Meet Reptiles with the Cold-Blooded Redhead – Friday, Oct. 24 at 1 p.m.
- Not So Scary Haunted Library – Saturday, Oct. 25 at 9:30 a.m.

**Teen**

- Teen Advisory Board – Wednesday, Oct. 1 at 4 p.m.
- Teen Chef: Haunted Gingerbread Houses – Wednesday, Oct. 8 at 4 p.m.
- Nerf Battle: grades 6-12 – Friday, Oct. 10 at 2 p.m. Register at [adelpl.org](http://adelpl.org).
- Teen Hangout – Wednesday, Oct. 15 at 4 p.m.
- Teen Craft: Pumpkin Painting – Wednesday, Oct. 22 at 4 p.m.
- Library D&D – Friday, Oct. 24 at 1 p.m. Register at [adelpl.org](http://adelpl.org).

**Adult**

- Yoga – Every Wednesday at 6 p.m. Register at [adelpl.org](http://adelpl.org).
- 50's Plus Senior Group – Tuesdays, Oct. 7 and 21 from 10 a.m. to 1 p.m.
- Adult Craft: Yarn Tassel Garland – Monday, Oct. 20 at 5:30 p.m. Register at [adelpl.org](http://adelpl.org).
- Nutritious Holiday Eating with Iowa State University – Tuesday, Oct. 21 at 10 a.m.
- Evening Book Club – Thursday, Oct. 30 at 5:30 p.m.
- Granny Basketball League – Thursday, Oct. 30 at 5:30 p.m. ■

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## EVENTS IN THE AREA

Be sure to check for cancellations

### Journey Through Grief

Oct. 7 and 21, Nov. 4 and 18,  
6 p.m.

St. John's Catholic Church,  
24043 302nd Place, Adel

A fall session of Journey Through Grief is being offered by UnityPoint Hospice. The free program provides education and support for those coping with the loss of a loved one. The program includes six sessions covering grieving and coping tools. Light refreshments will be provided. For registration and questions, contact Olivia Collins-Jones at 515-414-9115 or [Olivia.collins@unitypoint.org](mailto:Olivia.collins@unitypoint.org).

### 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.

### Good Samaritan Food Pantry adds hours

The Good Samaritan Food Pantry has added more Saturday hours. The pantry is now open the first and third Saturdays of the month from noon to 2 p.m. in addition to every Monday and Tuesday from noon to 2 p.m.

### 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.

### 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.



### Dallas County Coat Giveaway

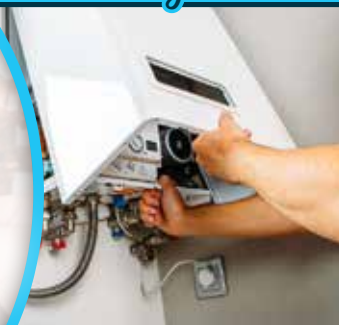
Saturday, Oct. 11, 9-11 a.m.,  
Adel First Christian Church,  
218 N. Ninth St., Adel

The Dallas County Coat Giveaway will be held Saturday, Oct. 11. More than 300 new coats and 100 gently used coats, sizes infant through adult, will be available. In addition, the Clothes Closet will be open. The Coat Giveaway focuses on coats for residents of Dallas County and rural surrounding communities, though everyone is welcome. It is sponsored by the Adel Rotary, the Adel Women's Club, the Knights of Columbus from St. John's Church, and the Adel Christian Church. Everything is free.

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# EVENTS IN THE AREA

Be sure to check for cancellations

## Adel Hay Day

Friday, Oct. 3, 2-7 p.m.

Raccoon River Valley Trail throughout Adel

The first Adel Hay Day fall festival is full of fall fun and activities for families and will take place at four different stations along the Raccoon River Valley Trail throughout Adel. Participants will walk from station to station and take part in the activities along the way.

- Station 1 - Burned Bridge: Kids fall games, fishing for apples, entertainment, goodie bag pickup
- Station 2 - Rotary Plaza: Chalk the walk, face painter, Pulse 101.7 radio, photo booth, candy for goodie bag. Adel Police officers will be on site for traffic control to ensure that families cross Highway 169 safely.
- Station 3 - City Hall's parking lot: Decorate bikes and strollers, pie battleship, Iowa Beverage alcohol truck, non-alcoholic beverages and refreshments, entertainment, candy for goodie bag
- Station 4 - 18th Street Trailhead: Bounce house, hayrack rides down Brickyard Road, pumpkin decorations, s'mores bag, live music at Brickyard Burgers & Brews, candy for goodie bag

## Fall Spooktacular

Saturday, Oct. 25, 2-4 p.m.

Edencrest at Adel, 621 302nd Place

Kids are invited to go apartment to apartment collecting candy from residents, who will be ready with treats and smiles. Enjoy hay rack rides, a bounce house, face painting, and help crown the winner of the pumpkin decorating contest by voting for your favorite. This is a fun-filled fall evening for the whole Adel community.

## Leprechaun Bags Tournament

Saturday, Oct. 11, 11 a.m.

Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick of Central Iowa present the Leprechaun Bags Tournament. Registration begins at 11 a.m. Play starts at noon. \$30 per two-person team. Cash payouts for top three teams. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for details.



## ADM Fine Arts Boosters Craft Show

Saturday, Nov. 8

Meadow View Elementary, 1300 S. 15th St., Adel

Calling all vendors for the annual ADM Fine Arts Craft Show. To register and for more information, visit [www.admcraftshow.com](http://www.admcraftshow.com).

## Apple and Pumpkin Festival

Oct. 4-5, 11-12, 18-19, 25-26

Wills Family Orchard, 33130 Panther Creek Road, Adel [www.willsfamilyorchard.com](http://www.willsfamilyorchard.com)

Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturdays and noon to 6 p.m. on Sundays. ■

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# HOW TO CHOOSE A MEDICARE PLAN ADVISER

If you are 65 years or older, you are about to begin receiving calls and mail from companies wanting to help you choose a Medicare plan. Medicare is federal health insurance for anyone age 65 and older and some people under 65 with certain disabilities or conditions. You'll get Medicare Part A (hospital insurance) automatically when you turn 65, but Medicare Part B (medical insurance) is an elective choice. Most people take Part B at age 65 but people with coverage from an employer can keep their current coverage until they leave employment. You will also need to make important decisions, like which prescription drug plan best covers your needs.

## WHAT ARE THE DIFFERENCES BETWEEN MEDICARE, MEDICARE ADVANTAGE AND MEDICARE SUPPLEMENT?

Simply stated, original Medicare is the basic government program. Medicare Advantage and Medicare Supplement

are secondary coverage plans offered by Medicare approved private companies that can help with costs that Medicare does not pay for. Medicare Advantage can pay for fitness programs, vision, hearing and dental services. Some plans also cover foreign travel. Medicare Supplement helps pay for out-of-pocket expenses such as copays, deductibles and other costs associated with Medicare.

## WHY IS IT IMPORTANT TO CONTACT A LOCAL MEDICARE ADVISER TO HELP YOU CHOOSE A PLAN?

Medicare telemarketing companies purchase phone numbers and addresses of people who are 65 years and older. The telemarketers must be licensed in Iowa, but they can call from any state in the country. Plans vary greatly. Plans that work well in one geographic area may not work well locally. You will want to choose a plan that includes your doctor, hospital and pharmacy of choice within its network, as

well as covers the drugs you need. A local professional can better assist you with navigating through the options that will work best for you.

## DO YOU NEED TO GET A NEW POLICY IF YOU MOVE?

It depends on where you move. If you move out of state, most likely you will need a new Medicare Advantage or Medicare Supplement policy. Your original Medicare plan does not change but you must notify the Medicare office in your new community or state.

## HOW DO I GET THE TELEMARKETERS TO STOP CALLING ME?

Ask to be added to the National Do Not Call list.

The open enrollment period for Medicare Advantage and Medicare Supplement runs from Oct. 15 to Dec. 7, 2024. Now is the time to find a local adviser to help you maximize your benefits. ■

## Medicare can be complicated.

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This is a solicitation of insurance. Wellmark Medicare Supplement insurance plans are not affiliated with any government agency. To be eligible, you must reside in the service area of the plan. Wellmark Blue Cross and Blue Shield of Iowa is an independent licensee of the Blue Cross and Blue Shield Association. W5018029 6/24

# HOW TO CHOOSE A CHILDCARE CENTER

Finding the right childcare center for your child is one of the most important decisions you'll make as a parent. It is not just about choosing a place where your child will be safe. It's about finding a nurturing environment that supports their growth, learning and development. The right childcare center can help set the stage for lifelong success. Here are the key factors to consider when selecting a childcare:

## HIGH-QUALITY CARE

Your child deserves more than just supervision. They deserve care that helps them thrive. High-quality care means a clean, safe and nurturing environment where children feel comfortable, secure and valued. It goes beyond meeting basic safety standards; it also fosters emotional growth, social skills and cognitive development.

## TRAINED PROFESSIONALS

Teachers and caregivers play a crucial role in shaping your child's early years.

Look for a center that employs qualified, well-trained staff who not only understand child development but also genuinely love working with young children. The best childcare centers invest in ongoing professional development, ensuring their team stays passionate and knowledgeable about early childhood education.

## EARLY CHILDHOOD EDUCATION AND KINDERGARTEN READINESS

Childcare should be more than babysitting. It should be the foundation of your child's education. A strong program incorporates a well-rounded curriculum designed for early learners. This might include language development, math concepts, motor skills, science exploration and creative arts. A center focused on kindergarten readiness will also help children build independence and confidence while strengthening key skills like literacy, numeracy and problem-solving. This way, when it is time for elementary school, your child will feel prepared and excited to take the next step.

## SUPPORT FOR WORKING FAMILIES

Childcare should make life easier for families. Look for flexible hours, part-time options and extended care that fit your schedule. A structured daily routine provides consistency for your child, while giving you peace of mind that their needs are being met. Many quality centers also offer nutritious meals and snacks — an added layer of support for busy parents.

## CONSTANT COMMUNICATION

Strong parent-provider communication is key to your child's success. Choose a center that keeps you informed about your child's day, progress and milestones. Whether it is daily reports, parent-teacher conferences or online updates, open communication helps you stay connected and ensures you're always part of your child's learning journey.

Choosing a childcare center is a big decision, but when you focus on these five key factors, you'll find a place where your child can learn, grow and feel cared for — every step of the way. ■

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# HOW TO CHOOSE THE RIGHT CBD STORE

CBD has been steadily making its way into Iowa communities, popping up everywhere from boutique wellness shops to small-town main streets. With so many stores opening their doors, it can feel overwhelming to know which ones are worth trusting. Choosing the right CBD store isn't just about grabbing a bottle off the shelf. It's about finding a place where you feel educated, supported and confident in what you're buying.

## 1. LOOK FOR KNOWLEDGE, NOT JUST SALES.

The best CBD stores are focused on education first, not pushing products. For example, if you mention you're having trouble sleeping, a knowledgeable staff member should be able to explain the difference between CBD and CBN and suggest what might be most effective. One of the strongest signs of quality is finding a shop with certified hemp consultants,

since that shows the team has real training and expertise.

## 2. CHECK FOR TRANSPARENCY.

A trustworthy store will always share where their hemp comes from and provide third-party lab reports. Imagine you're comparing two oils: one comes with a clear certificate of analysis showing cannabinoid levels and purity, while the other has no details at all. The first store is proving they stand behind their products, and that transparency should give you confidence in your purchase.

## 3. PAY ATTENTION TO ATMOSPHERE AND SERVICE.

How you feel in the store matters. If you walk in, and the staff seems rushed or uninterested, that's a red flag. But if someone takes the time to listen to your concerns — whether you are new to CBD or curious about dosage methods — you'll feel

more at ease. For example, a welcoming shop might walk you through different product types and even share personal experiences to help guide your decision.

## 4. LOOK FOR VARIETY AND QUALITY.

Not every CBD product works the same way for everyone, so having options is key. A strong store will carry tinctures, gummies, capsules and topicals, giving you room to explore. Maybe you try a topical cream for sore muscles while also experimenting with gummies for stress relief. Having choices means you can find what fits your lifestyle best.

## FINAL THOUGHT

At the end of the day, ask yourself: Does this store make me feel supported in my wellness journey? The right CBD shop should provide more than just products. It should offer education, transparency and genuine care to help you feel your best. ■

## Looking to stay balanced and feel your best? *Try A Natural Approach!*



"My doctor actually recommended that I go there, I am so glad I did! Thank you so much for the gummies and information! I will be back soon."

Google Reviews ★★★★★ - Cheryl Brown

As a U.S. Air Force veteran, opening CBD American Shaman in Altoona and West Des Moines was a mission to bring real relief to my community. My husband, Jason, a Marine combat veteran of Iraq and Afghanistan, struggled for years with survivor's guilt and PTSD. Traditional treatments through the VA didn't help—but CBD did. It gave him lasting relief without side effects or extra medications.

Seeing how much CBD helped Jason inspired me to share it with others, and during the pandemic I realized my purpose was to bring healing—which is why we started CBD American Shaman.



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# HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordably they can be installed.

## THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows

or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

## INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

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# HOW TO CHOOSE A PRESCHOOL FOR YOUR CHILD

There's substantial evidence that children gain valuable skills by attending preschool. Pre-kindergarten programs are a great start to prepare young children for their education experiences to come. Social skills balanced with academics are a great foundation for their future education journey.

Choosing the right preschool is an important part of preparing your child for their school years. It's the foundation for starting quality education. Finding a program that aligns with your family's beliefs and core values is a great place to start in choosing a program that best suits your child. Curriculum and availability are other factors that may play a part in the decision process.

With so many options for parents, how can you pick the right one? Here are some things to consider.

## TEACHER TRAINING

One of the most important things to

consider is the experience, training and qualifications of staff. Qualified, college-educated, welltrained teachers/staff are able to balance a play-based curriculum with age-appropriate academic learning to provide a safe, loving environment for preschool-age children. This can set one program apart from another.

## LENGTH OF DAY

Another aspect that can vary with different preschool programs is the length of the day. Some schools are designed around a few hours per day, while others are a full-day program. Neither method is superior, but each provides for different needs for your family and your child.

## CURRICULUM

Research has shown that play-based curriculum is the most age appropriate for preschool aged children. A well-rounded program will provide social skills, problem solving, self-confidence with education

tools to meet each child where they are in all areas. Finding a preschool that offers a curriculum that fits your family values is a great place to start.

## PLAYTIME PHILOSOPHY

Studies show that play serves a vital role in your child's mental and social development.

You should make sure the preschool's philosophy surrounding this is a great fit for your personal expectations.

When structured properly, much of education can take place during play time when children are free to learn and explore in their own individual ways. Ask the staff about how they incorporate play into the children's day.

In the end, by finding a preschool program with the right schedule, curriculum, philosophy and staff, you will be providing your child with a great step forward and provide a foundation for a happy, healthy, positive future. ■



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## HEALTH

By Leslie Herron

### HEALTHY fats

Despite popular beliefs, fat isn't all bad. In fact, the fats found in vegetables, nuts, legumes and some oils and fish are healthy in moderate amounts. Try these tips for getting more healthy fat in your diet.



**1. Whole foods:** Processed foods are high in unhealthy saturated fats. Conversely, whole foods are often full of healthy unsaturated fats. Whole foods are foods that haven't changed forms. Avocados, nuts, seeds, e.g., are whole foods that contain healthy fats, while bread and cheese are not.

**2. Butter versus oil:** Butter is often the favorite for cooking but full of unsaturated fat. Vegetable oils (olive, canola, grape seed, avocado) contain healthier fats and are great for cooking.

**3. Nuts as snacks:** Cashews, walnuts, pecans and peanuts are full of healthy fats. They're the perfect snack to add more healthy fats to your diet.

**4. Fatty fish versus red meat:** Fatty fish like salmon provide healthy fats, as well as omega-3 fatty acids with lots of health benefits. While both fatty fish and red meat contain fat, fish contains healthier fats in higher quantities.

**5. Salad dressing:** If you eat a lot of salads, that's great. However, heavy, cream-based dressings are packed with unhealthy fats. Stick to oil-based dressings. ■

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

## HEALTH

By Alicia Fisher, PT, DPT

### COULD it be pain that's waking me at night?

Pain can, and often does, affect our sleep patterns. Pain can keep us from falling asleep, wake us during the night, and even prevent restful sleep. The interesting thing is that pain can cause some to sleep longer while others cannot sleep very well at all. When our sleep is disrupted, our pain seems to intensify, often creating a vicious cycle that can get progressively worse. The best place to start is at home. Try to identify the culprit(s) causing the sleep disruption. Ask yourself questions such as "Are all lights switched off? Have I had a caffeinated beverage late in the day, or am I eating a big meal shortly before going to bed? Do I watch television before turning off the lights? Have I read a book or spent time on the Internet? These habits are easy to change and may make a helpful difference.



Once you have considered these things, a physical therapist may be the next best option. A physical therapist is trained to identify the underlying cause of pain and create a plan for relief of both pain and the associated sleep disruption. The physical therapist will use hands-on techniques to reduce muscle tension, re-educate the muscles to work properly, and teach the patient to use a home exercise program to work in conjunction with physical therapy treatments for long-lasting pain relief. As the patient and the physical therapist work together, often the patient's pain is reduced and sleep patterns improve. ■

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

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# OCTOBER is American Pharmacists Month

Here is how we can support your health.

October is American Pharmacists Month, a time to shine a light on how pharmacies can help make staying healthy a little easier. Most people know their pharmacy as the place to pick up prescriptions, but it can also be one of the most accessible spots to get trusted health advice and preventive care.

## Easier access to care

Sometimes it's hard to get into a doctor's office quickly. That's where your local pharmacy can help. We, as pharmacists, are available to answer questions about medications, side effects, or even how certain over-the-counter products fit into your care plan. Having someone you can talk to without an appointment can make a big difference when you need guidance right away.



## Vaccines and prevention

Fall is a busy time for vaccinations, from flu shots to COVID-19 boosters and beyond. Many pharmacies offer these services on a walk-in basis, making it convenient to protect yourself and your family. Preventive care like this helps lower the risk of illness and keeps communities healthier.

## Staying on track with medications

Taking medications as prescribed can sometimes be a challenge — especially when managing multiple prescriptions. Pharmacists are there to help by reviewing your medicines for interactions, suggesting ways to stay on schedule, and answering any “Is this normal?” questions that pop up along the way. These small conversations often make treatment plans easier to follow and more effective.

## Everyday wellness support

Pharmacies are also great places to get quick

health checks, such as blood pressure or blood sugar screenings, or to ask about vitamins, supplements or over-the-counter remedies. A brief chat at the counter can often point you in the right direction, whether it is choosing the right product or knowing when it is best to see your doctor.

## A month to say thank you

American Pharmacists Month is really about celebrating the relationship between patients and their local pharmacy teams. It's a reminder that you don't have to manage your health alone. We are here to answer questions, offer support and help you feel your best.

This October, if you have a health concern or just a quick question, don't hesitate to stop by the counter. That's what we're here for. ■

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

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## WHEN to use a general contractor

Home improvements can range from handyman jobs, such as changing light fixtures, to large-scale kitchen remodels and master suite additions. How do you know when to coordinate a project yourself or hire a general contractor (GC)?

A GC plans, organizes and executes projects, and utilizes subcontractors in specialized trades, like plumbers, electricians and roofers, to complete the work. Typically, a GC is used when there are two or more trades necessary to complete a project.

For example, a kitchen remodel may require plumbers, electricians, carpenters and tile installers. The benefits of a general contractor include:

**Budget and time.** A good contractor will help you establish a realistic budget and stick to it. Their expertise can save time and money by ensuring the correct materials are ordered and work is performed in the right sequence.

**They know tradespeople.** An experienced contractor has established relationships with subcontractors they know will bring quality and craftsmanship to the job.

**Price and quality of materials.** Most contractors receive savings on materials that individuals cannot get on their own. A good GC will also guide you to quality material selections that will perform well in your space. ■

Information provided by Trish Radke, Owner, RCI Builders, 28059 Fairgrounds Road, Adel, 515-490-3791, [www.RCIBuildersInc.com](http://www.RCIBuildersInc.com).



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## EARLY Halloweens

Halloween hasn't always been the peaceful and quiet night of trick-or-treating like today. It once was a time for pranksters and shenanigans.

Until recent years, Adel had but one town cop. The poor man must have dreaded Halloween as he tried, usually in vain, to halt the mischievousness.

I've heard this story from several different sources but can't verify its validity. There was a hog buying station and pens on the east side of town along the river. Most nights, a full manure spreader was left there, hitched to a tractor and waiting to be driven to a nearby field the next morning. One Halloween night, so the story goes, it got unloaded early. Imagine, if you can, what a manure spreader full of hog manure, pulled by a tractor and driven up Main Street at about five times its usual spreading speed, would do.

Adel's Oakdale Cemetery is a scenic and nicely maintained final resting ground. The entrance to the cemetery is over a small concrete bridge that spans Butler Creek. There is a wrought iron gate on that bridge that was closed and locked every night at 8. It was one of the duties of Adel's night watchman to drive through the cemetery, prior to locking the gate for the night, to make sure all cars had left. One Halloween night, a few of Adel's ornery youth waited until he was out of sight, closed the gate and slapped their own padlock on it. After making the drive through the cemetery, the poor old guy found himself locked in and had to radio the mayor to come and rescue him.

Adel has a beautiful courthouse and clock tower. The citizens of Adel purchased a four-sided clock and bell to show their pride in the building. The chime of that bell, as it tolled the hour, was a familiar sound. People set their watches by it, took their lunch breaks by it and ended their day's work by it. I have been told of this story and, once again, can't attest to its authenticity. It supposedly happened sometime in the 1930s when some young fellows with a 22 rifle devised a very clever Halloween prank to play on the citizens. At noon, just as the bell chimed its 12th chime, they would fire that rifle at the bell from a secret and muffled location at just the right time. The bullet, hitting that bell sounded just like a 13th chime. They would also vary the time of day to add that last chime. For example, they would make 4 o'clock become 5 o'clock. This was a real problem for the brick plant whose workers were accustomed to quitting at 5 chimes of the courthouse bell.

There were many other witty and imaginative pranks, especially on those Halloween nights before indoor plumbing replaced outhouses. TP-ing houses and trees was not one of them, however. Corn cobs just weren't as colorful as toilet paper. ■

# A PLAN for the family heirlooms

Have you ever looked around your home and thought about a certain item you would like a grandchild to receive someday? In a typical will, all personal property will likely go to the listed beneficiaries. It is up to those beneficiaries how they intend to distribute each item between themselves. If you want a little more control, you may be interested in creating an estate plan that includes what is known as a Personal Property List. This document allows you to specify who should receive particular tangible personal property, separate from your will. Under Iowa Code § 633.276, as long as the list is specifically mentioned in the will, it will be used to direct the distribution of items like heirlooms, tools or family keepsakes.

To be legally valid, the list must meet a few important requirements. First, your will must specifically refer to the Personal Property List. The list on its own is not enough. Rather, it must be clearly incorporated into the will so that it becomes part of your estate plan. Next, the list must describe the items and the beneficiaries with reasonable certainty. This means you should clearly identify each item so it is distinguishable from



other personal property and name the person who is to receive it. Finally, the list must be signed by you, the person making the will. Unlike the will itself, however, the list does not need to be witnessed or notarized.

A Personal Property List gives you freedom of flexibility. It can be amended or created on your own, without the need to consult an attorney every time you add an item to it. As long as your will references a personal property list, you have the ability to create one at your discretion. This also means, if you give away an item during your lifetime or decide to change who should receive something, you only need to revise the list and sign the updated version.

The personal property list only covers tangible personal property. It does not apply to cash, real estate, digital assets or other intangible property. This list is created primarily for family heirlooms and sentimental items. It ensures your keepsakes go to the people you choose and can help avoid confusion or disputes among your heirs.

If you think a Personal Property List might be something you would consider adding to your estate plan, consult an attorney. ■

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

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## ADEL CITY COUNCIL & MAYORAL FORUM

**TUESDAY,  
OCTOBER 21ST**

6:30-8pm

ADM High School Auditorium

*Free to the public to attend*

**SUBMIT YOUR QUESTIONS IN ADVANCE**

SCAN THE CODE



Connect with Chamber members.  
Connect with your community.

[chamber@adelpartners.org](mailto:chamber@adelpartners.org)

515-993-5472

[adelpartners.org](http://adelpartners.org)



**Adel**  
PARTNERS  
CHAMBER OF  
COMMERCE

## CHAMBER NEWS

By Jackie Wilson

## NOTED Studios

Small business grant awarded.



Greater Dallas County Development Alliance presented a Small Business Grant Fund award to Kyle and Kelly Pape, owners of Noted Studios.

Kyle Pape has been a musician since he was a teenager. As a music instructor, he plays guitar, piano and drums, as well as other instruments. His wife, Kelly is a classically trained pianist and flutist who is fluent in Spanish and also teaches piano lessons. The pair formed a band, Kelly and Kyle, and have taught music lessons in their home.

When they wanted to expand their lesson offerings, they established Noted Studios three years ago. The music and creative studio is located on the Square in Adel. The new space includes room to teach and add instructors. They teach private lessons consisting of piano, voice, guitar, drums and ukulele. In addition, they offer professional recording, including music and podcasts. A mobile sound system is available to rent out for parties and events.

They chose to do business in Adel, which has numerous families with young kids wanting to learn instruments in the area. "Adel is a good combination of not being too big but also showing signs of growing. It's easy to make connections and get to know other businesses and families," Kyle says.

Noted Studios was one of five recipients of the Greater Dallas County Development Alliance's Small Business Grant Fund awards. Kyle says they are using the \$3,000 grant to upgrade and enhance their mobile sound equipment. "We are grateful for being awarded the grant, which helps boost our business," he says.

Kyle joined the Adel Chamber as a way to network with other businesses in the area. They've worked with the chamber to provide sound equipment for the Sweet Corn Festival. "Erin and the Chamber's team are great to work with," Kyle says. "We are excited to network and learn more about other local businesses and how we can all help each other out."

Kyle says he is encouraged by families in the community who value their children's musical education. They hope to expand in the future, with enough space to provide for more lesson timeslots and other classes, such as art, writing and Spanish.

It's rewarding for instructors to see their students' progress, not only in their music education, but in their stage presence and confidence. "We've seen students who started playing piano at the age of 7 and are now playing Beethoven and Mozart," Kyle reflects. ■

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

## OUT & ABOUT



Jesse Woerdehoff and Stacey Gaidies at the Adel Partners Chamber of Commerce C.H.O.W. Lunch held at Country Lane Lodge Aug. 21.



Courtney Puls and Doug Clayton at the Adel Partners Chamber of Commerce C.H.O.W. Lunch held at Country Lane Lodge Aug. 21.



Scott Harford and Erin Reyes at the Adel Partners Chamber of Commerce C.H.O.W. Lunch held at Country Lane Lodge Aug. 21.



Julianna Cullen and Tim Gootee at the Adel Partners Chamber of Commerce C.H.O.W. Lunch held at Country Lane Lodge Aug. 21.



Gloria and Gene Arnold at the Adel Partners Chamber of Commerce C.H.O.W. Lunch held at Country Lane Lodge Aug. 21.



Erin Milroy and Melissa Stimple at the Adel Partners Chamber of Commerce C.H.O.W. Lunch held at Country Lane Lodge Aug. 21.

# HONOR OUR VETERANS

Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

**NAME:**  
**CURRENT TOWN:**  
**MILITARY BRANCH:**  
**RANK:**  
**ENLISTMENT DATES::**  
**QUOTE: "What would you like others to know about serving your country?"**

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or mail to:  
 Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

**SUBMISSIONS MUST BE RECEIVED BY OCT. 16.**



IOWA  
*Living*  
 MAGAZINES



# RIBBON cutting

Matta Family Dental held a ribbon cutting at its new facility in Adel on Sept. 18.



Matta Family Dental held a ribbon cutting at its new facility, 25096 Highway 6 in Adel, on Sept. 18.



Mayor Jim Peters with Casey Wheeler



Carmen Johns and Erin Milroy



Kelcey Srp and Megan Metzger with Butter



Abigail Coder and Natalie Peters



Amy Storesund and Margie Nelson



Jan and Edwin Freese



Dorothy Reynolds, Hanna Mankin and Doris Feller



Frankie and Larry Nelson



Michelle Jenkins and Stephanie Haas





**OCT. 2025**

## UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, October 14th, 2025 at 6:00pm**
- **Monday, November 10th, 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 [www.adeliowa.gov/government/agendas\\_minutes.php](http://www.adeliowa.gov/government/agendas_minutes.php)*

## REMINDERS & CLOSURES:

- **ADEL CITY HALL WILL BE CLOSED** to the public on **MONDAY, OCTOBER 13TH 2025.**
- 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](http://adel.activityreg.com)*

**Adult Indoor Pickleball League** – Sunday evenings, Oct. 12 – Dec. 14. Games are held at Adel High School South Gym. \$50 per team. Men's & Women's leagues. Registration deadline is October 3rd.

**Over 30 Men's Basketball League** – Sunday evenings, November 2– January 25. Games are held at the District Administration Center (DAC) gym. \$40 per person fee includes t-shirt. Registration deadline is October 19th.

**Pumpkin Carving Contest** - Make a Jack-O-Lantern masterpiece and take a spooky picture with it. Submit your photo by email to [rdillinger@adeliowa.gov](mailto:rdillinger@adeliowa.gov). Please include name and contact phone number. Free program. Photo deadline is October 31st.

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

**3rd-6th Grade Basketball** – Practices will begin week of Dec 1. Games held in Adel and other area towns on Saturdays Jan 10-Feb 14. \$70 fee includes t-shirt. Registration deadline November 21st.

**Thanksgiving Free-Throw Turkey Toss** - Each team must consist of one parent and one child from the same family. Teams will shoot 30 free throws (15 per person) from the free throw line. Competition divided up into 5 age divisions. The winning teams receive a gift certificate for a free turkey! Held at the District Administration Center Gym on November 22 at 2:00 pm. Free drop-in program.



## BEGGARS NIGHT 2025:

At the March 11th City Council meeting, October 31st was approved as the official annual date for City-Wide Trick-or-Treating (Beggar's Night). Beggar's 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, victory cannon will be let off as ADM Tigers celebrate victories.

## CITY HALL

**Administration**  
**Public Works**  
**Compliance Officer**  
**Parks & 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](http://www.adeliowa.gov)

**PUBLIC SAFETY**  
**Police & 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. – 7 p.m.

F-Sat: 9 a.m. – 4 p.m.

Sun: Closed

[www.adelpl.org](http://www.adelpl.org)

**UTILITY PHONE  
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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

Eric Trout  
515-410-7800

James West  
515-402-9378

[www.adeliowa.gov](http://www.adeliowa.gov)





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4.5 cu.ft. Front Load Washer with Extra Power & 12-hour FreshSpin Option



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7.3 cu.ft. Electric Dryer with Extra Power & Quick Dry Cycle

\*Must Purchase Pair



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3.8 Cu ft. Capacity, Stainless Steel Wash Basket, Quick Wash cycle



NED4655EW

.5 Cu ft Capacity, 11 Cycles, Auto Dry

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4.5 cu ft Smart front load  
\*Must Purchase Pair



WED5720RR

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Wrinkle shield



WSIS5030RZ

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