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ADEL ROTARY RECOGNIZES ELLIOTTE VON RODEN



Elliotte Von Roden, sophomore at ADM High School, is Rotary's ADM Scholarship Foundation October Student of the Month for girls cross country. She had a banner year running this year and has high hopes for herself and her team for next year. Elliotte also runs track and plays softball at second base. Planning to be an elementary school teacher, Elliotte has a bright future ahead of her. She is another example of the outstanding students at ADM. Pictured, Adel Rotary President Rylan Vos presents Elliotte Von Roden with a certificate of accomplishment. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 68 | LOW 51

Mostly cloudy and warm

**SATURDAY HIGH 64 | LOW 32**

Breezy and partly cloudy

**SUNDAY HIGH 54 | LOW 31**

Plenty of sunshine

**MONDAY HIGH 48 | LOW 33**

Cooler with periods of rain

**TUESDAY HIGH 51 | LOW 32**

Times of clouds and sun



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FROM THE PUBLISHER

KILLING IT WITH DISCIPLINE

Most of us would agree that our language can be fickle. Words that we thought had one clear meaning change from generation to generation. It's even a challenge for editors of most dictionaries to keep up.

Several years ago, I was coaching a young man in wrestling and showed him a new move. "That's sick," he told me with a big smile on his face. I wasn't sure what he meant, but he did what I told him to do and seemed appreciative. Sick, in my mind, meant that something or someone was wrong, damaged or even perverted. He meant it as a compliment, at least I think so.

Similarly, some people of a younger generation use the word "wicked" when praising someone or something. Wicked, to me, means something distressing or immoral or evil. Today, not so.

Going a step further, when you now hear that someone is "killing it," you should not call the police

— at least not right away. "Killing it" now means someone is doing a great job. Not too long ago, "killing it" would have meant someone failed miserably. Or, of course, it would mean the physical act of murder, which would not be good.

I started thinking about these words and phrases with double meanings when I was revisiting the power of — and the need for — discipline in our lives. Just mention the word "discipline," and some folks envision a reprimand or a punishment. It has a complete negative connotation for them. As a verb, that can be true.

Others see "discipline" entirely differently. As a noun, it can mean a type of systematic training or self-control. It can be mental or physical, but its intent is to create improvement through structure.



Like the aforementioned words, the definition of discipline may change for us as we age. When younger, we often reject rules and structure and order. As we grow older, we begin to understand the need for discipline, and we often yearn for it, as we know it creates habits that actually help us improve.

Diet. Exercise. Knowledge. Relationships. Discipline plays into our lives in more ways than we want to admit. If we truly want to improve, though, we need to stick to proven structures with steps to get us there. That's the power of discipline, and when we learn how to kill it, it's wickedly sick.

Have a great week, and thanks for reading. ■

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NOVEMBER STUDENTS OF THE MONTH

The ADM High School staff and coaches recognize students each month who exemplify the hard work, dedication and leadership that make them "Tigers." The following students have been selected to receive this honor for November. Businesses and groups in the district make donations to the ADM Scholarship Foundation in recognition of the students' achievements.

Student of the Month — Brenna Seidl, Raccoon Valley Bank

Fine Arts Student of the Month (drama onstage, offstage) — Noah Evans and Ilus Carlson, Lincoln Savings Bank

Football Players of the Week, Fuller Petroleum Service, Inc. **Week 6** vs. Council Bluffs Jefferson — Andre Taborga and Reed Obstarczyk. **Week 7** vs. Glenwood — Hudson Shull and Travis Jacoby. **Week 8** vs. Lewis Central — Hudson Schull and Tyler Kneip. **Week 9** vs. Denison-Schleswig — Reed Obstarczyk and Jaxon Pitzen.

Volleyball Student of the Month — Elise Cogan, Cullen Howe Real Estate-RE/MAX Precision

Cheer Student of the Month — Sophia Novelli, Adel Family Dentistry

Boys Cross Country Student of the Month — Max Marple, Iowa Spring Manufacturing

Girls Cross Country Student of the Month — Allie Eggleston, Adel HealthMart

ESports (Fall Season) Student of the Month — Darrah McHugh, Adel Rotary

A new award, Student Citizen of the Month, is presented by the Adel Police Department and Blue Kindness (not associated with the ADM Scholarship Foundation). The November **Student Citizen of the Month** is Sarah Williams.

Congratulations to all of the November Students of the Month. ■

DCH OPEN HOUSE AND DONOR WALL RECOGNITION

Dallas County Hospital is celebrating its Platinum Jubilee on Wednesday, Nov. 19 from noon to 2 p.m. at the Dallas County Hospital, 610 10th St., Perry. A public ribbon cutting will be hosted by the Perry Chamber of Commerce, and staff at the hospital's departments will show off and educate guests on some of the hospital's newly remodeled clinical spaces. ■

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HOLIDAY SPIRIT CONCERT

Adel United Methodist Church will hold its Holiday Spirit Concert in the Fellowship Hall, 115 S. 10th St., on Saturday, Dec. 6, 5:30 p.m. Enjoy the sounds of the holidays. A freewill donation will be accepted for Tori's Angels. ■

LIVE NATIVITY

Adel United Methodist Church, 115 S. 10th St., will host a Live Nativity during Adel's Sips & Samples from 5-7 p.m. on Dec. 5. Meet Reba the goat, Helen the lamb and Ozzy the cow. Live animals provided by Barnyard Buddies. ■

BRICK STREET MERRY MARKET

The public is invited to the Brick Street Merry Market on Sunday, Nov. 23, noon to 5 p.m., at the Adel Community House, 1016 Main St., Adel. Come shop local, handmade vendors. ■

TURKEY BINGO

Faith Lutheran Church, 602 S. 14th St., Adel, will hold its annual Turkey Bingo on Sunday, Nov. 16 at 2 p.m. Cost to play all games is three cards for \$25, two cards for \$20, or one card for \$10. (No changes for missed games or late purchases.) Prizes are given to winners. The last game is Blackout. Turkey dinner supplies will be awarded for the grand prize. ■

LIGHT UP ADEL HOLIDAY LUMINARY

The Adel Women's Club is selling luminary kits for the second annual Light Up Adel event. Kits are \$10 and include five plastic-coated, reusable weather resistant bags, five LED candles, and five baggies for adding material of your choice for weight in the bags. Suggested weight items include dried beans, sand, pebbles, flour, sugar, water or popcorn kernels.

Memorials are \$5 each. Names are recorded in a permanent record and will be read aloud at the Dec. 14 Holiday Celebration and Community Display.

Starting at 4:30 p.m., The Adel Women's Club will be serving holiday refreshments at the Raccoon Valley Bank Adel Community House, 1016 Main St., Adel. They will sing carols and read the memorial luminary names at the Adel Pavilion. Luminaries will be displayed in the area. The Adel Community is asked to display their luminaries in front of their homes on Dec. 14 as well.

Luminary kits and memorials can be purchased Dec. 5 at the Adel Sip and Sample on the Courthouse Square; by emailing adelwomensclub@gmail.com; or at Adel Flower and Gifts, 801 Main St., Adel, beginning Dec. 1. ■

UMC HARVEST DINNER

Adel United Methodist Church will hold its Harvest Dinner at the Fellowship Hall, 115 S. 10th St., on Nov. 16, starting at 11:15 a.m. Enjoy this meal of ham balls, mashed potatoes, corn or green beans and dessert for a freewill donation. Carryout will be available. ■

NEEDS FOR VETERANS AT THE VA

Veterans Day is a reminder that our veterans still need our help when they are hospitalized or homeless. Federal funds cannot be used at the Des Moines VA Hospital or Community Resource and Referral Center for personal items. That's when the Adel American Legion Auxiliary and other groups step up to collect contributions from the community as well as provide funds from Poppy Day donations.

Current new items needed are long sleeved shirts, XL boxers/briefs, duffle bags, sweatpants/sweatshirts (M-2XL), and pullover and zip-up sweatshirts (M-XL); personal care items; and coffee and snacks. Please refer to the Adel American Legion Facebook page for a detailed list. Of note is that Branch-of-Service clothing, blankets, hats and insulated mugs are residents' favorite items.

Contributions may be dropped off at 1305 S. 15th St., Adel, or call Shirley McAdon at 515-993-4862 for pick up. ■

HISTORY

ADEL'S OWN MONETARY SYSTEM

BY MIKE FLINN

During the Great Depression, Adel actually implemented its own local currency. Farming communities such as Adel experienced significant economic challenges during this era. As the Depression progressed, many individuals with debts were unable to pay them, and welfare funding decreased due to falling tax revenues. Farmers and those dependent on agriculture defaulted on taxes, and banks had difficulty recovering loans, resulting in financial losses from foreclosures.

In March 1933, President Roosevelt declared a “bank holiday” in response to instability within the banking system, temporarily closing all banks nationwide while the government assessed their financial condition and enacted reforms. H.M. Leach, president of the Adel State Bank, informed local authorities that the bank could not process checks, receive deposits, or perform other standard banking operations. When the banks did open, they often did not pay deposits because they lacked the funds. These conditions caused a shortage

of money for everyday commerce, so communities developed local measures in response to the circumstances. Adel was one of about 30 Iowa towns that adopted its own scrip money system to address poverty and unemployment.

To utilize the scrip, the American Legion proposed that its hall function as an employment office in collaboration with the city and chamber of commerce. Residents could contact the Legion Hall regarding available part-time work such as wood chopping and snow shoveling. The Legion clerk would match workers to jobs, invoice the employers, and collect payments. The workers were paid 15 cents an hour and received payment in scrip each night from the city clerk according to payrolls managed by the Legion clerk. This scrip could be spent at local merchants who, in turn, could exchange it for cash from the city. Payments collected by the city clerk for work were used to redeem the merchant-held scrip, which could then be recirculated back to the workers, similar to ordinary currency.

But it wasn't quite that simple.

There needed to be a way to take the scrip out of circulation when it was no longer needed. For this purpose, Adel employed a system known as “stamp scrip,” which required a 3-cent stamp be attached to each certificate with every use. Certificates could be used for purchases of 97 cents or, for an additional three cents, a full dollar's value. Once 36 stamps had been added, the certificate was redeemable for one dollar and removed from circulation. This approach allowed for self-redeeming scrip. The extra eight cents per certificate covered printing and administrative costs.

Projections estimated that, if each scrip certificate was used 10 times, the initial \$300 issue would generate \$3,000 in economic activity, providing income for unemployed residents and reducing reliance on agencies like the Red Cross and the Welfare Bureau.

The last scrip in Adel was redeemed on Jan. 3, 1934. The general consensus at the time was that the system had worked. It had addressed a specific economic challenge during that difficult period. Would it work today? ■

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EVENTS IN THE AREA

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TAMMY@IOWALIVINGMAGAZINES.COM**JINGLE IN THE JUNCTION****Thursdays, Nov. 20, Dec. 4, 11 and 18, 5-8 p.m.****Fifth Street Main Street District, West Des Moines**

Shop for one-of-a-kind gifts at locally owned small businesses. Dine and drink at local restaurants and bars. Free horse-drawn trolley rides. Santa and Mrs. Claus in Old City Hall. Live ice carving demonstrations. Food and treat vendors. Free admission and family-friendly programming on all four dates. Free parking is available in the 886 spaces located off Fourth and Sixth streets. Weekly rotating features including live reindeer and specialty performers.

Nov. 20 opening night there will be the annual Christmas Tree Lighting ceremony at the WDM Fire Administration building, 318 Fifth St., at 6 p.m.

See the full event schedule at <https://valleyjunction.com/upcoming-events>.

**DAZZLING IN THE DISTRICT****Saturday, Dec. 6, 2-6:30 p.m.****The District at Prairie Trail****S.W. District Drive, Ankeny**

Kick off the holiday season with Dazzling in The District. Spend the day checking off your gift list, meeting Santa at The Elements, playing games and entering to win some awesome prizes from District businesses. Information regarding the scavenger hunt and what businesses are participating can be picked up in the Town Square Park during the festivities. The tree lighting will be at 6:30 p.m. in Town Square Park followed by fireworks presented by the city of Ankeny. There will be fun, festive activities for the whole family, and, of course, all the great things The District has to

offer with dining, shopping and entertainment.

TREE LIGHTING CEREMONY**Saturday, Nov. 22, 6 p.m.****Water Works Park****2201 George Flagg Parkway, Des Moines**

Enjoy the Tree Lighting Ceremony presented by Wright Outdoor Solutions & 104.1 EZ-FM. Emcee Kate Garner and Lou Sipolt will join St. Nicholas and Des Moines dignitaries on the Killinger Family Stage to light the park's official Christmas Tree and usher in the holiday spirit with song and prose from Top Hat Carolers.

ENTIRELY KIDS DAY: TOGETHER**Saturday, Nov. 29, 11 a.m. to 3 p.m.****Des Moines Art Center****4700 Grand Ave., Des Moines**

Celebrate the joy of creating and connecting at Entirely Kids Day: Together at the Des Moines Art Center. Inspired by "Manuel Álvarez Bravo: Collaborations," an exhibition surrounding collaborative photography, and the vibrant portraits of "Aliza Nisenbaum: Día de los Muertos," this free, family-friendly event invites kids and their families to explore how art brings people together.

Enjoy a day of hands-on art making, playful movement, and gallery activities — including special collaborations with Pied Piper Studios and Seedlings Children's Theater. Discover what's possible when we create side by side in this celebration of art, connection, and community. For information, visit <https://desmoinesartcenter.org/event/entirely-kids-day-together>. ■



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RECIPE

HOW TO NATURALLY SWEETEN YOUR THANKSGIVING FEAST

(Family Features) During this season of Thanksgiving, people are focused on family, friends and, of course, food. This honey-roasted turkey breast recipe is the perfect main dish when gathering your loved ones for a comforting meal you can feel good about. ■

HONEY-ROASTED TURKEY BREAST

Servings: 8

Ingredients:

- 1 full turkey breast (6-7 pounds), bone in, skin on, fully thawed
- kosher salt
- freshly ground black pepper

Glaze ingredients:

- 1/2 cup Busy Bee Raw Honey
- 1/2 cup orange juice
- 2 teaspoons Dijon mustard
- 3 tablespoons apple cider vinegar
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 3 sprigs fresh thyme
- 1 clove garlic, peeled and crushed

Directions:

- Preheat oven to 500 F.
- Season turkey liberally on both sides with salt and pepper; let sit at room temperature 1 hour in large roasting pan with roasting rack.



- To make glaze: In medium saucepan over high heat, combine honey, orange juice, mustard, vinegar, salt, pepper, thyme and garlic.
- Bring to boil then reduce heat to medium and simmer 15 minutes, or until reduced by two-thirds.
- Remove from heat and set aside.
- Place roasting pan in center of oven and reduce temperature to 350 F.
- After 45 minutes, brush on layer of glaze. Cook 10 minutes.
- Brush on another layer of glaze. Cook 10 minutes.
- Brush on one more layer of glaze, cooking until internal temperature of turkey registers 165 F.
- Remove from oven and let rest 30 minutes.
- Cut meat from bone, slice and drizzle with remaining glaze

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OBITUARY

Funeral notices can be emailed to tammy@iowalivingmagazines.com

JOYCE ANN SEIFERT

Joyce Ann Seifert, 80, died Thursday, Oct. 23, 2025, at MercyOne West Des Moines Medical Center. She was born on Oct. 9, 1945. She graduated from Dallas Center High School in 1964 and continued her education at the University of Iowa, where she became a lifelong Hawkeye fan. Joyce went on to earn both her bachelor's and master's degrees from Drake University.



She dedicated more than 40 years to teaching elementary and middle school students in Ankeny, leaving a lasting impact on countless young lives. After retiring, Joyce continued to share her passion for education as a substitute teacher at Dallas Center-Grimes Middle School.

On Aug. 18, 1995, Joyce married Alfons "Al" Seifert in Cascade, Colorado. Together, they shared many happy years filled with travel, laughter and adventure. Joyce especially enjoyed cruising with Al in their classic 1957 Thunderbird and later in their 2025 Mazda Miata.

Joyce had a green thumb, a warm heart and an infectious enthusiasm for life. She loved spending time with her family and friends, whether playing bridge, traveling with her ladies' group, or gathering with her retired teachers' circle. A talented pianist and devoted reader, Joyce brought joy and kindness wherever she went. She never met a stranger, made friends easily, and had a gift for making everyone feel welcome. She was deeply loved and will be profoundly missed.

Joyce is survived by her husband, Alfons Seifert; children, Leslie (Steve) Stonehocker, Josh (Connie Warren) Thompson, Deborah (Allen) Benesh, and Robert J. Seifert; and grandchildren, Nicholas Glenn, Patrick Glenn, Samantha Benesh and Scott Benesh.

A memorial service was held Oct. 30 at Dallas Center United Methodist Church followed by interment at Iowa Veterans Cemetery. Memorial contributions may be made in Joyce's honor to the Iowa City Stead Family Children's Hospital. ■

50s PLUS MEETINGS AND EVENTS

Enjoy board games, conversation, coffee and good food at the 50s Plus meetings. They invite anyone in Adel and the surrounding area to join them the first and third Tuesdays of the month, 10 a.m. to 1 p.m. at the Adel Public Library, 303 S. 10th St. 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. ■

CLASSIFIED ADS

FOR SALE: 2001 Chrysler mini-van, handicapped equipped with rear lift. 148,000 miles. Asking \$5,200. Call 515-770-5071.

FOR RENT IN ADEL: Commercial retail space for rent. 1,800 square feet. 608 Greene St. on Highway 6. Call 515-988-7940.

FOR RENT IN PERRY: 312 Warford, Perry, IA. 1 bedroom, 1 bath \$475 a month. Call Dave at 515-491-4157 if interested.

NOW HIRING PART-TIME ACCOUNTANT: The Adel United Methodist Church is hiring a part-time accountant. Send questions or resume to adelumciowa@gmail.com.

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