

ADEL

DECEMBER 2022

Living

MAGAZINE

The GIFT of TIME

Volunteers spread joy
for the holidays

Winter Sports Schedules
SPECIAL

Classic beef Wellington
RECIPE

Girls wrestle on regional team
SPORTS

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WELCOME

IT'S BETTER to give than to receive

Do you remember hearing that phrase as a child and wondering who in the world could possibly agree with that?

I do, and I definitely enjoyed receiving gifts more than giving them. As a youngster, it is a challenge to think of many things in life more enjoyable than opening gifts. Just look at any kid's eyes when he or she has a wrapped present at arm's length.

As an adult, that seems to change — at least it has for me. When my kids or wife ask me what I want as a gift now, I usually come up with something exciting like undershirts, underwear or socks. Those are things I want and could certainly use. My family members don't seem to share my enthusiasm for these items, so I often receive other gifts. I appreciate them, but I really don't need them. In fact, for most of us adults, there are very few things in life that we now truly need.

My mother used to tell me this when I would ask the same thing to her prior to her birthdays and the holidays. What she really wanted was to get together in person, play games and share stories. The most important gift to her, and now to me, is time. It is our most precious commodity, and many of us are learning to treat it like gold. As we age, we learn to say no to the many requests of our time that don't fit with our personal priorities. And, hopefully, we commit more of our time to the things that do.

Meanwhile, few things in life — including opening presents as a child — can bring as much inner joy as volunteering our time to help others. Most all of us think we are too busy to make time for volunteer efforts, and that is understandable. Even so, I am amazed by the many people who do volunteer and make such an impact on the lives of others including the elderly, the lonely and the many who are truly in need.

You may have thought about volunteering your time but were not sure where to start. In this month's cover story, we share the accounts of local residents who felt the same way and then made the important step to actually do it. They don't regret it, and you won't either.

Look inside for examples of volunteer opportunities during this holiday season and throughout the year that will help you learn how good it can feel to give rather than to receive.

Thanks for reading. ■

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FEATURE

The GIFT of TIME

Volunteers spread joy for the holidays

By Chantel Boyd

Whether it is the family gatherings, longtime traditions, religious ceremonies, gift giving, glowing candles or a blanket of glistening snow, there is something about the holidays that warms our hearts and sparks our spirit of generosity. We give goodies, cards, gifts and more to our friends and family. And, donations flow to charities.

For those who want to do more than open their wallets, another precious gift waits to be given: time. Volunteers help to spread holiday cheer, and they find themselves rewarded in return by the joy of giving — and there are ample opportunities to serve right here in Adel. Adel has much to offer for a town of just more than 6,000 residents, including nonprofit organizations with the sole purposes to support the residents in their time of need.

Following are a few profiles of nonprofit organizations, what they do, how you can receive help if you need it, and how you can be involved by giving donations — and time — during the busiest giving season of the year.

Over the holidays, people are generous with their donations to food pantries; however, another way to give is to volunteer one's time — not only during the holidays but throughout the year.

FEATURE

Good Samaritan Food Pantry

www.adelfoodpantry.com
215 N. 11th St.
515-478-3760
adelfoodpantry@aol.com

The mission of Good Samaritan Food Pantry is to help people in the Adel area have access to healthy food to eat. The organization serves residents seven to 10 days of the month. The pantry receives non-perishables from the Food Bank of Iowa and non-expired perishable food from the stores in the area when the product shelf life is running out. Through such donations, they can stock their own shelves and welcome people to get the food they need on Mondays and Tuesdays.

With the rising cost of food, there is a greater need for access to food.

"We are seeing more people than we did a year ago, which we attribute to the inflation of many things," says Cecilia McCollum of the pantry.

Funds donated are used to supplement what is received from local store shelves and the Food Bank of Iowa's free food supply. When additional food is bought from the Food Bank of Iowa, it costs the pantry 17 cents a pound.

Donations of food or funds can be given on Monday or Tuesday from 9-11 a.m. Donations can also be made online by clicking on the red "Donate Today" button on the top right of their website in the form of debit, credit and PayPal.

The public can also support the backpack meals program that provides meals for students in grades K-12 who are food insecure to take home for the weekends. Residents are also invited to adopt a family for the "Holidays Feed a Family" program.

"As a relatively new volunteer, serving those who find themselves in food insecurity has been a blessing," says McCollum. "They are so thankful for our service. It has been revealing, and I am thankful to be a part of this wonderful organization."



Many volunteers are needed to keep the shelves of the Food Pantry stocked and organized, as well as to package food for those using its services.

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FEATURE

Crisis Intervention and Advocacy

www.supportingsurvivors.org

911 Court St.

800-400-4884

Taylor@supportingsurvivors.org

Crisis Intervention and Advocacy Center (CIAC) unites communities to end violence and oppression for all people. CIAC serves all victims, survivors and support systems without discrimination in southwest Iowa. The services are free, confidential and voluntary.

Every survivor also can receive long-term advocacy services. CIAC responds to crises 24 hours a day in the current service area. Their main objectives in crisis intervention are to provide listening, help stabilize emotions, clarify issues, provide support and explore options to meet the individual's immediate needs. Ultimately, CIAC advocates want to meet survivors where they're at

and allow for self-determination of needs.

A lack of housing assistance and the end of COVID-related housing protection has put many families in a housing crisis. The rising cost of necessities like utilities, gas and food compounds the community's daily struggles. Almost all service providers must turn families away or only assist with a portion of their needs. CIAC wants to fill as many gaps as possible to help victims.

Since CIAC, as just one agency, can only meet some of the needs of the families they serve, its mission is to unite communities. One of the unique ways the organization combines community support is through its holiday giving program. Last year, CIAC had 486 survivors of violence or homelessness submit holiday wish lists, and all were successfully adopted. CIAC is expecting a greater number of survivors to apply for this program



Individuals, businesses, organizations and churches help adopt a family through Crisis Intervention and Advocacy Center to make the holidays brighter.

WE WISH YOU A MERRY & BRIGHT *Holiday Season!*

Adel

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Dr. Eric Anderson, DDS • Dr. Rachel Reis, DDS

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FEATURE

this year with the current financial stresses.

The wish lists from survivors are kept confidential, so the agency assigns each family member a number for the donor to use to identify gifts. The information from each household member includes gender, age, clothing, shoe size and one or two wish list items.

"We appreciate how churches, businesses and individual community members reach out to support those around us who are suffering," says Taylor Sullivan of CIAC.

Every donor can choose one family or as many individuals as they or their organization feel they can support. Parents sometimes request simple basic needs such as towels, dishes, silverware and toothpaste. The need is evident in each family's wishes.

If you or your church or business are interested in supporting this program, CIAC requests the name, email address and phone number of your preferred contact person. They also need to know how many families and individuals you would like to sponsor. Once they have this information, they will supply you and your organization with the requested wish lists as soon as possible.

Throughout the year, CIAC gives gift cards for groceries, gas and phone service. Additionally, diapers, toiletry items or housewarming boxes are given to clients moving into their homes.

People can give their time in a variety of ways: Volunteer to host a fundraising activity for Crisis Intervention and Advocacy Center. Volunteer to provide childcare during support group sessions or to assist with office operations, facility maintenance, deliveries, etc. Volunteer to help staff the helpline. Helpline volunteers participate in an extensive 30-hour training course to prepare to staff the helpline and provide advocacy to victims.

People can also assist with resource development by donating money, making in-kind donations, leaving a legacy gift in their will or other planned giving, or helping to plan a fund-raising event. Help is also needed to educate the community about the Center, the services provided, and domestic abuse and sexual assault dynamics.

A family of survivors of domestic abuse who received gifts from the Adopt a Family program last year after Christmas said, "Thank you for the generous gift that we received as Christmas gifts. The clothing, personal care items, and warm blankets are all appreciated. Above all, the kindness and compassion we have received at Crisis Intervention and Advocacy Center have been very beneficial. We continue to be thankful for the services provided two years after our crisis. Thank you."

Some other volunteer opportunities in the community

- Chamber of Commerce, volunteer for next year's Sweet Corn Festival, 515-993-5472
- Adel Historical Museum, Connie Cooper, 515-201-4201
- ADM Athletic Booster Club, Lannie Montag, 515-993-4819, or contact the athletic director at rod.wiebers@admschools.org to help volunteer for concessions and tickets.
- ADM Fine Arts Booster Club, 319-504-4507, president@ADMSchools.org. Remember to help stock the tables every concert or event with baked treats or give freewill donations.
- ADM Alumni, admalumniassoc@gmail.com, to assist with annual events.



Annually, the Adel Kiwanis Club hosts Santa and the Easter Bunny events and welcomes any donations, which are used for programs that benefit the community.

Adel Kiwanis

www.adelkiwanis.org

515-306-5537

adelkiwanis@gmail.com

The Adel Kiwanis Club serves youth in Adel by funding programs like Girl/Boy Scouts, Adel Public Library, ADM schools, ADM scholarships, Every Kid Plays, Adel Parks and Recreation, etc.

Groups are welcome to attend meetings and share program or project needs for helping others. The most significant need is for new members, as some key members have relocated or entered new seasons. New members would enable the Kiwanis to do more with current fundraising and explore more options in the future. The Kiwanis meet from 7:15-8 a.m. every Tuesday at Patrick's. Breakfast is optional, kids are more than welcome, and the group wraps up in time to get kids dropped off at school.

The organization has an annual casino night fundraiser, and they need dealers to volunteer their time and recommend this to their employers for corporate entertainment for a holiday party. They are also filling food pantry baskets. This past year, 550 pounds were donated on Easter.

Annually, the Adel Kiwanis hosts Santa and Easter Bunny events and welcomes any donations. Funds go partly to the food pantry donation campaign during the Easter egg hunt.

"Our key members like Courtney Goodrich, Brad Baier and Dan Juffer have been key to successful events, even going above and beyond to make them COVID-friendly," says Jodi Kuhse of Adel Kiwanis. ■

STAGES of a divorce

In every divorce, there are certain procedures that are followed. This article is a simplified overview of the procedures that typically occur in a divorce and is broken down into four separate stages.

1. Starting a divorce.

A divorce starts with the filing of a petition and original notice with the court. After these documents are filed with the court, the court will issue a family law requirements order. The petition, an original notice, and family law requirements order are then served on the other spouse. This can be done by the other spouse signing an acceptance of service acknowledging that the other spouse received the documents or by having a process server personally serve the other spouse. Often times, the other spouse chooses to sign an acceptance of service to avoid a process server showing up at the spouse's house or work. After being served, the non-



filing party files an answer.

2. Family law requirements order. The family law requirements order contains the information about the next couple of steps. If the couple has minor children, the family law requirements order will set the date that child support requirements will need to be filed with the court and when the Child in the Middle class will need to be completed. This order will also set the date when a financial affidavit will need to be completed and when documentation supporting the numbers in the financial affidavit will need to be exchanged with the other party. A financial affidavit is a document that provides a current snapshot of your assets and debts. A pretrial conference is also set in this order. If the requirements in this paragraph are not met by the time of the pretrial conference, it can result in penalties or sanctions being imposed on the noncomplying party.

3. Mediation. The next step may be a mediation. A mediation will consist of an attorney that does not represent either party and the parties meeting at a set date and time. The

mediation can be in-person but are increasingly done via Zoom. The mediator will try to help the parties come to an agreement on property and debt division, alimony (if applicable), child custody and visitation (if applicable), and child support (if applicable).

4. Settlement or trial. If mediation is utilized and is successful, a stipulation will be drafted and submitted to the court for the court's approval. Additional documents may need to be prepared to effectuate the divorce such as orders to split retirement accounts, quit claim deeds, and other documents. If mediation is not successful, a trial will be set.

It is important to note that every divorce is different, and it may not follow this roadmap. Additionally, various discovery can occur between each stage, as can other hearings and utilization of procedures not mentioned in this article. It is important to consult with a trusted attorney when going through a divorce. ■

Information provided by Eddie Fishman, Hopkins & Huebner P.C., 1009 Main St., Adel.

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DECEMBER 2022

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, December 13th at 6:00 pm**

**Please note meeting location is subject to change as needed*

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.org/agendas-minutes/

REMINDERS & CLOSURES:

- **Friday Dec. 23rd and Monday Dec. 26th, 2022:** City Hall will be closed in observance of Christmas. Garbage and recycling services will NOT be delayed the week of Dec. 25th.
- **Monday, Jan. 2nd, 2022:** City Hall will be closed in observance of New Year's Day. Garbage and recycling services will NOT be delayed the week of Dec. 31st.
- **Tuesday Jan. 3rd and Tuesday, Jan. 10th, 2023:** Christmas Tree Collection - Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.

GET TO KNOW...

What is your title?
Water Superintendent

What is your past work experience? My

prior jobs included lifeguarding, Behr construction, and the Parks/Streets departments with the City of Adel.

How long have you been working for City of Adel? Including my time spent in other departments within the City, I have been here close to four years.

What are you excited about for your department's future plans? I am excited for the future of Adel's water department as we continue to update water distribution infrastructure and maximize the potential of our new water treatment facility to provide consumers with a high-quality product. We are also implementing advanced metering infrastructure technology that will receive input from water meters multiple times daily to alert us promptly (and the customer) when there has been high usage or a potential leak in their system.

What is a hobby you enjoy? In my free time I enjoy hunting, fishing, golfing, and sushi dates with the girlfriend.

Anything else Adel should know about you? If anyone has any water-related questions or concerns, feel free to contact me; my contact information can be found on the City of Adel's website or the front desk at City Hall.



GRANT GOEDEN

PARKS & RECREATION ACTIVITIES:

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

- **OPEN GYM:** Began November 7 at the ADM District Administration Center gym will be available Mon/Wed/Fri from 9:00-11:00am through March. Walk, run, play basketball, socialize, etc. No fee.
- **ADULT COED INDOOR VOLLEYBALL LEAGUE:**
Deadline: Friday, Dec. 18th, 2022
Fee: \$200 per team
Season Begins: Jan. 8th, 2023
Games will be played on Sunday nights between 4 p.m. and 9 p.m. in the south gym at ADM High School. Teams must have equal number of men and women.
**Please Note: Children are welcome and babysitting services are available for \$1 per child while you play your games.*
- **NOTES FROM THE NORTH POLE:**
Deadline: Friday, December 9th, 2022
Fee: \$6.00 (Maximum fee of \$18.00 per family)
Sign up to receive a letter from Santa! A unique idea for your children, nieces, nephews or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation through December 9th, 2022 to ensure your child receives their letter before Christmas



SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

Here's the "snowdown" on some helpful tips to remember in the coming months:

- **Snow parking:** It is unlawful to park any vehicle on any street or alley during a snow removal period. The ban continues from the beginning of snowfall until 24 hours after the snowfall ends. Residents should be aware of weather conditions and not park on City streets if there is a possibility of overnight snow.
- **Sidewalks:** Snow removal from sidewalks is the responsibility of the property owner. You have 24 hours after the snowfall to clear your sidewalk. Please pile the snow on your yard and not in the City street. (A helpful hint for residents: clear your sidewalks after the snowplows have finished plowing to the curb. If you fail to clear your sidewalk, the City may do so and bill you.)
- **Snowmobiles:** From November through March, snowmobiles may be operated on the Raccoon River Valley Trail between 7:00 a.m. and 10:30 p.m. The speed limit is 10 mph.
- **Mailboxes/Fire Hydrants:** Residents are responsible for clearing snow around their mailbox to assure delivery of mail and that their mailbox is properly installed behind the curb line. The Fire Department requests property owners who have a hydrant to clear snow away for easier access. (For more information please visit the City of Adel website at www.adeliowa.org to view a FAQ flyer)

CITY EMPLOYEE CONGRATULATIONS:

Nick Schenck, Parks & Recreation Director, has served the City of Adel for 15 years. Joel Delaney, Police Officer, has served the City of Adel for 5 years. Thank you, Nick & Joel!



2023 PET LICENSES & GOLF CART REGISTRATIONS:

Both Pet Licenses and Golf Cart Registrations are effective for the current calendar year and will be open on January 1st, 2023. Forms are available online at <https://adeliowa.org/permits-and-forms/>.

- **Cost:** Pet Licenses are \$10 for altered animals; \$20 for unaltered animals and Golf Cart Registrations are \$50.
- **Pet License Deadline:** There will be one-time penalty of \$5 for registrations on or after May 1st, except in those cases whereby reasons of residence or age the dog/cat was not subject to licensing prior.
- **Receiving Licenses/Registration Stickers:** Pet License tags and Golf Cart Registration stickers will not be mailed out until payment is received.

ASH TREE REMOVAL:

The City of Adel will be removing Ash trees from the Right of Way areas between curbs and sidewalks and also in the following park areas: Little League Baseball Fields, Oakdale Cemetery, Brickyard Park, Clover Valley Park, and Evans Park. The work is scheduled to be done the weeks of December 19-23rd and December 27-30th. Xtreme Tree of DeSoto, Iowa will be doing the tree removals. If you are a homeowner that has a tree in the right of way (street tree) that is scheduled to be removed, you will receive a letter 2 weeks prior to the removal as a reminder and with any other needed information. Please call Park/Rec. @ (515)993-4525 with any questions.

CITY OF ADEL'S CODE PERTAINING TO HOLIDAY FIREWORKS:

As a reminder, the use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance. For more details, please visit our website and enter "fireworks" in the search bar.

CITY HALL

Administration
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Compliance Officer
Parks and Recreation

301 S. 10th St.
P.O. Box 248
515-993-4525

M-Th 7:30 a.m. – 4:30 p.m.

F 7:30 a.m. – noon
www.adeliowa.org

PUBLIC SAFETY Police and Fire Depts.

102 S. 10th St.
P.O. Box 127
515-993-6723

M – F 8:30 a.m. – noon and
12:30 p.m. – 4:30 p.m.

EMERGENCY – DIAL 911

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303 S. 10th St.
515-993-3512

M-Th 9 a.m. – 6 p.m.

F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.

www.adelpl.org

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Ankeny Sanitation

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515-657-1315

Rob Christensen

515-478-3260

Dan Miller

515-979-6119

www.adeliowa.org



UNCLUTTER your Christmas

'Tis the season to be...
How would you finish
this phrase?

For too many, the holiday season is not always jolly but too often stressed, stretched or sad. Here is the truth of the matter: Wherever you may be in life, Christmas accentuates it. So, if life is good, the holiday season makes life even better. But, if you're in a place right now where things are hard, Christmas often makes it feel even worse.

Maybe right now you're feeling lonely or missing that special loved one you had to say goodbye to this year. Maybe there is family drama, and Christmas means having to deal with it. Maybe there is financial strain, and the gift list from your kids equals the size



of your mortgage. Maybe work and holiday activities are driving your schedule so that you don't know whether you're coming or going. Regardless of where you are in life, Christmas highlights that place.

So, I have a gentle suggestion: Wherever you find yourself this month, carve out space to remember the "why" behind the season. Maybe say "no" to a few things so you can say "yes" to a few quiet moments to remember that Christmas is about a little baby born in a crowded Jerusalem suburb more than 2,000 years ago. His birth was largely ignored by everyone except a few lowly shepherds, a few wise men, and a whole lot of celebrating angels.

Christmas is about a birthday boy named Jesus, the Son of God, who put on a human suit and stepped into His own creation on a search and rescue mission that eventually put Him on a cross where He died and three days

later rose from the dead. Christmas is about the mind-boggling thought that the divine became human; Christmas is not only the greatest story ever told but also the greatest story that ever could be told.

This Christmas, I encourage you to unclutter and set your focus on Jesus. To help with this, if you are not connected with a local church, I want to invite you to New Hope Church as we celebrate the Coming King. In addition to Sunday services, you are also invited to one of our three special Christmas Celebration experiences on Dec. 23 and 24. Each celebration service will have Christmas songs, fun stuff for kids, and a chance to encounter God.

Merry Christmas! ■

Information provided by Dr. Ryan Whitson,
New Hope Church, office 712 Cottage St., Adel,
515-993-5325, www.newhopeadel.org.

JOIN US Christmas Services

Dec 23rd - 7pm




Dec 24th - 5pm & 7pm



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Happy Holidays

FROM OUR STAFF TO YOUR FAMILY

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PEACE and **JOY**
this Holiday Season!



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www.raccoonvalleybank.com

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515-465-3521

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515-992-9200

GRIMES
1051 NE Gateway Drive
515-452-0812



FINANCE

By Kelsey Hughes

BUDGETING for the holidays

With the holidays quickly approaching, you're probably either thinking about or have already started Christmas shopping. This year, research experts have predicted the average consumer will spend more than \$800 on holiday gifts. Although it's fun to get in the Christmas spirit of giving, it's also important to know how much you can afford to spend ahead of time. Overspending to make the holidays extra special can result in major post-holiday regrets.



When creating your holiday budget, choose a method that works best for you. Whether it's pen and paper, Excel, Google Sheets or a smartphone app, laying out your budget will help you stay within your limit and prevent impulse buying. Here are some tips to help you start:

Project your income

If your paycheck is the same every two weeks, just double your paycheck for your monthly income. If your pay is irregular, it will be a little more difficult to figure out, but one way would be to look at your pay stubs from this time last year. Also, think of any old gift cards you can use to purchase gifts or additional income you may receive from side gigs.

Make a list of expenses

After you know how much you'll earn, start thinking of your holiday expenses. Review your monthly budget to determine how much extra money you have to spend or where you can cut expenses. You can subtract your normal monthly expenses, such as your mortgage or rent and utility bills, from your projected income to determine how much you'll have to spend on gifting.

Create a shopping list

It's easier to shop when you have everything written down on a list. Create a list including names, budgeted gifting amount, gift idea, and where to purchase. Plan on a little give-and-take when making your list in order to stick to your budget.

Research prices

Making smart purchases requires research. Before buying your gifts, check prices at different stores to ensure you're getting the best price.

Stick to your budget

The last yet most important step in the process is sticking to the budget. Once you've put the time into the first steps, it is crucial you follow through, which takes willpower, but it will be well worth it.

We hope you find these holiday budgeting tips helpful, and we hope you enjoy the season. ■

Information provided by Kelsey Hughes, marketing officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.

RECIPE

BEEF up the holiday menu

(Family Features) At this year's holiday gatherings, you can put together a show-stopping menu from the beginning of the party to the final bite with mouthwatering recipes that bring guests back for more. Incorporate beef, a versatile, beloved ingredient that can be used in appetizers, sides and main courses alike.

Consider a holiday favorite from Beef Loving Texans such as a must-have main course like classic beef Wellington. Perfect for a family get-together, this traditional dish combines tender chateaubriand roast with a homemade glaze of earthy mushrooms, red wine and Dijon mustard wrapped in a golden-brown puff pastry. Find more beef-inspired holiday dishes at BeefLovingTexans.com. ■

Classic beef Wellington

Recipe courtesy of Beef Loving Texans

Total time: 1 hour, 30 minutes

Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- flour
- 1 sheet puff pastry

DIRECTIONS

- In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet.
- Heat oven to 425 F.

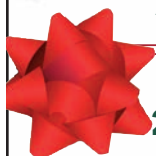
- In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.
- Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.
- Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold



pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.

- Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four 2-inch vents in top of pastry.
- Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.
- Carve into slices and serve.

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A DOSE of optimism

We all understand the importance of being optimistic, but sometimes it's difficult when the headlines are full of doom and gloom. The stock market slump, persistent inflation and rising interest rates dominate economic news.

In the spirit of the holidays, I want to offer a dose of optimism to help you wash down the eggnog.

Retirement income taxes are going away next year in Iowa. If you are 55 or older, you will not pay state income taxes on pension income and distributions from IRAs, annuities and employer-sponsored plans like 401(k)s. The same goes for distributions from deferred compensation plans and plans maintained or contributed to by a self-employed person. This applies even if you are still working.

Medicare premiums are going down, and Social Security is going up. The standard Part B premium will be \$164.90, \$5.20 lower than in 2022 (I didn't forget about the big jump in 2022; I'm being optimistic here, remember). Social Security is getting its biggest bump in 40 years, an 8.7% cost-of-living adjustment or COLA. The average benefit will increase by \$146 monthly from \$1,681 to \$1,827.

Those are a couple of small wins. The big wins come when you



have a customized, written retirement plan. We've been talking with the individuals and families we work with about taking advantage of the economic conditions. We know that, on average, recessions happen every five to six years, so when we helped them put together their retirement plans, we had that in mind. Then when the recession hits, we look at action steps like Roth conversions or Dollar-Cost-Averaging and decide if it's time to execute.

You may have been watching your 401(k) take a hit and think it's too late to act. Or you've been told to sit back and wait it out. I disagree. Now is the time to take control. You don't have to be a victim of market conditions. There are likely things you can do right now to help you get through this economic storm and put yourself in a better position for the next one. Then you can worry less about the stock market swings and focus more on the joy — something we all want to experience during the holiday season.

Take the first step to building a recession-resistant retirement plan. Check out our online Journey to Retirement workshop. Details are below. ■

Information provided by Loren Merkle CFP®, RICP®, CFF, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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EVENTS IN THE AREA

Be sure to check for cancellations

Sip & Sample Holiday Fun

• Adel Public Library is hosting Mrs. Claus and Crafts with drinks and cookies provided by the City of Adel on Friday, Dec. 2, 2:30-4:30 p.m.

• Tree and Wreath Lighting is at 4:45 p.m. Dec. 2 on the northeast corner of the square. Music provided by the Boy and Girl Scouts.

• Sip and sample your way around Adel from 5-7 p.m. Enjoy festive dishes and drinks available at many Adel businesses and shop locally for your holiday gifts. Find the poster in their windows to enjoy samples.

• Hometown Holiday Bingo is Saturday, Dec. 3 from 10 a.m. to 3 p.m. Shop and bingo your way through Adel as businesses host holiday sales and specials. Bingo cards will be turned in for a drawing of gift baskets.

Activities presented by the Adel Partners Chamber and powered by the This Is Adel committee.

Retirement open house

An open house for two long-time employees at Dallas County EMS, Mike Thomason and Lee Coons, will be held Thursday, Dec. 15, 4-6 p.m. at LaPoste, 1219 Warford St. in Perry.

Charlie's Free Market

Charlie's Free Market is open to everyone in the community Dec. 11, 2-5 p.m. at Faith Lutheran Church and Preschool in Adel. This event is where the community can come and shop for free for their children for Christmas. Everything is totally free. So bring your bags.



50s-plus senior group meets

The 50s-plus senior group meets at the Adel Public Library Community Room on the first and third Tuesday each month from 11 a.m. to 1 p.m. This is a place to come and have coffee, conversation, programs and, in the future, day trips to places of interest in Iowa.

Museum for the holidays

The Historical Museum will be open Saturday, Dec. 3, Sunday, Dec. 4 and Sunday, Dec. 11 from 12-4 p.m. It is also participating in the Hometown Holiday Bingo on Dec. 3, which is being held by various Adel businesses. Come in, see the interesting history of Adel the museum offers and see the beautifully decorated rooms for Christmas. The decorating was done by Aubrey Dunbar and Nadine Law.

Notes from the North Pole

Sign up to receive a letter from Santa. A unique idea for your children, nieces, nephews or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation by the deadline of Friday, Dec. 9 to ensure your child receives their letter before Christmas. Cost is \$6 per letter with a maximum fee of \$18 per family.



Third Monday Bingo

Enjoy Bingo on Monday, Dec. 19, 6-8 p.m. at the Masonic Lodge, 411 S. 12th St., Adel. Seventeen games (\$0.25/card) plus an 18th



Progressive Blackout (\$1/card) will be held.



Packaged snacks and non-alcoholic drinks will

be available. Social distancing and masks are recommended. Bring a dauber if you have one. They will also be for sale.

Holiday cheer

Step into the spirit of Christmas in Adel on Friday, Dec. 2, from 5-7:30 p.m. On your tour around town, don't miss the magical Festival of Trees at Adel First Christian Church at the corner of Highway 169 and Rapids Street. Then, on Sunday, Dec. 4, also at Adel First Christian Church, enjoy a hearty bowl of soup, from 11 a.m. to 1:30 p.m., and a fancy dessert from 11 a.m. to 3:30 p.m. amid the twinkling lights and sparkling decorations of the Festival of Trees. Next, head upstairs, between 11:30 a.m. and 3 p.m. to see a quilt show by local seamstresses. And, don't forget, the Adel Historical Museum will be open for guided tours from 12-4 p.m. on Sunday as well.

Dallas County Conservation Board activities

To register for events, visit www.dallascountyiowa.gov/conservation, click on "Environmental Education" then "Virtual Nature Exploration Hub," and your choice of class. If you do to have computer access or need assistance, call the DCCB office at 515-465-3577.

• **Curious about the Christmas Bird Count:** Saturday, Dec. 10, 9-10 a.m., Forest Park Museum, 14581 K Ave., Perry. Have you ever heard of the Christmas Bird Count but weren't sure what it was? DCCB is looking for people to get excited about birding. This will be an informal question and answer session for folks interested in learning more. Topics will include protocols and trickier identification tips. Feeder watchers are also needed to report what they see from the comfort of their own homes. Register to be notified of weather cancellation. For more information, email Mike Havlik at mike.havlik@dallascountyiowa.gov.

• **Dallas County Christmas Bird Count:** Saturday, Dec. 17, county-wide with territories to be assigned. Join DCCB and Raccoon River Watershed Association for a day of birding with a purpose. Each year, local bird clubs gather to take a "snapshot" of what birds are in their area. The information is sent to the National Audubon Society, which looks at the long-term health of bird populations over the last 100-plus years. Participants are divided into groups, each with an experienced birder in a different location in the county. A hike in the morning and drive in the afternoon are usually taken. The day is filled with beauty and opportunities for learning. Participants of all experience levels welcome. Registration required.

EVENTS IN THE AREA

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

Be sure to check for cancellations

HOLIDAY FAVORITES AND FUN

'The Nutcracker'

Dec. 3-4

Des Moines Civic Center, 221 Walnut St.

This classic holiday ballet will be performed by Iowa Dance Theatre.

Handel's 'Messiah'

Dec. 4, 2 p.m.

Grace United Methodist Church, 3700

Cottage Grove Ave., Des Moines

Performed by the Des Moines Community Orchestra. desmoinescommunityorchestra.org

'The Nutcracker'

Dec. 8-11

Hoyt Sherman Place, 1501 Woodland Ave, Des Moines

Enjoy this Ballet Des Moines performance. balletdesmoines.org

'A Christmas Carol'

Dec. 9-18

Stoner Theater, 221 Walnut St., Des Moines

This classic is presented by Iowa Stage Theatre Company. dmpa.org

Community Band Holiday Concert

Dec. 11, 2 p.m.

Stilwell Junior High, 1601 Vince St., West Des Moines

The Greater Des Moines Community Band (GDMCB) will present a holiday concert with a special treat for the children in attendance. They will be given a chance to help direct the band along with a visitor from the North Pole. Many great holiday pieces will be performed to entertain both adults and children.

'A Very Merry Tallgrass Holiday'

Dec. 16-18

Tallgrass Theatre Company, 2019 Grand Ave., Suite 100, West Des Moines

This collaboration with Seedlings Children's Theatre features scripts from Drama Notebook's collection of scripts for kids and teens. tallgrasstheatre.org

"Rudolph the Red-Nosed Reindeer: The Musical"

Thursday, Dec. 22, 2 p.m. and 7 p.m.

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

Come see all of your favorite characters including Santa and Mrs. Claus, Hermey the Elf, the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph. dmpa.org

Mannheim Steamroller Christmas

Dec. 23, 2 p.m. and 7:30 p.m.

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

A holiday favorite returns. dmpa.org

New Year's Eve Pops: Frank & The Great Ladies of Song

Saturday, Dec. 31, 8 p.m.

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

The Des Moines Symphony performs. dmsymphony.org



Holiday Hullabaloo

Through Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only
Horizon Events Center, 2100 N.W. 100th St., Clive

The 2022 Holiday Hullabaloo, a benefit for Dorothy's House, is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. Evenings are adults only and will feature live music in the Ice Bar. Dec. 31 will be the Silver Bell Soiree New Years Eve Party with live music by the Dirty Rotten Scoundrels. Ticket are available at holidayhullabaloo.eventbrite.com.

Christmas Cookies for the Community

Drive through the parking lot of Peace Lutheran Church, 34128 L Ave. (north of the KOA Campground on P58), Adel, for a dozen assorted cookies/treats for a freewill donation on Saturday, Dec. 17 from 1-3 p.m.



HOLIDAY LIGHTS

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Adventureland Park, 3300 Adventureland Drive, Altoona
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HISTORIC VALLEY JUNCTION

Fifth Street, West Des Moines
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LIGHTS IN THE HEIGHTS

Franklin Avenue, Marylynn Drive, 72nd Street and other Windsor Heights streets
windsorheightsfoundation.org

WINTER WONDERLIGHTS

Uptown Ankeny, 715 W. First St., Ankeny
uptownankeny.org

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GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 21, 2022	7:15PM	Norwalk	ADM High School
Nov 22, 2022	7:15PM	Van Meter	Van Meter High School
Nov 29, 2022	6:00PM	Dallas Center-Grimes	ADM High School
Dec 2, 2022	6:00PM	Ballard	Ballard High School
Dec 3, 2022	2:30PM	Atlantic CSD	Atlantic High School
Dec 6, 2022	6:00PM	Gilbert	ADM High School
Dec 9, 2022	6:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Dec 13, 2022	6:00PM	North Polk	North Polk High School
Dec 16, 2022	6:00PM	Boone	ADM High School
Dec 19, 2022	6:00PM	Perry	Perry High School
Jan 3, 2023	6:00PM	Carlisle	ADM High School
Jan 6, 2023	6:00PM	Winterset	Winterset High School
Jan 10, 2023	6:00PM	Carroll	ADM High School
Jan 13, 2023	6:00PM	Ballard	ADM High School
Jan 17, 2023	6:00PM	Gilbert	Gilbert High School
Jan 20, 2023	6:00PM	Bondurant-Farrar	ADM High School
Jan 24, 2023	6:00PM	North Polk	ADM High School
Jan 27, 2023	6:00PM	Boone	Boone High School
Feb 3, 2023	6:00PM	Carlisle	Carlisle High School
Feb 7, 2023	6:00PM	Winterset	ADM High School
Feb 10, 2023	6:00PM	Carroll	Carroll High School

BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 29, 2022	7:30PM	Dallas Center-Grimes	ADM High School
Dec 2, 2022	7:30PM	Ballard	Ballard High School
Dec 3, 2022	4:00PM	Atlantic CSD	Atlantic High School
Dec 6, 2022	7:30PM	Gilbert	ADM High School
Dec 9, 2022	7:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Dec 13, 2022	7:30PM	North Polk	North Polk High School
Dec 16, 2022	7:30PM	Boone	ADM High School
Dec 19, 2022	7:30PM	Perry	Perry High School
Jan 3, 2023	7:30PM	Carlisle	ADM High School
Jan 6, 2023	7:30PM	Winterset	Winterset High School
Jan 10, 2023	7:30PM	Carroll	ADM High School
Jan 13, 2023	7:30PM	Ballard	ADM High School
Jan 17, 2023	7:30PM	Gilbert	Gilbert High School
Jan 20, 2023	7:30PM	Bondurant-Farrar	ADM High School
Jan 24, 2023	7:30PM	North Polk	ADM High School
Jan 27, 2023	7:30PM	Boone	Boone High School
Feb 3, 2023	7:30PM	Carlisle	Carlisle High School
Feb 7, 2023	7:30PM	Winterset	ADM High School
Feb 10, 2023	7:30PM	Carroll	Carroll High School
Feb 14, 2023	7:30PM	Norwalk	Norwalk High School
Feb 16, 2023	7:30PM	Newton	ADM High School



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WINTER SCHEDULE

2022-2023

WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	5:30PM	Multiple Schools	ADM High School
Dec 3, 2022	10:00AM	Multiple Schools	DCG-Meadows Gym
Dec 8, 2022	5:30PM	Multiple Schools	ADM High School
Dec 10, 2022	9:00AM	Multiple Schools	Ankeny Centennial High School
Dec 15, 2022	5:30PM	Multiple Schools	Winterset High School
Dec 17, 2022	10:00AM	Multiple Schools	Glenwood High School
Dec 20, 2022	5:30PM	Multiple Schools	ADM High School
Jan 5, 2023	5:00PM	Multiple Schools	Carlisle High School
Jan 7, 2023	9:30AM	Multiple Schools	Winterset High School
Jan 12, 2023	5:30PM	Carroll	Carroll High School
Jan 14, 2023	9:00AM	Multiple Schools	ADM High School
Jan 19, 2023	5:30PM	Multiple Schools	North Polk High School
Jan 21, 2023	9:00AM	Multiple Schools	Urbandale High School
Jan 26, 2023	5:30PM	Multiple Schools	Ballard High School



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HILL'S tree farm keeps family traditions alive

It's the experience that counts.



The "tree shaker" in action. Photo by Kristen Baier

Walking into the tree shed on Harold and Carol Hill's farm is like walking into Christmas itself. The smell of fresh evergreens brings back a flood of memories, especially for a woman who was raised in northwest Washington State, where evergreens are the majority of the landscape.

"We had a tradition of going out into the timber on our farm with our girls when they were little and cutting our own tree," says Carol. "It was such a nice family activity that we wanted to replicate it for other families as they got older."

Harold and Carol live on a Heritage Farm that has been in Harold's family since his great-grandfather Hill bought the farm in 1866. The Hills started their tree farm on the acreage by planting their first trees in 1982. This is their 40th anniversary of being in the tree farm business.

"We now have about 10 acres of trees, divided into three lots, with about 7,000 trees," says Harold. "We started selling our first trees in the early 1990s, so, as it says on our website, 'Growing Christmas trees takes years of patient care and lots of work.'"

The Hills grow nine types of trees on their farm now, including varieties of fir, pine and spruce.

"I also bring down a truckload of fresh-cut larger trees or ones that haven't been successful growing on our farm, such as Fraser and Balsam Fir," says Harold.

"We try to keep our pricing as low as possible because we want to keep it affordable for families," says Carol. "We make it a family-friendly event, with a personal touch of free hot chocolate, cookies and marshmallows for roasting over several fire pits, where you may also warm yourselves."

The Hills have many repeat customers and often sell out the weekend before Christmas. They may not have as large of a selection of trees this year because of the ongoing drought and a limited number of fresh cut trees from Minnesota.

There is a process to selecting and cutting down your own fresh Christmas tree, although the Hills will cut it down for you if you ask. Hand saws are provided, but be sure to cut only the tree with a tag



Harold and Carol Hill raise Christmas trees. Photo by Marsha Fisher

stamped with the type and height of tree. Once the tree is cut, the trunk is prepared for the stand, usually using a device (called a "Marriage Saver") that drills a hole in the trunk to ensure the tree is straight in a prong stand (which helps avoid arguments about how to straighten the tree, hence the name). The tree is taken to "The Shaker," a mechanical device that shakes the old needles out of the tree.

"The kids really react to the tree shaker," says Kristen Baier, a high school student who helped sell during the season. "Some laugh out loud, some were entranced, and some danced!"

Then, the tree is bagged for easy transport.

In addition to trees, after Carol retired from teaching in 2003, she started making decorated wreaths, baskets, mantle pieces, table center pieces and greenery crosses.

"This is the fun part — decorating with the greens and finding special baskets, ribbons and trim to add to them," says Carol. Carol's friend Jani Harrison and sister Sue Roush from Perry help. During the sales season, there are approximately 14 helpers on the farm.

"Our goal is to give a fun, affordable, family experience in picking out their Christmas tree," says Carol. "It's a memory that will last a lifetime."

For more information, visit www.hillstreefarm.com. ■



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EDUCATION

By T.K. West

MEET Jessica Novelli

Teaching ESL throughout the district

After growing up in the suburbs of Chicago, Jessica Novelli attended the University of Iowa where she studied education and met her husband, who is originally from Urbandale. The couple moved to the Des Moines area and later built a home in Adel. After 15 years teaching in West Des Moines and receiving an ESL certification, Novelli accepted a position with the Adel-DeSoto-Minburn Community School District as an ESL instructor.



Jessica Novelli has started teaching at ADM after having lived in Adel for 15 years.

"I had never lived in a small town before and fell in love with everything about it. I loved getting to know people around town, the ease of getting to and from places, and the community involvement. Raising our children here is absolutely the best," Novelli says.

In her current role, Novelli's days are spent supporting students in language acquisition. She spends time in all five of the ADM school buildings performing a combination of direct instruction in a separate ESL setting as well as supporting linguistic needs in the general education setting. In general, Novelli often begins her day in a classroom then works with students in small groups and one on one.

"This is my first year at ADM and the first year of ESL being a full-time position. So there is a lot left to learn and a lot of potential for how we move this program forward. I have felt so welcomed in all of the buildings and all of the classrooms, too," Novelli says.

She says the most rewarding part of teaching is watching her students learn and grow academically, socially and emotionally. This could include when a student moves from "beginning" to "developing" on an assessment, when a student sends her a thank you email after five years, when a student shows pride when learning something new or mastering something difficult, and more.

Novelli says she is enjoying forming relationships and getting to know the staff and students throughout ADM. She is excited about learning all she can about the district and the systems already in place to ensure all students learn at high levels.

"A huge challenge in education is that it is always changing. What works today might not work tomorrow; what works for one class might not work in another," Novelli says.

When not teaching, Novelli enjoys being with the people she cares about. She enjoys watching her kids participate in their activities, traveling, boating, and getting together with family and making new memories. Novelli is an avid runner as well and shares her passion with the middle school girls at ADM when she is coaching. ■



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SHE DOES what 'makes her soul shine'

Ever since she was a young mother, Baughman has volunteered to help others.

Bonita met Tom Baughman at Southwestern Community College in Creston. "He was the love of my life." After they were married, she attended Bernels School of Cosmetology in Fort Dodge, while Tom finished studying industrial technology at Iowa State University. His career took him to a few different school districts, with Bonita having her own beauty shop in Sumner, before a position in the Adel Community School District brought them to central Iowa in 1978. Twenty-five years later, Bonita lost Tom, 52, suddenly to a heart attack. With two children, Melody and Matt, Bonita worked even harder, not only to support her family, but to help others.

"We raised two children in the ADM Schools, and I have continued living and volunteering here," says Bonita. "I have met so many wonderful people through my volunteering experiences, and life-long friendships have been created."

Working as the office manager of Dallas County Public Health Nursing Services for the last 20 years before retirement, Bonita saw people who reminded her of the needs that people have, even in Dallas County.

"It opens your eyes," says Bonita, "to see people without the means to provide for their families, although they are really trying."

Bonita was volunteering even when she was working and had two young children at home. For the first few years in Adel, she was a member of the Adel Federettes, a small group of women who were civic minded.

"We were mostly young working moms



with kids at home, and so we met in the evenings," says Bonita.

The group noticed small things that were needed. They provided car seats to new moms, holiday "shopping" for young children, and helped with other needs brought to their attention. She later joined Adel Women's Club after the Adel Federettes disbanded and then the General Federation of Women's Clubs, an international organization dedicated to community improvement through volunteering, in 1988.

Bonita has held all the local offices, many district and state offices and is currently the first vice president for the GFWC of Iowa. With approximately 700 state members and more than 70,000 members internationally, Bonita helps coordinate volunteer efforts and money to tackle far-reaching, critical problems, such as human trafficking and raising community awareness of mental health issues.

The Adel Women's Club is well-known for raising money and volunteering for a wide variety of local essential needs for the Adel Public Library, the volunteer fire department, veterans, ADM Foundation and scholarships, Food Pantry, Crisis Intervention and many more, as they arise. She is also a champion



Bonita Baughman receives her Good Neighbor certificate from BigDeal Car Care Manager Seth Billeter.

volunteer at the First Christian Church.

"I think our church would fall apart without her; she does so much for our church, she is always there," says member Diana Dunbar.

On Friday, Dec. 4, 5-7:30 p.m. the church serves snacks during Adel's Hometown Holiday Celebration. On Sunday, Dec. 6, from 11 a.m. to 1:30 p.m., the church serves soup and desserts and has a quilt show in coordination with the Adel Historical Museum's Christmas Open House, which is from noon to 4 p.m.

When Bonita retired, she revved up her dedication to service, and, in her words, "I hit the volunteer trail full force. I love talking to people and helping where and whenever I can, especially when I'm giving back to my community of Adel and my church." ■

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WHERE local history meets holiday magic

Step back in time as museum hosts its Christmas open houses.

The Adel Historical Museum is a hidden jewel filled with unique bits of Americana on display. Located at 1129 Main St., the museum is housed, in part, in Adel's first two-story schoolhouse, which was built in 1857. An addition was added in 2018, featuring Adel's famous native son, Nile Clarke Kinnick, Jr. and his grandfather, former Iowa Governor George C. Clarke.

Jan Price, with the support of her husband, Don, has been the driving force and curator of the museum since 1999, soon after she and Don retired and returned to her hometown of Adel. The Historical Society had donated the Nonie Bowles (last owner) house to the city, and it was filled with a huge collection of historical artifacts that had been donated or purchased by the society. Jan was asked by the city manager at the time to organize and manage the collection.

"I said yes, and that was over 20 years ago," she chuckles. With free admission, the museum is open every Saturday from noon to 4 p.m. from the first of May through September, or by making prior arrangements by calling 515-993-1032. A docent or audio earphone guides are available to provide details.

As a special attraction this Christmas season, the newly appointed board has opened the museum to the public to enjoy the period room settings in holiday dress. Aubrey Dunbar, a local decorator, and Nadine Law, a local antique dealer, have spent approximately 60 hours gathering authentic and replicated materials from the collection to show how a Victorian home may have celebrated Christmas. Every corner is warmly filled with greenery, bows and antiques used during that time period.

"During the open houses on Dec. 3, 4 and 11, from noon to 4 p.m., we will have docents in each room telling the story of the specific items and how they were used," says board member Connie Cooper.

The decorators have coordinated colors of the Christmas finery with prominent period pieces. For instance, the cobalt blue of the dress on display in the dressing room upstairs is repeated in the decorative bows and ornaments at the windows.

"The dining room table is set, with the idea of a dessert after an evening at the Adel Opera



Jan Price, Nadine Law, Aubrey Dunbar and Connie Cooper encourage everyone to tour the Adel Historical Museum during its open houses in December to see it decked out for Christmas.



Christmas greenery and decorations create an inviting scene in the kitchen.

House or Rialto Theatre," says Nadine. Antique photographs and vintage clothing, heirloom jewelry, clocks, kitchenware, glassware, and furniture transport one back to the early years of Adel.

If you have ever viewed a Christmas Village set up on an expansive table and wished you could step inside the little lighted house and "be in the moment," come to the Adel



The museum's fireplace is a focal point for Christmas decorations.

Historical Museum during one of the three days in December that it is open. You will not be disappointed. As Jan Price mentioned, "There are not enough words to describe the beauty. Come and see yourself." This "hidden jewel" is especially sparkling this holiday season.

New board members are: Connie Cooper, Mary Ockerman, Margaret Steiledger, Bev Carrico and Karen Smith. ■

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WELLNESS

By Lacie Navin

CBD and holiday stress

It's that time of year: sunsets at 5 p.m., crunching deadlines, cold and flu season, and pinching pennies to provide the best gifts. Can anything help?

Of course. CBD can help you get ahead of the game. There are various lines that provide immunity, mood boosts, ease stiff joints and muscles and help relieve stress.

What does science say about this? Each mammal has an endocannabinoid system. This is the largest of all bodily systems and is a complex network that supports neuron activity as well as cardiovascular and central nervous system functions.

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Information provided by Lacie Navin, Your CBD Store, 264 Hickman Road, Waukee, 515-669-5438.



HEALTH

By Leslie Herron

PHARMACY: Product or service?

Mark Cuban is missing the point.

Everyone is very focused on prices, with drug pricing being no different, and, yes, it needs addressed. However, what is the most important thing your pharmacy provides — a product or service?

Pharmacy has always been perceived as a retail business that sells a product. Traditionally, pharmacies have been reimbursed based on cost of the product. What is the cost of taking the wrong medication or one that doesn't work effectively? The time is overdue for pharmacies to be recognized for the services they provide, because without these services, there's considerably less value in the product.

Example: The services of medication review, allergy and interaction screening, drug-disease state considerations, appropriate dosing, etc. all add to the value the pharmacy brings to your healthcare. Consultation on OTC products; blood pressure screenings; immunizations; testing and treating flu, strep, COVID; compliance packaging; med synchronization; the list goes on, cannot be performed by a nameless, faceless website or 800 number.

The time is now to "flip the pharmacy" and realize it's healthcare we deliver. Mark Cuban may have slashed prices, but he's missed the point of the true value of a pharmacy. ■

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



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HEALTH

By Andrea Gustafson

NAVIGATING family and the holidays

The Holidays can bring a lot of joy but can also come with a lot of stress. Schedules get busy, to-do lists get long, and family gatherings are inevitable. Despite, often loving our families, spending more time with them than normal can be challenging. Rather than suffering through and being stressed, here are some tips on navigating the holidays with family.



• **Communicate** – Talk to the people you are spending time with about your concerns/expectations for the get-together and what you are willing to do and not do. Be direct and clear.

• **Set boundaries** – “No” is a complete sentence. We all have limits to how much we can fit into the schedule, and, when it’s full, it’s full. Set boundaries around what you are physically and mentally able to commit to and don’t go past that.

• **Self care** – There is no getting around this time of year being more stressful than normal. Make sure you are taking time to do the things needed for yourself. This can be as simple as making sure you are eating and getting enough sleep. But it’s important keep it up this time of year. ■

Information provided by Andrea Gustafson, LISW, JMG Therapy and Counseling Services, associated with SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, andrea@jmgtherapy.com, 515-777-1209.

HEALTH

By Alicia Fisher, PT, DPT

HOW CAN I ease the pain of an ankle sprain?

The ligaments surrounding the ankle are surprisingly fragile. Typically, a sprain is minor and able to heal itself by the next day; however, a seemingly harmless motion has the potential to cause a serious sprain. The muscles surrounding a sprained ankle often tighten and shorten, resulting in decreased range of motion. This makes the ankle more prone to re-injury unless you stretch and strengthen those muscles. If the ankle swells and standing or walking on it becomes unbearable, a fracture needs to be ruled out by your physician.



If you think you may have sprained your ankle, the main goal in the early stage is to reduce inflammation. In order to minimize swelling, it’s important to apply ice as quickly as possible. Either submerge your foot in an ice bath or use a bag of ice wrapped in a towel. Ice helps to reduce the pain, redness and warmth common to ankle sprains. Also helpful is resting the ankle as much as possible, elevating your ankle above your heart and performing gentle ankle stretches.

A physical therapist will focus on building strength, restoring range of motion, working on balance activities, as well as reducing pain. ■

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

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SIMPLE tips on managing stress

The holiday season is upon us. For many, this is a wonderful time of year but, often times, can also be a very stressful time of year. Stress comes in many forms, from everyday stressors to those caused by a negative change (e.g., losing a job) or traumatic event (e.g., a natural disaster). Left unchecked, chronic stress can negatively impact your health. Here are some helpful tips on managing stress.



Learn to calm your body and mind

It is normal to feel anxious, sad, or even angry when faced with a stressful event. But while we can't always change or control the things that happen in our lives, we can try to better manage stressful events or even triggers.

Exercise: Take a walk, join a gym, look up a new routine on YouTube, or break out the 1980s Jazzercise. Just 30 minutes of physical activity a day can boost your mood. Don't let the cold weather keep you inside. Bundle up and get some fresh air and enjoy a walk or run outside.

Relax: Try deep breathing, yoga, meditation, massage, etc. When you feel your stress level rising, take a moment to calm your mind. Never tried yoga or meditation before? Look for a beginner's class online and give it a try. There are even great apps that you can download on your tablet or phone that can guide you.

Phone a friend: Staying connected to people who understand us and know our journey can be a great way to alleviate stress. Sometimes all you need to do is vent or talk it out.

Listen to music: Ever felt lost in a song? Music can affect both your mind and your body. Upbeat music can make you feel more positive, while a slower tempo can help quiet your mind and relax your muscles.

Sleep: Do you find it difficult to sleep when you're stressed? Sometimes, the worries of the day interfere with our ability to get a good night's sleep — right at the time when that's what we need the most. Put away the electronics, turn off the TV, and try to quiet your mind. Having trouble shutting down your thoughts? Try white noise or a relaxation music.

Find time for fun: It's OK to put down your worries and responsibilities for a moment and take time for you. Give yourself permission to do the things that put a smile on your face. ■

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

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LIFELONG community member

Moyer's fondness for Adel solidifies roots.



Kurt and Heather Moyer and their family enjoy their custom-built home, which provides them with more opportunities to entertain guests than their prior home of 20 years.



Kurt Moyer was born and raised in Adel — and he never left.

Today, he and his wife, Heather, reside in a custom home they built a few years ago.

"We love the location," Moyer says. "We have mature trees in the backyard. It's also landlocked behind us so we know nobody can build anything behind us. We also love how open it is."

And that's not all.

"We like how quiet the neighborhood is. There is not a ton of traffic on our street."

Prior to where they reside now, the family lived in a different home for 20-some years.

"In our old home, we weren't able to host any get-togethers," Moyer says. "Now, we have people over all the time."

Last winter, the Moyers opened their home to the community for the Adel Partners Chamber of Commerce Holiday Home Tour. Kurt and Heather also help lead Fellowship of Christian Athletes at the Adel DeSoto Minburn High School.

Being involved in the community is just one extension of the Moyers' dedication to where they live.

"I've always loved the size of Adel," he says. "It's a small town, but we are so close to Waukee and Des Moines that we can go do things that we can't do in Adel."

Perhaps more importantly, "Obviously, I love Adel, and that's why we've chosen to stay here and raise our family here," Moyer says. ■

McADON among 22 of 2022 honored

For the fourth year, CITYVIEW's Business Journal recognized the contributions of outstanding business leaders who have made a difference in their communities with the 22 of 2022 honors, presented at a reception on Thursday, Nov. 3 at Sherwood Forest Events Center. Awards were presented by Shane Goodman, publisher of CITYVIEW and president of Big Green Umbrella Media, Inc. (which also publishes the Adel Living magazine and Adel Living Weekly newsletter), and Jolene Goodman, vice president.

Shirley McAdon, Adel City Councilmember, was among those recognized.



"Partnering with the City of Adel, the Adel Partners Chamber of Commerce, and the Rotary Club of Adel to improve Pedal Plaza, soon to be renamed Rotary Plaza, along the Raccoon River Valley Trail was a big project to bring to fruition in 2022," said McAdon about last year's accomplishments. "As a member of all three organizations, I found working together to write grants and work out the many details was daunting but satisfying to see all of the planning pay off. This project will enhance our community with another amenity to benefit our residents, our businesses and our visitors."

She also served as the facilitator for the activities celebrating Adel's 175th Birthday in 2022. "From the repeat of the historic panorama picture downtown, to the ceremony marking Founders' Day, to the Historic Downtown Adel Walk, to the Oakdale Cemetery Walk of historic figures, to the Sweet Corn Festival Adel History Trivia Contest, to the burying of the Time Capsule, it was a pleasure to work with all those who are helping to make 2022 a memorable year for Adel," she said.

McAdon says the best business decision she's made "is to take into account how the positions I take at the Adel City Council table affect our residents and businesses. It's very important to me to do my homework and study the issues to be able to make an informed decision on every policy or project. I listen to staff, the consultants, our businesses and our residents to try to gauge the impact the decision might have. The next step is to hear the views of the other councilmembers and arrive at a consensus, all of us using our best judgement to set policy or take action on a project. This collaborative process can be time-consuming but well worth the effort."

She advises, "Even the small things you do to further the business community or improve the quality of life in your community can make a difference. Making connections with others can develop into partnerships to get things done."

HOPKINS & Huebner, P.C. honored among 'Best Law Firms'

Hopkins & Huebner, P.C. has been named among the "Best Law Firms" by U.S. News - Best Lawyers for 2023. Hopkins & Huebner, P.C. received 12 Metropolitan rankings, including five Tier 1 rankings in Employee Benefits (ERISA) Law, Insurance Law, Mediation and Workers' Compensation Law for both claimants and employers. The Quad Cities office received a Tier 2 ranking in Workers' Compensation Law for employers. ■

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HISTORY By Mike Flinn

A SHORT history

The beginnings of Adel

Here’s a short history of the town of Adel. Adel sits on the western banks of the Raccoon River. Although the city is currently seeing rapid new growth, its downtown is still graced by well-maintained and historic storefronts, brick streets and a majestic courthouse.

Adel was founded only a year after Iowa statehood. Laid out in 1847, it was the first town in newly formed Dallas County and has always been the county seat. The original town was named Penoch (pronounced Pin-oosh), an Indian word meaning “far away.” The name Penoch also applied to a large area north of the town. Two years after its founding, the name was changed to Adel, supposedly in honor of a pretty young woman by the name of Adelaide Hempstead. I have not found an explanation why the citizens decided they wanted the name changed to “Adel” instead of “Penoch.” Maybe it was because none of the early citizens could pronounce “Penoch” properly. Who decided to make that change is also a mystery. Was it Adelaide’s adoring parents? Or, perhaps, one day a citizen simply exclaimed “That Adelaide Hempstead is so pretty, we should name the town after her.” If that is so, then why not name the town Adelaide (Adelaide, A City Growing with Pride)? Another version of the name change asks us to believe that the town was so named because it sits in “a dell.” Adel also sits along a river slough, so we should be thankful they didn’t name the town “Slough.”

In 1849, a state road was established through Adel that eventually ran from Davenport to Council Bluffs. Many a gold seeker, “with a banjo on his knee,” travelled this route on their way to California. It also became an important stage route. As there was not yet a bridge across the Raccoon River, a ferry crossing was established in 1850 by Horatio Morrison. The rates went from 3 cents for sheep and swine to 50 cents for a team and wagon. A man on foot paid 5 cents.

By 1850, the first religious organization, the Methodist Church, was started and the first deed for land was recorded. The town was incorporated in 1856. The first fair was held that year, and a flour mill was established.

Adel’s first cemetery was a short distance south of town. It was soon abandoned, and a new spot, a mile and a half west of town, became the town’s burial place. This cemetery, known as Rodenbaugh or Van Fossen, is where you can find the grave of Adelaide Hempstead. It, too, proved inadequate and, once again, the city’s burial ground was moved. This time a cemetery was established on the northwest edge of town along the river slough. Named “Oakdale” for its stately oak trees, it serves as the final resting place for many of Adel’s prominent citizens (and a few rascals, as we shall see in later stories.)

Next time we will explore Adel’s railroad history. ■

Mike Flinn is an amateur historian and author of “Most Exciting Day” and several other books of local history. He can be reached at ironpdlr@gmail.com. His books are available at <https://books-and-stories-by-mike-flinn.square.site>.

YEAR One

Four schools combine to create wrestling team



The Raccoon River Wrestling Team includes girls from four schools: Adel-DeSoto-Minburn High School, Waukee High School, Waukee Northwest High School and Van Meter High School.

Wrestling fans from four communities will see history in the making this year.

Earlier this year, the Iowa Girls High School Athletic Union (IGHSAU) voted unanimously to sanction girls wrestling. Iowa becomes the 34th state to sanction high school girls wrestling. To date, more than 1,000 girls representing more than 185 Iowa schools will be competing in wrestling this year at the high school level.

A new girls wrestling program has been created consisting of Adel-DeSoto-Minburn High School, Waukee High School, Waukee Northwest High School and Van Meter High School. The team, based in Waukee, is called The Raccoon River Wrestling Team and is coached by James Biscoglia, a former wrestler at Drake University.

Biscoglia had been an assistant at Waukee High School from 2006-2020, before moving to Van Meter High School last season.

"The bulk of the girls are coming in with less youth experience than the boys, but that said, I've been involved in girls' youth wrestling for the last five years, and there's been a tremendous growth there, which is one of the reasons, I think, why the girls' association decided this was a good time for sanctioning," Biscoglia says.

In the wrestling room, Biscoglia has around 30 girls on any given day. At this juncture, things are still fluctuating, he says. Three wrestlers are from Waukee, three from Van Meter, seven from ADM, and the remainder from Waukee Northwest. The middle school wrestlers practice in the same space at the same time as well, which brings the total wrestlers in the room to around 50.

Once girls learned last year that wrestling was going to be an opportunity for them to show their athletic skills in this new way, the interest level rose considerably, Biscoglia says. After some open mat



During the girls' wrestling practice, with middle school and high school teams in attendance, as many as 50 wrestlers are present.

wrestling practices and a camp held over the summer, the number grew from six to what they have now. And the numbers grow daily, he adds.

"The feeling is really positive out there," Biscoglia says. "I have to give a lot of credit to the athletic directors and the superintendents. There was a real effort to make all the schools that are participating feel involved. If you look at our singlets, it has all four logos (from each school) on it."

The season kicked off mid-November and will wrap up with a state tournament in February. Biscoglia is excited for this, the inaugural season of girls' wrestling in Iowa.

"I have a wide variety of different levels of wrestlers on the team, and we're very much looking forward to getting out on the mat this season," he says. ■

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CHAMBER NEWS

By Jackie Wilson

RIVERSIDE Kitchen and Bath

Nick Knight offers custom cabinets.

Nick Knight established Knight Building Company in 1982 in Earlham. When he decided to expand, he didn't look far and established a new business in Adel.

Knight opened Riverside Kitchen and Bath in 2019 at 216 Nile Kinnick Drive S. in Adel.

Knight grew up in the cabinetry business. His dad was a contractor in Earlham, specializing in custom cabinets. He gained his expertise from his father. "I learned how to build cabinets early on," he recalls. "I've been doing it my whole life."

After establishing Riverside Kitchen and Bath, Knight joined the Adel Chamber. He felt it would help with his business. "I joined right away," he says. "The chamber is a good group. I like Deb. She's always helping out. If folks are looking for services like mine, she's always quick to respond with my business name."

He's attended chamber events and participated in the Holiday Sip and Sample. He says it's important to immerse himself in the community. "We hear, as much as anything, 'I want to try local first.' That means a lot to us. We want to take care of our people first. It's a great community," he says.

His team includes Jennifer Sweet, a designer with more than 20 years of experience, and office manager Shazi Knight, who represents a third generation in the family cabinet business.

He says the strength of his company is personalized customer service for both kitchen and bath. "We are one-stop shop for bathrooms and kitchens. We do counters, flooring, plumbing and hardware. You don't have to go to the big city to get this. For a small store, we have a lot to offer," he says.

The business carries five lines of cabinets and has a cutting facility for granite and quartz pieces. "We don't have to wait for the big boys to tell us when to cut the granite," he explains. "It's more efficient and a time saver for customers."

He does contract work and offers a list of quality contractors and installers. He says he is happy to do business in Adel and is grateful to be a chamber member.

"There's a lot of good businesses and a lot of good people in Adel. Having a support group with the same interests helps us do a good business," he says. "Adel is growing, and the changes are happening fast. Belonging in a group, such as the chamber, helps keep you grounded." ■

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



Jennifer Sweet, designer; Nick Knight, owner; and Shazi Knight, office manager, at Riverside Kitchen and Bath.

OUT & ABOUT



Members of the American Legion conduct a flag ceremony at DeSoto Intermediate School on Veterans Day.



Veteran Ben Doyle spoke to fifth-grade students at DeSoto Intermediate School on Veterans Day.



Kiwanis member Mark Hantsbarger presented ADM Kiwanis Students of the Month to Nicole Storck and Addison Banse at the Nov. 8 club meeting.



Angella Losee, The Car Store



Andie Cox and Laura Juffer, Handsome Hounds Pet Boarding and Grooming



Susie Latusek, Real Deals



Hanna Nizzi and Beth Mickael, Patrick's Restaurant



Harvey Blaisdell, Baldon Hardware

OUT & ABOUT



Micah Moyer, Archer Home Center



Cory Johnson and Jeff Whipple, Adel Fareway



Leslie Herron, Sumpter Pharmacy



Hali Cody, Philip Stueve, Sadie Smith and Joe Symonds, State Farm Insurance



Mike Burggraaf, Core Physical Therapy



Jennifer Phipps, Adel Barbershop



Becky Soffa, Adel Health Mart Pharmacy



Todd Chapman, Dallas County Data



Julie Green, Adel Vision Clinic

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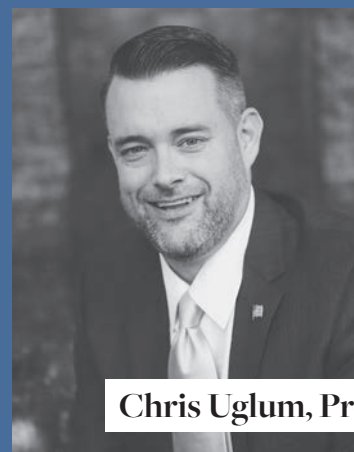
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