

ADEL

# Living



## RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites

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#### EDUCATION

### Cave paintings, mug cakes and bingo

#### LIBRARY

### Shrimp spaghetti RECIPE



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## WELCOME

# VOTING made easy

Voting for elected officials, bond issues or related items can be a lot of work. Voters should research the candidates or issues in advance and make selections that match their views. They often need to take time off from work or home activities to be available in person to cast their ballots. And, sometimes, they need to stand in line for lengthy periods of time to even get inside the polling place.



Nobody said voting was easy — unless you are voting in the Residents' Choice polls in our Living magazines. We keep it simple, and you can vote in the comfort of your own home on your personal computer, tablet or phone. Easy peasy.

A few decades ago, when we were first conducting reader polls in CITYVIEW magazine, all the votes were submitted on the paper ballots we published. Choices were written in by hand, and all the votes were counted by hand, too. It was a tedious process, and, as a result, very few votes were cast compared to today.

Now, we subscribe to an online polling service so readers can cast their votes digitally. Voters still have to fill in the blanks, as we don't load the ballot with predetermined choices like some other polls do. It certainly would be easier to count the results if we loaded your options, but we think it is important to keep the choices for our readers' favorite people, businesses, places and events wide open. And, since our Living magazines are mailed to every household in the communities we serve, everyone is eligible to vote. You don't have to register. You don't have to be a certain age. You don't even have to vote in more than one category if you so choose.

There have always been, and always will be, cheaters in this world, including in this poll. It doesn't work, as we easily identify those and throw them out. What does work is being a great person, being involved in a great organization or running a great business — and that is what the winners in this year's readers' poll are.

I thank all of you who took the time to vote in this year's Residents' Choice poll. And, if you didn't vote, well, there is always next year.

Thanks for reading. ■

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# RESIDENTS' CHOICE AWARDS

**Dallas County residents share their favorites**

Each year, through our Residents' Choice poll, we ask those living in Dallas County to share their views about the area's businesses, places, events and more. After all, they are the ones who know. The businesses with excellent services and products, as well as the ones that go the extra step for customers, develop a loyal following who vote them as their "favorites" in our poll.

The Residents' Choice Poll recognizes these "favorites," giving them a well-deserved pat on the back. And, for those wanting to make it onto next year's list of winners, they have a

year to make their best impressions on their customers.

But we don't stop with just the businesses in Dallas County. Residents have also recognized their favorite parks, events, schools, churches and more. When it comes to the amenities that add to the quality of life, Dallas County has much to appreciate and recognize.

With sometimes only a few votes making the difference between "favorite" and "runner up," we consider all to be "winners." If you didn't vote this year, be sure to watch for the next poll to help recognize your favorites.

Marty and Trish Radke, owners of RCI Builders

## FEATURE

# Dallas County Residents' Choice for Favorite...

(Runners up in alphabetical order; \*indicates repeat winner.)

### Restaurant

#### \* Fiesta Mexican Restaurant

**Runners up:** Ambro's Roadhouse; Patrick's Restaurant

### Restaurant for breakfast

#### \* Patrick's Restaurant

**Runners up:** Early Bird; Ambro's Roadhouse

### Restaurant for lunch

#### Ambro's Roadhouse

**Runners up:** 9th Street Tap and Smash; Patrick's Restaurant

### Restaurant for dinner

#### \* Fiesta Mexican Restaurant

**Runners up:** Ambro's Roadhouse; Great White Buffalo Public House

### Restaurant for dessert

#### \* Billy's Ice Cream Store

**Runners up:** Home Sweet Cone Ice Cream; Patrick's Restaurant

### Place for ice cream

#### \* Billy's Ice Cream Store

**Runners up:** Home Sweet Cone Ice Cream; Waukee Ice Cream Shoppe

### Pizza establishment

#### Patrick's Restaurant

**Runners up:** 7 Stone Pizzeria; Casey's

### Bar

#### Ambro's Roadhouse

**Runners up:** Corner Tap; Great White Buffalo Public House

### Coffee shop

#### \* The Morning Grind

**Runners up:** The Coffeesmith; Scooter's Coffee

### Catering company

#### \* Hy-Vee Catering

**Runners up:** Kue'd Smokehouse; Snappy's Stick Fire Barbecue



### Server/bartender

#### Miranda Broeker, Ambro's Roadhouse

**Runners up:** MacKenzie Henning, Corner Tap; Phoebe Stewart, 9th Street Smash and Tap

### Auto service

#### \* Alley Auto Sales

**Runners up:** Adel Tire & Service; Willard Garage

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## Auto body shop

### Olson's Body & Paint

**Runners up:** Graham Collision; Modern Motors

## Car dealership

### Stivers Ford Lincoln

**Runners up:** Deery Brothers Chrysler Dodge Jeep Ram Waukee; Shottenkirk Chevrolet

## Preschool/daycare

### Faith's Flock Preschool

**Runners up:** Kids Korner; Raccoon River Preschool

## Nonprofit

### \* WayPoint Resources

**Runners up:** Adel Good Samaritan Food Pantry; AHeinz57 Pet Rescue and Transport

## School

### ADM High School

**Runners up:** Adel Elementary; Meadow View Elementary

## Park

### Evans Park

**Runners up:** Centennial Park; Triumph Park

## Community festival

### \* Adel Sweet Corn Festival

**Runners up:** Dallas County Fair; Waukee Arts Festival

## Church

### \* Lutheran Church of Hope

**Runners up:** New Hope Church; St. John's Catholic Church

## Pastor

### \* Mike Housholder

**Runners up:** Eric Trout; Ryan Whitson

## Chamber of commerce

### \* Waukee Area Chamber of Commerce

**Runners up:** Adel Partners Chamber of Commerce; Perry Chamber of Commerce

## Library

### \* Adel Public Library

**Runners up:** Perry Public Library; Waukee Public Library

## Camping spot

### Timberline Campground

**Runners up:** Dallas County Fair Campgrounds; Island Park Campground

## Grocery store

### \* Fareway Meat & Grocery

**Runners up:** Aldi; Hy-Vee

## Boutique

### \* Azalea Lane Boutique

**Runners up:** Real Deals; Valtera Boutique

## Retail store

### Real Deals

**Runners up:** Adel HealthMart; Azalea Lane Boutique

## Thrift and antique store

### \* Goodwill of Central Iowa

**Runners up:** Many Hands Thrift Market; Uptown Vintage Market

## Home improvement retail store

### Adel Hardware and Handyman

**Runners up:** Archer Home Center; Waukee Hardware & Rent-It Center

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## FEATURE

### Liquor store

\* **World Liquor & Tobacco + Vapors**

**Runners up:** Hy-Vee Wine & Spirits; Wall to Wall Wine and Spirits

### Nursery or garden center

\* **Harvey's Greenhouse**

**Runners up:** Bentley Ridge Tree Farm & Nursery; Earl May Garden Center

### Place to purchase a gift for a man

**Adel Hardware and Handyman**

**Runners up:** Adel HealthMart; Old Station Craft Meats

### Place to purchase a gift for a woman

\* **Azalea Lane Boutique**

**Runners up:** Adel HealthMart; Real Deals

### Bakery

**9th Street Bakery**

**Runners up:** 5 Borough Bakery; Black Water Bakery

### Florist

\* **Adel Flowers & Gifts**

**Runners up:** Hazel Mae Floral Events; Hy-Vee



Elisabeth Mickael, Jake Hackley, Sadie Pane, Dean Williams and Danielle Hawkins of Patrick's Restaurant

### Dad/child date spot

\* **Adel Family Fun Center**

**Runners up:** The Palms Theatre & IMAX; Warrior Lanes

### Mom/child date spot

\* **Adel Family Fun Center**

**Runners up:** Playgrounds Cafe; The Palms Theatre & IMAX

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ADEL OWNED BUSINESS



## Place to take your mom and dad

### Patrick's Restaurant

**Runners up:** Ambro's Roadhouse; Tin Pig Tavern

## Place to take your kids or grandkids

### Adel Family Fun Center

**Runners up:** The Brenton Arboretum; Evans Park

## Children's birthday party spot

### \* Adel Family Fun Center

**Runners up:** Playgrounds Cafe; Warrior Lanes

## Golf course

### Hillcrest Country Club

**Runners up:** River Valley Golf Course; Sugar Creek Golf Course

## Bowling alley

### Adel Family Fun Center

**Runners up:** Spare Time; Warrior Lanes

## Hair salon

### Studio 10

**Runners up:** Hairs2You; Texture Salon

## Physician's clinic

### \* The Iowa Clinic

**Runners up:** MercyOne; Waukee Family Medicine UnityPoint

## Dental office

### \* Adel Family Dentistry

**Runners up:** Adel Dental Group; Waukee Dental

## Orthodontics office

### \* Johnson Orthodontics

**Runners up:** Bernhardt and Smith Orthodontics; Central Iowa Orthodontics

## Mental health services

### Adel Mental Health

**Runners up:** Family Legacy Counseling; Lifetime Therapy Services PLLC

## Chiropractic office

### \* Luellen Chiropractic

**Runners up:** Key Potential Chiropractic; Waukee Wellness & Chiropractic

## Vision care

### \* Elite Eye Care

**Runners up:** Adel Vision Clinic; EyeQ Eyecare and Eyewear

## Health club or gym

### SOULSHINE yoga + fitness

**Runners up:** Anytime Fitness; Waukee Family YMCA

## Pharmacy

### Adel HealthMart

**Runners up:** Hy-Vee Pharmacy; Sumpter Pharmacy

## Cosmetic services

### 4Ever Young Med Spa and Wellness Center

**Runners up:** Chelsis Skin Therapy; The Kissed Peach Integrative Aesthetics & Wellness

## Physical therapy

### \* Core Physical Therapy

**Runners up:** Athletico Physical Therapy; The Iowa Clinic Physical Therapy

**VOTED**

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# FEATURE

## Dance studio

### Premiere Dance Project

Runners up: Dancin' with Roxie; Let's Dance

## Gymnastics and/or tumbling studio

### Jacobs Gymnastics

Runners up: Adel Tumbling & Dance Club; Chow's Gymnastics & Dance

## Audiologist/hearing clinic

### The Iowa Clinic Audiology

Runners up: Woodward Hearing Center; Merit Hearing

## CBD Store

### \* CBD American Shaman

Runners up: CIV Plus; World Liquor & Tobacco + Vapors

## Financial planner

### Shahna Magee, Farm Bureau Financial Services

Runners up: Bob Grove, Edward Jones; Travis Gaule, Trust Bridge Wealth Advisors



Paul Berkenbosch, Alex Isenhart, Phil Hunt, Heather Hunt and John Sherwood of Paul's AAA Pest Control

## Law firm

### Bergkamp, Hemphill & McClure, P.C.

Runners up: Hopkins & Huebner, P.C.; Shindler, Anderson, Goplerud & Weese P.C.

## Accounting firm

### \* Banwart Tax & Accounting

Runners up: Insight CPA; Vromann Group



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**RUNNER UP: RETAIL STORE**

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## Veterinarian

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**Runners up:** Adel Veterinary Clinic; Broderick Animal Clinic

## Dog groomer

### \* Handsome Hounds Boarding and Grooming

**Runners up:** Perry Paw Spa; Stylin' Paws

## Pet care

### \* Handsome Hounds Boarding and Grooming

**Runners up:** Dogtopia; Stylin' Paws

## Lawn care business

### Ripke Outdoor

**Runners up:** Grassy Knoll Lawn Care, LLC; Legacy Outdoors

## Landscaping company

### Ripke Outdoor

**Runners up:** CD's Lawn Care; Legacy Outdoors

## Heating and cooling business

### \* Adel & Winterset TV & Appliance

**Runners up:** Dorrian Heating and Cooling; Tigges Comfort Services

## Electrical business

### \* Elite Electric & Utility Contractors

**Runners up:** Extra Electric LLC; Webster Electric Inc.

## Plumbing company

### Lenhart Plumbing

**Runners up:** Central Iowa Mechanical; Home Run Plumbing

## Senior living establishment

### Edencrest Adel

**Runners up:** Attivo Trail - Waukee; Village Cooperative of West Des Moines

## Insurance Agency

### \* Eric Schepers Insurance

**Runners up:** Shahna Magee, Farm Bureau Financial Services; Vibrant Insurance Group

## Realtor

### \* Julianna Cullen, RE/MAX Precision

**Runners up:** Donna Stall, RE/MAX Concepts; Ingrid Williams Real Estate Team

## Bank/credit union

### \* Lincoln Savings Bank

**Runners up:** Raccoon Valley Bank; Veridian Credit Union

## Photographer

### \* DKay Photography - Danielle Hawkins

**Runners up:** Jujobe Photography; Peridot & Lace

## Place for guests to stay

### Timberline Campground cabins

**Runners up:** Aloft Waukee; Hotel Pattee

## Home builder/remodeling contractor

### \* RCI Builders

**Runners up:** Behr Construction; NexGen Baths

## Outdoor lawn equipment store

### \* Waukee Power Equipment

**Runners up:** Fleet Farm; Moss Bros.

## Pest Control

### \* Paul's AAA Pest Control

**Runners up:** Aptive Pest Control; Bobcat Wildlife and Pest Control ■

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# OYSTERS and ice cream: Adel's early restaurants

From its earliest years, Adel has been blessed with many places to dine. The earliest reference to an eating establishment I could find was in a business directory, dated February 1867, that lists a Williams and Perry Oyster Saloon. Why oysters? Previous to this time, oysters were considered rich man's fare. However, they became so abundant in the late 1800s that America was swept up in the midst of a "great oyster craze."

An array of eating establishments followed the oyster saloon. The City Restaurant was around for many years. It was first mentioned in December 1890 as having fresh celery and oysters constantly on hand. By 1894, City Restaurant was boasting its "bakery and restaurant, a specialty in cigars tobacco and confectionary, fruits, fancy groceries, oysters, and lunch at all hours." Jay Tice was listed as proprietor and James Edwards as manager.

The Little Gem Restaurant, in a January 1894 advertisement, claimed "solid bulk oysters — no water. I.G. Lambert proprietor."

The G.A.R. Restaurant is also first mentioned in 1894. It may have operated out of the G.A.R. Hall (A Civil War veterans' group). Meals could be had at all times. By June of 1894, J.S. Crummer had purchased the G.A.R. from a Mr. Bunce and renamed it the Guard Restaurant.

In the great fire of October 1894, the Little Gem and the City Restaurant went up in smoke. Nearly a block of buildings was destroyed altogether and \$60,000 in loss estimated. With its two competitors out of business, newspapers reported "the Guard Restaurant has had quite an accession of customers." Both the Little Gem and City Restaurant were soon back in business, however.

It appears that, around 1896 or 1897, Jay Tice of the City Restaurant started a new restaurant. The Adelphia Restaurant, Jay Tice proprietor, advertised "The finest line of candies in town. The bon bons at the Adelphia Restaurant will make the finest kind of

Christmas present."

Another name that first appeared in 1898 was the Oxford Restaurant, which specialized in ice cream. "You can't please your girl better than to take her to the Oxford Ice Cream Parlors" claimed J.L. Johns, proprietor. Remember, this was before electricity, so the ice cream maker was hand cranked, and the ice had to be saved from last winter. The milk or cream would probably have been fresh from a nearby farm. Can't you just taste it? And for only 5 cents a dish.

With a new name and new management, The Star Restaurant, located two doors north of the post office, offered confectionery, bread and pastry, canned goods, oysters (of course) and tobacco.

Finnegan's Restaurant claimed to be the best place to buy bread, and, in that same 1901 newspaper, it was proclaimed that the Columbian Restaurant, next door west of the Leader on Main Street, was now open. "We will serve you oysters of any style." ■

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# TEAM RunFree racks up 'Miles of Smiles'

Providing a race experience to those with disabilities



Members of Team RunFree with their "captains."

Many people have read about and seen videos of Team Hoyt, a father-son team that has participated in hundreds of endurance events. Although both are now deceased, their inspirational story went viral worldwide. Dick Hoyt, the father, used a three-wheeled cart to push his son, Rick, who had cerebral palsy, in marathons and even triathlons. Kevin Hircock of Adel learned of Team Hoyt, and that led to a local program called Team RunFree.

"That's what drew me in," Hircock says. "But I was immature as an athlete at that time, so I put the idea away for two or three years. Then, I was ready to run for them."

One of Hircock's founding philosophies is that the focus must be on the person with the disability. But exactly how that is done makes all the difference.

"We make it about them, but not in a sappy way," Hircock says.

Hircock strongly believes that some able-bodied athletes may want to participate in programs like Team RunFree, but until they are in it for the right reasons, Hircock encourages them to wait. On Team RunFree, the able-bodied athletes are referred to as "navigators," and the persons being assisted are referred to as "captains."

"Any medals we win or any bling we receive or shirts we get always go to the captain," Hircock says.

The dignity of the captains on Team RunFree is a primary focus, so Hircock thoroughly interviews anyone interested in joining as a navigator. Sometimes, it becomes clear that a runner is still chasing personal athletic goals. In those cases, Hircock admits he has asked some potential navigators to come back again in a few years.

Hircock used a hunting analogy to explain. He says that young hunters are often focused on bagging a large buck to display on the wall, whereas a seasoned hunter has learned to appreciate the overall hunting experience, even if no shots are taken.

Hircock understands that the family of a captain must place a great deal of trust into Team RunFree and the navigator, regardless of whether the captain is an adult or a child. Hircock does not take that lightly.

For navigators and captains accepted into the program, Hircock matches up a runner with a captain based on various factors.

"In this last year, we had our 10-year milestone. We call it a 'milestone,' because our slogan is 'Miles of Smiles.' Currently, we have about 28 navigators. And, as far as captains, right around 20."

Throughout the warmer months, Team RunFree participates in many central Iowa running events.

"We usually run about six or seven months out of the year, as the weather allows, and two to three races a month," Hircock says.

Hircock adds he has not purposely tried to grow the program but instead has focused on doing things well and allowing growth to happen naturally.

"We also have a Synergy program, which is our guide-running program in which sighted guide runners run with blind athletes," he says. "And the first person to join our Synergy as a blind runner is now training to be the director. I'm trying to decentralize and hand off my responsibilities."

Hircock, who is 65, is now in the process of succession planning, so that the programs will continue regardless of how long he personally stays in a leadership role. The Team RunFree board is helping work toward that goal.

"We're 100% donation-driven and 100% volunteer," Hircock says. "We don't ask for money. I'm not the right person to do that. We've had various organizations be kind to us. My heart and my passion is to do what we do and to do it well."

Anyone interested in learning more about Team RunFree is invited to check the Facebook page.

Hircock tells a favorite anecdote that illustrates the purpose of the programs.

"One of our long-term captains has cerebral palsy, and she said to her mom, 'I know I'm not really running in the race, but between the bumps, the runners, and the crowd, for a little while, it feels like I don't have cerebral palsy.' That's what we like," Hircock says. ■

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# GOD'S special love for widows

Valentine's Day is around the corner. For many, this is a day to celebrate love and exchange gifts, but, for widows, it can be a day that pierces with loneliness. There are often painful reminders of the person they miss, like the empty chair at the table, the card left unwritten, or the voice they can no longer hear. If you can relate to this, I would like to offer a gentle reminder that the Bible has a lot to say about those who endure the ache of loneliness and hurt of a widow.

Let me offer a few examples. Psalm 34:18 says, "The Lord is close to the brokenhearted and saves those who are crushed in spirit." The Lord does not overlook or minimize the pain of loss; instead, He draws near to those who feel abandoned or forgotten. In moments where the feeling of isolation is overwhelming, this verse



assures all of us the Lord Himself is present in the grief.

In another verse, the Lord communicates His special care for widows. James 1:27 calls pure religion one that "looks after orphans and widows in their distress." This isn't just a command for others to care — it is also a reflection of God's heart. He is described as a defender and provider for widows (Deuteronomy 10:18), and, in many passages, He promises to be their comforter and sustainer.

The reality is that loneliness is a profound spiritual struggle because it touches the deepest human need for connection. Even Jesus, in His earthly life, experienced moments of solitude and abandonment. In the Garden of Gethsemane, He wept alone as His friends slept, and, on the cross, He cried out in forsakenness. Because He knows that pain, He is able to meet us in it with compassion and understanding.

Verses from the Bible like the few noted above are an important reminder the Lord sees the heart and hurt of every widow. In fact, from Scripture we know God saves two things: prayers and tears. Like photos in a scrapbook or mementos from important life moments, we save what we treasure. He sees and treasures your tears and He hears your prayers. They matter to God because you matter to Him.

If you are a widow facing Valentine's Day without your beloved, focus on God's great big love for you. It is a love that is steadfast, enduring and healing. I would also like to invite you to a special lunch with other widows this Valentine's Day at New Hope Church. This will be a time of encouragement with others in a similar place in life. Please see the ad to learn more. ■

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).

*An invitation to widows:*

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# ADEL'S early hotels

The Hill House, a small story-and-a-half house, was probably the first establishment to be called a hotel in Adel. It was located near the Raccoon River where the ferry crossed (west of present county engineer's office) and served many gold seekers on their way to California.

At about the same time, Jacob Frush erected a building of walnut plank, aptly named The Plank House, that was used as a hotel for riders of the stagecoach. It was located at Sixth and Main and later became the Forrester House when the plank exterior was veneered with brick. In 1888, the Forrester House was sold to J. W. Buchanan, and the name was again changed, this time to the Adel House.

A small hotel, or rooming house, once stood at 112 S. Ninth St. It was a framed two-story building. In 1894, it was owned by Burt Morris and was also run by the Mendenhall family at one time. By 1914, it was called the Iowa Hotel with Mrs. Jenny McFarland as proprietress. It was a small hotel, but she made a success of it. It was conveniently located in a popular place for those not seeking a more expensive place. The building was removed when Dr. Whitmer came to Adel in 1903 and built his dental office and home there.

The property at 202 S. 11th was once a rooming house owned by Bill Smith. It also might have been a stage stop, but I could find no record of that.

From its founding, Adel had to fight to keep its county seat designation. One of its shortcomings, often pointed out by those towns who aspired to be the county seat, was its lack of a first-class hotel. Citizens like Dr. Caldwell, J. W. Bly, J. W. Russell and S. M. Leach stepped up and formed the Adel Improvement Company which sold stock for the purpose of developing a hotel. The money was raised and, in 1888, a lot was selected at the northwest corner of the courthouse square. The new hotel was named the Arlington. The local newspaper described it at the time as "A first class hotel at which to stop. A better hotel than exists in any other town in the county. A hotel equal in all matters of comfort to any in the state and one that every citizen in Adel feels proud of."

In 1903 a small hotel was built on the corner of Main and Sixth and was also referred to as the Adel House. In 1914, when E. W. Woodruff took over operation, the name was changed to the Woodruff Hotel. Sometime later, the name was changed to the East Hotel. In the 1920s, Sunday dinners were served at the East Hotel for those with 35 cents to spend. When it was no longer needed as a hotel, it became the East Lynn Apartments and is the last of Adel's hotels still standing. ■

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# ADEL'S eateries from 1910 to 1920

In January of 1910, C.T. Bonnwell opened his "first-class restaurant and quick meal carrying room." Bonn's Restaurant, on the west side of the square, soon became Adel's dominant eatery and remained so for most of the next decade. A glowing review on Oct. 29, 1914, proclaimed it "the finest eating place in the state. Far ahead of anything usually found in towns much larger than Adel." The Star Café was mentioned in the same newspaper article as "proving a reality that there should be room for two good restaurants in Adel." The newspaper must not have considered the other establishments, such as Ligier's and Holmes Restaurant, as good.

Bonn's maintained its dominance of the eatery trade by installing, in 1916, an electric dishwasher, "the first outfit of its kind to be installed in Adel."

S.J. Nuzum, in addition to owning a restaurant on Main Street, was a local auctioneer. He somehow managed to keep both businesses going while being elected county

sheriff in 1912. Imagine Sheriff Sam Nuzum with a six-gun in one hand, a blue plate special in the other while auctioning a steer. (Yes, S.J. Nuzum is an ancestor of Billy Nuzum of Billy's Ice Cream fame.) By 1917, however, he decided to give up his restaurant and sold it to Guy Nourse. Nourse sold the business a few months later to F.O. Bradbury. The restaurant then became known as "The Bradbury."

Also in 1917, Mr. J.H. Elliott bought out Bonn's Restaurant and changed the name to Elliotts. Bonnwell, however, kept his other business, Bonnwell's Ice Cream Store, that he had operated for 14 years. It wasn't long before Bonnwell was back in the restaurant business, however. Elliott should have insisted on a non-compete clause in the sale.

By the fall of 1918, with World War I ending, the much-dreaded Spanish flu was making its presence known. On Oct. 16, the Adel town council proclaimed, "on account of the Spanish flu, we have ordered the closing

of all places of assembly including churches, schools and Opera House and prohibited all social gathering including clubs and lodges until further orders." This put a temporary damper on the restaurant business. The killer flu circled the entire globe in four months, claiming the lives of more than 21 million people worldwide and 675,000 people in the U.S.

By the spring of 1919, the world was slowly returning to normal. The temporary prosperity of the "Roaring Twenties" was just around the corner, and prohibition would soon become the law of the land. With the end of the war, however, the world no longer depended on the U.S. for its food supply. Iowa farmers felt the coming depression several years before the rest of the world. So did towns like Adel that depended on farmers. Competition among the various eateries became more intense. A May 13, 1919, headline: "Frank Bradbury has given up his restaurant. Six public eating places seem to be too many for Adel." ■

## WHERE THERE'S A NEED THERE'S A LION



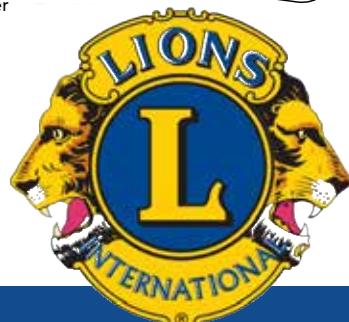
Help us give back by ordering your American Flag to be displayed during patriotic holidays!

Are you looking to join a local group of service-minded men and women who volunteer to support the community every day? Become a member of Adel Lions Clubs - a respected international organization, a leader in the Adel community, and friend to people in need.

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- International Lions Club Foundation
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- ADM Youth Softball
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- ADM Scholarship Foundation
- ADM Student of the Month
- ADM Vision Fund
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- Iowa Lions Youth Exchange
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For information on joining the Adel Lions Club, contact:  
Josh Shull at 515-577-5642 | [adellionsclub.org](http://adellionsclub.org)

# PAIR simplicity and flavor with seafood pasta

*(Family Features)* Some recipes come from a well-worn family card, and others are born on a busy weeknight when you need dinner to feel special without being complicated. Shrimp spaghetti falls squarely into that second category for me. It's the kind of meal that looks impressive on the plate but comes together quickly

— perfect for those evenings when you want something comforting, a little indulgent, and absolutely reliable.

I love shrimp because it cooks fast and pairs beautifully with simple ingredients. Toss it with garlic, olive oil, a hint of heat, and a squeeze of lemon, and suddenly an ordinary box of spaghetti feels elevated. This is the dish I reach for when I want a break from heavy sauces but still crave big flavor. It's light enough for warmer months, yet cozy enough to enjoy year-round.

Simple, satisfying, and full of flavor. This shrimp spaghetti is proof that a good meal doesn't have to be complicated to feel special. Find more quick dinner solutions by visiting [Culinary.net](http://Culinary.net). ■

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



## Shrimp Spaghetti

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided
- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach
- bread, for serving



- Cook spaghetti noodles according to package instructions. In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
- Add chicken broth, Parmesan cheese, heavy cream, remaining garlic powder, onion powder and spinach to skillet; mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

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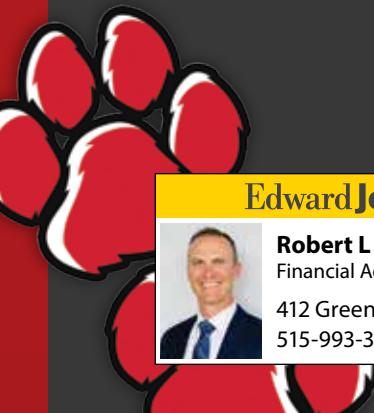
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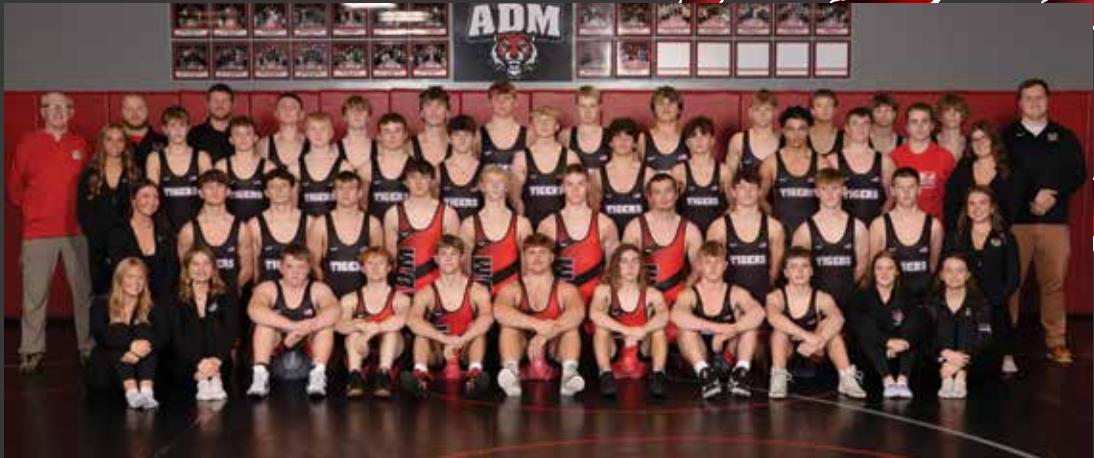
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# EVENTS IN THE AREA

Be sure to check for cancellations

## Upcoming in Adel Living magazine:

**Rescue animals:** Do you have a beloved rescue animal in your family? Share your story of how you came to find your pet — or it came to find you! Email tammy@iowalivingmagazines.com.

**Celebrating heritage:** What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing tammy@iowalivingmagazines.com.

## 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.

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## Good Samaritan Food Pantry

### hours

215 N. 11th St., Adel

The Good Samaritan Food Pantry is 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. For more information, visit <https://adelfoodpantry.com>.



## Soup Supper at Peace

### Lutheran Church

Saturday, Feb. 7, 4-6 p.m.  
34128 L Ave., Adel

Enjoy the Peace Lutheran Church's soup supper. Free will donation.

## 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.

## Third Monday Bingo

Monday, Feb. 16, 6-8 p.m.  
Masonic Lodge, 411 S. 12th St., Adel

Enjoy 16 games of bingo (\$5/card for the night) plus a 17th Progressive Blackout (\$1/card.) Packaged snacks and nonalcoholic drinks will be available.



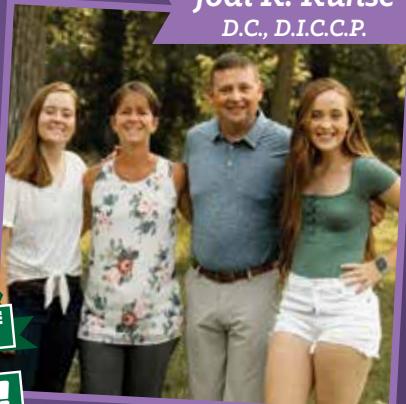
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## EVENTS IN THE AREA

Be sure to check for cancellations

### Raccoon River Preschool Trivia Night Fundraiser

Saturday, March 7, 5 p.m.  
Country Lane Lodge,  
29300 Prospect Ave., Adel

Raccoon River Preschool's Trivia Night Fundraiser will be held at Country Lane Lodge.

The event features dinner, cash bar, game night and a live auction. Doors open at 5 p.m. and trivia, hosted by DJ Trivia, starts at 6 p.m. A live auction follows. Registration is \$30 per person or purchase a table for up to eight people. Sign up online at [reccoonriverpreschool.com](http://reccoonriverpreschool.com) under the Fundraising tab.



### Gary's Ride

Saturday, May 16, 10 a.m. to 2 p.m.

Gary's Ride will start at the Waukee Raccoon River Valley Trailhead and end at Dallas Center downtown Main Street. The event aims to increase awareness of glioblastoma and support Richard Deming Cancer Center's terminal brain cancer patients through their integrative medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. Help to "pedal" forward in reaching the funding goal and be the difference for these loved ones and their families afflicted by terminal brain cancer/glioblastoma. Registration and information is available at [garysrideiowa.org](http://garysrideiowa.org).

### CITYVIEW Chocolate Walk at West Glen

Friday, Feb. 27, 5-9 p.m.

The Breakfast Club, 5525 Mills Civic Parkway, Suite 100, West Des Moines

Like chocolate? Like chocolate drinks? Then you'll love this event. CITYVIEW and West Glen Town Center again bring the Chocolate Walk to West Glen Town Center. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues and will receive chocolate treat samples. Make it a date night or a night out with friends. Look for more details at [chocolatewalk.dmcityview.com](http://chocolatewalk.dmcityview.com).



### Des Moines Community Orchestra Concerts

• **Winter concert:** Sunday, Feb. 22, 2 p.m., Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines. Guest conductor: Joshua Barlage, featured soloist: Curtis Barr, cello.

• **Spring Concert:** Sunday, May 10, 2 p.m., Drake University Sheslow Auditorium, 2507 University Ave., Des Moines. Guest conductor: Kara Mather, Des Moines Community Orchestra, featured soloist: Dr. Kevin Allemagne, clarinet.

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## EVENTS IN THE AREA

Be sure to check for cancellations

### The Iowa Files: A History Series

Various dates, 3 p.m.

Online and in-person at the Community Room of the West Des Moines Public Library, 4000 Mills Civic Parkway

This joint West Des Moines Historical Society and West Des Moines Public Library program is free and open to the public, thanks to the generosity of West Des Moines Historical Society members, Bravo Greater Des Moines and the Friends Foundation of the West Des Moines Library. All programs are streamed on the WDMHS Facebook page and YouTube channel.

• **Feb. 15: Ako Abdul-Samad; A Life Working for Justice.** Ako Abdul-Samad has served the community in numerous capacities as an elected official, mediator and community organizer. Ako will share his thoughts on the state of equality and the fight against systemic poverty and racial injustice and his life-long commitment to the power of dialog to make positive change.

• **March 15: The Monuments Men and the Saving of Culture.** The Monuments Men (and Women) had a seemingly impossible job: save some of the world's most precious cultural artifacts and art from the Nazis, who treated Europe as their private looting grounds. Presenter Ruth Ehler's grandfather, Ralph Hammett, was one of the men. Ruth will

recount stories of the amazing and frantic work that saved and returned treasures to their rightful owners and institutions.

• **April 12: Colfax, the Spring City.** In the 1870s, underground mineral water, which was a cure-all health craze at the time, was discovered in Colfax. The water sparked health resort and bottling industries which made Colfax a world-famous destination at the turn of the 20th Century. Kevin Williams, Colfax Historical Society's board president, will share information and pictures about this little-known boom in Colfax.

• **May 17: Villisca; Living With a Mystery.** On the morning of June 10, 1912, Josiah and Sarah Moore, along with their four children and two young overnight guests, were found brutally murdered in their home. Dr. Edgar V. Epperly has written dozens of articles and blog entries and appeared on CourtTV and other radio and television programs. He will be joined by filmmakers Kelly and Tammy Rundle, whose 2004 documentary explores the crime's aftermath in a small town.

### Friendly Sons of St. Patrick Pre-Party and Parade

March 14 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 14, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Fat Tuesday, a live auction, food trucks and cash bar for an at-will donation. The parade is on Tuesday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.



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## EVENTS IN THE AREA

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Be sure to check for cancellations

### Des Moines Home and Garden Show

Thursday, Feb. 12 to Sunday, Feb. 15

Iowa Events Center, 730 Third St., Des Moines

The largest home show in Des Moines, this show features landscaping companies, remodeling contractors, interior design companies and more. See Craig Conover of Bravo's Southern Charm and learn about his "Sewing Down South" home and lifestyle brand Feb. 13 and 14. Spring is in full bloom with blossoming trees and flowers at the Feature Gardens, created by top Des Moines area landscapers. Shop local at the Made in IOWA Market. All exhibitors in the Market have products made with love right here in Iowa. Don't miss the Rose Farm Inspiration Stage for show stopping presentations ranging from Sourdough Pizza Making to All Things Floral, and more. Tickets and event times: [www.iowaeventscenter.com/events/detail/des-moines-home-garden-show-7](http://www.iowaeventscenter.com/events/detail/des-moines-home-garden-show-7).



### A Celebration in Song

Saturday, Feb. 7, 7:30 p.m.

St. Ambrose Cathedral, 607 High St., Des Moines

Enjoy this fifth annual collegiate invitational concert, with Iowa State Singers and the Wartburg College Choir. Buy tickets at <https://app.arts-people.com/?show=290262>.



### Dine & Dance with CultureALL

Come savor authentic ethnic cuisine and music presented by local talent. Join for unique, curated dining experiences at locally owned Des Moines area restaurants listed below.

• **A Night in Peru: Music, Culture, & Traditional Flavors.** Hosted by Chef Mariela Maya: Monday, Feb. 16, Panka Peruvian Restaurant (Ingersoll), 2708 Ingersoll Ave., Suite 200, Des Moines. A flavorful three-course meal with drinks accompany sweet stories about growing up in Peru. Come for a full night of dining, dancing, and live Peruvian music performances.

• **Rhythm and Roots: an Afro-Caribbean Dinner.** Hosted by Chef Amara Sama: Tuesday, March 3, Palms DSM (Ingersoll), 1905 Ingersoll Ave., Des Moines. Experience the harmony of African and Caribbean flavors as you sit down to dinner, then get back up again to join Afro-Caribbean dancing.

Each \$60 ticket includes dinner, music, dancing, story sharing and discovery. Learn more about CultureALL and community partners by visiting [CultureALL.org/events](http://CultureALL.org/events).

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Robert D. Ray Drive, Des Moines



Explore ways to "find your true nature" at the Greater Des Moines Botanical Garden. For tickets visit <https://dmbotanicalgarden.com>.

• **Dome After Dark:** Friday evenings through March 27, 6-10 p.m.

Extra evenings Saturdays, Feb. 14 and March 14, and Tuesday through Thursday, March 17-19. Experience the Botanical Garden in a whole new light. Explore the warm tropical conservatory and renovated Gardeners Show House, illuminated for a magical after-hours escape.

• **NEW to Dome After Dark:** Igloo Experience: Cozy up with up to five guests for an enchanting igloo experience, complete with admission to the event and Flora concessions. Perfect for friends, family or date night.

• **Friday Dinner at Flora:** Fridays, 6-7:30 p.m. Reserve your spot now for a delicious three-course dinner at Flora, including admission to Dome After Dark. Each week a new, enticing menu showcases a variety of cuisines.

• **Learn on Saturdays:** Saturdays through Feb. 28, 10:30 a.m. to 12:30 p.m., join the Greater Des Moines Botanical Garden for its weekly educational lecture series presented by experts from across the state of Iowa.

• **Botanical Blues:** Sundays through March 29, noon to 4 p.m.

Performances begin at 1 p.m. and 3 p.m. Your favorite Sunday Blues in Des Moines is here to keep away your winter blues every week. Each set lasts one hour, with a one-hour intermission in between. Iora serves Sunday brunch beginning at 10 a.m. — perfect before the music starts. Concerts are held live in the conservatory, and guests are welcome to wander the indoor gardens during the show. ■

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## REAL ESTATE

By Trish Radke

### REMODELING with the future in mind

When you remodel your home, you are not just updating how it looks — you are shaping how it will support your life for years to come. Remodeling with the future in mind means making thoughtful choices that work for you now, while also preparing for what is ahead.

Aging in place is one of the most common reasons homeowners choose to remodel. Wider walkways, zero-entry showers, better lighting and main-level living options can be seamlessly integrated so your home stays comfortable and functional as your needs change.

For growing families, convenience is key. Layouts that improve flow, mudrooms or offices with built-in storage, dedicated drop zones and laundry spaces designed for daily use help keep life moving smoothly for busy families. Spaces that adapt, like kitchens designed for both daily routines and large gatherings, or playrooms that can be turned into home gyms one day are thoughtful ways to plan for the longevity of your remodel.

And then there is resale value. Smart remodels focus on layout, quality materials and craftsmanship that stand the test of time. Buyers notice thoughtful flow, storage and durable finishes.

In the end, the best remodels are those that are thoughtfully planned with current needs in mind, while consideration for how it will function for you, or home buyers, in the future. ■



## HEALTH

By Alicia Fisher, PT, DPT

### HOW TO avoid injury during winter months

With winter comes the seasonal chores we are all accustomed to; however, there is an increase in the number of injuries associated with shoveling. The good news is that most of these injuries are easily preventable. These tips will help you remain injury free.

1. When lifting, lift with your legs and not your back.
2. Never bend and twist at the same time.
3. Don't bend while lifting. Instead of bending at the back to lift snow or heavy objects, bend your legs and then straighten them to lift, keeping the weight as close to your center of gravity as possible.
4. Remember to stretch your spine from time to time to avoid staying in the same position for too long.
5. Make sure to warm up and stretch before engaging in vigorous activity.



Also, if you are going to participate in winter games or sports activities, take the time to research your surroundings and arrange for protective gear for yourself and your family. Helmets should be worn when playing hockey, skiing, ice skating, sledding and snowboarding. As always, don't forget the importance of a warmup and cool down. ■

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

# STAYING connected: grandparent visitation rights in Iowa

Grandparents often play an important role in a child's life, providing love, stability and family connection. These relationships can offer emotional support, guidance and continuity during times of change or loss. However, in Iowa, grandparents do not have automatic visitation rights. Generally speaking, parents have the constitutional right to decide who may spend time with their children. Iowa Code § 600C.1 provides that the only means by which a grandparent may request visitation with their grandchild is through the court, and only when their own child (the parent of the grandchild) is deceased.

Courts start with the presumption that a parent's decision about visitation is in the child's best interest. To overcome that presumption, grandparents must show that grandparent visitation would be beneficial to the child and that denying visitation would likely cause harm to the child. Some factors that a judge will consider with regard to a grandparent's visitation rights are a) the existing relationship between the grandparent and the child, b) how often the grandparent has been involved in the child's life, c) the child's emotional needs, d) the reasons the parent is objecting to visitation, and e) the parent's ability to make



decisions and care for the child. In some circumstances, a judge may even ask the child's opinion on the matter, depending on the child's age and mental development. In all cases, the focus is on the child's best interest and not just on the wishes of adults.

Even when visitation is granted, Iowa courts usually order limited and reasonable visitation. Courts avoid arrangements that interfere with parental authority or disrupt the child's routine. Visitation is meant to supplement, and not replace, the parent-child relationship. Grandparent visitation cases can be emotionally challenging for families. Iowa's approach seeks to balance parents' rights with the recognition that strong grandparent relationships can be valuable to children. Understanding the limits of the law can help families set realistic expectations and, in many cases, encourage cooperative solutions outside the courtroom.

Grandparents concerned about maintaining contact with their grandchildren should understand that Iowa law provides a path to request visitation, but success depends on the specific facts of the case. Because these cases involve both legal rights and sensitive family relationships, it is important to seek guidance from an experienced attorney when disputes arise. ■

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

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## A PERSONAL message about medication reviews

When you're taking several medications, it can feel like each one was added for a good reason at the time, but, over the years, things change. One of the most important things your pharmacist can do for you is to help make sure every medication you take is still working for you, not against you.

When we sit down for a medication review, we look at everything together: prescriptions, overthecounter products, vitamins, supplements — anything you take regularly. You'd be surprised how often we find duplicate therapies, outdated prescriptions or combinations that may be causing side effects like dizziness, fatigue or stomach upset. Sometimes a small adjustment can make a big difference in how you feel day to day.

These reviews are especially helpful after a hospital stay or when you have seen multiple specialists. Each provider may only see a piece of the puzzle, but we get to look at the whole picture with you.

Our goal is simple: to keep your medication list safe, effective and as easy to manage as possible. If you ever feel unsure about a medication — or just want a second set of eyes — we're here to help you sort it out and feel confident in your care. ■

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



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## 'Honeyeater'

This is not an easy book to read. Just throwing that out there if you're not the kind of person who likes a challenging read. This is a slow-burn, convoluted, stream of consciousness style story that performs literary acrobatics while it breaks your heart.

If you are up for a complicated, foggy whirl of beautiful prose and haunted characters, then get ready; this is a doozy.

Charlie wants out of the flooded mess of Bellworth, a town full of childhood ghosts and regret. However, before he can break free, a woman with roses piercing her skin turns his world inside out. Grace drags Charlie into the depths of the secrets and mysteries of this creepy town, and terrifying choices await the pair when the muck comes loose.

Dizzy, unsettling, twisted and experimental, this is a whirlwind of a book I read twice, just to catch the things I missed the first time. I may tackle it a third time, to revel in the beauty of the writing. Be prepared for this one to seep into your bones in the best way.

— Review by Julie Goodrich



By Kathleen Jennings  
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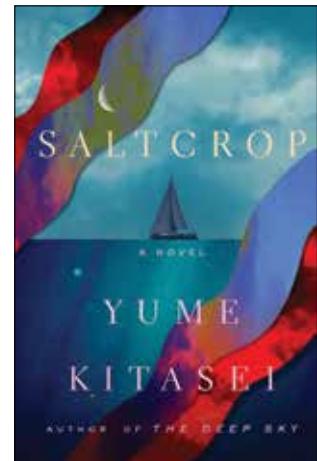
## 'Saltcrop'

Sisterhood is one of those things that is endlessly fascinating to me. I didn't grow up with a sister, and like many people who are always seeking the unfamiliar, stories about the complexities of sisters draw me in. "Saltcrop" delivers a powerful jolt of a story about sisters searching a crumbling world for answers, for themselves and, ultimately, for hope.

Skipper and Carmen are as unalike as two people can be, but they are sisters, nonetheless. Brought together by a strange plea from their eldest, accomplished sister Nora, they will have to travel through a world in the throes of ecological collapse and a society that may be imploding even faster.

Full of richly realized characters, strange vistas and threaded through with a strange sense of unease, this is a wildly beautiful story told with immense skill and pitch-perfect pacing. Kitasei is a powerful writer, and she absolutely shines in this one. I flew through it and have been recommending it to anyone who likes a good family drama, an ecological horror story or just a good heroine's journey. ■

— Review by Julie Goodrich



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# HEART Health Month

A pharmacist's guide to caring for your heart

February is American Heart Month, a perfect time to focus on the small, everyday choices that make a big difference for your heart. As a pharmacist, I often talk with patients about medications, but heart health goes far beyond prescriptions. Lifestyle habits, medication adherence and regular check-ins all play an important role in keeping your heart strong.

**1. Take your medications exactly as prescribed.** Heart medications like blood pressure drugs, cholesterol-lowering agents and blood thinners work best when taken consistently. Skipping doses or stopping a medication without guidance can increase your risk of heart attack or stroke. If you are experiencing side effects, affordability concerns, or confusion about your regimen, talk to your pharmacist. We can often suggest solutions or



coordinate with your prescriber.

**2. Know your numbers.** Understanding key health numbers empowers you to take control of your heart health. Aim to know your blood pressure, cholesterol levels, blood sugar and weight. Many pharmacies offer free or low-cost blood pressure checks, and pharmacists can help you understand what your numbers mean and when to seek follow-up care.

**3. Move more. Even a little counts.**

You don't need an intense workout routine to benefit your heart. Walking 30 minutes most days of the week can lower blood pressure, improve cholesterol and boost overall well-being. If mobility is limited, even short bursts of movement or chair exercises can help. Always check with your healthcare provider before starting a new exercise routine.

**4. Eat with your heart in mind.** Focus on whole, heart-healthy foods: fruits, vegetables, whole grains, lean proteins and healthy fats like olive oil and nuts. Try limiting sodium, added sugars and highly processed foods. If you're

unsure how to read nutrition labels, pharmacists are trained to help you spot heart-smart choices.

**5. Don't ignore stress and sleep.** Chronic stress and poor sleep can raise blood pressure and increase heart disease risk. Simple habits like deep breathing, setting a regular sleep schedule and taking short mental breaks during the day can support heart health more than you might expect.

**6. Ask your pharmacist.** Pharmacists are among the most accessible healthcare professionals. We're here to answer questions, review medications for interactions, recommend heart-healthy over-the-counter products, and help you stay on track.

This Heart Month, remember, protecting your heart doesn't require perfection — just consistent, informed choices. And your pharmacist is always ready to help you along the way. ■

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

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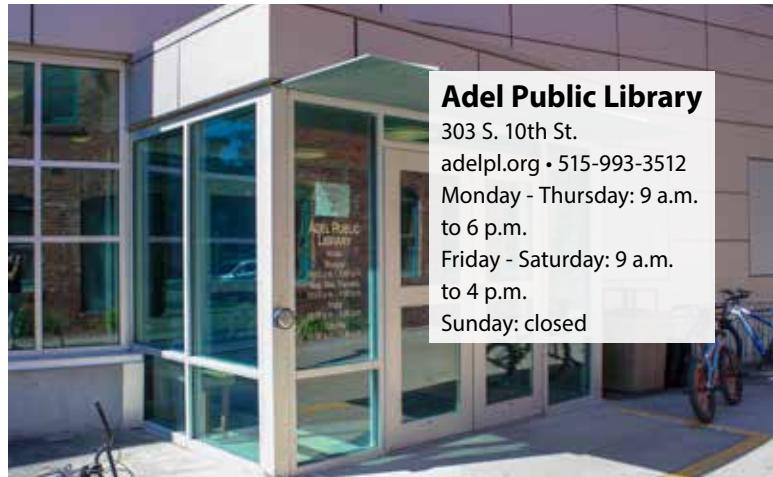
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By Lily Schwarz, Programming Specialist

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Hello from the Adel Public Library. We will be closed Feb. 16 for President's Day.

### STORYTIMES

- Dallas County Conservation Storytime – Monday, Feb. 2 at 9:30 a.m.
- 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

- Elementary Art Club: Cave Painting – Tuesday, Feb. 3 at 4 p.m.
- Tail Wagging Readers – Thursday, Feb. 5 at 4:30 p.m.
- Pokémon: Paper Catchers – Tuesday, Feb. 10 at 4 p.m.
- \*Twisted Balloon Workshop – Friday, Feb. 13 at 10 a.m.
- Dog Man Bingo – Tuesday, Feb. 17 at 4 p.m.
- \*Elementary Maker Lab: Door Handle Signs – Tuesday, Feb. 24 from 4-5:30 p.m.
- \*Nerf Battle: Grades 2-5 – Friday, Feb. 27 at 2 p.m.

### TEEN

- Teen Advisory Board – Wednesday, Feb. 4 at 4 p.m.
- Teen Chef: Mug Cakes – Wednesday, Feb. 11 from 2-4 p.m.
- Teen: Hot Cocoa and Bingo – Wednesday, Feb. 18
- \*Library D&D – Friday, Feb. 20 from 1-3:30 p.m.
- Teen Maker: Vinyl Stickers – Wednesday, Feb. 25 at 4 p.m.

### ADULTS

- Exercise Group – Meets every Monday through Thursday at 9 a.m.
- \*Yoga – Every Wednesday at 6 p.m.
- 50s Plus Senior Group – Tuesdays, Feb. 10 and 17 from 10 a.m. to 1 p.m.
- \*Adult Craft: Felt Ball Coasters – Monday, Feb. 9 at 5:30 p.m.
- Adult Bingo for Books – Tuesday, Feb. 17 at 10 a.m.
- Evening Book Club – Thursday, Feb. 26 at 5:30 p.m.

\*Registered event, register at [adelpl.org](http://adelpl.org). ■

# MEET Caleb Duncan

Move to wife's hometown suits educator.

This year marks Caleb Duncan's fourth year teaching. He began his career in education in Omaha, where he met his now wife, Shannan, who grew up in Adel.

"I applied to ADM because of what I was seeing on their website, their data and, of course, stories from my wife and her family," Duncan says. "They also have several neighbors who teach in some capacity in ADM, and they were not only great resources for my interview, but also for gaining information."

Today, he teaches third grade at Meadow View in the ADM School District and says he absolutely loves it.

"This will be my second year in Adel, and the community has been phenomenal," Duncan says. "Everyone is so supportive of our district and everything we do. Everywhere you go, it's ADM and Tigers. It's been awesome."

Duncan was inspired to pursue teaching when he was 17 years old and helping coach a football clinic.

"I loved seeing the look of excitement in the players' eyes when they realized they had accomplished something that was previously challenging them," he shares. "I then joined our local YMCA's summer camp as a counselor, and that passion deepened further. I realized that, even though I was exhausted leaving every day, I woke up excited to do it again."

In December 2022, Duncan earned his teaching degree from the University of Nebraska Omaha.

For Duncan, teaching is all about building connections with both staff and students — sharing and hearing stories and discovering common interests.

"When I walk down the halls, I have all sorts of people smiling, saying hello, and telling me to have a great day," Duncan says. "I get to build so many meaningful relationships with the people around me."

One of his favorite memories is from last year. To celebrate the end of testing, Duncan and his class held a celebration honoring students who made the biggest leaps from original testing scores in the fall to final testing scores in the spring.

"As teachers, we find it hard to find the balance between not stressing students out, but also pushing the importance of these tests," Duncan says.

He decided to recognize students who showed the greatest improvement in three areas: final math, reading and fluency assessments.

"The class was buzzing with excitement as I read off who increased by how much," Duncan shares. "The congratulations and smiles were great to see. While students were a bit upset if they weren't the greatest improver, they felt it right to celebrate with their classmates. We turned that into a party where those three students could choose a treat they wanted me to bring to class for them to share with everyone. Turning our academic celebrations into a class party really put the cherry on top."

Ultimately, Duncan is grateful to the ADM community for welcoming him so openly.

"I was nervous to start here," he admits. "I'm not from the area, and I didn't know how people would feel about me coming in. But I've felt nothing but warmth and kindness from everyone: staff, parents and students." ■



Caleb Duncan started teaching in Omaha then relocated to his wife, Shannan's, hometown of Adel to teach at ADM.

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## A CONNECTION hub

### Benefits of joining the chamber

Goal setting, resolutions and planning sessions often arrive after ringing in the new year. As businesses explore how to attract new customers, others seek support from like-minded business owners and look for ways to become more involved in community and charitable efforts.

One organization available to assist the community is the Adel Partners Chamber of Commerce. Adel Chamber provides an overview about the benefits of a chamber membership.

### What is a chamber?

A chamber of commerce is a membership-based organization that supports, promotes and connects local businesses and organizations. It serves as a hub for business advocacy, visibility and community connection. Chambers are not government entities; instead, the Adel Chamber is a section 501c-6 non-profit. Adel Chamber President Erin Milroy explains, "Although we collaborate with the city of Adel on many initiatives, we are an independent entity. We are led by, and for, the business community."

### What is the chamber's function?

The Adel Partners Chamber of Commerce strengthens the local business community and promotes Adel through four strategic pillars:

1. Economic development – Supporting a strong, sustainable local economy by partnering with community leaders to attract, retain and support businesses while advocating for a healthy business climate.
2. Business development – Helping businesses of all sizes grow through connections, education and networking opportunities that build relationships and share knowledge.
3. Member promotions – Increasing visibility for chamber members through marketing, events and communication channels connecting businesses with the community.
4. Destination marketing – Showcasing Adel as a vibrant place to shop, dine and gather by promoting local experiences and community pride is an important aspect to the chamber.

### Why is a chamber important to the community?

Sure, a chamber member benefits from a membership, which increases visibility for their service or business.

But did you know that chambers go beyond promoting businesses? A strong local business' reach goes far by building and maintaining a strong local economy. Chambers assist with keeping dollars local by encouraging residents to shop, dine and hire locally.

In addition, the chamber fosters community in Adel and surrounding Dallas County. Milroy says, "The chamber acts as a connector between businesses, city leaders, schools and residents."

### Why join the Adel Chamber?

To recap, Milroy offers reasons why people should consider joining the chamber. "Membership gives increased visibility and credibility in the community. We also provide access to meaningful connections and valuable resources. The greatest opportunity offers the chance to help shape the future of Adel." ■

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

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## OUT & ABOUT



The Adel Kiwanis Club recognized December Students of the Month Haley Nelson and Brenna Seidl at the Dec. 23 Club meeting at Patrick's Restaurant in Adel.



The Adel Kiwanis Club welcomed ADM seniors Anna Holloway and Haley James to the Jan. 13 Club meeting at Patrick's Restaurant in Adel. The girls gave an update on the ADM Key Club, which the Kiwanis Club sponsors.



The Adel Kiwanis Club recognized January Students of the Month Carter Haaland, Robbie Hall and Haley James at the Jan. 20 club meeting at Patrick's Restaurant in Adel.



Walker Holmberg during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.



Eli Wiebers during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.



Hayden Dohlman during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.



Hudson Lorensen during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.



Hudson Shull during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.



Tate Troster during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.



Trey Bryte during the ADM Varsity Boys Basketball game against Carlisle in Adel on Jan. 13.

# GIRLS Basketball

ADM Varsity Girls Basketball played against Carlisle in Adel Jan. 13.



Kimbal Shull



Brecken Morse, Ella Subbert and Alexis Maxwell



Addison Montag



Addison Schultz



Alexis Maxwell



Aubrey Noring



Brecken Morse



Macie Leinen



Ella Subbert



Ellis Smith



Grace Montag

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