

ADEL

AUGUST 2023

INSIDE: ADEL SWEET CORN FESTIVAL OFFICIAL GUIDE

Living

ADEL

Sweet Corn

FESTIVAL

Find your fun!

Heart-healthy pita pizza
RECIPE

Students create "The Tiger News"
EDUCATION

West's auction items benefit causes
GOOD NEIGHBOR

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



Our carpet
is made from
**RENEWABLE
CORN
FIBER!**


MOHAWK

FLOOR ADORE EVENT

LIVE YOUR LIFE AND
LOVE YOUR FLOORS
UP TO \$1,000 BACK

OUR LOWEST PRICES
THROUGH SEPT. 19

ASK ABOUT SPECIAL FINANCING



KURT MOYER



MICAH MOYER

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

WELCOME

SHOWCASING Adel's charm

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, parade, carnival, live music and even fireworks.

I have attended every community celebration in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.

You don't have to mention Adel in a conversation for long without the words "sweet corn" coming into play. That's a direct result of decades of wonderful festivals and the hard work that many have put into organizing and promoting this event. It is a wonderful reason to bring residents — both past and present — together, and it also brings a multitude of non-residents to town. As such, it is a perfect opportunity to showcase Adel as visitors certainly delve deeper into the city and experience its charm.

Adel's history is rich, and the pride is immense. That is rarely more apparent than at the Sweet Corn Festival.

If you have never attended, you are in luck. This year's event is just around the corner, and there will most certainly be a number of activities you will enjoy.

Once again, we share the details of this hometown event in the pages of this magazine. It is a wonderful part of this vibrant community and yet another reason why so many choose to call Adel home.

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

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





ADEL


Sweet Corn

FESTIVAL

Find your fun!

By Chantel Boyd

The sweet corn is ripe and ready to eat. What better reason can there be for celebrating? Adel Partners Chamber of Commerce invites the public to “Find your fun!” at the 44th Adel Sweet Corn Festival, presented by many area sponsors, on Saturday, Aug. 12. And don’t forget all the important happenings the day before. Friday, Aug. 11, the corn — tons of it — will be shucked, and the Sweet Corn Festival Princess crowned.



Church of Hope joined the Sweet Corn Festival fun with its drawing board cut out.

The crowning of the princess will occur at 6:30 p.m. The event is open to Adel-DeSoto-Minburn girls entering second through fourth grade this fall. The princess and her court are selected by random drawing.

Saturday, Aug. 12, the Sweet Corn Festival will be in full swing when it kicks off with the 5K, with more than 400 participants expected to run or walk.

Rebecca Hillmer and Alicia Hadfield are just a couple of the many volunteers who help the Chamber carry out the Sweet Corn Festival. The two head the committee that oversees how the funds raised at the 5K help impact the trails in the community. Hadfield is the race director.

"Past Sweet Corn 5K funds have been used to improve the trail by lighting the bridge and doing the landscaping surrounding the trails," says Deb Bengtson, president of Adel Partners Chamber of Commerce.

The top three finishers in both women's and men's categories as well as the top two men and top two women in each age category will receive medals. The race is starting earlier this year with a 7:30 a.m. start and expected finish by 8:30 a.m. to allow plenty of time to head to the 9:30 a.m. parade on Main Street.

Whether you're a seasoned runner or just starting your fitness journey, the 5K event is for all levels. Lace-up your running shoes, bring your friends and family, and conquer this 5K with hundreds of other participants.

Hillmer serves as the volunteer coordinator for the 5K and is the chair of the Adel Partners Trail Committee. For the 5K, her responsibility centers around recruiting more than 60 helpers.

"The volunteers who provide traffic control at street intersections, hand out water and after-race refreshments, and help with T-shirt and race bib pickup are necessary for a successful race," she says.

After the parade, families can check out the many activities being held throughout the day around Adel, including the vendor fair, food vendors, and free sweet corn feed that starts at 11 a.m. and lasts until the thousands of ears of corn are gone. The Semi Sweet Corn Classic Truck Show will be at the Dallas County Fairgrounds.

The 2023 theme is "Find the Fun" at the Sweet Corn Festival, and it will not be hard to do at this family event.



After the parade, enjoy free sweet corn and family activities.

Raises funds

This is not just a free, family-friendly end-of-summer community party; the Sweet Corn Festival is also an invaluable fundraiser that allows Adel Partners Chamber of Commerce to raise money for the next annual Sweet Corn Festival and other community events throughout the year that drive traffic to Adel.

"Profits from the Sweet Corn Festival go right back into the community," says Bengtson.

Last year, the Adel Partners Chamber of Commerce invested more than \$43,000 to host the Sweet Corn Festival. The funds raised after all expenses are paid go into marketing events and members; hosting events for members to network, gain knowledge to grow and have referral sources; and hosting the Sip and Sample, Adel's Hometown Holiday Celebration, the first weekend in December.

"We use the funds to increase marketing for our Chamber members throughout the year, so we can best highlight the members and businesses in the community," says Bengtson.

The Annual Sip and Sample event during the holidays in December is one of the larger events the Chamber hosts.

"The Chamber does not ask for sponsors as the Sweet Corn Festival funds help pay for this holiday event that community and Chamber partners and members look forward to every year," says Bengtson.

The Sweet Corn Festival is the only annual event the Chamber asks businesses to step up and sponsor to help defray the costs.

"This year, our Chamber members have stepped to the plate so we can have a world-class festival," says Bengtson.

Bengtson says she, the members of the Sweet Corn Festival Committee, and the volunteers wish to thank all the sponsors at every level for their generous support.

"We want to give a big shout out and thank you to our Elite level sponsor, Iowa Spring; our Street Party Sponsors, River to River Bakery and Pizza, along with Optima Life Services; our Vendor Sponsor, A Kings Portable Restrooms; and our Princess Sponsor, Superior Exteriors. Several other sponsors help put this event on, and we appreciate every one of them," she says.

Other community groups who participate in the festival also reinvest money back in the community from Sweet Corn Festival events. The funds raised from the 5K each year have gone to the Trail Committee and have been used to purchase greenery, mulch, art, concrete and bench improvements to beautify and bolster the trails and parks.

"Those funds have also allowed us to obtain additional funding through matching grants," says Hillmer.

The bikers, walkers and runners that use

FEATURE

the trail have responded positively to all of the improvements.

"The 5K gives us a chance to showcase our town and generate funds for improvements," says Hillmer.

Beyond the 5K and the funds raised from that, the Rotary sells water at the festival. Shirley McAdon of the Adel Rotary shares that they again partnered with the Police Department to host the Fourth Annual Safety Bike Rodeo in May. This newer annual event was developed to promote safe bicycle-riding habits and to reduce accidents involving children. The event is free to the community and includes interactive activities for children, free giveaways and a prize drawing. While there, children's bikes and helmets are fitted and inspected, and they are given safety instructions.

There is also a bags tournament from 11:30 a.m. to 4 p.m. hosted by St. John's Catholic Church. Pat Finnegan chairs the bags tournament for the church and shares that funds from the festival have enabled them to host their fish fry early in the year with hand-battered fish and all the fixings.



The Semi Sweet Corn Classic Truck Show will be at the Dallas County Fairgrounds.

Additionally, the church has a Memorial Garden for community members to visit that is in remembrance of the unborn that was made possible by the funds.

Adel-DeSoto-Minburn Tigers volleyball hosts a co-ed sand volleyball tournament in Evans Park that provides funds for the ADM

volleyball program. Trevor Irwin, the ADM volleyball coach, shares that the funds raised directly impact the ADM volleyball program. Participants in the tournament must be 18 and older; each team pays \$100 to play.

"The Sweet Corn Sand Volleyball Tournament is ADM Volleyball's second

Live at COUNTRY LANE LODGE

FOOD TRUCKS & LIVE MUSIC

Wednesdays June-August 5PM-9PM

FREE LIVE MUSIC + FULL BAR

OUTDOOR PATIO + INDOOR AIR CONDITIONING

AUGUST SCHEDULE

August 2 - Corey Jamison & Wahlburgers

August 9 - Jake Schrodtt & Hotsy Totsy

August 16 - Luke Fox & Magoo's Pizza

August 23 - Justin Schneider & Wahlburgers

August 30 - Corey Jamison & Zipp's Pizza

29300 PROSPECT CIR, ADEL WWW.COUNTRYLANELODGEIOWA.COM

**Now is
the time
to discuss
your
financial
future.**

Locally owned and located **IN ADEL**



PIVOT WEALTH STRATEGIES

Independently owned IN ADEL

pivotwealth.com

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

Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC.

FEATURE

volleyball-specific fundraiser that we have,” says Irwin. “It assisted us in purchasing brand new custom pole pads, custom net tape, and new volleyball jerseys for all our ADM high school volleyball teams. This fundraiser helps our program stay up to date with the most current volleyball materials, and I really enjoy putting the Sweet Corn Sand Volleyball Tournament together because it allows our coaches and players to hang out and mingle with community members.”

More fun

Other fun activities include local artists and bands; food trucks with a variety of tasty options; arts and crafts and informative booths; games and activities for kids and adults of all ages, like face painting and spraying fire hoses; and a car show. The car show is back for 2023 with a 1980s theme. Bring your cars for the parade and stay for the afternoon show.

The festival has been going on for nearly half a century. The festival organizers asked people to share their favorite memories, and here are just a few:

“Our neighborhood floats! So fun to



There would be no sweet corn to eat if a slew of volunteers didn't first shuck it.

decorate with chicken wire, stuffed with napkins, and spray-painted. We always tried to incorporate some sort of ‘corny’ theme.” — Becky Button Beaman Andersen

“My best memories will always be the corn followed by pie and ice cream in the church basement!” — Keith McCracken

Admission is free, so bring your friends and family for summer fun in the sun. Remember to bring a blanket or lawn chair for the Street Party from 6 p.m. to midnight, with live music performances at the Raccoon Valley Bank Stage and Pavilion. Mark your calendars and join the fun on Aug. 12. ■

SEE YOU AT THE

SWEET CORN FESTIVAL!

DON'T FORGET TO FLOSS!

CALL & 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



A PLACE to enjoy the seasons outdoors

Acres checks all the boxes for the Campbells.



Cara and Matt Campbell enjoy many activities outdoors, and their 17-acre property provides many opportunities.



The front porch that runs the length of the Campbell's house is a great place to practice yoga.

After five years of dreaming and searching, Cara Campbell and her husband, Matt, were losing hope they would ever find their ideal location to live — an acreage near the west side of the metro.

"In the fall of 2021, a set of circumstances that can only be described as a 'God thing' put us in touch with Ross and Janie Harrison, who owned a home on Panther Creek Road, southwest of town," Campbell explains. "After driving around the grounds and exploring the outdoor space, we knew this was the place we were meant to call home."

Importantly, the place checked two of the three big items on the Campbell's priority list.

"We love being active outside, so a property with a great outdoor space was a must," she says. "Another priority was an outbuilding for Matt to store his work equipment and materials. We knew the third item on our list could be accomplished in the future, so it was a go."

While the home itself is functional and has plenty of space for Cara and Matt, it was the land on which it sits that sealed the deal for their purchase.

"It is 17 acres of heaven on Earth, with a little bit of everything for the nature lover in each of us," Campbell says. "There is a large forest reserve to explore, a berry field, pasture, vegetable and flower gardens, plus more birds and wildlife than you can imagine. We are bordered on the south by the Raccoon River, and Panther Creek runs through the east side of the property."

Depending on the time of year, you might find Matt and Cara snowshoeing, hiking in the woods, fishing, collecting wildflowers, playing fetch with their dog in the river or enjoying a picnic or cocktail on "Campbell Point," where the river and creek meet.

"Having lived here for more than a year now, we've seen it through every season, and it's beautiful no matter the timing," Campbell says. "Every now and then Matt and I find ourselves smiling and shaking our heads at how blessed we are to call this place home."

One of Campbell's favorite things to do is grab fresh eggs from the chicken coop each morning, which Matt, the "ultimate omelet maker," then uses to make breakfast.

"I also love our front porch," Campbell says. "It's got a peaceful feeling and a beautiful view. It spans the length of the house and is wide enough that I've even led yoga classes there during the rain."

This past June, Campbell opened SOULSHINE yoga + fitness on Court Street, further sharing her love of yoga with the community.

"We are thankful for the way Adel has embraced SOULSHINE so far and are excited to welcome more of you," Campbell says.

In general, she says Adel is the friendliest, most welcoming community she and Matt have ever lived in.

"As a new business owner in town, my heart has been lifted by the support and love received from every person I have encountered," Campbell adds. ■



The Campbells — and their dog — enjoy time by the river.

RETIRE your way

In the last 20 years, I've learned that all retirement plans look different. Each family or individual we've helped has a separate retirement vision, individualized retirement savings, and a distinct set of circumstances that led to retirement — but, sometimes people want to compare themselves to others. People often ask us, “What is the average account balance?” or “How much do most people retire with?” They want to know how they stack up.

Others may think they should make their pension decision based on what a coworker did or elect Social Security based on what a friend or relative did. I understand it's normal to compare ourselves to others — but retirement is too individualized to compare yourself to others. To retire your way, you can't make decisions based on some arbitrary benchmark or what someone else did. Your neighbor or coworker has not lived the same life you have. Your friend or relative does not have the same goals you do.

You don't have to find the perfect product or reach a financial threshold to live the retirement of your dreams. I'm convinced that the only thing standing between you and that dream trip, vacation home, new hobby, or move to be near family and friends is a strategy tailored to



your distinct needs and goals.

Last year, we met with a woman who was just 59 years old and wanted to retire to care for her ailing husband. She didn't think it was possible. We put together a detailed plan that showed her how and why she could do it. Though she had difficult circumstances, there was a sense of relief and joy when she found out she could confidently retire her way.

Conversely, we started working with a couple in their early 60s a few years ago. Their previous advisor had told them they could retire at the end of the year with a 99% probability of living the retirement they'd envisioned. When we performed our analysis, we found they would likely run out of money by the ages of 75 and 80. They were shocked and dismayed but glad to know this before they retired rather than five or ten years after. We then put together a written strategy that included actionable and measurable goals. As a retirement planner — and not an accumulation advisor, my primary responsibility is to be completely transparent and deliver the truth. It also means having a proven process to help you retire your way using a customized, written plan. ■

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

Your Comprehensive Toolkit for Retirement



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.

LOOKING for some courage?

Living as a Jesus follower requires courage. This might mean going places that may not be comfortable, speaking up when others say quiet down, or staying faithful even when you are afraid. Most of us would like to be a more courageous person.



by Christianity today.

The first church started at a time when a view called pluralism was embraced, which is the view all ideas and all religious views are equally valid. As a result, a person can't say there is one Truth, one true faith, or one way to God. Rejecting pluralism makes you arrogant, exclusive and intolerant. Interestingly, this is also the world we live in today and why, when you say (as Peter does in Acts 4:12), "Jesus is the only way to salvation," there is often a reaction.

Interestingly, when a pluralist tells you that all ideas are true and all religious views are equally valid, they are making an exclusive truth claim about the way things are. This also means they are telling you their view of God and reality is right and yours is wrong. In all of this, the pluralist is just as passionate to evangelize you to their viewpoint as you might be to your beliefs.

It takes courage to be bold in your faith in a pluralistic world. If you are a person who keeps your faith private, nobody will complain about you. Dogs never bark at parked cars. But talk about Jesus and how He is at work in your life or strive to live out His commands found in the Bible, and you might be criticized.

Here is my encouragement to you: Following Jesus requires courage and courage comes from following Jesus. Make getting time with the Lord in the Word and prayer and do what He tells you to do. As you do this, you will be a person who has the courage to allow the Lord to use you to make an eternal impact in the life of someone else. ■

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

TICKETS AVAILABLE AT
NEWHOPEADEL.ORG/CONCERT
 OR SCAN QR CODE!

*Tickets
 Here!*



NH NEWHOPECHURCH
 Helping People Find and Follow Jesus

25712 US-6, ADEL • (515) 993-5325
WWW.NEWHOPEADEL.ORG

FIND US ON FACEBOOK, INSTAGRAM AND SPOTIFY

THE METHOD for selecting judges

In 1962, the Iowa Constitution was amended to change the method by which we select our judges. Prior to that, our judges were elected by popular vote. Electing judges is fraught with potential problems. Imagine appearing before a judge and wondering whether your opponent donated money to the judge's campaign? Would the judge be impartial in that case?



Former Congressman Neal Smith, in a speech delivered years ago, explained that one of the factors leading to our constitutional change was that Republicans in Polk County were unable to elect their preferred judges. This was problematic for them because all agency action review cases flowed through the Polk County District Court, making it a very powerful tribunal. After the 1960 general election, Republicans controlled 35 seats in the

State Senate and Democrats controlled 15. The amendment passed through the legislature and was then referred to Iowans at the ballot box on June 4, 1962, passing with 57.25% of the vote.

The amendment is known as the "Missouri Plan" because it was based on the method by which Missouri has selected its judges since 1940. Here's how Iowa's district court plan works: 1) Each judicial district has a nominating commission that is comprised of five members appointed by the Governor, five members elected by and from the licensed attorneys within the district, and the senior most judge in the district; 2) When a judicial vacancy occurs, the Governor notifies the commission and the commission convenes to establish a timeline for accepting applications from candidates; 3) Qualified candidates submit written applications, writing samples, representative cases, and letters of reference to the commission, and then they are interviewed by the commission in person; 4) The commission deliberates and votes for

their preferred candidates; 5) The commission reports to the Governor the top two candidates; 6) The Governor interviews the top two candidates and then appoints one of them to serve as a District Court judge. That appointed judge serves an initial one-year term and then must stand for a general retention vote, allowing the public to weigh in on the selection. Each member of the nominating commission serves six-year staggered terms. The commission is non-partisan and gender balanced.

On Aug. 17, the District 5A Judicial Nominating Commission will interview qualified applicants for a vacancy on the bench, select two of them to send to the Governor, and one will be appointed a judge. ■

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

STUDENTS create 'The Tiger News'

Fourth-grade GATE members take initiative to share school news.



Members of The Tiger News committee enjoyed creating and producing a school newspaper.

Last school year, fourth-grade Gifted and Talented Education (GATE) students at Meadow View Elementary School came up with the idea to publish a school newspaper. This passion project developed into what became "The Tiger News." The newspaper provided a fun and engaging way to share school information with students and staff. Each edition contained news, expectation reminders, fun facts, a puzzle and jokes.

"We like The Tiger News because we get to share our ideas with the entire school, and other kids can appreciate how hard we worked on the newspaper. We also get to work together as a group," say Tiger News committee members Maysen Wenndt and Lynnaea Wilkins.

Before publishing the newspaper, students took the initiative to design, draft and edit their first edition before pitching it to their teacher, Ashlee Nichols. Students who contributed to The Tiger News learned the importance of taking one small idea and seeing it through to the end. They also learned time management, work delegation, how to meet deadlines and more.

"I like having the independence of doing different sections alone but also getting to work with other people," says student Charley Steinfeldt.

In addition, projects such as The Tiger News are important for students at the elementary school level because it gives them a chance to apply the skills they have been learning to real life experiences.

"I like having freedom to choose the topics that we write about," says Alex Johnson.

"I like using my creativity in an interesting way," adds Rya Behrens.

Last year, The Tiger News committee consisted of approximately five fourth-grade students who were featured on the Adel-DeSoto-Minburn website. This school year, these students will transition to the DeSoto Intermediate School. They are currently looking forward to participating in their next passion project, Lego League.

"I enjoy seeing their curiosity and teamwork come to life. They are busy delegating tasks, jumping in to help each other, resolving conflict amongst themselves. It's a real-life experience that the students are fully invested in," Nichols says. ■

Helping you achieve your best mental wellness

OUR PROVIDERS ARE HERE FOR YOU.

We offer a great range of experience and expertise that enables us to give the highest quality of outpatient care.

OUR SERVICES

Psychiatric Care for All Ages
Medication Management
Genetic Testing
Nutritional Psychiatry

IN-PERSON OR ONLINE VISITS AVAILABLE

walnutcreekpsych.com

5408 NW 88th St., Ste. 140, Johnston

223 S. Walnut Ave, Ames

In-person & remote therapy offered at this location.

(515) 368-7504 | (515) 355-3491



Walnut Creek Psychiatry

YES!

We clear plugged drains.

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

SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES



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





AUGUST 2023

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, August 8th, 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:

- **Friday, August 11th, 2023:** City Hall will be closed to the public.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- Yard Waste Pickup started Tuesday, April 4th and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

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.

GET TO KNOW...

What is your title?

Administrative Clerk

What is your past work experience?

Worked as a Dental Assistant for 17 years.

How long have you been working for City of Adel?

Since May 2023

What are you excited about for your department's future plans? Watching the City of Adel grow as a beautiful community.

What is a hobby you enjoy? I enjoy watching our girls play softball, spending time with family and friends, and cheering on the Iowa Hawkeyes.

Anything else Adel should know about you? My Husband, Josh, and I have lived in Adel for 7 years and have 3 children, Aria (10), Audi (7), and Dax(3).



SARAH HAUSER

Adel Parks & Recreation has various free, family friendly events throughout the summer. Learn more about them below:

- **MOVIES IN THE PARK** – Saturday, August 26 in Evans Park. Bring your chairs and blankets and enjoy the movie starting at sunset. Movie is Lightyear

- **ADEL POWER WHEELS NATIONALS** – The 2nd Annual Nationals - is rescheduled to Saturday, August 5th. This free program will be at Kinnick-Feller Park. Check in begins at 9:30 am. Pre-registration is highly encouraged to expedite your check-in process. This is a free event for youth ages 5 to 7 years old. If you don't have your own Power Wheels vehicle – no problem we have ones that kids can use during their race. A complete set of rules, divisions, and guidelines are available at adel.activityreg.com. Several Classes are offered: Limited Pro (2 – 4-year-olds), Pro Stock (5- to 7-year-olds), Outlaw (5- to 7-year-olds), Limited Demo Derby (2 – 4-year-olds), Pro Demo Derby (5- to 7-year-olds).

- **BEAN BAG LEAGUE** – The classic yard game brought to the Parks and Recreation line-up. Find a partner and get in a couple practice throws. Seven weeks of league play followed by end-of-season tournament.

Location: Kinnick-Feller Park

When: Thursdays Evenings, August 17 – September 28 + tournament

Deadline: August 4

- **IOWA PARK & REC DAY @ THE IOWA STATE FAIR** – Thursday, August 17, find us at the fair for some friendly competitions including bubble gum blowing, big wheel races, scavenger hunt, and more!



ADEL FAMILY AQUATIC CENTER

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

Doggy Dip – Last day of pool season. TBD

ADEL FAMILY AQUATIC CENTER HOURS:

6:30-8am Lap Swim M thru F

12:30-5pm Open Swim

5-6pm Family Swim

6-8pm Open Swim

Hours for August 12 will be 2 – 6 pm

Final day of the swim season is August 13th



CITY EMPLOYEE CONGRATULATIONS

Anthony Brown, Adel City Administrator, received his 10 years of service award at the City Council meeting on July 11th. Thank you for your service, Anthony!



CITY EMPLOYEE CONGRATULATIONS

Wade Book, Adel Police Lieutenant, received his 10 years of service award at the City Council meeting on July 11th. Thank you for your service, Wade!



CITY EMPLOYEE CONGRATULATIONS

Curtis Waddingham, Parks Maintenance Supervisor, received his 5 years of service award at the City Council meeting on July 11th. Thank you for your service, Curtis!

EVENTS IN THE AREA

Be sure to check for cancelations

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

Adel Sweet Corn 5K run/walk

Thanks to presenting sponsor Anytime Fitness, the Adel Sweet Corn 5K run/walk is back. The event will be held on Aug. 12. Whether you're an experienced runner or just starting out, this is a great opportunity to challenge yourself and have some fun. The run will start at 7:30 a.m. The course will take you through some beautiful scenery as well as the brick streets of Adel. A water station will be provided along the way and snacks at the finish line to refuel.

Registration is now open at runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K.



Meet Me in Minburn Concert

Minburn will be hosting the final Meet Me in Minburn Concert on Aug. 5. Jake Kemble and Kick will be on the Big Heart Stage, 7-9 p.m. The Minburn Fire Department will be serving burgers and brats from 5-7 p.m. for a freewill donation. There will be free outdoor skating and family-friendly fun.

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, Aug. 21, 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.

Dallas County Conservation events

To register for events, visit scan the QR code.

- **Iowa Folklore**, Aug. 6, 1:30-2:30 p.m.,

Forest Park Museum, 14581 K Ave., Perry. A look at traditional Iowa medical and weather folklore. Bring your own tales, too. Register to be notified of cancellation.

- **Creek Walk**, Aug. 9 and Aug. 16, 10-11

a.m. Kuehn Conservation Area, 32828 Houston Trail, Earlham. Want to beat the summer heat?

Tag along with Naturalist Erica on a hike down to Waterfall Creek to splash around in an enchanting part of the forest. Registration required.



Harmony Central Chorus of Des Moines concert

Sept. 30, 3 p.m.

First Baptist Church of Greater Des Moines, 8250 N.W. 62nd Ave., Johnston

Harmony Central Chorus of Des Moines, a four-part a Capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.

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

"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 ZAPPAR
ZAP THE CODE
TO DONATE

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

EVENTS IN THE AREA

Be sure to check for cancellations

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

Free Bison Day Family Festival

Saturday, Aug. 5 from 10 a.m. to 2 p.m.
Neal Smith National Wildlife Refuge

Mark your calendars for Bison Day at Neal Smith National Wildlife Refuge. This free event will be filled with fun, educational and family-friendly activities. Bring your friends and family and join this celebration of the American bison and our tallgrass prairie heritage. Participate in bison and tallgrass prairie-themed activities such as bison and monarch related crafts, antler ring toss game, wildlife fur and skull match, prairie wildflowers and pollinator scavenger hunt, a self-guided bison trivia game along the Overlook Trail, and receive free wildlife stickers, coloring sheets and a milkweed seed packet. Additionally, get an opportunity to view the bison (including 12 bison calves) and elk herds (three elk calves) along the five-mile Prairie Wildlife Drive. Free loaner binoculars will be available.



Iowa State Fair

Aug. 10-20
Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines

The Iowa State Fair hosts a variety of musical acts. From pop, country, boy bands to rock, the state fair will have any music fan's taste covered. In addition, enjoy all the activities to be had and the myriad of food offerings, including 64 new food items this year. For a full schedule, visit www.iowastatefair.org/entertainment/fair-schedule.



Ingersoll Live

Aug. 26, 3-10 p.m.
2800 block on Ingersoll Avenue

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit www.theavenuesdsm.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



**ACCEPTING
NEW CLIENTS**

LAWN MOWING • FERTILIZING
HARDSCAPES • WATER FEATURES • MULCH BEDS

Locally Owned!

30672 Old Portland Rd, Adel

515-201-0468

lukeslawnandlandscaping.com



LUKE'S
LAWN & LANDSCAPING

**Top Quality Windows,
Siding & Doors!**

Free Estimates • GREAT Prices • Locally Owned & Operated



**Vinyl
Replacement
Windows**
in all shapes and styles!

Veteran Owned Business

- No High-Pressure Sales
- Professional Installation
- Made in the USA

**America's
BEST CHOICE**
Your HOME Improvement Source

- Industry's Best "Duralite Spacer System"
- Lifetime Transferable Warranty
- Lifetime Glass Breakage Warranty at No Charge
- Energy Star Most Efficient Mark Rating for 2021

515-276-6506

abcwin.com/desmoines-ia



WEST'S auction items benefit causes

Woodworking hobby helps raise funds.

Some of the best ideas come about by accident. That's certainly true of the hand-crafted woodwork items created by James West of Adel.

Some years ago, he and his wife attended a silent auction charity event, and she put in a bid on a wooden item. When his wife didn't have the winning bid, West says he realized he could make her an item just like the one she wanted.

"Well, I'm handy enough that I can do that for you," West recalls telling her. So, he made one for her, "and then it kind of morphed into me donating a couple things to a few silent auctions, and they raised a decent amount of money. It just kind of snowballed from there."

West says he quickly realized the items he was making were popular at the charity events and that he could use his time to reap significant funds for the fundraisers he supported. Since then, West has been making various wooden crafts such as wooden flags (including some with Hawkeye or Cyclone themes), corn hole game boards and small furniture. He's also made wooden U.S. flags dedicated to various branches of the military.

"I'm not going to be the person that builds something as fast as anybody else can, but I definitely take my time and do it right. Practice makes perfect," he says.

So far, his items have raised around \$20,000. The fundraisers West supports generally fall into three categories he says he's passionate about: "law enforcement, veterans, and anything that has to do with kids."

While he donates items, West doesn't generally sell them.

"It's more of a hobby," he says.

West, who works in the insurance industry, says he finds woodworking therapeutic, since he can see immediate progress as he's



Dylan Morris, BigDeal Auto Care Adel shop manager presents the Good Neighbor certificate to James West.

working on a piece. His "day job" generally does not offer such concrete and immediately visible results.

West, who has lived in Adel for the past seven years, believes in staying active in the community. Currently he is one of a group starting a new foundation to fund local police officers' random acts of kindness.

"Police officers tend to see all the bad," he says. "And it would be nice for them, when they see the bad, to try to make a positive impact in that scenario. We've got a good group, and it's just how do we best support them and make sure they have all the tools they need to make the positive impacts they need to make." ■

DO YOU KNOW A GOOD NEIGHBOR WHO DESERVES RECOGNITION?

Nominate someone by emailing tammy@iowalivingmagazines.com.

**THE BEST CAR CARE PRODUCTS
ARE LOCALLY OWNED IN ADEL.**

That's a BIG DEAL!

BigDeal
CAR CARE

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



How to Ease Back-to-school Anxiety



1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpeditrics.org





VOTED FAVORITE BAR AND LUNCH MENU IN DALLAS COUNTY!

RUNNER-UP:

- FAVORITE RESTAURANT
- FAVORITE DINNER
- FAVORITE BREAKFAST
- FAVORITE PLACE TO TAKE MOM & DAD



Ambro's
ROADHOUSE
BAR & GRILL

A BAR AND GRILL,
SPECIALIZING IN
HOME COOKED MEALS

917 GUTHRIE ST,
DE SOTO, IA 50069
515-834-9174

ambrosroadhouse.com



ENROLL YOUR CHILD TODAY!

PROFESSIONAL YOUTH ATHLETIC TRAINING

OFFERING TAILORED PROGRAMS FOR YOUTH BEGINNERS (5TH GRADE), MIDDLE SCHOOL, HIGH SCHOOL & COLLEGE ATHLETES.

SAFE AND SUPERVISED TRAINING IN A STATE-OF-THE-ART FACILITY.

TEACHING PROPER TECHNIQUES TO IMPROVE POWER, AGILITY, STRENGTH AND SPEED.



**SIGN UP
NOW FOR
FALL**

**FOREVER
STRONG**
TRAINING CENTER



**FAVORITE GYM
IN DALLAS COUNTY**

WWW.FOREVERSTRONGTRAININGCENTER.COM

CALL TODAY FOR A TOUR 515-490-7282 | 27871 FAIRGROUND ROAD, ADEL  

Find Your Fun!



ADEL • IOWA

SWEET CORN festival

PRODUCED BY



PRESENTED BY



Friday **AUGUST 11TH**

4:30 PM SHUCKING OF THE CORN Parking Lot at 10th & Prairie

6:30 PM SWEET CORN PRINCESS CONTEST PRESENTED BY SUPERIOR EXTERIORS



Saturday **AUGUST 12TH**

7:30 AM SWEET CORN 5K RUN/WALK ADM DAC Building 11th & Rapids

8-3:30 PM SEMI SWEET CORN CLASSIC TRUCK SHOW Fairgrounds

9-5 PM FOOD, CRAFT, ART AND INFO VENDORS

PRESENTED BY A KING'S THRONE Downtown Square



9:30 AM PARADE 18th & Main - 11th, and Prairie to 14th

11 AM FREE SWEET CORN 10th between Main & Prairie (until corn is gone)

11-6 PM ADM SAND VOLLEYBALL TOURNAMENT Evan's Park

11:30-3 PM JESSE GUTIERRES Raccoon Valley Bank Stage & Pavillion

11:30-2 PM ADEL FIRE DEPT. KIDS ACTIVITIES ADM DAC Building 11th & Rapids

11:30-1 PM SPARKLES HOOP DANCE Courthouse Lawn

11:30-4 PM ST. JOHN'S BAGS TOURNAMENT ADM DAC Building 11th & Rapids

12-4 PM GARLIK TEAM FUN ZONE 10th & Court

10-3 PM REDLINE WARRIORS CAR SHOW 9th & Court

1-2 PM ADEL TUMBLING AND DANCE CLUB Courthouse Lawn

2-3 PM LET'S DANCE Courthouse Lawn



Street Party
6 PM - MIDNIGHT
10TH & MAIN STREET
7:30-11:30 PM GIMIHK
RACCOON VALLEY BANK STAGE & PAVILION



PRESENTED BY



ADEL • IOWA SWEET CORN festival

FRIDAY, AUGUST 11

ADM Alumni Golf Tournament

Annual ADM Alumni Golf Tournament.
9 a.m. Shotgun Start at River Valley Golf Course. Pre-registration required. For more information, please contact Dick Wicks at 515-993-4454, info@ADMAlumni.org or www.admalumni.com.

Annual Shucking of the Corn!

4:30-7:30 p.m. 10th & Prairie by the Adel Public Safety Building parking lot. Come on down for a few minutes or a couple of hours. Everyone is welcome! Beverages provided. The Big Red Radio will be providing music. Thanks to the Sportsmen's Club and the Boy Scout Troop 152 for helping out.

Sweet Corn Princess Contest

Presented by Superior Exteriors
6:30 p.m. at the Adel Stage on the corner of Main and 10th Streets. The Sweet Corn Princess contest will showcase girls from the ADM school district. Each girl will be interviewed before the 2023! Sweet Corn Princess and three runners-up are selected by random drawing.

Dallas County Landfill is CLOSED on Saturday, Aug. 12, 2023

SATURDAY, AUGUST 12

Sweet Corn Festival 5K Run

Saturday, Aug. 12, 2023, 7:30 a.m.

NEW START TIME

The race takes place on the scenic brick streets in Adel along the parade route in front of hundreds of spectators.

Registration: To register for the Adel Sweet Corn Festival 5k Run, visit <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>

Awards: 1st-3rd overall in both men's and women's categories. In addition, awards for top 2 men and top 2 women runners in each of the following age groups: 14 and younger, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.

Adel Sweet Corn Festival 5K Run packet pickup:

Aug. 11, 4:30-6:30 p.m. at N. 11th and Court, Adel (ADM DAC) OR Aug. 12, 6-7 a.m. at N. 11th and Court, Adel (ADM DAC).



Remember, race starts at 7:30 a.m.

HAPPY SWEET CORN FEST!
Adel Barber Shop
CALL OR TEXT FOR AN APPOINTMENT
515-238-0097
119 N 9th Street, Adel

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

OVER \$50,000
GIVEN BACK LAST YEAR!
ADEL LIONS CLUB
Visit our website:
adellionsclub.org

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

Locally owned and operated!
Call Juli Accola today
515.964.5229
juli@ankenysanitation.com
ANKENY SANITATION, INC.
www.ankenysanitation.com

azalea lane boutique
OPEN DURING THE FESTIVAL!
705 Main St. Adel • 515-210-1450

The theme of the parade is a **FIND YOUR FUN!**



SWEET CORN PARADE

LINE UP : 8:30 AM

PARADE START : 9:30 AM

The parade line up starts at 8:30am and the Adel Kiwanis Club assists with the organization.

Parade begins at 9:30 and will travel from 18th St towards downtown Adel on Main Street, turning left on 11th St then right turn on to Prairie St to 14th St. At 14th St turn left and exit to Greene St with stop sign at 14th and Greene to help clear traffic.

No entry forms or prior notifications required. Please place your parade entry at the designated staging site no later than 8:45am

Each entry should be limited to one vehicle

Entries should remain with 20 feet of each other

Vehicles should not stop on the parade route.

Parking at the parade starting point is extremely limited.

Parade participants please arrive with you parade entry unit if possible.

Emergency vehicles proceed west on Rapids Street and line up at 19th & Main beside the brickyard parking lot.

Floats proceed up Greene Street. Turn north on Visions Parkway and line up on Brickyard Road

Walking groups gather at 18th and Brickyard

Please do not drive west on Main or Prairie streets to line-up

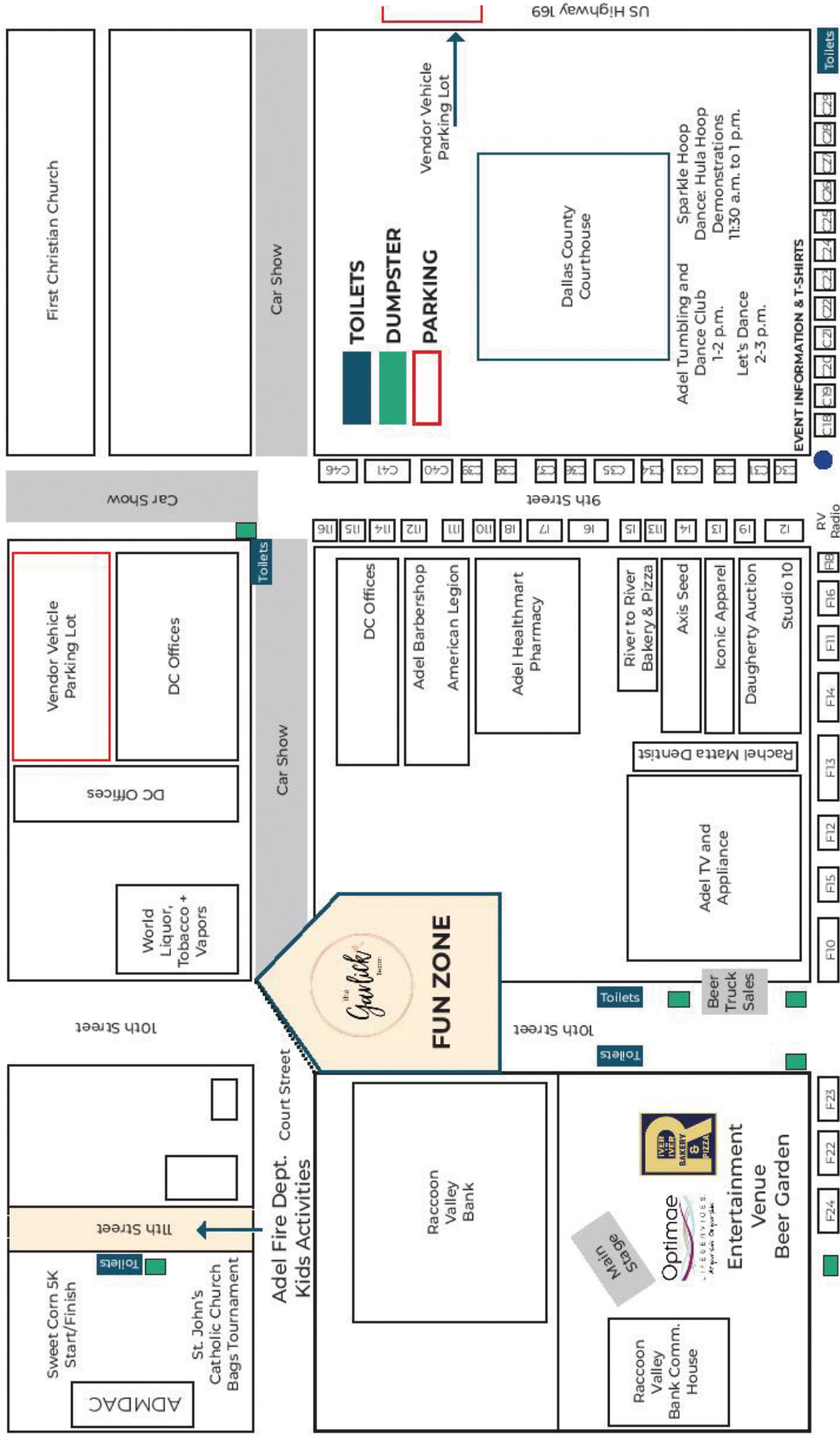
Be cautious when throwing candy to the parade spectators and please do not throw the small, hard rubber bouncing balls or any other small toy.

All entries can return to the starting point by turning left on 14th street and returning to starting point via Greene Street (Hwy 6). Do NOT try to return via Prairie Street.

Questions Scott Gavin 515-745-7107

2023 SWEET CORN FESTIVAL MAP

PRESENTED BY  IOWA LIVING SPRING



VENDORS SPONSOR PRESENTED BY

CRAFTS, ART, MERCHANDISE

C1 515 Supply
C2 Sunny Day Creations
C3 Simply Stella Rose
C4 Terri Leedom & Ryan O'Connor
C5 Brittany's Tupperware
C6 MAAC Wind Chimes
C7 T&J Creations
C8 Iowa Awesome
C9 Nyla Maas
C10 Raining Hedgehogs Studio
C11 Bird and Boxer Pottery
C12 Mystery's Meadows Alpaca
C13 Crafts N Quilts by Gretchen
C14 Ayia's Corner Shop
C15 Designed by Kanya Marie
C16 Tastefully Simple
C17 Airbrush Body Creations
C18 Heartland Handcrafted
C19 Pearl's & Lace Country Boutique
C20 Buttercup Natural Soap
C21 Chris Cole Gardens
C22 Art 101
C23 Small Town Customs

CRAFTS, ART, MERCHANDISE

C24 Bev's Mercantile
C25 Legacy Keepsakes & Quilts
C26 Little Bear Resin Art
C27 Hotsparkles Jessica Bannick
C28 TDS Designs
C29 It's a Small World Crafts
C30 Paparazzi
C31 Nature's Gem
C32 Wilder About Crafts
C33 Tom's Workshop
C34 Joslan Supplies
C35 Devan Designs
C36 Face Paints by Kate
C37 JW's DIY Creations
C38 Just Kidding Around
C39 Positive Flash Photography
C40 Studio 41
C41 Ruff Kutz
C42 Miss Elainious
C43 Will Overstreet
C44 DH Designs
C45 Sew Whimsical Quilting
C46 Hippy Dippy Digs
C47 Down-Right Boozy

FOOD VENDORS

F1 VFW Post 9668
F2 Snappy's
F3 Kona Ice of Central Iowa
F4 Dragon Foodies
F5 Charlotte's Kitchen
F6 The Traveling Bean
F7 Totally Rolled Ice Cream
F8 Donut NV Central Iowa
F9 Street Sweets
F10 Walburgers/HyVee
F11 Walking Noods
F12 Traveling Tom's Coffee Ankeny
F13 Zipp's Pizzeria
F14 Deardorff Highland Cattle
F15 Caskimo Snow
F16 Uncle Jed's Jambalaya
F17 Twisted Asian
F18 R Simple Farm LLC
F19 Sweet B's Treats and More
F20 The Llorice Guy
F21 Smokin R's BBQ
F22 Karam's Grill
F23 Chad's Pizza
F24 Boba Tee 168
F25 Macy Moo's Food and More
F26 ThelStreet Food By Weena

INFORMATIONAL

I1 Raccoon Valley Radio
I2 ADM Athletic Boosters Club
I3 Kilterra Fairland & Hunting
I4 Dallas County Republicans
I5 Dallas County Pheasants Forever
I6 Advantage Seamstress Gutters
I7 Secure Point Solutions
I8 Gideons International
I9 Dallas County Democrats
I10 ISU Extension & Outreach
I11 Adel American Legion & Aux.
I12 Aetna
I13 ADM Girdiron Club
I14 Bristol Windows
I15 KHI Solutions
I16 Optimum Chiropractic
I17 Renew by Anderson
I18 Ronald McDonald House
I19 Unwind/Summit 23
I20 Happier at Home/Sumpter Pharmacy
I21 Philip Stueve State Farm

HOSTED BY

Adel

PARTNER'S CHAMBER OF COMMERCE

ADEL & WINTERSSETT
T.V. & APPLIANCE • HEATING & COOLING

916 Main Street, Adel • 515-993-4287
www.adelwintersetstv.com

• Tires
• Oil Changes
• Propane Refills

ALLEY AUTO SALES LLC.
515 Nile Kinnick Dr N, Adel | 515-993-3437

BERGKAMP HEMPHILL & MCCLURE PC

Jamie Bergkamp | Matthew Hemphill | Kara McClure
218 S. 9th Street | (515) 993-1000

CORNER TAP

921 Main Street, Adel
(515) 993-2240

CAMS Cleaning and Maintenance Solutions
(515) 478-9443
www.camssolutions.com
RESIDENTIAL & COMMERCIAL CLEANING & MAINTENANCE

RE/MAX PRECISION
YOUR LOCAL REAL ESTATE EXPERTS

805 MAIN STREET
LOCATED ON THE SQUARE IN ADEL.
(515) 478-3496

FULLER
PETROLEUM SERVICE

FARM • CONSTRUCTION • FLEET
Fast and friendly FUEL DELIVERY • Competitive pricing
GAS AND DIESEL – road use and off-road
24 HOUR PUMPS OPEN TO PUBLIC
1505 OLD PORTLAND ROAD IN ADEL

LITTLE TIGERS
Learning Center Clubhouse

1720 Nile Kinnick Dr. S.
515-993-1038
WWW.LITTLETIGERSLEARNING.COM

215 S. 5th St. Suite B
515-993-2141

2023 PARADE MARSHALL

2022 Citizen of the Year Rich Hughes

Rich has been an active member of the Historic Preservation Commission, overseeing grant applications for historic business improvements and the placement of more than 20 historical plaques on buildings around the square. He is also involved in Lions, which means helping put out American flags five times

a year and sorting donated pop cans. In the past, Rich was a club president. He currently serves as president of his neighborhood homeowners association, is a past city council member, and, is good at helping out when anyone needs a hand.

Rich was the Sweet Corn Cooker King for many years. Rich has run the cooking of

the corn for many years and then stepped back to be Mike Giles' right-hand man. He still makes sure everything is in place for the shucking and cooking of the corn. You will find him there early Saturday morning supervising the corn.

Joining Rich is year are finalist for Citizen of the Year: Jan Tetrick and Dixie Rhiner.

FREE SWEET CORN – WHILE IT LASTS!



After the parade, be sure to get in line for Adel's famous Deardorff sweet corn. Each year, Adel Partners purchases approximately 15,000 ears of this delicious corn and gives it away for FREE at the festival. The cooking process for the corn is something to see as well. We know you will enjoy eating a few ears of the corn as you visit the festival. Corn is generally gone by mid-afternoon, so plan to come early!

Annual Bean Bag Tournament



Tournament start time is after the Parade at approximately 11 a.m. at the old Middle School, and sponsored by Knights of Columbus. The entry fee is \$30 for a two-person team. This is a double elimination tournament. For more information, or to register, call 515-480-3842, or online at <https://stjohnsadel.weshareonline.org/BeanBagTournamentSweetCornFestival>.

ADM Sand Volleyball Tournament

The coed sand volleyball tournament is a fundraiser for the ADM Tiger's Volleyball team. You must be 18 years or older to participate. Coed teams hosted at Evans Park from 11 a.m. to 6 p.m.. Entry fee is \$100/team. Sign up at <https://forms.gle/gbzGdqt5CU59zTwn7>.

Adel Fire Department Kids Activities

From 11:30 a.m. to 2 p.m., the Adel Fire Department will be hosting kids water fights along with a dunk tank to dunk your favorite firefighter. Located at 11th and Court. (ADM DAC)

Redline Warriors presents Adel Sweet Corn Car Show

80s themed Car Show. 80s cars and attire are encouraged. Rad time for all. Register your car on the north side of the square. Showtime is 10 a.m. to 3 p.m. All makes and models are welcome. No entry fee. Fun time for all.



Annual Sweet Corn Classic at the Dallas County Fairgrounds

Bobtail, show combination, working or antique. All classes welcome. Free admission and registration. Semis start lining up at 8 a.m. Door prizes given at 3:30 p.m.



Friends of the Library Book Sale EXPANDED HOURS!

The Library is located at 303 S. 10th St. Visit the Adel Public Library during the Sweet Corn Festival for the annual Friends of the Library Foundation Book Sale. We have lots of wonderful books this year! The sale on is Thursday, Aug. 10 and Friday, Aug. 11 during library hours. Or shop on Saturday, Aug. 12 from 9 a.m to 3 p.m.

LIVE ENTERTAINMENT SCHEDULE

LOCATED ON THE SOUTHSIDE OF COURTHOUSE LAWN

11:30 a.m. to 1:00 p.m. **Sparklehoop Dance**
 1:00-2:00 p.m. **Adel Tumbling and Dance Club**
 2:00-3:00 p.m. **Let's Dance**

AT THE STAGE AND PAVILION

11:30 a.m. to 3:00 p.m. **Jessie and the Medicine Men**
 6:00 p.m. to Midnight **Beer Garden.** All ages welcome. Tickets for beer and other hard drinks are \$5, or 5 for \$20.
 7:30-11:30 p.m. **Gimikk.** A Des Moines band who play classic rock and cover music.



City of Adel

The annual Sweet Corn Festival would not be possible without the support of the City of Adel. From the city administrative staff, to the City Council, to the city workers, and the police, and fire departments, everyone involved with city government pitches in to help out with the festival. Adel Partners would like to acknowledge their support and ask everyone to join us in thanking them for all they do!

Find Your Fun!



Kid's Zone presented by Garlick Team

Located in parking lot of Raccoon Valley Bank on east side of 10th Street between Main and Court.

This year Garlick Team has provided the kids' games for free. Your kids can enjoy as many rides and experiences as they desire. Make sure to thank Garlick Team.

Radio broadcast

KDLS 105.5 Radio will be broadcasting from the Sweet Corn Festival. You can find them at the intersection of 9th and Main Street. Stop by and they might even interview you.

Patrick's
Restaurant

On the Bike Trail

211 South 7th Street
Adel, Iowa • 993-3884

PEOPLES
BANK

515-993-5680
804 Greenwood Hills
in Adel
www.mypeoples.bank



515-444-3492

RACCOON RIVER
PRESCHOOL

raccoonriverpreschool@gmail.com

WWW.RACCOONRIVERPRESCHOOL.COM



RACCOON RIVER
RENTAL

raccoonriverrental.com

On the Adel exit just off I-80

515-993-1100

RaccoonRiverRental@yahoo.com



**WE OFFER THE BEST PRICES
AND PROTECTION FOR YOU!**



RIVER VALLEY
INSURANCE, LLC

819 Main Street, Adel **Auto-Owners**
INSURANCE
515-993-3515

LIFE • HOME • CAR • BUSINESS



Raccoon Valley Bank



ADEL • 515-993-4581
www.raccoonvalleybank.com

Perry 465-3521 Grimes 452-0812 Dallas Center 992-9200



**ADEL SHOWROOM
NOW OPEN!**

Call for an appointment: 515-727-1887

416 Greene St., Adel • www.picksuperior.com



21459 Old Hwy 6,
Adel

(515) 993-3574

valobiomedia.com

CONTRIBUTORS (financial)

Please take the time to thank these businesses and individuals for their ongoing financial support of the Sweet Corn Festival. Without their sponsorships, the entertainment and the technical needs of a festival this size would not be possible.

 Located right off the bike trail in Adel
ICE CREAM STORE
Come out and enjoy our family-friendly atmosphere!
308 Nile Kinnick Dr., Adel • 515-446-0061


1126 Greene Street, Adel • (515) 993-3410
www.animalhospitaladel.com


Innovative Lawn Solutions, LLC
515-322-3285 | www.ILSturf.com |  


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

REAL DEALS
ADEL
20% OFF ONE ITEM
WITH MENTION OF THIS AD
ON SATURDAY, AUG. 12 ONLY.
211 S. 7TH ST. • REALDEALS.NET/ADEL

ADM JOIN TODAY!
BOOSTER CLUB
2023-24 School Year



BALDON HARDWARE
515-993-4113 • 409 S. 6th Street • Adel


Elite



Street Party Sponsors



Vendor Sponsor



Fun Zone Sponsor



Princess Sponsor



Platinum

- Adel TV & Appliance
- Adel Lions Club
- Advantage Seamless Gutters
- Insight CPA
- Kuder, Inc.
- McClure Engineering
- Raccoon Valley Bank
- Raccoon Valley Radio

Gold

- Adel Vision Clinic
- Ambros Roadhouse
- Core Physical Therapy
- Fareway
- Fuller's Standard Services
- MiPi Support
- Raccoon River Rentals

Silver

- Adel HealthMart

Bronze

- Adel Barbershop
- Adel Living Magazine
- Adel Tires & Service
- Axis Seeds
- The Car Store
- Happier at Home
- South Dallas County Landfill
- Sumpter Pharmacy
- Twin Eagles East

Contributors (In-Kind)

Please take time to thank these businesses for their ongoing support of the annual Sweet Corn Festival. Their service and experience help make the festival possible.

- ADM Schools
- Adel American Legion
- Adel Kiwanis Club
- Adel Lions Club
- Adel Rotary Club
- Anderson Erickson
- Ankeny Sanitation
- Bob Davis
- Boy & Girl Scouts of Adel
- Boy Scouts Troop 152
- Casey's
- City of Adel
- Corner Tap
- Culligan Water
- Deardorff Sweet Corn
- Girl Scouts of Adel
- KFC
- R & K Trucking
- Sportsmen's Club
- UPS Store Clive/Waukee

Please note that the contributors list is not the official thank you list from Adel Partners Chamber of Commerce and the Sweet Corn Festival committee. It is simply a list of businesses, groups and organizations who have donated money, time or services to the committee in exchange for sponsorship acknowledgement. Hundreds of volunteers make the Sweet Corn Festival possible every year.

SWEET CORN FESTIVAL T-SHIRTS

Find them at the Chamber Booth located at 9th and Main St.



SAVE. MORE. MONEY.

**ADEL
OWNED!**



LET'S DO THE MATH!

Sell your home for **\$300,000**
traditional agent at 6% = **\$18,000**
FSBOHOMES = **\$3,000**

YOU save \$15,000!

Call 515-393-4688 for details

We've helped sell more than 2,500 HOMES for our clients!



FSBOHOMES
ANKENY
110 N Ankeny Blvd,
Suite 600

**Schedule an
appointment today!**

HOME *Sweet* HOME

*Offering design and a local
showroom for material selections.*



RCI BUILDERS

 **CALL TODAY**
515-314-5650

**SHOWROOM OPEN BY
APPOINTMENT**
28059 Fairgrounds Rd.
Adel, IA 50003

- Full Home Remodels
- Additions
- Kitchens
- Basement Finishing

Locally Owned and Operated

■ **VIEW OUR GALLERY AT WWW.RCIBUILDERSINC.COM**

FROM childhood ER visits to physician

Donahue's path leads to long-time Adel practice.

For the last three years, Dr. Sue Donahue, or “Dr. Sue” as many patients call her, has been voted the Residents’ Choice poll favorite Dallas County doctor. She graduated from Des Moines University College of Osteopathic Medicine and Health Sciences in 1993. Specializing in family medicine, she has been practicing in Adel for 26 years. Now she will enter a new phase of her career as she moves her practice to The Iowa Clinic group, with a new building in Adel to better serve her “family” of patients. Her entire staff is going with her.

Donahue grew up in Marshalltown as one of three children in her family. She was an active “tomboy” who enjoyed sports, fishing and camping.

“My family would often go camping up in northeast Iowa and fish in the trout-stocked Yellow River; and I always caught the most fish,” Dr. Donahue chuckles.

“I was a busy child, who was frequently in the ER getting stitches, and, over time, I became fascinated with the ER and the whole healing profession,” she continues. “I remember that, by the time I was in kindergarten, I knew I wanted to be a doctor.”

Experiences throughout her childhood and adolescence sharpened her focus on the type of doctor she wanted to become.

“I felt some health providers were rather cold and uncaring and made their patients feel just a part of a production line of timed appointments,” Dr. Donahue explains. “I believe that the most important part of being a healthcare provider is to genuinely care about your patients. They need to trust that you will do everything you can to find the answers to their problems and provide the help they are seeking.”

After graduating from Marshalltown High School, Sue continued her path to becoming a doctor by attending Iowa State University where she worked as a CNA in the ICU at Mary Greeley Medical Center during her undergraduate school. She also met her husband, Larry, in paramedic training there. Larry went on to be a Dallas County paramedic for many years and her office manager when she opened her private practice in Adel.

Their first two children, Matthew and Cassie, were born while Sue was in medical school at DMU. Matthew is now a physician and Nebraska’s state epidemiologist, and Cassie just completed her physician associate (PA) degree in Minnesota. Their third child, Hailey, has her degree in biologic anthropology and is pursuing a degree in mortuary science. Their “baby,” Jacob, a graduate from University of Iowa Law School, is clerking for district judges here in Dallas County.

“I knew I wanted to practice in a smaller town so I could develop more personal, long-lasting relationships,” says Dr.



Dr. Sue Donahue was voted the Residents’ Choice poll favorite Dallas County doctor for the last three years. Her practice will be moving into a new building and joining The Iowa Clinic group.

Donahue, “and the friendships and relationships I have made in my career in this community have been just as beneficial to me as it has hopefully been for those people who have entrusted me with their care. For ‘my people,’ I am eternally grateful.” ■

STOCK UP

FOR SCHOOL!



**BUY 2
GET 1
FREE**

**KELLOGG'S
SNACK PACKS**

10-12ct box • Expires 8/31/23



**BUY 2
GET 1
FREE**

**SKINNY POP
MULTIPACK
POPCORN**

6pk • Expires 8/31/23



**BUY 2
GET 1
FREE**

**PIRATE BOOTY
MULTIPACK PUFF**

6ct • Expires 8/31/23



**BUY 2
GET 1
FREE**

**NATURE VALLEY
GRANOLA BARS**

6ct box • Expires 8/31/23

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



**NEED
NEU
BLINDS?**

CALL JAMES
FOR AN AFFORDABLE,
CONVENIENT BLIND QUOTE.

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

**Neu
Blinds**
CALL TODAY!
515-250-5543
GRABER. | DELIGHT IN
EVERY DETAIL

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

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

250-5543

LIBRARY

By Olivia Osborn, marketing and
collection management librarian

ADEL Public Library news



We would like to extend a huge thank you to everyone in our community who supported our summer reading program. This was one of our most successful years so far, and we couldn't have done that without our community sponsors and our patrons.

Special thanks to Adel Parks and Recreation, Adel Women's Club, Billie's Ice Cream Store, Dallas County Conservation, Fullers, Iowa Rescue League, Iowa Select Farms, ISU Extension, Kum & Go, Penoach Winery, Topsy Tiger Moms and Warrior Lanes.

Here at the library, we use August to plan for the school year, but we still have a few programs, check them out below.

- Teen Advisory Board – Aug. 3 at 4 p.m.
- Tail Wagging Readers – Aug. 3 at 4 p.m.
- *Poolside Storytime – Aug. 4 at 11 a.m.
- *Intro to Dungeons and Dragons (ages 13 and older) – Aug. 4, 2-4 p.m.
- Teen: New Book Club – Aug. 10 at 4 p.m.
- Storytime in the Park (Evans Park) – Aug. 14 at 10 a.m.
- Dallas County Conservation Storytime – Aug. 18 at 10 a.m.
- Storytime in the Park (Evans Park) – Aug. 28 at 10 a.m.
- *Registration required event, register at adelpl.org.

If you're an adult looking to get out of the house, we have plenty of options for you, too. There's no registration for our book clubs, just pick up the current book at the front desk and join us. We also have some active programs, like the morning exercise group that exercises to easy walking videos and our yoga program on Wednesday nights for some relaxation in the middle of the work week.

- Yoga at the Library – Every Wednesday at 5:45 p.m.
- Exercise Group – Monday through Thursday at 9 a.m.
- 50s+ Senior Gathering – first and fourth Tuesday of the month at 10 a.m.
- Brown Bag Book Club – Aug. 10 at 12 p.m.
- Cook Book Club – Aug. 16 at 11 a.m.
- Plant Propagation Class with Master Gardener – Aug. 17 at 6 p.m.
- Evening Book Club – Aug. 31 at 6 p.m.

We look forward to seeing you in the library this month. ■

**GET THEM READY
FOR SCHOOL!**

**Make sure they
are at their best.**

**SCHEDULE EYE
EXAMS NOW**

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.



RACCOON VALLEY BANK provides unique community gathering place

After being closed for more than 3 years, the Raccoon Valley Bank Community House in Adel is ready to reopen to the public after a lengthy renovation.

Originally built as a church in 1862, the building was acquired by neighboring Raccoon Valley Bank in 1996. The building was extensively renovated to include a large meeting room, kitchen and bathroom addition. An extensive collection of historical Adel photos was also put on display. After the \$400,000 renovation was complete, the building was opened for use by the public. Anyone, not only customers of the bank, could reserve the building at no charge.

Fast forward 25 years, and the well-used historical building was due for an upgrade. The building was closed as plans were put in place for a complete property renovation expected to cost more than \$600,000. A new metal shingle roof was installed after old sagging rafters were replaced. The foundation was reinforced, flooring replaced, and new paint applied throughout. A new paver patio with natural rock retaining walls was installed. New landscaping and sod were planted. An artificial turf area was installed that will soon house four permanent bags tournament boards. Raccoon Valley Bank Market President Thomas Book said, "We want people to stop and enjoy the whole property, not just the inside of the building. People are welcome to play bags or sit on the shaded patio and enjoy the view of Main Street and the adjoining stage and pavilion park if the facility is not already in use." People using the inside of



The Raccoon Valley Bank Community House is located at 1016 Main Street in Adel.

the facility will enjoy new furnishings that include tables and chairs for groups of 60 people that can easily be stored away, as well as an expanded kitchen with new appliances.



The planners of the project wanted to respect the historical nature of the building as much as possible. The pavers used in the patio are meant to mimic the street pavers used on nearby Main Street. The shingle roof was chosen because it was designed to look like a roof from the 19th century. Even grape vines, which have existed on the East side of the building for decades, were saved. "Adel is a historic town. We wanted this project to reflect the character Adel is known for," said Book.

The Raccoon Valley Bank Community House will reopen in late August. An official open house is planned for Thursday, August 3, from 5 p.m. to 7 p.m. An online reservation scheduling system will be available to the public soon. As before, the facility will be free for use by the public. Not just for Raccoon Valley Bank customers

"Raccoon Valley Bank understands the importance of providing space for people to gather," said Book.

"A true community bank does things that bring the community together."



Raccoon Valley Bank

www.raccoonvalleybank.com



ADEL
1009 Court Street
515-993-4581

DALLAS CENTER
590 Sugar Grove Ave
515-992-9200

PERRY
1202 2nd Street
515-465-3521

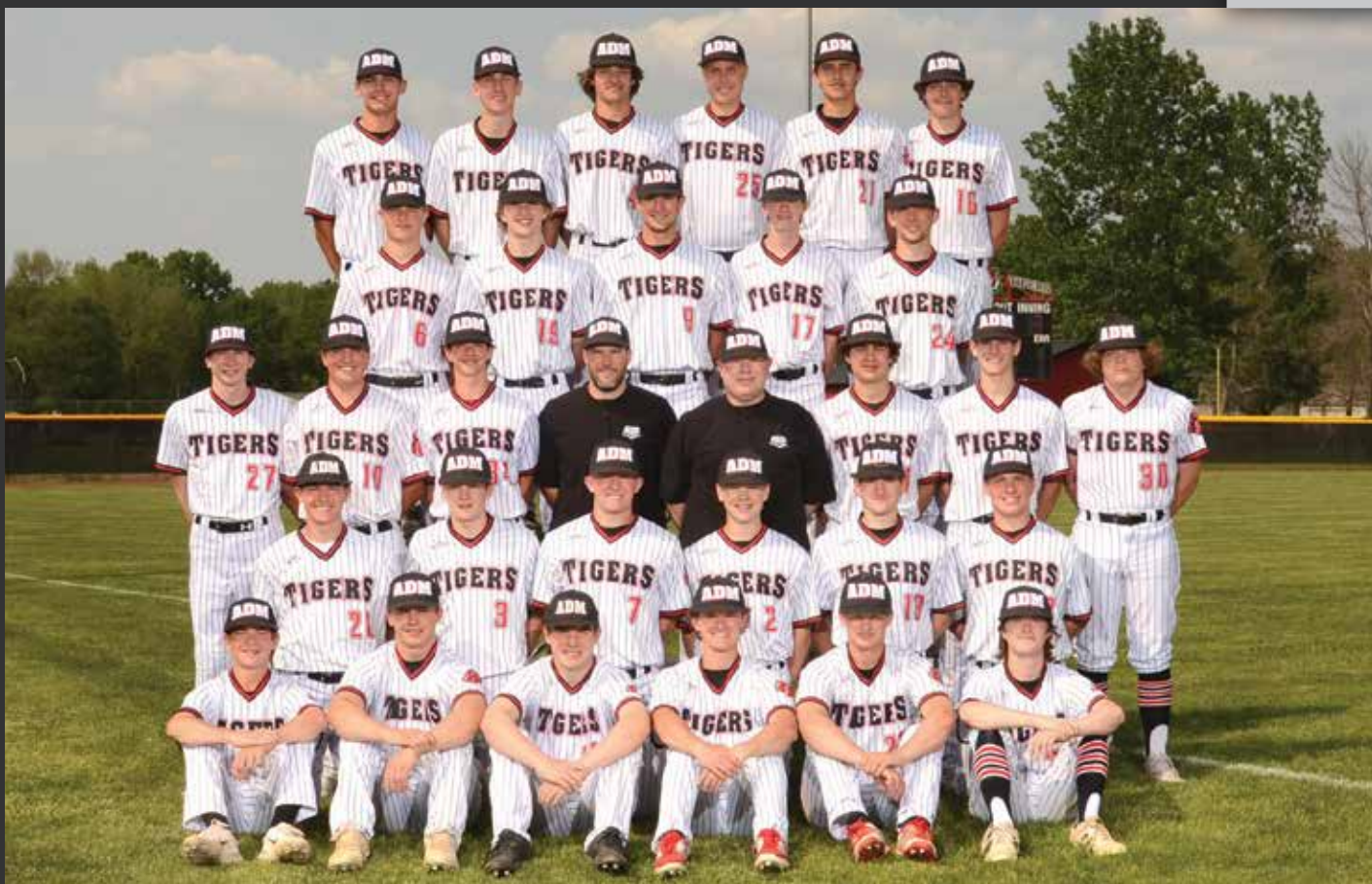
GRIMES
1051 NE Gateway Drive
515-452-0812



CONGRAT

Way to go on your successful seasons,
Tigers! You did great and your hardwork
earned all your accomplishments.

T



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

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

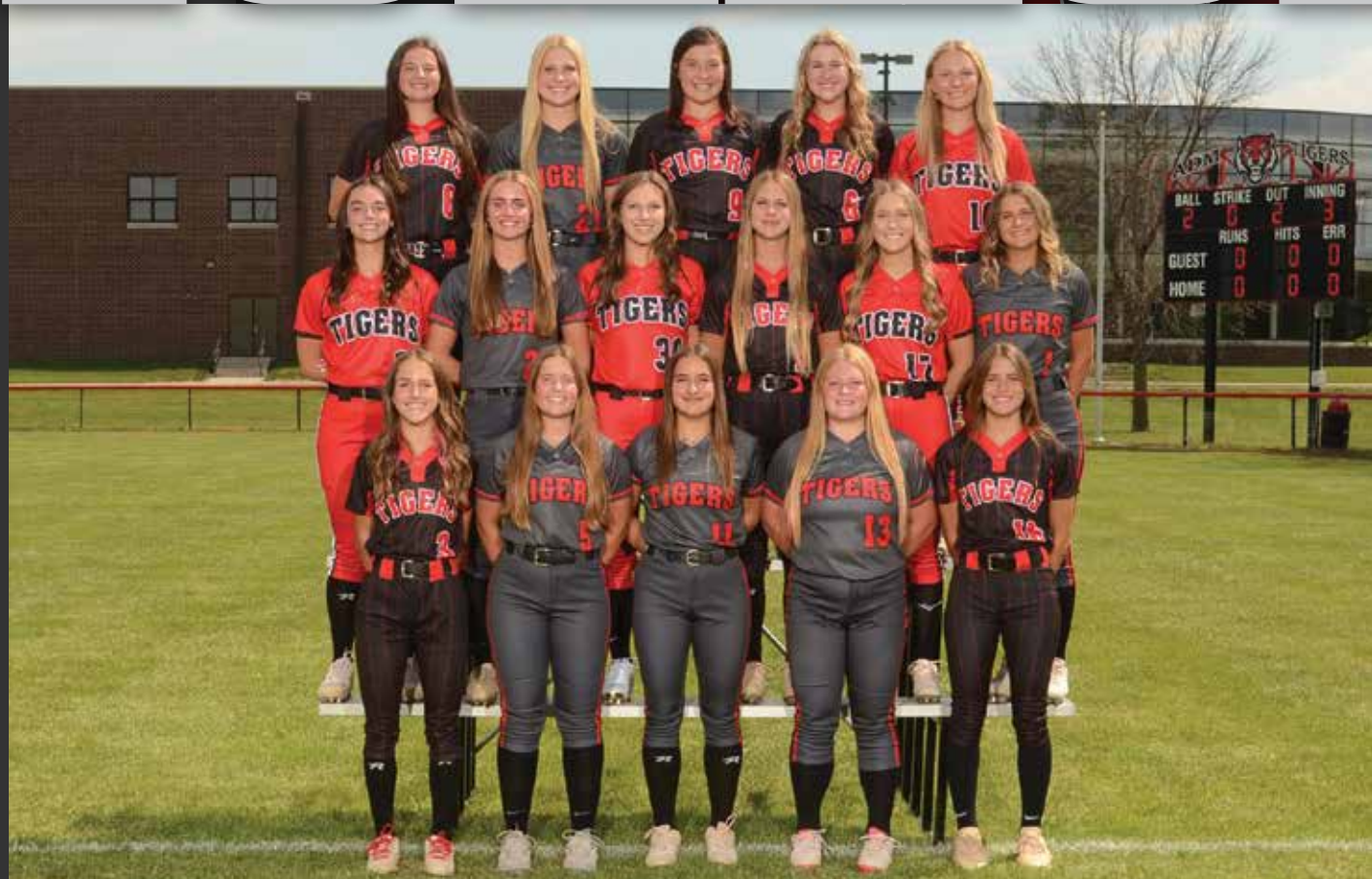
TAKING NEW PATIENTS
Adel Vision Clinic
Quality Eye Care on the Square
813 Main St. | 515-207-7400
Barbara Scheetz, OD
adelvisionclinic.com

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

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
Perry 465-3521 Grimes 452-0812 Dallas Center 992-9200

ULATIONS TIGERS!



CALDWELL PARRISH
FUNERAL HOME & CREMATORY
ADEL CHAPEL

735 South 14th Street, Adel | 515-993-4240
www.caldwellparrish.com

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

CORE

Physical Therapy

803 Cottage Street, Adel

515.993.5599 • www.CorePTiowa.com

Mike Burggraaf, Jodi Hook, Alicia Fisher, Justin Scherff, Robin Forster

SAVE MORE MONEY
SELLING YOUR HOME.

FSBOHOMES.COM
Locally Owned by Dee Davis OF CENTRAL IOWA

FSBOhomes.com 515-393-4688

IOWA
Living
MAGAZINES



GETTING the most out of your pharmacy visits

Not everyone likes to visit the pharmacy, but we really do enjoy seeing all of our customers. Maybe you aren't feeling well or are dealing with a new condition you are anxious about.

Good news. If you choose a locally owned independent pharmacy, a pharmacist is a simple phone call away, and pharmacists are readily available to answer your questions if you stop in. So make the most of your time visiting your pharmacy with these simple tips:

- **Use the same pharmacy for every prescription.** This is especially important if you have multiple doctors to help ensure your prescriptions will not interact. Consistency is important for good health.
- **Update your information.** Have you been diagnosed with a new condition or have had unwanted side effects? Keeping your information updated can help your pharmacist spot red flags. Has your address or phone number changed? Let them know so they can contact you if needed.
- **Ask questions about over-the-counter medications.** OTC medications do not require a prescription, but they can interact with



other medications, lessen their effects, or adversely impact a chronic condition.

- **Ask for help.** Do you frequently run out or need to make multiple trips to the pharmacy? Ask if the pharmacy offers any programs such as delivery, medicine synchronization, or compliance packaging to help keep you on track.

- **Annual medication review.** Ask your pharmacist to review your prescriptions. They can work with your physician(s) to keep your medicine regime up to date and most cost effective under your current health plan.

- **Immunizations.** Ask your pharmacist if you are due for any immunizations. From COVID-19 vaccines to influenza, shingles and tetanus, they can provide them all and can easily check your eligibility.

Building a strong healthcare team is the first step to bettering your outcome. It's your health. If you are unsure of a diagnosis or treatment, don't be afraid to ask questions. If you don't understand the answer, ask for clarification until you understand. Your team is here to work for you. ■

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!



PHARMACY trivia

Test your pharmacy knowledge with these five pharmacy trivia questions.

1. Which Avengers hero worked at a pharmacy before he became famous?

- a. Robert Downey Jr. b. Chris Evans
c. Chris Hemsworth d. Mark Ruffalo

2. Which medication is considered No. 1 in terms of total lifetime sales?

- a. Lipitor b. Synthroid c. Crestor d. Viagra

3. Which soft drink was invented by a pharmacist?

- a. Coca-Cola b. Pepsi c. Dr. Pepper d. Vernors Ginger Ale
e. All of the above

4. True or False: After Germany lost WWI, Bayer was forced to give up the trademarks for Aspirin and Heroin as part of the Treaty of Versailles in 1919.

5. Match the medication/class to its origin of discovery or what it is derived from.

- a. Warfarin i. Saliva of the Gila Monster
b. Byetta (exenatide) ii. Madagascar periwinkle plant
c. Vinca Alkaloids iii. Spoiled sweet clover feed later marked as rat poison ■

Information provided by Leslie Herron, Sumpter Pharmacy, 628 Nile Kinnick Drive, Suite 1, Adel, 515-993-1119. Answers: 1. C. Chris Hemsworth sterilized breast pumps as part of his job after women returned them to the pharmacy. 2. A. Lipitor. Data shows Pfizer's cholesterol drug, Lipitor, remains the nation's best-selling drug over the last 25 years with U.S. sales equaling \$94.67 billion. 3. E. All of the above. 4. True 5. i.b; ii.c; iii.a




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

WHAT should I do after an injury?

If you suffer an acute injury like a joint sprain or a muscle strain, pull or tear, inflammation will follow shortly after. The characteristics of inflammation are swelling, redness and tenderness to the touch. Inflammation is part of the healing process; however, if the inflammation process goes overboard, it will actually decrease the muscle or joint's ability to heal, causing pain and slowing the healing process.

To control the inflammation process, remember the acronym R.I.C.E.

• **Rest** – Immediately after the injury, rest the injured area to prevent further injury.


• **Ice** – Put an ice pack or a bag of frozen vegetables in a towel and apply to your skin for 15-20 minutes. Ice acts as an anti-inflammatory, pain killer and muscle relaxer.

• **Compression** – This limits swelling and facilitates the healing process. If the compression wrap is too tight, or throbbing starts, remove and re-apply.

• **Elevation** – Put your injured area above the level of your heart to help reduce swelling.


After one to two days of R.I.C.E., many sprains or strains start to heal. However, if the pain or swelling does not decrease after 48 hours, it is appropriate to seek medical care. ■

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

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

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!



Delecia Crannell, ARNP, FNP-BC

715 Cottage Street, Adel
515-478-9660

Located next to Athletico Physical Therapy

ACCEPTING MOST MAJOR INSURANCE PLANS

HEALTH

By Delecia Crannell

FOCUS on 'lifestyle plan,' not 'weight loss'

As summer progresses, it seems I keep hearing the same phrase over and over. "Lose weight." People everywhere want, need, or are trying to size down and trim up. Diets, cutting calories, exercising are all the rage. Yet these interventions seem to always fizzle as we fade from summer into fall and the holiday seasons begin. If you are overweight or even just want to trim a little, make an appointment with your primary care provider or a local wellness clinic. To be successful, you need a plan that takes your health, your diet preferences, your daily life activities, your family and your budget into consideration. These providers are trained to look at you holistically and help you to develop a long lasting "lifestyle plan" to aid in successfully reaching those weight-loss goals. Moving the focus from "weight loss" to "improved health" is a scientifically proven way to garner success. Fad, quick, drastic and temporary interventions may yield temporary results but more often than not will have you saying that same phrase again next summer. So, get healthy and remember this bit of inspiration:

"The distance between who I am, and who I want to be, is only separated by what I do." — Everyday Power ■

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



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

HEALTH

By Shelly Stewart-Sandusky

ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.



COMMUNITY

ADEL Rotary installs new officers



Adel Rotary passed the gavel from President Bob Grove, left, to new President Tim Ennis on Wednesday, July 5. Ennis joins new 2023-24 officers Amanda Schwantes, president-elect; Shirley McAdon, secretary; Past-President Bob Grove; and Board members Steve Conard, Matthew Karns and Paul Zietlow.

Grove will preside over the Club's work on its 100th Year Project that will see the completion of the improvements to Rotary Plaza before the Club's celebration in May, 2024. Ennis will focus on telling the story of Rotary to continue the fun and fellowship of members as they meet every Wednesday (except for the fourth Wednesday, which is meant for service projects) at the Adel Public Library and to attract new members.

Rotary International is a global network of 1.4 million neighbors, friends, leaders and problem-solvers who see a world where people unite and take action to create lasting change across the globe, in our communities and in ourselves. Its mission is to provide service to others, promote integrity, and advance world understanding, goodwill and peace through a fellowship of business professionals and community leaders.

Adel Rotary is committed to "Service Above Self" through its many community projects and invites all to join in those efforts. ■



Suggest a teacher

for an Iowa Living
education column!

Send an email to
tammy@iowalivingmagazines.com



LAWN CARE

By Kevin Johnson

WEEDS, weeds, weeds

Unfortunately, weeds in your lawn are just like weeds in your garden or flowerbeds. They continue to germinate throughout the growing season, which can affect the looks of your lawn. Repeat applications are often necessary to keep weeds at bay throughout the year. Here are some of the usual offenders:



- **Crabgrass/Foxtail:** These annual weeds are normally controlled best by a pre-emergent application. A lawn care professional has access to superior post-emergent products that can provide some control if it has become a problem in your lawn.

- **Yellow Nutsedge:** Though not a true broadleaf weed, this weed can become prevalent in your lawn if the right growing conditions exist. This plant has a slightly yellowish-green appearance in a spikelet form that usually grows faster than your grass. At the base of the plant, the stem forms a three-sided triangle that you can feel. It can be controlled with special products. Always check to see if there is an additional charge.

Oxalis, Spurge, and other broadleaf weeds, fortunately, can be controlled. Control can be slow if it is extremely hot or dry. The broadleaf weed control products used to provide control work best when the weeds are actively growing.

Consult with a lawn care professional or nursery specialist about how to eliminate these weeds from your lawn. ■

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

If You've Tried The Rest...

NOW TRY THE BEST!

Best Fertilizer. Best Weed Control. Guaranteed Results.





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 9/1/2023

CALL FOR YOUR FREE ESTIMATE!

515-279-4008

www.allamericanturf.com

RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes
Cook time: 8 minutes
Servings: 4



- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.

The more you buy the more you save on skincare products!

10% off
one product

20% off
two products

25% off
three or more products

coolsculpting
CONSULTS ARE
Free!

IN STOCK ONLY PRODUCTS



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

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

ADEL Barbershop

Chamber, community support help business thrive.

For 30 years, Jennifer DeVaughn has been a barber in Des Moines and surrounding communities. Due to life changes, she was seeking a fresh start and contemplated moving out of the state with her business.

One of her long-time customers, who she hadn't seen in a while, came in for a haircut. As the two chatted about Jennifer's possible move, he suggested opening up a place in Adel, as there was a big need for a barbershop.

"It was divine intervention," she recalls. "I moved and opened up a barbershop in Adel less than a month later."

Located on the square at 119 N. Ninth St., the Adel Barbershop has been open for 10 years. Her partner, Leonard Warford, cuts hair part time.

As she was new in town, DeVaughn sought advice from city leaders and the chamber, who recommended she reach out to long-time barber Leonard Warford.

"He knows everyone," she says. "He retired when I met him. He knows people who have been coming to the barbershop for years. I'm lucky for his expertise and connections in Adel."

Her first shop was in an older building. Then, the American Legion helped create a new "dream space" in their building for her barbershop. "I'm forever grateful for their assistance," she says.

She joined the Adel Chamber last year as a way to stay connected with the community and other business owners. She likes how the chamber features various businesses on their website.

"It made sense to join the chamber. Deb is very supportive in mentioning us on social media and events," she says. "This year, we're helping out with the Sweet Corn Festival's princess contest."

As the number of barbershops across Iowa has dwindled, the shop has stayed busy. Formerly operating as a walk-in barber, the business recently implemented an appointment-only system, offering less wait-time for customers.

"The townspeople have helped build my business. We figured out a new appointment system, so there was less stress, and people don't have to wait as long," DeVaughn explains.

She adds, she would like to build the business and hire additional barbers. Since the barber college in Iowa recently closed, the state implemented new laws, so DeVaughn can train barbers in her shop for an apprenticeship.

"I'd love to expand here in Adel if I could fill up chairs with barbers," she says.

She recommends small business owners join the Adel Chamber. "Deb is super easy to work with. The community and the people are wonderful here."

The growth of Adel is what keeps DeVaughn and her barbershop flourishing, she says.

"There's so many new people since I moved here. There's massive growth," she says. "A lot of amazing things have happened to me since I moved my business here." ■



Jennifer DeVaughn and Leonard Warford serve clients at the Adel Barbershop.

**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

**CALL US TO ELIMINATE
HARMFUL HOME INVADERS**

Paul's



Pest Control

Family Owned Since 1987.

515-993-3332



www.PaulsAAAPestControl.com • paulspestcontroliowa@gmail.com

Adel Grow your
business here.

**The Adel Chamber
has given us
exposure through
various events in
the community,
as well as
recommending us
for catering events!"**

Julie Heathcote

Sunflower Chef Catering



Adel PARTNERS
CHAMBER OF
COMMERCE

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

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



Kristin Maahs played the harp at the Adel Historical Museum garden party fundraiser on July 6.



Diana and Aubrey Dunbar opened their yard for a garden party fundraiser for the Adel Historical Museum on July 6.



Jennifer Morecraft at the Adel Farmers Market on July 18.



Adam Hilgenberg at the Adel Farmers Market on July 18.



Justin Storm at the Adel Farmers Market on July 18.



Laney Trout and Ella Krause at the Adel Farmers Market on July 18.



Conner Schoenrock at the Adel Farmers Market on July 18.



Addison West at the Adel Farmers Market on July 18.



Brooklyn Beebe at the Adel Farmers Market on July 18.



Hayley Dray and Alexa Guthrie at the Adel Farmers Market on July 18.



Sam Morrison at the Adel Farmers Market on July 18.



Jack Leistikow and Owen Horgen at the Adel Farmers Market on July 18.

FARMERS Market

Adel Farmers Market
was held on July 18.



Mykela and Donna Besley



Andrea Lardenas and Nancy McMordie



Jason Joiner



Sam Radke



Mackenzie Felt-Lewis



Gretchen York and Dan Wilson



Jenny Felt



Gabby Doss



Tori Schmidt



Juli, Izzy and Grace Tripple



Fred and Pam Pruitt

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.

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)

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)

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 866-511-1799 (ACP)

FOR SALE

2024 MANUFACTURED HOMES, (14x60) 2Br, 2x6 Const. 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)

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)

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help

veterans find work or start their own business. Call 24/7: 844-913-2887. (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! MFree next day installation! Call 855-824-1258. (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)

Shop w/ A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. New Service MFor 2023. 888-906-3315. (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.dental50plus.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)

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (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)

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

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: 844-316-8181. (mcn)

PETS/PUPPIES FOR SALE

AKC REG. COCKER SPANIEL PUPS. Summer Special! 1/2 PRICE. Shots/wormed. Payment plan. 920-563-3410 mornings (#268588) (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)

Iowa's #1 Lincoln Dealer* Since 1980



A refreshing blend of comfort and power.

THE 2023 LINCOLN NAUTILUS

2023 Lincoln Nautilus Reserve model shown with available features. Due to high demand and global supply-chain constraints, some models, trims and features may not be available or may be subject to change. Check with your local retailer for current information.

LINCOLN CO-PILOT360™ 1.0

Lincoln Co-Pilot360 1.0 blends a number of helpful driver-assist features to make the road ahead and the road behind less worrisome.* With the Blind Spot Information System, Rear View Camera, Pre-Collision Assist® with Automatic Emergency Braking and Lane-Keeping System, your journey will be a confident one.

*Driver assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. It does not replace safe driving. See Owner's Manual for details and limitations.



LINCOLN

PANORAMIC VISTA ROOF®

Breathe in the beauty of the outside world. The panoramic Vista Roof spans both rows of seating, allowing for abundant sunshine and refreshing breezes. The front roof panel is powered for easy opening and closing and includes a power sunshade to help keep the interior cool and comfortable on warmer days. Elevate your journey and take in the scenery.



2023 Lincoln Aviator



2023 Lincoln Corsair



2023 Lincoln Navigator



Scott Politte, President
Stivers Ford Lincoln of Iowa



Stivers Ford Lincoln

1450 E HICKMAN | WAUKEE IA 50263

515.987.3697 | www.stiverslincolniowa.com

*Sales ranking based on 2022 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

IT'S HOT AT



HOT PRICES



CLOSE OUT
on floor models
PICK UP AND SAVE!

HOT GRILLS



IT'S HOT OUT THERE!



Window Air Conditioners
5,000-28,000 BTU

Portable Air Conditioners
SOME WITH HEAT!

HOT PRICES

Upright Freezers
6 CU FT - 20 CU FT
Chest Freezers
5 CU FT - 25 CU FT



REFRIGERATOR
OR FREEZER



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



www.adelwintersettv.com

Always a good time to shop local!

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