

ADEL

JULY 2023

Living

MAGAZINE

A FAIR TRADITION

Residents share experiences of Dallas County Fair

Recorders build musical skills

EDUCATION

Brunch board with a twist

RECIPE

Kinney enjoys much about older neighborhood

WHERE WE LIVE

PRST STD
ECRWSS EDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

wash + dry in 1

no load transfer

the **ULTRA FAST COMBO**

ventless drying

clean large loads
in about 2 hours*

energy efficient

120V power

SmartDispense

This is
smarter cleaning.TM



Discover how cleaning
laundry is now
ONE & DONE.



KURT MOYER



MICAH MOYER

618 GREENE STREET, ADEL • 515.993.4241 • WWW.ARCHERHOMECENTER.COM

WELCOME

NO NEED to scratch and sniff

The Dallas County Fair is just around the corner. These are times when people of all ages show their livestock, fruits, vegetables, and their projects of all kinds, and they are judged on their accomplishments. Great life lessons are learned by seeing a project through from beginning to end and being responsible for the day-to-day tasks in making that happen. This is ever apparent in our county fairs.



I was born and raised in a rural Iowa community, but I lived in town. In my teenage years, I worked on area farms, but I never spent much time really learning about the rural way of life, at least not the bigger picture. As such, the county fair — to me — was about demolition derbies, cotton candy, bumper cars and trying to win stuffed animals in the ring toss game. I knew there were animals there, as I could hear them and smell them, but I never really understood why. Most of my childhood friends who also grew up in town were in the same boat.

For the farm kids, this was a different story, as this was their Super Bowl. The competitions were important to them, especially for those contesting in the major livestock categories. Those trophies mattered then, and they still do today.

The unfortunate reality is that fewer and fewer farms exist in Iowa, and, as a result, fewer and fewer kids are participating in FFA and 4-H. Even so, few things define Iowa life like county fairs and, yes, the Iowa State Fair.

Whether you grew up on a farm, in a rural community, or in Iowa's metro areas, you can likely identify with the happenings of these fairs. If not, you have been missing out, especially with the smells and scents.

Several years ago, we published an Iowa State Fair "scratch and sniff" issue in CITYVIEW magazine with small circles on photos of things like corn dogs, lemonade, cotton candy, various foods on a stick, and livestock. We encouraged people to scratch the spot and give it a whiff. Of course, this was a farce, but it didn't stop readers from scratching, sniffing and sharing with others. It was amusing to watch as people really thought they could smell the photographed items.

Well, you don't have to scratch and sniff, as you can attend the Dallas County Fair in person and experience the real deal. I make it a point to do so each year, and I now visit the livestock barns, too. And I enjoy every minute. Look inside for details on this year's county fair and plan some time to attend.

Thanks for reading. ■

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



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

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

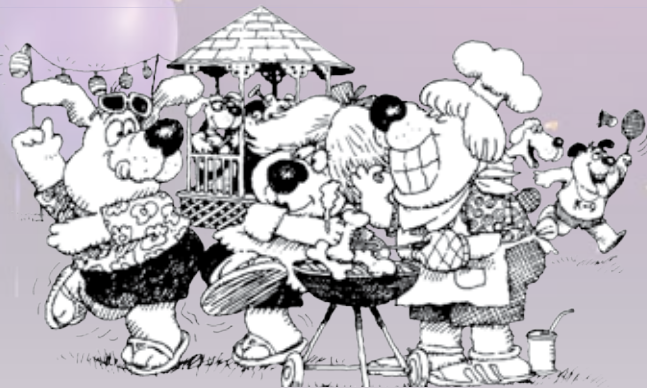
WATCH FOR YOUR INVITATION!

25TH

ANNIVERSARY

in Johnston

Customer Appreciation Event



THURSDAY, SEPT. 7

5-8 P.M.

5526 NW 86th St, Johnston

BBQ, BEVERAGE & BAND

Live Music, Prizes,
ShortE's BBQ, Masterful Mac N Cheese,
BEST Baked Beans,
Bank Beverages, Charter Chips
& Sweet SUCCESS!



Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

Member
FDIC

www.CharterBanker.com



A FAIR TRADITION

Residents share experiences of Dallas County Fair

By Chantel Boyd

While many of us are making plans to hit our favorite Dallas County Fair events July 12-16, a number of people have been working for weeks or months to prepare for the fair. As has been true for generations, 4-H and FFA members have been creating projects and caring for livestock and pets, working with them for weeks or months to prepare for those minutes with the judge in hopes of bringing home ribbons and trophies — and perhaps the coveted title of Grand Champion or Best of Show.

Cousins Keeley Duncan and Payton Gafford enjoy participating in horsemanship events at the county fair together.

A family affair

This year, as they have every year since their daughter, Jaylee, was 5, Ashley and Jamie Zika will watch her show livestock at the Dallas County Fair. Jaylee, who just finished seventh grade, is a member of the Dallas County Aggies 4-H Club and shows cattle and swine at the fair. She first showed a bottle calf as a member of Clover Kids.

FFA and 4-H are a family affair for Ashley and Jamie, who participated as youth.

"I grew up showing horses, so cattle and pigs are new to me," says Ashley. "It has been a learning experience but great to have something to do together as a family."

Jamie and Ashley both grew up in the country with animals around and encouraged Jaylee to continue this tradition.

"We wanted to provide that same experience for our kids. Wouldn't have it any other way," says Ashley.

This year's county fair will be Jaylee's first showing swine. She wanted to try another project.

"Jaylee was pretty persistent about getting pigs this year, and it took a bit of persuading, but we decided, if she was willing to put in the work and learn about a new project, it would be worth the risk," says Ashley.

Jaylee cares for her animals by feeding and watering them and providing fresh bedding. She also bathes them at least once or twice a day when it becomes warmer.

"Keeping them clean and brushing is important to help them grow hair," she says.

Jaylee also practices showing at home and attends several other junior shows before the fair. On a fair day, she washes the heifers early and ensures they eat well and drink water. Then she "fits" them — grooming the cow's legs so that the structure and muscle tone look correct.

"We fit them, so they look nice and are well presented," she says.

Jaylee's favorite thing about showing at the fair is presenting her animals so everyone can see her hard work.

"I like showing off all the work I have put into my projects," she says.

Her hard work has been paying off, and the judges took notice. Jaylee won champion breeding heifer last year. But there is as much fun as hard work to the fair.

"I don't have anything I dislike about the fair," she says.



Ashley and Jamie Zika with daughter, Jaylee, at the Dallas County Fair.

Sisters enjoy fair

Morgan and Mike Fountas' daughters, Stella and Josephine, show at the fair.

"My daughters show at the fair their calves, bottle calf and static projects," says Morgan. "And I couldn't be prouder of them."

Stella, in fourth grade, and Josephine, in sixth grade, are both members of Minburn Clover Kids and 4-H. Both began showing at the fair when they were 6. To prepare for the fair, they practice showing and care for their animals. The day of the fair, the girls must work with the animals.

Stella is showing a bottle calf.

"You first go get them out of the trailer, then you brush them, walk them, spend time with them and love them," she says. "You feed them their bottles until they do not need anymore."

For her static project, it is more about planning for Stella.

"For my static projects, I plan it out and get creative," she says. "I make them, deliver them, and then I talk to the judge. You can bake things, make things out of wood, stuff things, anything."

Josephine is showing a steer and a heifer. In addition to the tasks Stella mentioned, she says she has some additional chores.

"I have to be sure I have all my supplies for the show ring. I have been tying mine up since winter and working with them daily, praying they don't act up on show day," she says.

For her static projects, Josephine revises a lot.

"I make a lot of rough drafts and supplies since I like woodworking projects. I create the project, do a write-up, and talk to the judge on show day," she says.

The girls spend time with their animals on a fair day, and both have tactics. Stella likes to spend quality time with her cow.

"When I show my cow, I wash, brush, dry and love on him. I tell him secrets in his ear,



Morgan and Mike Fountas' daughters, Stella and Josephine, participate in the fair.

so he does good in the ring," she says. "I like washing my cow and walking him in the ring."

Josephine gets going from the beginning.

"I get up and take care of business. I get them ready to show and have fun doing everything," she says. "I like having fun and showing something, I worked hard on my projects."

The sisters can't find much they don't like about participating in the fair. For Stella, the interview portion of showing animals is her least favorite.

"I don't maybe like getting asked questions," she says.

Josephine was straight to the point.

"I don't like it when it is so hot!"

FEATURE

Their little brother, Abe, may be too young for Clover Kids yet, but he is getting an early start. He has a bottle calf to work with at home so he will have some practice under his belt when he does join his sisters at the fair.

A dedicated showman

Colton Christenson, who will be going into seventh grade, will soon be showing cattle at the Dallas County Fair as a member of the Minburn 4-H Club. He has been in 4-H for three years and is the only member of his family in 4-H.

Colton's family raises registered miniature Herefords and has attended many state and national shows such as the National Western Stockshow, Cattlemen's Congress, Kansas City Royal, Iowa State Fair, and Miniature Hereford Juniors Nationals.

"Colton has attended countless jackpots and field days, in which he was very successful," says his mom, Jennifer Christenson.

Jackpot shows are one-day events open to all youth in different age brackets. Members of 4-H and FFA preparing their animals for county or state fair can use these shows to gain more experience showing a steer, hog, lamb or goat.

Field days, typically, are when 4-H and FFA members from the region gather to learn how



Colton Christenson will show cattle at the Dallas County Fair as a member of the Minburn 4-H Club.

to select, feed and market their large livestock projects.

Colton began his 4-H career showing a miniature Hereford cow-calf pair. He soon decided to move to larger cattle for his county fair project.

The Christenson family is involved in the cattle industry.

"We hope to instill all the great things that come with 4-H and growing up on a farm into our children — work ethic, compassion, perseverance, sportsmanship, and many life lessons," says Jennifer.

To prepare for the fair, Colton cares for the animals by washing and blow-drying their hair daily and feeding them special rations. He also

July Specials!

\$300 OFF

4 OR MORE AREAS OF COOLSCULPTING!



 **HEARTLAND**
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM



20% OFF
ALL IN-STOCK SUNSCREENS



practices walking with the cattle and setting them up for showing. On a fair day, Colton feeds and waters the cattle, washes them, and blow dries them. He also fits the cows, putting adhesive on and clipping the hair a certain way to make the cattle look more presentable.

Fair time is about much more than just taking care of his animals, though.

Colton says his favorite thing about showing up at the fair is being with friends.

"I enjoy seeing friends and showing alongside them," he says.

Horsemanship

Traci and Andrew Gafford look forward to seeing their daughter, Payton, 15, and niece, Keeley Duncan, 14, show their horses at the Dallas County Fair. Traci used to participate in rodeos and also be involved with horses.

"Doing horse stuff is in their blood," Traci says.

Payton and Keeley spend time with each other working with their horses. Both are members of the Sugar Grove Blue Ribbon Winners 4-H Club. Both started in Clover Kids. Payton is also a member of the FFA chapter at Dallas Center-Grimes.

Payton has been working with her horse to prepare for the fair.

"I go to rodeos, horse fun shows, and practice at home to make sure my horse is in shape and we are working well together," she says.

On the day of the fair, Payton ensures her horse is clean and happy by brushing and getting his tack ready for the show.

Keeley says she gets nervous at times showing at the fair.

"My nerves kick in right before it's my turn," she says.

Payton says she does three things to calm her nerves. She listens to her favorite music on her phone, talks to friends and takes some time with just her and her horse before she goes in and competes.

"My favorite thing about showing at the fair is doing it with some of my closest friends," she says.

Keeley says she is caring for her horse by feeding, watering and riding her to prepare for the fair. For the day of the fair, Keeley has it all planned out. She will make sure her horse is OK and ready for show day. Keeley is showing for the first time this year.

"I don't know what to expect, but I'm

The Dallas County Fair

July 12-16

County Fairgrounds, Adel

www.dallascountyfair.com

excited," she says. "The most important thing for me will be to have fun and to try my best."

Both girls have used their talents to impact others positively with the donation of their time to nonprofits that benefit persons with disabilities with the use of therapeutic riding programs.

Payton was last year's Dayton Wrangler Junior Queen. Keeley is the Guthrie County Saddle Club Junior Queen this year. She will be showing at the Iowa State Fair Cowgirl Queen Contest.

"I am proud of both girls for chasing their dreams and being a part of 4-H and FFA that teaches them about agriculture, farming and animals," says Traci. "They both work hard and enjoy helping others. They never give up, work harder on the more challenging days, and are thankful for everyone's support they get along the way." ■



YOU

LIGHT UP OUR PRACTICE!

THANK YOU TO OUR MANY CUSTOMERS WHO MAKE OUR DAY BRIGHT.

CALL AND SCHEDULE YOUR APPOINTMENT TODAY • ACCEPTING NEW PATIENTS OF ALL AGES

Adel 
DENTAL GROUP

Eric Anderson, DDS • Rachel Reis, DDS

WE LOVE TO SEE YOU SMILE!
(515) 993-4333
202 Nile Kinnick Drive S, Adel
www.AdelDentalGroup.com



KINNEY enjoys much about older neighborhood

Passion for creating grows from challenges.

In 2006, when Meg Kinney was in sixth grade, her parents relocated from Chariton to the Des Moines metro.

“We were nervous to uproot, but I remember my parents searching surrounding towns and settling on Adel for the small-town feel with good schools,” Kinney shares.

The family moved into a home just two doors down from where Kinney lives today.

“I have lived in several places in between, but I liked the very quiet, older neighborhood of Adel Estates — which now is largely empty nesters — because of the mature trees,” she says. “This seems to be a popular neighborhood for people to walk their dogs (being close to the dog park), so there is always foot traffic and friendly faces.”

Kinney also enjoys having a large yard and garden.

“Much of our living is outdoors, and this is a perfect place as we are very close to Evans Park, and the walking trail is right behind us, so we have such a beautiful view from our back deck,” she says.

And even though Kinney has experienced some of Adel’s growing pains over the years, she believes the community finds a way to come together.

“There are always good people with bigger-than-life hearts and sweet, sweet souls who come away from their day to day to help each other out,” she says. “I think that’s the charm of a small town — not the quaint old houses, the brick streets, the parks or the festivals ... it’s the people. It always comes back to the people.”

Those people are part of what inspired Kinney to launch Create Adel, in addition to challenges within her personal journey.

“In 2017, I was diagnosed with advanced heart failure and severe restrictive and obstructive lung diseases, as well as pulmonary arterial hypertension (PAH), and so I have been unable to work,” she explains. “Create Adel was a dream of mine to bring people of all ages together to create. It is a hobby that keeps me focused on what is coming up and not on what may be happening health wise in the moment.”

Kinney shares she’s able to teach kids and adults new skills and art techniques on her own schedule, when she’s physically able.

“My favorite part is pouring into these kiddos and giving them creative confidence,” she says. “Seeing a child (or adult) figure out a new skill that enables them to create what they envision brings me so much joy.”

Kinney says art isn’t just something to sit down and do for an hour — it’s therapy and problem solving and the ability to quiet your mind when the world can feel so loud. ■



Kids show off their artworks from a Create Adel session held by Meg Kinney.



Meg Kinney and her daughter, Vaughn-elise.

DON'T OVERLOOK retirement taxes

Ahhhh, taxes — a necessary part of our American lives. They pay for roads, safety, and a whole host of other community-related services. We enjoy the benefits our taxes pay for but dislike the idea of paying more than our fair share.

Taxes follow you even into retirement. Those retirement accounts you've started drawing from, Social Security benefits you're receiving, and other income from accounts designed to support your lifestyle in retirement may be taxable.

For most of your working life, you've been in an accumulation phase — gathering and growing assets to be used to support you in your later years. During retirement, however, you move to a different mindset as you transition into a distribution phase. Planning for your retirement income includes a shift in perspective as you work toward preserving the assets you spent so many years building.

Most retirement accounts — including 401(k)s, 403(b)s, SIMPLE IRAs, SEP IRAs, profit-sharing plans, pension plans and traditional IRAs — are called qualified accounts. Qualified accounts are designed for retirement income; any money saved into these plans can be accessed without penalty after age 59 ½.

The IRS has allowed money in these accounts to be saved and grow tax-deferred, meaning the taxes have been delayed until some point in the future. You haven't paid any taxes on qualified retirement accounts yet.



When you start to take income from those accounts, taxes are owed at your ordinary tax rates at the time of distribution.

The key to preserving your assets is developing a long-term income and tax planning strategy that work together and answer key questions: When should I start taking income from my accounts? Which accounts should I take the income from? A retirement income strategy is designed to create a plan for optimizing your tax liability and your income — and maintaining that income for as long as you will need it. Even if you've already entered retirement, you can still benefit from retirement income planning and potential repositioning of assets to help ensure your strategy is as tax efficient as possible.

While distribution planning would start before retirement in an ideal world, people who have already entered retirement can also greatly benefit from building a distribution strategy to potentially pay less in future taxes. But where do you begin? What steps do you need to take today to help ensure success tomorrow? Check out our Retire Your Way Toolkit below for resources that will get you started thinking about all of the decisions you'll have to make in retirement and answer some of the big questions you have about Social Security, retirement income and longevity. ■

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

Are You Paying Too Much in Taxes?

Learn more by reading the Retire Your Way Toolkit.



Get your toolkit now!
Scan this QR code or go to
RetireYourWayToolkit.com.



Merkle
RETIREMENT PLANNING

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

LEARNING how to wait well

The Lord always loves you in the moment and prepares you for the future. In other words, He will always get you ready for how He wants to use you. I don't know about you, but this is encouraging. It means

our lives have purpose. It also means we need to understand one of the key ways the Lord will prepare you.

In the book of Acts (1:4), Jesus gave His final instructions to His followers which included they return to Jerusalem and wait. Wait for what? Jesus gave them a mission to go and be witnesses, but they were told to wait for the Holy Spirit to come. To be honest with you, if I was one of their number, I know I would've been tempted to charge ahead, start strategizing



on my first-century whiteboard, and tell the Holy Spirit He can catch up. I don't like to wait. Maybe you can relate. A lot of us are not patient. We tell our microwaves to hurry up and look for the shortest lines. Unfortunately, sometimes we miss how the Lord wants to prepare us because we plow forward without Him.

If you are in a season of waiting on God for direction, such as a new season of life like getting married or starting a family, or you are waiting for a time of suffering to end, it's hard to be patient. But the Lord will put you in positions where you need to wait because He loves you and because He is using those moments to prepare you.

My encouragement to you is that, as you wait, you know that, when the Lord is preparing you, waiting time is not wasted time. God's timing is perfect and rarely matches

your preferences and is always used by Him to get you ready (e.g., grow faith, surrender), to get circumstances ready (e.g., He working to prepare a place, a job, a provision), or the hearts of other people ready.

Let me close by offering you a waiting strategy. Here it is: Lord, while I'm waiting on you to (fill in your answer), I will REST. Rest is an acronym:

R = Rejoice in Worship

E = Engage in Prayer

S = Spend time in Scripture

T = Trust His Timing

If you are in a time of waiting, trust the Lord to work in a special way to prepare you as you REST in Him. ■

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

OUTDOOR CHURCH SERVICE

- July 9th -

9:00 AM | FREE PANCAKE BREAKFAST

10:00 AM | CHURCH SERVICE

*Bring your chair
enjoy breakfast, and worship with us*

**free will donations to support special projects
with Pastor Training International**



NEWHOPECHURCH
Helping People Find and Follow Jesus

25712 US-6, ADEL • (515) 993-5325

WWW.NEWHOPEADEL.ORG



FIND US ON FACEBOOK, INSTAGRAM AND SPOTIFY

PROPER estate planning eases way

In 1964, my grandpa Edward Hall purchased 150 acres of prime farm ground in Madison Township, Poweshiek County, Iowa, just northwest of the town of Brooklyn. He bought the land for \$350 an acre on contract from his mother. Edward and his wife, Laura, spent years of their life, all their savings, and most of their spare time building that 150-acre tract into a crop farm, livestock operation, and a home. By 1976 (the year I was born), Grandpa and Grandma were farming corn, soybeans, oats and alfalfa. They raised pigs, cows and chickens. The homestead held a two-story farmhouse and numerous outbuildings. I lived there the first two years of my life and spent most of my summers there as a young



boy. A place I will always love.

In 1984, Edward met his reward, and Laura held an estate auction and moved to town. She sold Grandpa's equipment and livestock, including his beloved Allis Chalmers WD45, the only tractor he ever bought new, but she kept the farmland. From 1984 until her passing in 2016, Laura rented out the tillable acres to friends and neighbors and made sure the land was stewarded well. Upon her death, the family farm appraised at a little more than \$9,000 per acre. In addition to maintaining the original farmstead, Laura was able to acquire additional land in southern Iowa. Her prudence and frugality sustained her for more than 30 years after losing her spouse. The land was passed down to her sons.

This is every farmer's dream: to work the land in a way that sustains the family and then to leave it to their chosen heirs who

will continue that tradition. I was 8 years old the year we lost my grandpa. One night that summer, my dad asked me what I wanted to be when I grew up. "I want to be a lawyer," I said. The loss of my grandpa and the changes that followed likely influenced my answer that day.

Grandma Laura hired a local attorney after Edward's death who guided her through the probate administration of his estate and helped her plan for the decades spent living on her own. Once I received my license to practice law, I worked with her to ensure the farm stayed in the family after she died. Proper planning can ensure legacy, save money, and ease the anxiety of losing loved ones. ■

Scott Hall graduated from Drake Law School in 2008 and became a licensed attorney in 2009. He has lived in Adel with his family since 2014. Information provided by Scott A. Hall, Partner, Carney Appleby Law, 303 Locust St., Suite 400, Des Moines, 515-282-6803.



PROTECT YOUR LOVED ONES WITH PROPER PLANNING

CONTACT SCOTT - A LOCAL, ADEL ATTORNEY

AREAS OF PRACTICE:

- Estate Planning & Probate
- Real Estate
- Business
- Civil Litigation
- Wrongful Death



CARNEY
LAW APPLEBY

SCOTT A. HALL

(515) 282-6803 | hall@carneyappleby.com

carneyappleby.com

RECORDERS build musical skills

New units use instrument to teach additional concepts.



Students practice playing their recorders.

This past school year, Adel-DeSoto-Minburn students at Meadow View Elementary School had the opportunity to play the recorder as part of their music class. Last year also marked the first year that students began learning the instrument in the third grade. Prior to their lessons, students spent time learning how to read notes on the treble clef staff. They then spent five weeks learning the recorder and will continue to build upon what they learned when they take an additional recorder unit in the fourth grade.

"I enjoy teaching the recorder because I enjoy seeing it through the students' eyes as they get to learn how to make music with an instrument. Plus, we are all having fun doing it together," says instructor Courtney Albers.

During the unit, students learn a variety of music skills, such as introducing musical phrasing and articulation and learning how to read and understand music on a staff. In addition, students learn how to use air and breath control. Learning the recorder is a valuable tool for strengthening hand-eye coordination, fine motor skills, multitasking abilities, and aural recognition skills, says Albers.

"We are very lucky to have a fantastic set of Orff instruments in the music classroom that we use throughout the year. We also spend time learning how to read melodic and rhythmic concepts. Students also get to experience music through movement whether that is doing folk dancing, using a parachute or stretchy band, or doing singing games," Albers says.

Together, Albers' students have the opportunity to experience playing music as an ensemble when learning the recorder. They also have the chance to experience composing their own melody for the instrument.

"I am looking forward to continuing with the recorder next year with fourth graders. That will be the first year that students will have done a second unit on recorder in music class, and we will be able to learn more notes and expand on what we will learn in the third-grade unit," Albers says. ■

**CALL
ROTO-ROOTER
TODAY
for all
your
plumbing
needs!**

Serving Polk, Dallas, Warren, Guthrie, Madison & Clarke Counties

LIMITED TIME OFFER!

ROTO-ROOTER



\$25 OFF

ANY PLUMBING
MAINTENANCE,
INSTALLATION OR
DRAIN SERVICE.

Expires 9/30/23.
Must present coupon to technician at time of service.

**Clogged Drains • Full Service Plumbing • Hydro-Jetting
Camera Inspection and Locating Sewer Lines
Sump Pumps • Water Heaters**



OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

SAVE BIG

WITH A GRILLING BUNDLE!

Check out our
**PRIMAL
CUT CASE!**

Take-and-Go
Whole Beef Briskets
Pork Ribs, Loins,
Butts & more!

\$39⁹⁹

PER BUNDLE

Good Through 07/15/2023

4

Chicken Hind
Quarters

4

85% Ground
Beef Patties

4

Trimmed
Boneless
Chicken Breast

4

Ribeye Pork
Chops

2

8oz Boneless
Ribeye Steaks

PROPANE EXCHANGE

ONLY

\$16⁹⁹



FAREWAY
MEAT & GROCERY

Valid at Adel location only. Expires 7/15/23.

FAREWAY
MEAT & GROCERY

804 NILE KINNICK DRIVE S, ADEL
515-993-3660

OPEN 7AM – 9PM • MONDAY–SATURDAY
CLOSED SUNDAYS & HOLIDAYS

Find our weekly ad, promotions, recipes and more at www.Fareway.com



EVENTS IN THE AREA

Be sure to check for cancelations

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



Blood Drive

The Adel Community Blood Drive is Tuesday, July 25 from 9 a.m. to noon at Lincoln Savings Bank. Appointments are encouraged by calling 800-287-4903.

Museum open

The Adel Historical Museum, 1129 Main St., will be open every Saturday from 1-3 p.m. through the month of August.

Wednesday Night Meal

The Adel United Methodist Church, 115 S. 10th St., is hosting a weekly Wednesday Night Meal in the fellowship hall downstairs. Serving is 5-6:30 p.m. This is a freewill donation meal. All are welcome.

BINGO

6	22	34	53	72
11	27	38	56	71
4			52	69
13	21	42		67
14	24	32	59	68



Third Monday Bingo

Enjoy Bingo on Monday, July 17, 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. Bring a dauber if you have one. They will also be for sale.



Music Under the Stars

Various dates and locations

Music Under the Stars, one of the oldest musical traditions in Central Iowa, is in its 76th season. All concerts begin at 7 p.m. and conclude by 8:30 p.m. For the first time in the concert band's history, Music Under the Stars will be held at the Lauridsen Amphitheater at Des Moines Water Works Park July 9 and July 16. July 9, "Musical Madness," Vocals: Max Wellman. July 16, "Down on Bourbon Street" featuring NOLA. Vocals: Abbie Sawyer. www.musicunderthestars.org

Ankeny Chamber SummerFest

July 7-9

The District at Prairie Trail, Ankeny

This summer festival will contain plenty to fill up your post-fourth of July weekend with a grand parade, carnival rides, an entertainment garden and live music. ankenysummerfest.com

Four Seasons Festival

July 14-15

Polk City Square

There will be plenty to do to fill up your weekend at this year's Four Seasons Festival including a fun run, live music, parade, food and drink vendors, contests and fun for all ages. Fourseasonsfestival.com

Waukee Arts Festival

July 14-15

Centennial Park

Enjoy one of the area's fastest-growing and most exciting summer events with more than 100 vendors and concerts. Friday events begin at 5 p.m. with artist vendors, food trucks, beer garden and concert. The festival reopens Saturday, 10 a.m. to 10 p.m., with daytime music, art vendors, food trucks, beer garden, kids activities and concert. www.waukeeartsfestival.org



CALL US TO ELIMINATE HARMFUL HOME INVADERS

Paul's
AA Pest Control
Family Owned Since 1987.



515-993-3332

www.PaulsAAPestControl.com • paulspestcontroliowa@gmail.com

Affordable vehicles locally sold in Adel!

The Car Store

For up to date inventory go to www.thecarstoreiowa.com

20 YEARS OF SALES AND SERVICE EXPERIENCE!

510 Nile Kinnick Drive North, Adel / 515-993-4261

EVENTS IN THE AREA

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

Be sure to check for cancelations



Leprechaun Bags Tournament

July 15, noon

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

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information.

Clive Festival

July 21-22

East side of N.W. 114th Street, Clive

Greenbelt Landing will have fun for everyone including "Thunder Over Clive" fireworks, live music, the popular Clive Fire Department Slip-N-Slide, a running festival, food trucks and more. cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php



Summer Stir

East Village

July 21

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. Hosted by CITYVIEW from 5-9 p.m. summerstirs.dmcityview.com



National Balloon Classic

July 28 - Aug. 5

Memorial Balloon Field, 15335 Jewell St., Indianola

National Balloon Classic takes your eyes to the skies as pilots suspend more than 100 hot air balloons for competition. The event also features live music, food vendors, balloon rides, fireworks and more. www.nationalballoonclassic.com

ARE YOU PAYING TOO MUCH FOR A BAD WEBSITE?

We make professional websites simple.

ONLY
\$79
month
Plus one time production fee.

- **LOCAL**
People you know and trust.
- **QUICK**
Up and running fast.
- **MODERN**
100% mobile responsive design on all devices.
- **AFFORDABLE**
Flat fees, no surprise charges.

For a **FREE** design preview with no obligation, call Megan at 515-360-1225 or email megan@iowalivingmagazines.com.

www.biggreenwebdesign.com



Best Protection and Prices Tailored to You

As an independent agency, we can tailor the best insurance protection at competitive prices. We represent only the finest insurance companies, including Auto-Owners Insurance Company, which has truly earned the reputation as The "No Problem People."

Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS

TRUSTED CHOICE
RIVER VALLEY INSURANCE, LLC
819 Main Street • Adel • 515-993-3515

"It's been through the addition of MAPLE that we have been able to get the kids to talk."



To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:



GET ZAPPA
ZAP THE CODE TO DONATE
Available on the App Store and Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

RONI'S helping heart traveled many paths

From career to retirement, caring for others has been at the forefront.

Raised on a farm between Boxholm and Pilot Mound, north on Highway 169, Ronalda "Roni" Dick began her life in a pastoral setting during the mid-twentieth century. However, like many "farm kids" from Iowa, she grew up to pursue interests away from the farm.

"I have always loved the country and nature and continue to enjoy gardening," says Roni, a former Master Gardener, "so the farm life is still with me today. In the past, I really enjoyed working on the Rotary Club Gardens on the Courthouse grounds."

Being the oldest of four, and the only girl, Roni developed her nurturing nature at a young age, overseeing her three younger brothers. She attended a small consolidated country school and graduated from Grand Community High School as valedictorian of her class of 24 students.

"I was shy as a child, so my small school experience was probably good for me," says Roni. "However, I went to Iowa State after high school, and it was like 'a kid in a candy store' — so many options and exciting things to study. I was interested in everything and switched my major from history to zoology to general studies. Finally, with my interest in science and helping others, I transferred to the University of Iowa and graduated with a bachelor of nursing in 1975."

From there, her path led to more education and more experiences. Beginning her nursing career in clinical care at Fort Dodge Trinity Hospital, she continued her education to receive her master's degree in nursing and to have a career in emergency services, critical care, home care, public health and hospice. The wide variety of roles she held included director of emergency



rooms and paramedical services; instructor in advanced cardiac life support; and direct clinical care in hospice, home care and public health. During this time, Roni married, had two children, divorced, and continued to work in Des Moines, Webster City and Minnesota.

"I have always felt the need to be a caregiver and to challenge myself to do the very best job I can for the patient," says Roni.

Returning to Iowa, Roni met an old friend, Marv Dick, now a widower and principal in Fort Dodge. They fell in love and, with his two children, created a "blended family" of adult children and together welcomed nine grandchildren.

Marv had been raised in Winterset and soon Roni was back in the country on an acreage near Earlham. About nine years ago, they moved into Adel with Roni and Marv's retirement. That is when her volunteering began.

"Full-time work and raising children on my own made it difficult to volunteer, but when I retired, since I was used to being busy, it was a natural transition to volunteer to help others," says Roni.

Marv passed away in 2019, so Roni had even more time to volunteer. She has been assisting a wide variety of organizations and individuals ever since.



BigDeal Car Care Office Assistant Paula James with Good Neighbor Roni Dick.

Roni volunteers at the Adel Food Pantry three times a month and has served on the board. She is part of the Works of Mercy Team at St. John's Catholic Church, which does monthly service projects for the community. She is an officer in both the Adel Women's Club and P.E.O. Chapter DR in Adel and is willing to help with their projects and fundraising. She has worked as a volunteer precinct election official.

Currently, Roni is training to be a SHIIP counselor for Dallas County. SHIIP (Senior Health Insurance Information Program) helps people understand the choices of Medicare plans. If anyone is interested in more information, call Dallas County Public Health at 515-993-3750.

"I believe our lives are about service to others," says Roni. "There are just so many different ways to serve. I love meeting new people from all different walks of life and backgrounds, just as I did in my career. There is just so much to be done in retirement." ■

Do you know a Good Neighbor who deserves recognition? Nominate someone by emailing tammy@iowalivingmagazines.com.

**Conveniently located in Adel
with pick-up and delivery service.**

That's a BIG DEAL!

BigDeal
CAR CARE

Book your appointment online today.

27836 FAIRGROUND ROAD, ADEL • 515-491-0311 • WWW.BIGDEALCARCARE.COM





CITY HALL

Administration
Public Works
Compliance Officer
Parks and Recreation

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

M-Th 7:30 a.m. – 4:30 p.m.

F 7:30 a.m. – noon
www.adeliowa.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

LIBRARY

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

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center

515-993-5246

Ankeny Sanitation

515-964-5229

S. Dallas Co. Landfill

515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters

515-993-4436

Mayor Pro Tem

Shirley McAdon

515-993-4862

Bob Ockerman

515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

Dan Miller

515-979-6119

www.adeliowa.org



UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, July 11th, 2023** at 6:00pm

**For additional meeting dates/times, meeting information, or to subscribe for email notifications when Agendas are posted for City Council meetings please visit www.adeliowa.org/agendas-minutes/*

REMINDERS & CLOSURES:

- **Tuesday, July 4th, 2023:** City Hall will be closed in observance of Independence Day.
- The use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- Yard waste pickup every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

JOB OPENINGS WITH CITY OF ADEL

Visit adeliowa.org/permits-and-forms/employment-application/ for all our current job openings with the City of Adel.

HONOR THE CALL TO SERVE:

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Applications are available online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

The openings for terms that started July 1, 2023 are:

- 1 Planning & Zoning Board position
- 1 Board of Adjustment position
- 1 Historic Preservation Commission position

**Iowa Code 69.16A – Gender Balance requires City boards, commissions, and committees to be gender balanced. After a three-month good faith effort to correct a gender imbalance, all qualified applicants may be considered.*

PARKS & RECREATION ACTIVITIES:

Adel Parks & Recreation has various family friendly events throughout the summer. Learn more about them below. For more information and to register, visit adel.activityreg.com.

- **MOVIES IN THE PARK** – Second of three showings is Friday, July 28 in Island Park. Bring your chairs and blankets starting at sunset. Movie is Lightyear.
- **FOOD TRUCK FRIDAY** – Friday, July 28 prior to the movie showing in Island Park.
- **BEAN BAGS LEAGUE** – Seven weeks of league play followed by end-of-season tournament. Held on Thursday evenings starting August 17. Cost is \$50/team. Held at Kinnick-Feller Park. Registration deadline is July 28th.



ADEL FAMILY AQUATIC CENTER

Season passes, swim lessons, birthday parties, and private rentals can be purchased online at adel.activityreg.com

Military Day – Current and past military members and family receive free admission into the aquatic center on July 4th.

Food Truck Friday – Come eat dinner @ the pool prior to your evening swimming! Friday, July 7th.

Swim with the Mermaids – Swim with the Mermaids on July 14th 6-8pm.

Cardboard Boat Regatta – The 5th Annual Cardboard Boat Regatta will be held on Friday, July 21st starting at 6pm.



JULY 1ST, 2023, PROPOSED UTILITY RATE INCREASES

New rates will be assessed on the bill due July 20th, 2023 (from readings taken on June 20th).

- **Water:** Minimum Monthly Charge (2,000 gallons): \$32.84
\$16.42 per 1,000 gallons
- **Sewer:** Minimum Monthly Charge (2,000 gallons): \$31.08
\$15.54 per 1,000 gallons
- **Storm Water:** \$3.60 per ESU and CSWI \$6.00
- **Garbage:** \$13.80 per Bin
- **Recycling:** \$4.34 per Bin (including yard waste pickup)



CITY EMPLOYEE CONGRATULATIONS

Olivia Osborn, Library Marketing and Collection Manager, received her 5 years of service award at the City Council meeting on June 13th. Thank you for your service, Olivia!

GET TO KNOW...

AMY PUCK

What is your title? Library Patron Services Manager

What is your past work experience? Former General Manager of Borders Books

How long have you been working for City of Adel? 4 years

What are you excited about for your department's future plans? To see the library grow and continue to meet the needs of this community.

What is a hobby you enjoy? Other than reading, I enjoy playing Dungeons and Dragons.





BOYS' TRACK

CONGRAT

ON YOUR SEASONS!

2022-2023 ADM TIGERS



Photography by Fine Art



BOYS' SOCCER



GIRLS' TRACK

ULATIONS

Adel 
DENTAL GROUP
 Dr. Eric Anderson, DDS • Dr. Rachel Reis, DDS
 (515) 993-4333 • 202 Nile Kinnick Drive S, Adel
WWW.ADELDENTALGROUP.COM

 **Adel HealthMart.**
 PHARMACY
 113 N. 9th Street
 Adel, Iowa • 993-3644
www.adelhm.com

TAKING NEW PATIENTS
Adel Vision Clinic
Quality Eye Care on the Square
813 Main St. | 515-207-7400
 Lucas Bell, OD | Barbara Scheetz, OD
adelvisionclinic.com



GIRLS' SOCCER



BOYS' GOLF



GIRLS' GOLF

CALDWELL PARRISH
FUNERAL HOME & CREMATORY
McCALEY CHAPEL
735 South 14th Street, Adel | 515-993-4240
www.caldwellparrish.com

FINE ART
photography
901 MAIN STREET / ADEL, IA 50003
515-993-4667

CORE
Physical Therapy
803 Cottage Street, Adel
515.993.5599 • www.CorePTiowa.com
Mike Burggraaf, Jodi Hook, Alicia Fisher, Justin Scherff, Robin Forster

FAREWAY
MEAT & GROCERY
YOUR FULL SERVICE GROCERY STORE
515-993-3660
804 Nile Kinnick Drive S. • Adel
OPEN 8AM TO 9PM • MON. - SAT. CLOSED SUNDAY

GO TIGERS!
FARM BUREAU FINANCIAL SERVICES
John Harada
112 Nile Kinnick Dr S, Adel
PO Box 218
(515) 993-4267
johnharada.fbfsagent.com

SAVE MORE MONEY
SELLING YOUR HOME.
FSBO HOMES.COM
Locally Owned by Dee Davis OF CENTRAL IOWA
FSBOhomes.com **515-393-4688**

NEW WORLD TRAILER
ADEL, IA
NWTRAILER.COM
27890 FAIRGROUND ROAD
ADEL • 515-993-3770
GO TIGERS!
NWTRAILER.COM

Raccoon Valley Bank
ADEL • 515-993-4581
www.raccoonvalleybank.com
Dallas Center 992-9200 Grimes 452-0812 Minburn 677-2258 Perry 465-3521

IOWA
Living
MAGAZINES

KEENAN'S 'gift' guides his chainsaw

Removal of ash trees turns into public art project.

Most of us have a job, some of us have vocations, and a few of us are given a “gift” — a talent that is in us from the beginning and searching for a way to be expressed. Gary Keenan of Des Moines has been given the visual perception, the physical strength and the attention to detail to be a renowned chainsaw sculptor. Many of the residents of Adel have recently been touring Kinnick-Feller Park to view the intricate sculptures Gary has created from the trunks of five ash trees that needed to be removed from that park and the two from Island Park.

The first to appear was an eagle with a fish in its talons, an appropriate addition to the park near the Raccoon River, where eagles have been sighted. Then, an ADM Tiger was sculpted near the ball fields, a fox in Island Park, cardinals by the entrance to Oakdale Cemetery and more.

“In all, there will be seven tree trunk sculptures completed by Gary,” says Nick Schenck, director of Adel Parks and Recreation. “We talked as a staff to determine the list of sculptures and their locations.”

Curtis Waddingham, Adel parks superintendent, had the idea to contact Keenan. Since the bid for tree removal was lower than expected, money was available to hire Keenan for the carvings.

“I had heard about Gary and seen his work around the area and hoped we could turn the tree removal into a positive impact,” says Waddingham.

They started talking in January about the possibilities as they walked around the parks and pointed out the trees to be removed.

“We discussed the ideas with Gary, and he would look the tree over and draw a line where he wanted the tree trunk to be cut,” says Waddingham. “He wanted to ‘oversize’ the piece for the subject.”

People ask Keenan if he sees a certain sculpture in the piece of wood he’s examining.

“The truth is, given a certain size and shape of wood, I can make hundreds of different possibilities. I try to listen to the customer and carve what they want, but relate the size of wood needed to make their desired piece.”

In March, the trees were removed and Keenan has been carving as his schedule permits. He often has two or three jobs going at the same time and rotates according to weather, time commitments, etc.

“I started playing around with carving when



Gary Keenan has turned the trunks of ash trees that had to be removed into works of art.

I was a young man,” says Keenan. “I was intrigued with the idea of carving something out of wood. I do seem to have a certain connection to trees.”

The last time he was in an art class was in junior high. One evening, while in a friend’s backyard, he was challenged to carve an old log that was in the yard with a chainsaw.

“I said, ‘I think I can do it,’ and my friend laughed at me, which made me more determined,” says Keenan.

It was process with a learning curve, trying different techniques. However, for the last 23 years, he has made tree carving his full-time business, traveling all over the United States. He has been invited to attend numerous exclusive, juried competitions in England and Scotland. And, you might recognize him as one of the chainsaw carvers at the Iowa State Fair.

His main tool is the chainsaw, but he also uses a die grinder, which is a small rotary grinder. Sanding and finishing his pieces, he often stains them in brilliant colors to enhance



Gary Keenan, sculptor, and Curtis Waddingham, parks superintendent, with one of Keenan’s works.

their appearance.

“I am lucky to have tree carving as a career,” says Keenan. “I enjoy doing it, and I get paid for it. I plan to continue as long as I am physically able to handle the saw; however, it is a dying art, so I am very busy. I am trying to take it easier, now that my wife and I are ‘empty-nesters,’ so I am limiting the distance I go to carve, but I still seem to work year around, even in Iowa.”

Keenan’s wife, Gail Perkins, is a nurse and also an artist that works in a unique medium of medicine caps. She has a “Tree of Life” mural on display on the ninth floor of Mercy Downtown and recently had a month-long art show at a coffee house in Des Moines.

Some evening when the hot summer day has cooled, drive, bike or walk through Kinnick-Feller Park and Island Park and see the beauty that can be created by a gifted artist who uses a chainsaw on a dead tree stump. ■

ADEL Public Library news

Is it too hot to play outside in the afternoon? Get out of the sun and come to the library to cool down. We have many fun programs planned this month; check them out below.

Early education and special storytimes

Join us for early education programs and a few special storytimes this month.

- My First Storytime – every Tuesday in July, 9:30 a.m. and 10:30 a.m.
- Discovery Time – every Wednesday in July at 9:30 a.m.
- Preschool Storytime – every Thursday in July, 9:30 a.m. and 10:30 a.m.
- *Poolside Storytime – July 7 at 11 a.m.
- Storytime at Kinnick-Feller Park – July 10 at 9:30 a.m.
- *Instrument Petting Zoo – July 11 at 1 p.m.
- Dallas County Conservation Storytime – July 21 at 10 a.m.
- Storytime at Kinnick-Feller Park – July 24 at 9:30 a.m.

**Programs with an asterisk require registration. You can easily register at adelpl.org.*

Youth programs

Along with all of our regular programming, we have some cool STEAM events for elementary kids and teens this month.

- Teen Advisory Board – July 6 at 4 p.m.
- Tail Wagging Readers – July 6 at 4:30 p.m.
- *Nerf Battle (2nd-5th grade) – July 7, 2-3:30 p.m.
- *Teen Nerf Battle (6th-12th grade) – July 7, 4-6 p.m.
- Teen: New Book - Book Club – July 13 at 4 p.m.
- Music & Fun with Duke Otherwise (fun for the whole family) –

July 14 at 1 p.m.

• STEAM Pop-Up with Iowa PBS – July 17-20. Check our website for specific times.

- *Elementary STEAM program with ISU Extension – July 18 at 1 p.m.
- *Teen STEAM – July 20 at 4 p.m.
- *Reader's Theater for Kids – July 24-27 at 1 p.m. each day.
- Balloon Storytelling Show (fun for the whole family) – July 24 at 6:30 p.m.
- Reader's Theater Performance – July 27 at 3 p.m.

**Programs with an asterisk require registration. You can easily register at adelpl.org.*

Adult programs

If you're an adult looking to get out of the house, we have plenty of options for you, too.

- Yoga at the Library – Every Wednesday in July, except July 19, at 5:45 p.m.
- Exercise Group – Monday-Thursday at 9 a.m.
- 50s+ Senior Gathering – second and fourth Tuesday of the month at 10 a.m. (July 11 will be from 9 a.m. to noon).
- Brown Bag Book Club – July 13 at noon.
- Cook Book Club – July 19 at 11 a.m.
- Evening Book Club – July 27 at 6 p.m.

Thank you to everyone who has made Summer Reading 2023 such a huge success so far. ■

Retire in a way you never thought possible.

DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsiowa.com | 515-215-7114

105 W Salem Avenue, Indianola

**Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.



Andrei Murphy
President

NEED NEU BLINDS?

**CALL JAMES FOR A
FREE QUOTE!**

**WE WILL
BEAT ANY
COMPETITOR'S
PRICE BY 10%!**



Neu Blinds

**CALL TODAY FOR YOUR
FREE CONSULTATION
515-250-5543!**

GRABER. | DELIGHT IN
EVERY DETAIL

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many styles & brands to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.



HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

HOW DO I SCHEDULE AN APPOINTMENT?

Call 515-987-0051. We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive

waggonerpeditrics.org

RECIPE

BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■

Brunch board with a twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.

Live at COUNTRY LANE LODGE

FOOD TRUCKS & LIVE MUSIC

Wednesdays June-August
5PM-8PM
FREE LIVE MUSIC + FULL BAR
OUTDOOR PATIO + INDOOR AIR CONDITIONING

JULY SCHEDULE

JULY 12 - HOTSY TOTS & JUSTIN SCHNEIDER
JULY 19 - WAHLBURGERS & PAIGE & REGI
JULY 26 - MACTOPIA & BRIAN HERRIN
AUGUST 2 - WAHLBURGERS & COREY JAMISON

29300 PROSPECT CIR, ADEL WWW.COUNTRYLANELODGEIOWA.COM

FUN FOR THE WHOLE FAMILY

July 18
\$1 Hot Dogs
Berkwood

July 23
Betfred Sunglasses
Giveaway
Betfred

August 1
\$1 Dogs
Berkwood
Dog Days
AHL | Tito's | Paws & Pints |
Premier Credit Union | Star 102.5

August 4
Cubbie's Birthday
Iowa One Call

WARRIOR DEFENDERS
JULY 8
Character Appearances from
Ant-Man & Hulk

IOWA OAKS POWDER BLUE REPLICA JERSEY GIVEAWAY JULY 20

GREAT BASEBALL. FANS. FUN.

CALEB KILIAN BOBBLEHEAD GIVEAWAY JULY 22

TICKETS & MORE AT IOWACUBS.COM



Employee Spotlight

Congratulations to our Raccoon Valley Bank Team Members



Tod Ellis RETIRING CHIEF CREDIT OFFICER

Raccoon Valley Bank would like to announce the retirement of Tod Ellis. Tod spent 40+ years in banking, including the past 7 years with RVB. Tod began his career as a loan officer in the Omaha area developing his skills with 4 different banks before becoming Raccoon Valley Bank's Chief Credit Officer in December 2015. Tod will be spending his retirement on the beaches of Florida with his wife Wendy and is looking forward to full days of golfing and boating. He also will enjoy spending more time with his daughters. We wish Tod all the best in his retirement and appreciate the years of service and dedication to Raccoon Valley Bank.



Thomas Book CHIEF CREDIT OFFICER

Raccoon Valley Bank is proud to announce the recent promotion of Thomas Book to Chief Credit Officer. Thomas has been a member of the Raccoon Valley Bank team for nearly two decades. His career has covered all facets of lending, including his most recent position as the Adel Market President for the past ten years. With the promotion Thomas will oversee the bank's loan operations staff, credit administration staff, and the overall safety and soundness of the bank's loan portfolio. Thomas and his wife Jenny live in rural Adel and have five school aged children. Thomas is heavily involved in youth sports and several community boards. In addition, Thomas enjoys managing his family's cash grain farming operation. Thomas is thankful for this opportunity to continue to grow with and serve the owners and customers of Raccoon Valley Bank.



Chris Watkins CHIEF LENDING OFFICER

Chris Watkins has been in commercial lending for over 23 years, spending the last ten as a Market President for Raccoon Valley Bank. Prior to starting his banking career, Chris graduated from Iowa State University with a degree in mathematics and spent two years as a high school math teacher. He then returned to Iowa State University earning a Master of Business Administration degree with a Finance Specialization. To add to his impressive resume, Chris has also taken numerous professional development opportunities, including obtaining his Certificate of Executive Leadership from the Graduate School of Banking in Madison, Wisconsin in 2013. Chris has lived in Grimes, Iowa, since 2004 with his wife of over 23 years, Heidi, and their two children, Lainey 20 and Sam 17. In addition to spending time with his family, Chris is very active in his community. He has been involved in the following organizations over the last 20 years: DCG Soccer Club, DCG Basketball Club, Rotary Club, Grimes Chamber of Commerce (Board Member), and the Dallas Center-Grimes Education Foundation (Board Member). Raccoon Valley Bank is pleased to announce Chris Watkins as its new Chief Lending Officer.

**Just
Right**
FOR YOU



Raccoon Valley Bank

ADEL
1009 Court Street
515-993-4581

DALLAS CENTER
590 Sugar Grove Ave
515-992-9200

PERRY
1202 2nd Street
515-465-3521

GRIMES
1051 NE Gateway Drive
515-452-0812



www.raccoonvalleybank.com

Member
FDIC

INDEPENDENT pharmacies: at the heart of the community

Does your pharmacist know your name or sponsor your child's Little League team? Has your pharmacy ever stayed open late or gone in after hours for you? Has your pharmacist worked with your doctor to find a medication that was more affordable under your health plan or had fewer side effects? If you answered yes, you have likely chosen a locally owned, independent pharmacy. Why? Because independent pharmacies are known for dispensing far more than medications.



tens of thousands of pharmacies in the U.S., independent pharmacies make up roughly 35% of all pharmacies. While big box stores are more likely to offer longer hours or the freedom to refill your prescription at multiple locations, independent pharmacies are noted instead for their personal care, which explains why they are consistently at the top of the list in ratings for customer service. You are more than a prescription number; you are a friend and neighbor.

The ability to provide care and impact the lives and health of their patients outweighs the desire to churn out prescription after prescription. Business matters. Patients matter more.

Independent pharmacies have continued to carve out a niche by adding services to benefit their customers and their communities. These health and wellness services in turn drive higher satisfaction among customers. Services your local independent pharmacy might offer include:

- Local delivery
- Medicare Part D plan reviews
- Compliance packaging
- Medication synchronization
- Flu shots or other immunizations
- Diabetes services
- Medication therapy management (MTM)
- Point of care test services
- Medication flavoring

More complex patients are more likely to be drawn to — and benefit from — an independent pharmacy. Developing close relationships and receiving personalized care from their pharmacist can lead to improved outcomes. Adding in services like MTM, delivery, and medication synchronization (coordinating all of your medications for same-day refill each month) can help patients with difficult medicine regimes stay compliant with their doctor's treatment plan, leading to better health. ■

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

WHY Adel HealthMart?

- Free Delivery in Town
- Specialty Medicine Packaging
- Immunizations
- Blood Pressure Machine
- Order Refills Online
- Photo Developing Kiosk
- Gifts, Cards and Candies



VOTED
FAVORITE
PHARMACY
IN DALLAS
COUNTY!



113 N 9th Street, Adel • 515-993-3644 • www.adelhm.com - Newly improved with you in mind!





IAN MUNSTICK

== WITH SPECIAL GUEST KYLIE FREY



LIVE IN CONCERT!

FRIDAY
JULY 14

SHOW STARTS AT 7PM
GATES OPEN AT 6PM

TICKETS AND INFO AT
WWW.DALLASCOUNTYFAIR.COM/ENTERTAINMENT

DALLAS COUNTY FAIR

JULY 12-16

28057 FAIRGROUND ROAD, ADEL

FREE ENTERTAINMENT

FOOD • LIVESTOCK SHOWS
GAMES • PET SHOWS • 4H EXHIBITS
and SO MUCH MORE!



VISIT WEBSITE FOR FULL SCHEDULE
DALLASCOUNTYFAIR.COM

THURSDAY, 7PM
JULY 13

MUTTON BUSTIN' and RODEO
Live music by Lucas Beebe following rodeo

FRIDAY, 7PM
JULY 14

**IAN MUNSTICK with special guest
KYLIE FREY IN CONCERT**
Gates open at 6pm

SATURDAY, 6PM
JULY 15

FIGURE 8 RACES
and Live Music from Eric Chesser

SUNDAY, 4PM
JULY 16

TRUCK PULLS
Presented by Central Iowa Truck Pullers

CORE

Physical Therapy

Proudly serving the Adel community and surrounding area since 2004!



Alicia Fisher, PT, DPT • Justin Scherff, PT, DPT • Jodi Hook, PT, MS • Mike Burggraaf, PT, DPT, LAT • Robin Forster, PT, DPT

MONDAY–FRIDAY 6:30AM–5PM

803 Cottage Street, Adel

515-993-5599 • www.coreptiowa.com

HEALTH

By Alicia Fisher, PT, DPT

DO I have poor posture?

It is possible to have increasingly poor posture and not know it. Often, poor posture is a consequence of our lifestyle and can be caused by our habits, injury, stress and genetics. Thankfully, some of these are correctable.

We may be slumping over our keyboard at the office or lifting heavy objects or children incorrectly without recognizing we are doing this. These actions quickly become a habit, resulting in a possible rounded back and/or neck that can lead to back, shoulder, hip and knee pain. Poor posture can also keep you from breathing as deeply as you need to for good health.

If you are experiencing aches and pains as a result of poor posture, there are a few things you can do at home to improve your posture and avoid injury. This may include maintaining an upright posture when sitting or standing, stretching prior to physical exertion, stretching often if you have to be in a stationary position for a long period of time, taking advantage of strength in your legs when lifting heavy objects or children, and correcting yourself when you notice you are slouching. ■



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

HEALTH

By Leslie Herron

TREATING poison ivy

Growing up, my parents said you only get poison ivy by touching the leaves when they are red and shiny. That's not true. Urushiol, the oily resin that triggers an allergic reaction, is found throughout the year in all parts of the plant.

Brushing against any part of the plant or touching anything that's been in contact with the plant — your clothes, shoes, garden tools, or your pet — can cause an allergic reaction.

If exposed to urushiol, wash with soap and water (dish soap is best) ASAP, ideally within an hour. Also wash anything that might have been contaminated. An example might be your dog leash if exposed on a walk.

Most importantly, do not scratch. Urushiol will spread from underneath your fingernails.

Symptoms may not develop immediately. A red, itchy rash that sometimes features blisters may start from four hours to four days after exposure.

To treat, start with over-the-counter remedies. A thin layer of 1% hydrocortisone cream on the affected area may help a mild case. Try other topical anti-itch products, such as calamine lotion or Sarna lotion with menthol. Once poison ivy spreads, these remedies are minimally effective.

Check with your pharmacy for specialty products proven to work well on poison ivy. A health care provider may prescribe oral steroids. ■



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



Sumpter

PHARMACY

**Happier
at Home**

**PROUD TO BRING YOU ANOTHER
LOCALLY OWNED BUSINESS!**

OFFERING IN HOME CARE!

- Meal Preparation
- Light Housekeeping and Errands
- Monitoring Bathing and Dressing
- Medication Reminders
- Transportation
- Care Advocacy and Hospice Support

Locally Owned. Locally Loved

www.sumpterpharmacy.com

628 Nile Kinnick Drive South, Adel • 515-993-1119

Monday–Friday 9am–6pm • Saturday 9am–1pm

PROTECT yourself from the sun

"Some old fashioned things like fresh air and sunshine are hard to beat." — Laura Ingalls Wilder.

Come July, sunshine becomes the focus for the days' activities. Is there enough for the garden? To go to the pool? Although I love the longer, beautiful days and the chance for outdoor activities, as a healthcare provider, I am constantly lecturing "Sunblock! Sunblock! Sunblock!" to those who just want to enjoy it. I'm sure you have guessed my topic of the month. Yup, July is UV Awareness month.

Ultraviolet rays are the root cause of most skin cancers. The American Academy of Dermatology recommends three protective steps when you are outdoors. 1. Seek shade when you can. 2. Wear sun-protective clothing. 3. Apply a broad spectrum, water-resistant sunscreen SPF 30 or higher and reapply at least every two hours.

Skin cancers are at minimum, disfiguring, and, at worst, can be life threatening. So, enjoy that beautiful gold ball in the sky, but protect your skin. Sun safety is often practiced by people at the pool or the beach when it is hot out. However, the risk of sun exposure is not temperature dependent. So whether January or July, apply SPF to that exposed skin when you are outdoors. Be sure to remember tops of ears, backs of hands, and, for those of you with my husband's hair style, don't forget the top of your head. ■

Information provided by Delecia Crannell, ARNP, FNP-BC, Triune Health and Wellness, 715 Cottage Street, Adel, 515-478-9660.



GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.

Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up.

Appreciating life's good moments sweetens our experience and, eventually, the experience of others. ■

Information provided by Elijah Johnson, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com.



New Primary Care Clinic

NOW OPEN
IN ADEL

Independent Primary Care Family Practice

Including:

- Annual Exams
- Sports Physicals
- Chronic Care Management
- Wellness Counseling

Scan to
schedule an
appointment!



Triune
HEALTH & WELLNESS

Delecia Crannell, ARNP, FNP-BC

715 Cottage Street, Adel
515-478-9660

Located next to Athletico Physical Therapy

ACCEPTING MOST MAJOR INSURANCE PLANS

SS Therapy and Consulting



Taking on life's
challenges one step at a time.

www.sstherapyandconsulting.com

Accept Most
Insurances
Offer Free Services
Through Interns

Therapy
for All Ages
Most insurances
accepted.

Neurofeedback
Brain Maps
and Training
Available.

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

LAWN CARE

By Kevin Johnson

WHITE GRUBS can be a menace to your lawn

The larvae stage of the Northern Masked Chafer, more commonly known as the June bug, can cause serious damage to your lawn if they are present in significant enough numbers.

This stage of the insect's life causes havoc by eating the root system of the grass plants that make up your lawn. There are several tell-tale signs that your lawn has suffered grub damage. One symptom is that your grass can be peeled back like a piece of sod easily. Once peeled back, a white C-shaped insect is usually easily seen at the top of the surface. It normally takes 8-10 white grub larvae per square foot to cause this type of damage. Another symptom is when skunks, raccoons, birds, and/or moles start to flip the sod over as they forage on these insects.

Fortunately, there is a preventative grub treatment. Late June and early July is normally the ideal time to apply treatments.

Ask your lawn care professional to get the information on how to effectively prevent this menace from causing damage to your lawn. Remember this: When it comes to white grubs, you can pay a little to prevent the damage now or a lot to fix the damage they cause this fall. ■

Information provided by Kevin Johnson, All American Turf Beauty, 311 DeSoto Road, Van Meter, 515-996-2261.



LETTER

LETTER to the editor

Today, June 13, 2023, as I was riding down the streets of Adel looking at all of the flags waiting for Flag Day, June 14, 2023, I reflected on the 78 years of my life and the places I have been. Adel looked like a little town right from a Norman Rockwell picture. More than that for me because, as most of you that will read this writing know, I am a person of color. Today, I was greeted by everyone I passed in my truck, in Casey's and all through the town of Adel. I have lived other places, and I must say that, through my life in those other places, I was discriminated against in jobs and in public places, etc. The one thing that I have found, living in Adel and Dallas County, is that I have always been treated like a welcomed member of the community. I have lived here for approximately 20 years. This is just to say thanks to all of you for making me feel at home! I love my Iowa and Adel and Dallas County. What a wonderful place to live. Thank you! ■

— Richard Beechum

NEWS BRIEF

ROTARY funds books for vending machine



Principal Jodi Banse receives a check for \$1,200 from Adel Rotary President Bob Grove for books to help stock the new book vending machine at ADM Meadow View Elementary School. Students earn vending machine coins for various academic, leadership and character achievements throughout the year. Choosing a book to keep is their reward. ■

If You've Tried The Rest...

NOW TRY THE BEST!

Best Fertilizer. Best Weed Control. **Guaranteed Results.**

**ALL AMERICAN
TURF BEAUTY® INC.**

FREE

First Application

with a Seasonal Program

Valid only with a 5 or 6 step program. Valid on lawns up to 15,000 square feet. Not good with any other offer. New Clients Only. Expires 8/1/2023

CALL FOR YOUR FREE ESTIMATE!

515-279-4008 www.allamericanturf.com

Suggest a teacher

for an *Iowa Living*
education column!

Send an email to
tammy@iowalivingmagazines.com

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

2024 MANUFACTURED HOMES, (14x60) 2Br, 2x6 Const., Wood Sheathing, Vinyl Siding \$45,999. (16x80) (3Br- 2Ba.) \$66,999. (28x64) (4Br-2Ba) \$79,999. Delivered Factory-Direct, E. Of I-35, North of I-80, to Minnesota Border. 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES OF OSKALOOSA 641-672-2344 (mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-877-978-2510. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

Donating your vehicle? Get more! Free Towing. Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today - 1-855-977-7030. (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

FREE high-speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-443-3789. (mcn)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirecTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. \$84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

FINANCIAL

The COVID crisis has cost us all something.

Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

DIAGNOSED WITH LUNG CANCER and 65+? You may qualify for a substantial cash award. NO obligation! We've recovered millions. Let us help!! Call 24/7, 1-866-533-1701. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental-50plus.com/https://www.dental50plus.com/midwest #6258 (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

MISCELLANEOUS

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call 1-866-585-7073. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Beautiful walk-in showers with no slip flooring. Also, grab bars and seated showers available. Waiving All Installation Costs, Plus No Interest and No Payments for 1 Year. 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing- Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706

or visit dorranceinfo.com/Midwest (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Trouble hearing your TV? Try TV EARS Voice Clarifying Wireless TV Speaker. Better than a soundbar and/or turning the TV volume way up. Special, limited time \$50 off offer. Call TV Ears. Use code MBSP50. Call 1-844-455-0505. (mcn)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

Are you a pet owner? Do you want to get up to 100% back on Vet Bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-888-680-3016 to get a free quote or visit mfcp.com (mcn)

My Caring Plan has helped thousands of families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 833-656-3112. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

Viagra stop overpaying! Generic Viagra or Cialis 70 tablets - only \$99 shipping included! USAServicesOnline.com call now 888-203-0881 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-

1936 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24. 1-866-479-1516 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Switch & save up to \$250/yr on talk, text & data. No contract or hidden fees. Unlimited talk & text with flexible data plans. Premium nationwide coverage. 100% U.S. based service. Call 1-855-903-3048 (ACP)

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936 (ACP)

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/one-time \$20 copay. Free shipping. Call Maxsip Telecom! 1-833-758-3892 (ACP)

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call National Debt Relief to find out how to pay off your debt for significantly less than what you owe! Free quote: 1-877-592-3616 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Are you a pet owner? Do you want to get up to 100% back on vet bills? Physicians Mutual Insurance Company has pet coverage that can help! Call 1-844-774-0206 to get a free quote or visit insurebarkmeow.com/ads (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP) ■

Styles the entire family will
LOVE.



SCHEDULE YOUR EYE EXAM TODAY!

Adel Vision Clinic

Quality Eye Care on the Square

813 Main Street, Adel • 515-207-7400
adelvisionclinic.com • M-F 9 a.m. to 5 p.m.

CHAMBER NEWS

By Jackie Wilson

SOULSHINE yoga + fitness

Newcomer feels supported by the community.

When Cara Campbell's family moved to Adel in 2022, one of the first things she noticed was that Adel was missing a yoga studio. As a long-time group fitness and yoga instructor, her move coincided with a career transition, and she felt God led her to open a yoga studio in Adel.

SOULSHINE yoga + fitness opened June 3 at 911 Court St. and offers a variety of yoga and fitness classes, inspiring people to live a vibrant life and "shine from the inside out."

Before her dream became a reality, the first person she called was Deb Bengtson with the Adel Chamber to "pick her brain."

"Deb was incredibly gracious as she answered numerous questions about business ownership," she says. "Being new to Adel, Deb provided insight I could not have gained otherwise."

SOULSHINE got off to a bumpy start, as their original contractor bailed after a grand opening date was set. However, Cara's yoga practice, coupled with her belief in God's perfect timing, kept her level-headed.

"We scrambled to find someone capable and wound up with an incredible contractor who created a beautiful space for our members to enjoy."

Two weeks after opening their doors, more than 50 members attended classes regularly. The Chamber's ribbon-cutting ceremony helped introduce Cara to the business community.

The Adel Chamber has been helpful in connecting Cara with people and resources to get her business running.

"My background is in education, so I'm new to the business world. The chamber's support has been very valuable," she says. "Being involved in the chamber is a way for me to put down roots in our new community, support other local businesses, and, ultimately, help the Adel business scene thrive."

SOULSHINE gives back to the community through their "mission of the month." Their Sunday morning yoga class is offered to the public at no charge. Instead, donations are accepted to benefit local Adel organizations committed to serving others.

Although the business has only been open a short time, Cara says she has noticed how friendly and supportive Adel folks and business owners are. New members spread the word about the studio and actively recruit friends to join them. Cara thanks people for the warm welcome.

"Every single person who has walked through our doors has offered encouragement and gratitude for SOULSHINE," she says. "We're creating a fun, judgment-free community of members who motivate one another to meet wellness goals. There's been a tremendous amount of love and support, and I am so grateful to be part of the Adel community." ■



Cara Campbell is the owner of SOULSHINE yoga + fitness.

Adel Grow your
business here.

"We love working
with partners in
Adel to help our
community
thrive."

Abigail Chihak
Dallas County
Health Department



Adel PARTNERS
CHAMBER OF
COMMERCE

chamber@adelpartners.org 515-993-5472 adelpartners.org

OUT & ABOUT

RIBBON Cutting

The Adel Partners Chamber of Commerce hosted a ribbon cutting for Happier at Home at Sumpter Pharmacy on May 23.



The Adel Partners Chamber of Commerce hosted a ribbon cutting for Happier at Home at Sumpter Pharmacy on May 23.



Mike and Leslie Herron



Rebecca Hillmer and Jason Urban



Kari, Tom and Pierce Harmsen



Jessica Murray, Allese Brooks and Kim Lawrence



Maria Rodriguez, Shelly Timm and Debbie Marcello



Scott and Tatiana Jones



Grace Kelly and Katie Lind



Deb Bengtson and Shirley McAdon

OUT & ABOUT



Courtney Puls and Deb Bengtson at the Adel Partners Chamber of Commerce networking event at Penoach Winery on June 13.



Joanie and Stan Olson at the Adel Partners Chamber of Commerce networking event at Penoach Winery on June 13.



Katie Lind and Bob Grove at the Adel Partners Chamber of Commerce networking event at Penoach Winery on June 13.



The Adel Kiwanis Club rented bounce houses for children attending the Adel Farmers Market on June 20.



Haley James at the ADM Varsity Girls Soccer game vs. Council Bluffs - Jefferson on May 23 in Adel.



Hannah Desmarais at the ADM Varsity Girls Soccer game vs. Council Bluffs - Jefferson on May 23 in Adel.



Helen Kirk at the ADM Varsity Girls Soccer game vs. Council Bluffs - Jefferson on May 23 in Adel.



Jada Grove at the ADM Varsity Girls Soccer game vs. Council Bluffs - Jefferson on May 23 in Adel.



Lauren Case at the ADM Varsity Girls Soccer game vs. Council Bluffs - Jefferson on May 23 in Adel.



The Adel Partners Chamber of Commerce held a ribbon cutting for SOULSHINE yoga + fitness in Adel on June 3.



Sarah Tapken at the ADM Varsity Girls Soccer game vs. Council Bluffs - Jefferson on May 23 in Adel.

How Do I Know If We Are Compatible?

By: Chris Uglum, Co-Founder & President at Pivot Wealth Strategies, LLC

Right now, you might be asking yourself 'Are we the right fit for each other?' We say that because we ask ourselves that question at the beginning of any new relationship.

Our history with clients tells us that the best relationships happen only when our values and thought processes sync up. To help with this process, we've scrutinized our relationships and found that our clients share several characteristics.

They Live Principled Lives

Principles such as honesty, integrity, and hard work are some of the common denominators we enjoy in our clients. Most importantly, our clients stick with those principles in both the good times and the bad.

They Value Their Money

Our clients have put in a lot of hard work to earn their money. Naturally, they want to feel confident about the way their money is put to work.

They Feel Wealth Means More than Money

The concept of 'wealth' moves beyond dollars and cents for our clients. Their social, business and family lives are all included as part of their wealth.

They Keep an Open Mind

Our clients are open to the idea that there might be a more efficient way to do things. For many, by taking the time to discover more about us, they were able to open themselves up to a higher standard of wealth management.

They Expect Communication

Our clients rightfully feel they deserve consistent communication. Some have experienced mediocre management at other firms where they went months with no communication. They think that is backwards - and we agree.

They see the Broader Picture

Pivot Wealth Strategies' clients understand that financial planning does not happen in a vacuum. They know the impact a versatile team of specialists can have on their plans. In a word, they expect coordination.

They Are Advocators

Our clients want the people around them to be connected to the same resources they enjoy. They understand that when they improve the lives of others, they improve their own life.

Securities and advisory services offered through LPL Financial, a Registered Investment Advisor. Member FINRA/SIPC.

Third party professionals are neither affiliated with nor endorsed by LPL Financial. Neither LPL Financial nor any of its representatives give tax or legal advice. Please consult your tax or legal advisor for answers to your specific questions.



PIVOT

WEALTH STRATEGIES

pivotwealth.com

516 Nile Kinnick Dr. S Suite A • Adel
515-447-0559 • chris@pivotwealth.com

Securities offered through LPL Financial. Member FINRA/SIPC.



Locally owned and located IN ADEL

IT'S
TIME
TO

Celebrate

OUR INDEPENDENCE!

WITH AMERICAN MADE PRODUCTS

MAYTAG®

LAUNDRY PAIR SPECIALS

*MUST
BUY
PAIR



MVW6500MW

Pet Pro Washer
Removes 5X more pet
hair with Pro Pet Filter



MED6500MW

Pet Pro Dryer has XL
lint trap to remove loads
of pet hair

\$949 EACH



**5 YEAR
LIMITED
PARTS & LABOR
WARRANTY**

4.7 CU FT WASHER
Deep Wash option,
Extra Power Button,
Quick Wash Cycle
MVW6230RHW

7.4 CU FT Electric Dryer
with Hamper door, 5 Year
Limited Parts & Labor
Warranty
MED6230RHW

\$1,049 EACH



**Smart top load washer
with extra power
button.** 5.2 cu ft.
MVW7230HW



**Smart electric dryer
with extra power
button.** 7.4 cu ft.
MED7230HW

\$999 EACH

Whirlpool® \$799* EACH



Whirlpool Washer:
4.7-4.8 cu ft
• 2 in 1 Removable Agitator
• Built-In Water Faucet
• Deep Water Wash Option
• Presoak Option
WTW5057LW

Whirlpool Dryer:
7.0 cu ft
Top load electric
moisture sensing
dryer with steam &
wrinkle shield
WED5050LW

*PRICE FOR PAIR ONLY

REBATES AVAILABLE!

BUY 2 appliances get \$50
BUY 3 appliances get \$100
BUY 4 appliances get \$200
BUY 5 appliances get \$400
BUY 6 appliances get \$600

*Rebates Valid 6/21/2023-7/12/2023

**\$100 INSTALLATION OR DELIVERY
CREDIT ON SELECT LAUNDRY PAIRS**



THANK YOU
to those who have
fought and are still
fighting for our
FREEDOM!

Whirlpool® \$699 EACH



**7.0 Cu.Ft. Capacity
Electric Dryer**
Hamper Door
WED5010LW

**4.6 Cu. Ft. Top Load
Impeller Washer with
Built-in Faucet**
WTW5010LW

*LIMITED QUANTITIES

Always a good time to shop local!

916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-2
515-993-4287

**ADEL
& WINTERSSET**
T.V. & APPLIANCE • HEATING & COOLING

www.adelwintersettv.com

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2
515-462-2939