

ADEL

SEPTEMBER 2023

Living

Making a house *a home*

Residents share their home
improvement experiences

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EDUCATION

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WELCOME

BACK TO the project list

Days are getting shorter. Nights are getting cooler. And the home improvement project list keeps getting longer.

Sound familiar?

Well, the "I-will-get-to-it-after-summer" excuse won't work much longer, as the fall season approaches. The real trick is to start and finish these projects before the holiday season arrives. Unfortunately, we all only have 24 hours in a day, and other tasks and responsibilities often take priority. As such, we need to turn to local professionals to do the jobs right. You are in luck, as we once again are offering ideas and solutions from businesses and contractors that may help push your projects along.

We are here to help with another issue featuring the home improvement stories packed with examples of what area residents have done to spruce up their properties.

If you are one of the fortunate ones who have your projects completed and would like to be featured in an upcoming issue, please send me a note. We would enjoy sharing your successes, too.

Thanks for reading, and good luck on those fall projects. ■



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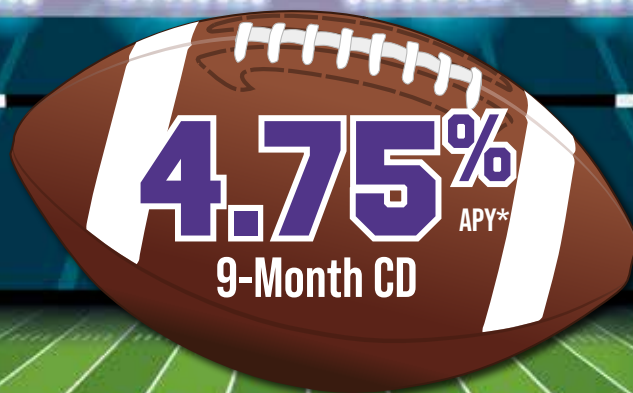


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Making a house *a home*

Residents share their home
improvement experiences

By Chantel Boyd

Ever think how much nicer it would be to sit in your comfy chair in the evening if only your living room weren't drab — and you didn't have orange shag carpet? Or imagine stepping into a roomy shower instead of that tiny pink bathtub like the one in Grandma's house? Or dream of a laundry room on the main floor instead of in the musty basement? Or maybe turning that basement into a family room and entertainment hub? Residents with similar dreams decided it was time to make some changes, and they share their home improvement experiences to inspire others.

Dave and Cheryl Saunders' home renovations included a thorough overhaul of their home, inside and out. Cheryl says the kitchen may be her favorite area of improvement for functionality and appearance.

FEATURE



BEFORE



AFTER

Dave and Cheryl Saunders chose to incorporate the Craftsman style in their renovations, including the kitchen. The kitchen and dining room flow seamlessly into the home's addition.

Craftsman remodel

Dave and Cheryl Saunders' primary goal for their Adel home renovation was to add functionality suitable to their lifestyle. The added class was just a bonus.

Dave and Cheryl worked with RCI Builders to do the upgrades. The functional renovations included adding first-floor living space — a bedroom with sitting area and bathroom

— as well as reducing the need for routine maintenance by generally upgrading appliances and utilities. Personal touches made the home feel like it was theirs.

The wish list, “must-have” list and the vision for the renovations morphed throughout the process. Over time, their list came to include a number of “while-we-are-at-it” items, as Cheryl puts it.

The renovation began with the first-floor master bedroom suite, sitting area, and a breezeway addition connecting to the existing garage. The expansion was connected to the existing kitchen and dining room. It provided an excellent opportunity to redo those rooms while they were at it.

Gutting the kitchen and dining room exposed the plumbing and electric systems in the upstairs

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FEATURE

rooms, so Dave and the team thought, “Why not hit them while we had the opportunity?”

The renovation also presented an excellent opportunity to address the living room and the old windows throughout the house.

With all the improvements inside and out, the Saunders’ overall request was to ensure the changes looked consistent with the home’s original design and architecture, allowing it to retain its original grandeur. The home was built in the classical American Foursquare design with Craftsman features.

“We wanted to keep it looking that way after we were finished, with a few modern adjustments,” Dave says.

The couple chose products and design features for the project based on whether they would be consistent with the original house plans. The double-hung architectural windows, wood doors, interior trim, hardwood floors, painted exterior cedar siding, roofing details and frames were chosen to look original.

Through it all, the Saunders were grateful for their renovation team.

“The great work of our architect (Glen Huntington) and builder (RCI Builders) helped

keep it all on track,” says Cheryl.

They called it “challenging” to select their favorite improvement because so many upgrades helped them put their stamp on the stately home and improve their quality of life. But, if pressed to choose, Cheryl says it would have to be the kitchen.

“The most impactful improvements we were able to make were to the existing kitchen and dining room spaces and how they were able to merge the new addition and the existing house. It made for a very natural feeling joining of old and new.”

Dave and Cheryl’s advice to other homeowners wanting to renovate is to really know what you’re after.

“For anyone contemplating this type of renovation project, be honest with yourself on cost and timelines before you get started. Don’t let ‘while we are at it’ surprises take away from all the enjoyment resulting from the finished project.”

Overall, Doug and Cheryl are pleased with the improvements. As Cheryl says, “We love the whole renovation, and we wouldn’t change a thing.”

From bat haven to game room

In homes more than 100 years old, attics are often forgotten spaces with long-forgotten relics of the past. Such was the case with Chrystal and Ryan Plagman’s 1915 home in Adel.

Basements and attics can be scary places, but they can also be wasted spaces if left unfinished or only used for storage.

Chrystal Plagman and her family turned their attic into a multifunctional room with beautiful architectural windows, comfy places to chill, and space to play family board games.

The biggest item on Chrystal’s renovation wish list was to evict the uninvited inhabitants — bats — living upstairs.

“We needed to eliminate the squatters before we could do anything. Unfortunately, they made a huge mess, and we had to gut the whole thing and start over,” she says. “They cleaned the bat droppings and took out all the lathe, plaster and old floorboards.”

The Plagmans wanted a space to enjoy with their sons, Zachary, 23; Aidan, 18; Camden, 12; and Keegan, 9.

“We really wanted to do this for a family board game room as we love to play games



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Living Residents' Choice Award Winner!

FEATURE

BEFORE



AFTER



Due to bats in the attic, the Plagmans had to have the attic walls and floor torn out before turning it into a game room.

together,” says Chrystal, adding she wanted the space to accommodate a dining room-sized table to play board games and bookshelves to store their many games.

“We could leave games set up and out longer, so we can go back to the game for a little bit every day for a week or so. It is nice

and helps make it possible to play games that take longer,” she says.

Chrystal and Ryan did some of the renovations themselves but mostly had a lot of help from their contractor, Inflexion Solutions.

She says she and her family could not be happier to have reclaimed the space that was

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FEATURE

rightfully their family room instead of the bats’.

“The best thing that came from the renovation was that an unusable area is now another whole level of our home that can be used. Now we have a designated family hangout area.”

Chrystal’s advice for other homeowners and would-be renovators would be to budget with contingencies in mind.

“Our renovation cost much more than we expected, so budget for the extras that come up,” she says.

The Plagmans have additional goals for their game room.

“We plan to do more decorating,” says Chrystal. “I would love to do a mural on our gaming side using board game boxes. With a fun space like this, I want to do much more unique and fun decorating.”

To the bare boards

Lindsey Gilbert and her husband, Tyler, of Adel, have taken on many home renovations. Currently in the works is a complete gutting and remodeling of the kitchen. The bathroom remodel was huge and included combining the laundry and the only bathroom.

The Gilberts’ main goal was to make their home more functional for their kids, Lane, 8, and Logan, 5. They began with demolishing the previous bathroom and laundry room and opening the wall between the two rooms to make a more expansive multi-use space.

Once into the project, they found that much more work was needed than anticipated to make the space functional and safe. They had to put in new floor joists, new water lines, and a working drain line, move their water heater and remove plaster and lathe. They also updated the wiring and made the doorway wider. Lastly, they reframed the walls, added



To renovate the bathroom and laundry room, the Gilberts had to tear out walls and flooring, and found a lot of damage under the bathtub.

ductwork, and introduced insulation to prepare for the new layout.

“The laundry room had no heat source other than the water heater and clothes dryer. The bathroom had only one small baseboard heater,” says Lindsey. “All the water lines ran along the interior walls above floor level on the east and north side of the house. They often froze in the winter. The floor under the bathtub was rotted due to the drain line leaking.”

Functionality may have been their priority, but style came after, with many updates and special touches with custom woodwork and moody paint colors.

Lindsey says her family’s remodel was carefully planned to fit within future remodeling plans.

“We started with a whole-house remodel plan that has changed as we

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FEATURE

have lived here based on how the space is or isn't functioning for us," she says, adding that she did extensive research. "Then Tyler tells me if it will work or not. Then we decide based on our budget and needs."

To keep costs down, the couple reused several items for the bathroom project, including the toilet, shower fixtures, vanity and sink, washer and dryer.

"We were able to achieve a big impact by reusing items. Most of the cost of this project went into things you cannot even see," Lindsey says, adding that some items were upcycled. "I had painted the vanity when we bought the house. We made new doors and drawer fronts, and I did a countertop resurfacing kit on the sink top."

They also installed live-edge black walnut shelves on their own.

"We bought the boards raw and hand planed, sanded and finished them," says Lindsey. "We also put a live-edge black walnut shelf above the washer and dryer. I also made a custom woodwork sign."

She says the room itself is more functional, but it also helped with the overall flow of the house.

"Combining both rooms eliminated the door in the middle of the kitchen," says Lindsey. "This has increased the space for cabinets and countertops in our ongoing kitchen remodel."

Lindsey cautions others to live in their space for a while and consider functionality most before making plans and executing them.

"Have a vision for future projects so you don't regret decisions you make in a specific space that may get in the way of another project," she says. "It is better to put your budget into how a space functions than how it looks. You can change cosmetic features in the future, but mechanical features are much more difficult to fix after the fact." ■



AFTER

Lindsey and Tyler Gilbert needed a safe and functional bathroom for their family

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For information on joining the Adel Lions Club, contact:
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THIS MEDICARE step could save you money

Whether this is your first year on Medicare or you've been on it for several years, you should look at your plan each year.

Revisiting your coverage and supplements could save you money and prevent surprises when you visit the doctor or pick up a prescription.

The Medicare Annual Enrollment Period runs from Oct. 15 to Dec. 7. That's when you can join, drop or switch to another supplement plan or add or drop drug coverage.

I know what you might think: "I like my current coverage; no change needed." That may be true. But each insurance carrier frequently renegotiates provider contracts, which can ultimately change the terms of your supplement plans — impacting premiums, copays, deductibles and covered services plus the ancillary benefits like x-rays, prosthetic devices and physical therapy. Carriers can add and drop benefits like gym memberships, chiropractic visits, and meal deliveries to and from plans. That's why it's a good idea to review your providers, your prescriptions and your pharmacy each year to ensure your preferences are still covered.

Some of the most heartbreaking stories I've heard are when someone goes to the pharmacy to pick up medication and finds out it's no longer



covered or has changed. That's when out-of-pocket costs can skyrocket, and the medicine can cost hundreds more than the last time they went to the pharmacy.

During the annual enrollment period last year, I ran the numbers for one of the individuals we work with and found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at their in-network pharmacy and \$1,117.80 at one that was not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine and the reason I run the numbers for them before making any changes.

You can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G) during annual enrollment. You can also move from one Advantage Plan to another or from one prescription drug plan to another.

There is a lot of information out there about Medicare, and the choices can feel overwhelming. A professional can help people make sense of it all, while helping them coordinate their Medicare decisions with the other aspects of their retirement plan, so every decision is made with their retirement vision in mind. ■

Information provided by AnnaMarie Morrow, retirement planning director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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A simple estate plan is comprised of the following legal documents: 1) Last Will and Testament; 2) Specific Bequest of Personal Property; 3) Durable Power of Attorney for Financial Decisions; 4) Durable Power of Attorney for Healthcare Decisions (with or without a Living Will component), and 5) Declaration of Designee for Funeral Decisions.



The will is the legal document identifying the signer (the testator), the testator's family and friends, and detailing how to manage and distribute the testator's assets and debts after death. It is also used to identify the legal guardians of minor children and those responsible for distributing assets or investing them for the benefit of the heirs. An Iowa will must be witnessed by two competent individuals over the age of 16 (preferably non-heirs) and should include a notarized self-proving affidavit. It is often accompanied with a separate signed statement gifting personal items to heirs that can be changed by the signer at any time up until death, without further assistance by an attorney. These documents are important because they ensure your wishes are known and followed upon your death.

Durable powers of attorney for financial and healthcare decisions may be even more important than the will. The power of attorney forms make known whom you trust to handle

your medical and financial decisions if you are unable to make those decisions. Depending on the document, those powers last until the moment of death or when the incapacitation ends. They are vital for the elderly but also important for Iowans of any age, including those just turned 18 and moving to college or out on their own. An add-on document allows you to name the person responsible for handling your funeral arrangements as well.

Don't leave your final wishes up to the whims of the Iowa legislature. Contact an Iowa licensed attorney and make your estate plan without delay. The cost is not prohibitive, and your peace of mind is worth the small investment. ■

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.



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Heidi Scott and her family moved from Michigan to Adel in July 2022 in order to be closer to her husband's parents. Scott has since joined the Adel DeSoto-Minburn Community School District as an associate for the Adel Middle School. She entered her second year with the district this fall and says she enjoys working with both the students and the staff.



Heidi Scott is in her second year as an associate with the ADM school district.

"Before I started working at school, I had a skewed sense of how everything worked. But I was only seeing and getting bits and pieces of the information. After working in a school setting for a couple of years now, I've seen that there are a lot of moving parts that aren't seen but are essential to helping the school run as smoothly and fairly as possible. ADM is a great district to work for and have my kids attend," Scott says.

Although Scott never pictured herself working with middle school-age students, she says now she can't imagine working with any other age group. As an associate for the middle school, Scott often moves around the building. At times, she works with only a few students in a classroom, but, for the most part Scott is there to help all students, which she enjoys because she gets to interact with many students instead of just a few. She says she was even lucky enough to attend the Special Olympics with three of her students last spring. She adds, it was a great time, and they all did an amazing job.

"The biggest rewards are the relationships I have with the students," Scott says. "It's fun to be out in the community and hear a 'Mrs. Scott! Hi!' The biggest challenge is remembering that things change and schools aren't teaching the same way they were five, 10, 20 years ago. Schools are constantly needing to adapt to grow with kids and the society we live in."

When not working, Scott enjoys spending time with her family. This includes shuttling her kids to activities such as football, wrestling, baseball and more. She and her family also like to camp, fish, play cards and board games, and try new foods. This fall, Scott is excited to start the school year with a year of experience under her belt. She hopes she can put that experience to use while working with students and staff. ■

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EVENTS IN THE AREA

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De Soto Fun Days Saturday, Sept. 16 De Soto

De Soto Fun Days will feature free activities for kids and adults, including a parade, car show, bouncy houses, face painting, balloon artist, zoomers, Silly Sally, craft making, dunk tank, kids water fights, bingo and fireworks. Food trucks and a beer garden with live bands will also be featured.

Wednesday Night Meal

Wednesdays, serving 5-6:30 p.m.
Adel United Methodist Church, 115 S. 10th St.

The Adel United Methodist Church is hosting a weekly Wednesday Night Meal in the fellowship hall downstairs. This is a freewill donation meal. All are welcome.

Free Retirement Planning Seminar

Sept. 20, 5:30 p.m.
Lincoln Savings Bank, 312 Nile Kinnick Drive, Adel

Lincoln Savings Bank Insurance Division is offering a free Retirement Planning Seminar at the Adel branch. Concerned about health care costs, age of retirement or how to begin making decisions about Medicare? Then this 45-minute seminar is for you. RSVP at 319-268-9876 or Kim.vanzee@myslsb.com.

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Halfway to St. Pat's Car Show Sunday, Sept. 17 Mugsy's Pizza House, 1225 Copper Creek Drive, Pleasant Hill

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To register, visit the event webpage, www.walktocurearthritis.org/iowa. To volunteer, or learn about sponsorship or vendor opportunities, contact Sally Stalnaker at 402-262-0144 or ssalnaker@arthritis.org.

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Sept. 23
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Latino Heritage Festival

Sept. 23-24
Western Gateway Park, 100 Grand Ave., Des Moines

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines. www.latinoheritagefestival.org.

HONOR OUR VETERANS

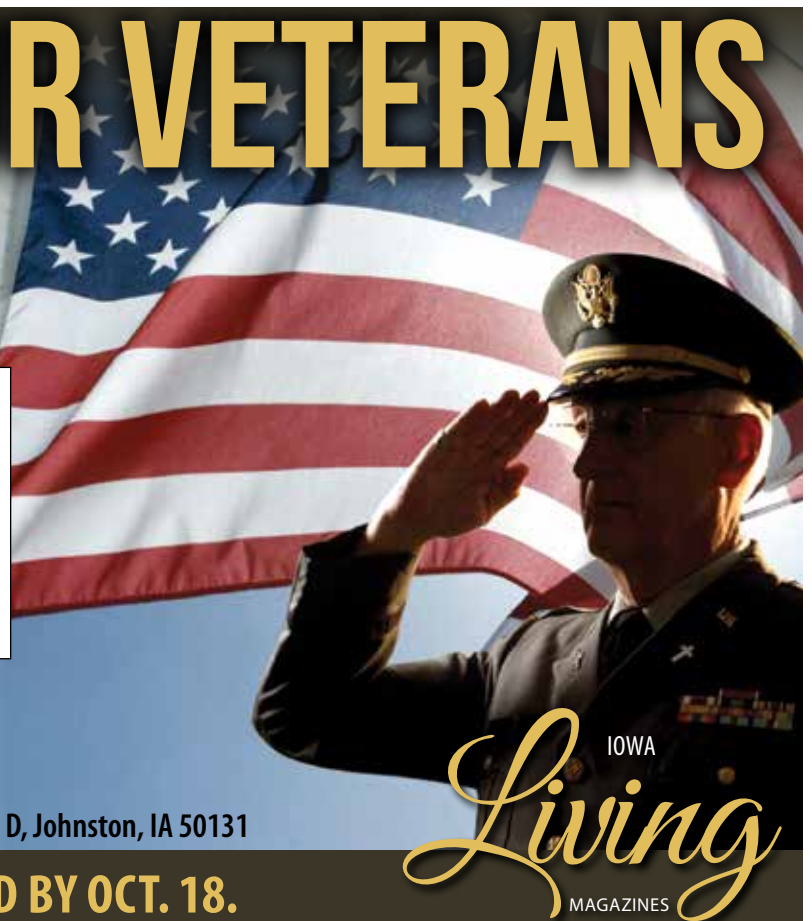
Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:
TOWN YOU CURRENTLY LIVE IN:
MILITARY BRANCH:
RANK AT DISCHARGE:
DEPLOYMENTS:
QUOTE: Please answer the question,
"How can the public best honor veterans?"

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:
Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

SUBMISSIONS MUST BE RECEIVED BY OCT. 18.



EVENTS IN THE AREA

Be sure to check for cancelations

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



Quilt Show

Sept. 21-23

4-H Building, Iowa State Fairgrounds

The "Quilting in the Key of Life" Quilt Show by the Des Moines Area Quilters Guild will be held at the Iowa State Fairgrounds. Hours for Thursday and Friday, Sept. 21-22, are 9 a.m. to 6 p.m. Hours on Saturday, Sept. 23, are 9 a.m. to 5 p.m. Admission is \$10. More than 500 quilts will be on display, with dozens of vendors, a colorful raffle quilt and several special exhibits. For more information, visit dmaqg.org, and follow Des Moines Area Quilters Guild on Facebook.



Vintage & Made Fair

Saturday, Sept. 23,

9 a.m. to 4 p.m.

Dallas County Fairgrounds, 28057 Fairgrounds Road, Adel

Vintage & Made Fair is inspired by indie craft and all things vintage. It is an indoor/outdoor market featuring antique and vintage home décor, jewelry, handcrafted goods, seasonal flora, local eats and everything you need to create a vintage and handmade lifestyle. More than 175 vendors, live music and food trucks are planned. Admission is \$10 per person, ages 12 and younger free.

NAMIWalks Iowa

Saturday, Sept. 30,

Terra Park, Johnston

The public is invited to join one of the biggest mental health awareness events in the state. Register yourself, your family, your book club, your workplace, your church group, and any loved ones who are passionate about mental healthcare for this fun and empowering event. Registration is free and easy. Kids, families and well-behaved dogs are welcome. You'll hear from moving speakers, meet amazing people, engage with vendors to learn more about services and supports in Iowa, and walk either a 1K or 5K around beautiful Terra Park Lake. Register at www.namiwalks.org.



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.



Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.
Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: Sept. 7, Rhythmetics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; Sept. 28, The Crust. ■

"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:

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TIGERS

ATHLETICS

VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	7:30PM	Newton	Newton - HA Lynn Stadium
Sep 1	7:00PM	Winterset	Winterset High School
Sep 8	7:00PM	Lewis Central	ADM High School
Sep 15	7:00PM	Norwalk	ADM High School
Sep 22	7:00PM	Boone	Boone Goepfinger Field/Track
Sep 29	7:00PM	Des Moines North	Grubb Stadium
Oct 6	7:00PM	Ballard	ADM High School
Oct 13	7:00PM	Indianola	Indianola Stadium
Oct 20	7:00PM	North Polk	ADM High School

JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 28	6:00PM	Newton	ADM High School
Sep 4	6:00PM	Winterset	ADM High School
Sep 11	6:00PM	Lewis Central	Lewis Central High School
Sep 18	6:00PM	Norwalk	Norwalk High School
Sep 25	6:30PM	Boone	ADM High School
Oct 2	6:30PM	Bondurant-Farrar	ADM High School
Oct 9	7:00PM	Ballard	Ballard Middle School
Oct 16	6:30PM	Indianola	ADM High School



VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 24	4:30PM	Multiple Schools	ADM High School
Aug 29	7:00PM	Ballard	ADM High School
Aug 31	4:30PM	Multiple Schools	ADM High School
Sep 5	7:00PM	Gilbert	Gilbert High School
Sep 7	7:00PM	Creston Community	Creston High School
Sep 9	8:00AM	Multiple Schools	Southeast Polk High School
Sep 12	7:00PM	Bondurant-Farrar	ADM High School
Sep 19	7:00PM	Boone	Boone High School
Sep 26	7:00PM	Carlisle	Carlisle High School
Sep 28	7:00PM	North Polk	ADM High School
Oct 3	7:00PM	Winterset	ADM High School
Oct 5	7:00PM	Dallas Center-Grimes HS	ADM High School
Oct 10	7:00PM	Carroll Community School	Carroll High School
Oct 14	8:30AM	Multiple Schools	Knoxville High School

JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 24	4:30PM	Multiple Schools	ADM High School
Aug 29	5:30PM	Ballard	ADM High School
Sep 5	5:15PM	Gilbert	Gilbert High School
Sep 7	5:30PM	Creston Community	Creston High School
Sep 9	8:00AM	Multiple Schools	ADM High School
Sep 12	5:15PM	Bondurant-Farrar	ADM High School
Sep 18	4:30PM	Multiple Schools	Atlantic High School
Sep 19	5:30PM	Boone	Boone High School
Sep 26	5:30PM	Carlisle	Carlisle High School
Sep 28	5:15PM	North Polk	ADM High School
Oct 3	5:30PM	Winterset	ADM High School
Oct 5	5:30PM	Dallas Center-Grimes HS	ADM High School
Oct 9	5:00PM	Multiple Schools	Nevada High School
Oct 10	5:30PM	Carroll Community School	Carroll High School



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FALL SCHEDULE

2023

BOYS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 26	9:15AM	Prairie	Prairie High School
Sep 2	10:15AM	Multiple Schools	Central College
Sep 7	4:30PM	Gilbert	Iowa State University Cross Country Course
Sep 11	4:30PM	Multiple Schools	Ballard Golf & Country Club - In Huxley
Sep 18	5:45PM	Multiple Schools	Hillcrest Country Club
Sep 22	12:00PM	University of Minnesota	Les Bolstad Golf Course
Sep 28	4:30PM	Perry	Perry Golf & Country Club
Oct 5	4:55PM	Fort Dodge	Lakeside Municipal Golf Course
Oct 10	5:00PM	Conference	Ballard Golf & Country Club - In Huxley

GIRLS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 2	9:30AM	Multiple Schools	Central College
Sep 7	4:30PM	Multiple Schools	Iowa State University Cross Country Course
Sep 11	4:30PM	Multiple Schools	Ballard Golf & Country Club - In Huxley
Sep 16	10:00AM	Pella	Central College
Sep 18	5:20PM	Multiple Schools	Hillcrest Country Club
Sep 22	9:00AM	University of Minnesota	Les Bolstad Golf Course
Sep 28	5:00PM	Multiple Schools	Perry Golf & Country Club
Oct 5	4:30PM	Fort Dodge	Lakeside Municipal Golf Course
Oct 10	5:00PM	Conference	Ballard Golf & Country Club - In Huxley



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FOR ALL TIGERS SCHEDULES

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KID-FRIENDLY home and welcoming town

Tight-knit community is a draw for the Millers.



Bryce and Taylor Miller are happy to have moved into a kid-friendly home and community.

Taylor Miller and her husband, Bryce, moved to Adel in 2019 when they started their business, Specialized Health Chiropractic, in town.

"Bryce grew up in Waukee, but we still craved the small-town feel, and Adel felt like home immediately," Taylor Miller says.

Their first home in town was a 100-year-old farmhouse that wasn't kid-friendly. So, when they were expecting their daughter in 2021, the couple knew it was time for something different.

"This home had everything we wanted: recent build, move-in ready, fenced-in yard for our dog, and in a great neighborhood with amazing young families," Miller says.

One of the best parts of the home, she shares, is the kitchen.

"The open concept main level makes a great gathering space," Miller says. "The kitchen is laid out exactly how I like it. It also

includes the sliding door to the deck so we can open it up and add to the space when it's beautiful out. Plus, the backyard is fantastic."

The couple also says the people in their neighborhood are great.

"There are so many young families, and we all look out for each other," Miller says. "Kids run and play with each other throughout the whole neighborhood."

For Miller, falling in love with the small-town feel of Adel was easy, she says.

"There are still tons of resources and amenities, and the proximity to Des Moines is great, obviously," she shares. "But it's the community itself that makes Adel great. The smiling faces, real people, helpful groups, and a great sense of belonging. I'm proud to call Adel my hometown now, and I love that we chose this place to have not just our home, but our business as well."

Miller is active in Adel through

the Kiwanis Club and helps facilitate a postpartum/moms support group in town. She's also on the board of directors for a local non-profit organization, Rhythms of Grace Equine Services. She bowls in a league once a week at the Adel Family Fun Center as well.

Bryce is involved in Adel, too, as the organizer of the Community Collective networking group.

"He also has dreams of someday organizing an Adel dek hockey league, since he has to go into Johnston or West Des Moines to play ice hockey, and he would love to bring dek hockey back to the Des Moines area," Miller shares.

And while Miller is grateful for Adel's small-town vibes, she also likes the potential it has as it grows.

"The new families coming in seem quite invested in keeping this town growing and thriving," she says. "We can't wait to see what comes next." ■

KELLY SHULL proud to lead ADM Booster Club

Funds raised go back to benefitting the athletes.

After several years serving as a sport representative with the ADM Booster Club, Kelly Shull recently took over as president.

"I just took over in June of this year," she says. "Ryan Case had been the president for the previous six or seven years."

Kelly says, as a parent, she wanted to get involved with the Booster Club.

"I just appreciated the fact that they are sharing the funds across all the different sports at ADM. I have kids in multiple sports, so it gets kind of daunting when they're trying to raise money for football, and they're trying to raise money for basketball and all these different things. So, I really appreciated the fact that the Booster Club takes in all of our donations and then we get requests from coaches on how they would like to spend money, and then we work with the school to divvy out the funds from there."

Kelly says having an active booster club helps take the burden of fundraising off coaches' shoulders so they can focus on their main roles of teambuilding, leading practices and game planning. She also points out that the club supports not only the traditional sports but also cheerleading, dance and, new this year, e-sports.

The ADM Booster Club board includes four members as well as two representatives for each sport.

"We have 14 different sports, so that's almost 30 reps that come to our monthly meetings," she says. "We really all work together



in trying to make all activities better at ADM. And strength and conditioning is another one that we focus on, because the weight room really involves every sport out there."

Booster clubs are valuable in meeting needs that may not have been budgeted for, and sometimes the state may mandate that new equipment is required. For example, as happens to many small schools when consolidation occurs, Kelly says ADM went through a rebranding several years ago.

"The chairs on the sidelines at a basketball game still had our older logo on them," she says. "So, we purchased new chairs for the basketball team to sit on that are way more comfortable — and it helps with the school spirit."

Although booster clubs can provide a wide variety of items, Kelly notes, "I really like to see us buy equipment and invest in our facilities. For example, I know we bought a basketball trainer item. Those things stick around for many years."

The club holds several fundraising events each year, such as the golf tournament that was held in June.

"We are having a new event this year that is going to be a semi-formal gala," Kelly says.



Dylan Morris, BigDeal Auto Care Adel shop manager, presents the Good Neighbor Certificate to ADM Booster Club President Kelly Shull.

"That will be on Oct. 14. We're hoping to make it an annual tradition. We're going to have a silent auction and a band."

She encourages the community to show up and support the event.

Kelly has a daughter in seventh grade and a son in tenth grade. Both are active in ADM sports.

"I look forward to doing this role for a while," she says.

Kelly says she is most proud of the fact that all funds raised benefit students.

"One hundred percent of the money that we raise for the Booster Club goes into all of the student athletes. No one on the board is paid. It is purely put back into the students." ■

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PLAYING for keeps

Falling in love is easy, but staying in love takes effort.

I've been married for 23 years, and, while I'm far from an expert, I have learned a few things about marriage.

The bottom line is

that every marriage is either moving toward oneness or drifting toward isolation. Nobody ever built a great marriage by accident; it takes intentionality, patience and vigilance to stay the course. I've also found there are at least two threats to oneness between a husband and wife that keep showing up and are worth paying attention to.

First, pay attention to how you respond to life's pressures and hurts. It doesn't take long to figure out life can be hard as difficulties such as health challenges, job stress, or financial pressure come to us all. How you respond



to the challenges will either drive you and your spouse apart or bind you closer together. Unfortunately, common responses can be to suppress, analyze, escape, blame, attack, deny, or other unhealthy responses. How do you respond when challenges come?

Second, pay attention to the ways you are self-centered in your marriage. Selfishness is like pouring sand into the gas tank of your marriage and expecting it to run well. It won't work. The Bible tells us the same thing: What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God (James 4:1-2).

When selfishness is in the driver's seat of your marriage, you will build a performance-based relationship, which means love and acceptance of your spouse is based on their performance — "You do your part, and

then I'll do mine." Giving is based upon merit — affection is given when one feels it is deserved. Instead of loving our spouse without conditions, we start to police them to ensure they are pulling their weight. Of course, the problem is we always measure this in our own favor. After all, every mule believes his load is the heaviest. It is impossible to truly know if your spouse is meeting you halfway, doing their part, or doing enough. Do you have a performance-based marriage? Beware of your selfishness in your marriage.

Churches are not just for weddings, but for marriages, and, here at New Hope Church, we want to help your struggling marriage to be good and your good marriage to be even better. Starting in September, we are taking the fall to focus on family and would love to have you join us online or on campus. ■

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

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ADEL Public Library news

After a very successful and busy summer, it's time for our fall programming to begin. We're most excited to announce an event near the end of the month: Touch-A-Truck. After many requests, we've decided to bring back this awesome event. It will be held Sept. 29, 9-11 a.m. Spend the morning touching and exploring different trucks and vehicles used by our city public works department and a garbage truck from Ankeny Sanitation. This event will be located in the parking lot north of City Hall.

Bring your little ones into the library for story times this month. We read stories, sing songs, and make crafts three mornings a week.

- Move & Groove Storytime – every Tuesday at 10 a.m.
- My First Storytime – every Wednesday at 9:30 a.m.
- Preschool Storytime – every Thursday at 10 a.m.
- Storytime at Evans Park – Sept. 11 at 10 a.m.
- Storytime at Evans Park – Sept. 25 at 10 a.m.

After school programs

Are your kids bored after school? We have plenty of programs for all ages.

- Teen Advisory Board, grades 6-12, Sept. 7, 4 p.m.
- Tail Wagging Readers, all ages, Sept. 7, 4:30 p.m.
- *Teen Nerf Battle, grades 6-12, Sept. 8, 2-4 p.m.
- *Elementary Art: Painting, grades K-5, Sept. 19, 4 p.m.
- *Teen: DIY Boba, grades 6-12, Sept. 21, 4 p.m.
- *Library Dungeons & Dragons, grades 7-12, Sept. 22, 2-4 p.m.
- Teen Gaming: One Night Ultimate Werewolf, Sept. 28, 4 p.m.

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

Adult programs

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

- *Yoga at the Library, every Wednesday in September at 5:45 p.m.
- Exercise Group, Monday through Thursday, 9 a.m.
- 50s+ Senior Gathering, first and third Tuesdays of the month, 10 a.m.
- Iowa History: Letters from the Farmhouse, Sept. 15, noon to 1 p.m.
- Brown Bag Book Club, Sept. 14 at noon
- Cook Book Club, Sept. 20 at 11 a.m.
- Homeschool Meet-up, Sept. 20, 1-2 p.m.
- *Plant Propagation Class, Sept. 28 at 6 p.m.
- Evening Book Club, Sept. 28 at 6 p.m.

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

We can't wait to see you all in the library this fall! ■

HELP WANTED

ELECTRIC SUPERINTENDENT

The City of Panora is accepting applications for this full-time position. The Superintendent oversees the overall operations of the City's electric system and is responsible for maintaining the electrical infrastructure, which includes, a substation that provides power to a 5KV distribution system that is 40% underground. The system load peaks at just over 4 MW. The City also has 3 stand-by generators with a generating capacity of 4.5 MW.

The Electric Superintendent is responsible for construction, maintenance, and design of the distribution system, including substation operations and maintenance. Electricity is purchased in bulk from the Guthrie REC through CIPCO. The Superintendent is responsible for managing all electric employees and reporting to the State.

The City is seeking applicants with the following qualifications:

- High School diploma or GED with a minimum of ten years of experience in electric power engineering, construction or maintenance, or an equivalent combination education and experience
- Possession of a valid class B CDL with air brake endorsement within 60 days of hire.
- Experience with budgeting and supervision
- Sound written and verbal communication skills
- Analytical with ability to interpret financial and/or engineering data
- Troubleshooting skills
- Residency requirement to be located within 5 miles of Panora within 6 months of start date.

Panora offers competitive wages with an excellent benefits package including IPERS, health, dental, drug, life, sick leave, clothing allowance and first year vacation. Position open until filled. Background check and post-offer physical & drug/alcohol screening required. EOE.

Send or email letter of interest and resume to: City Administrator: lisa@cityofpanora.com or PO Box 98, Panora IA 50216

GENERAL LABORER

The City of Panora, IA is looking for general laborer to assist in the operations, maintenance, and repair of the electrical distribution system. Essential functions include operating a variety of contractor's equipment and trucks utilized in maintenance of electric distribution, no hot line work is required. This is a full-time position who will work in all aspects of the Electric Utility helping to upgrade the system through various projects for the city and customers. This position reports directly to the Electrical Superintendent. Applicant must have or be able to obtain a valid CDL. Opportunity to obtain additional certifications in the electric field is available.

Applications and job description may be picked up at City Hall or www.cityofpanora.com. Position open until filled. EOE. Questions may be directed to Doug Long at (641) 757-0200.



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RED FLAGS of fraud schemes

The staff at your community bank strives to keep your money safe in a quickly evolving world while bringing you the convenience and service you expect from your community bank; however, even we cannot protect you from all fraud and scams bombarding you daily. Financial services institutions are experiencing an industrywide uptick of fraud attempts on our customers which can range from government impersonators demanding you wire money to them in lieu of being arrested to romance scammers asking you to send them photos of Walmart gift cards. If you find yourself in a situation you feel may be a scam, look for these red flags common in fraud schemes.



The first step for almost all scams is to establish rapport with you. This is often done by purporting to be an employee of a real organization like the IRS or Amazon or even your local bank. It is not uncommon for fraudsters to spoof phone numbers, email addresses, or provide other “evidence” to prove they are official. When faced with these calls, your best course of action is to call the organization back at a phone number you know is safe.

After the fraudster has hooked you in conversation, they create either a prize or a problem that needs solved. Common examples of this include telling you that you have won the Publishers Clearing House sweepstakes or that you are in trouble with the government, but once the stage is set, the fraudsters move on to step three. At this point, the fraudsters need you to act fast and will begin pressuring you to send money. They may tell you that a warrant will be sent for your arrest or you will lose your chance to receive your prize money if you do not immediately send them money. Oftentimes, they will be very specific on how that money needs to be transferred, which may include wire transfers or sending pictures of gift cards. After funds are transferred these ways, the chances of recovery after the fact are very slim.

Many of us think that we would never fall for any of these schemes, but, in the moment, many people forget to look at the red flags either out of fear or excitement. It is important to step back and examine the situation before making major decisions that have real financial consequences. Your community bank has an experienced team of bankers who can help you identify and respond to fraud. Contact them any time you need assistance. ■

Information provided by Evan Sinclair, compliance and audit manager, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.

A little information can be a dangerous thing.

Fraudulent activity is on the rise. Fraudulent text messages, emails, and phone calls continue to reach our customers.

Stay safe. Never give out personal information. If you have fallen victim to fraud or other financial crime, report the incident to us, as well as the FBI at www.IC3.gov.



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SIMPLE tips for managing stress

Stress comes in many forms, from everyday stressors to those caused by a negative change (e.g., losing a job) or traumatic event (e.g., a natural disaster). Left unchecked, chronic stress can negatively impact your health.

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

• **Exercise.** Take a walk, join a gym, look up a new routine on YouTube, or break out the 80s Jazzercise or Tae Bo workouts. Just 30 minutes of physical activity a day can boost your mood.

• **Relax.** Try deep breathing, yoga, meditation, massage, etc. When you feel your stress level rising, take a moment to calm your mind. Never tried yoga or meditation before? Look for a beginner's class online and give it a try.



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

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

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

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

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

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HEALTH

By Delecia Crannell

PRIMARY care options

What is an FNP?

Family Nurse Practitioners (FNPs) are registered nurses who have obtained graduate degrees with a focus on complete primary health care for all age ranges. FNPs are recognized as expert health care professionals with national certifications and a strong code of ethics.

They are qualified to manage chronic conditions, such as hypertension or diabetes, in addition to treating acute illnesses and injuries. They evaluate patients, order and interpret diagnostic tests, prescribe treatments and coordinate care with other health providers as needed.

FNPs offer a unique focus on the whole person. They provide wellness and health promotion, disease prevention and education for families and individuals on better health and lifestyle choices, which can help lower overall healthcare costs. This blend of health treatment and health management provides a personal touch that has led to FNPs becoming the primary care partner of choice for many Americans. ■

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



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HEALTH

By Monica Meier

WAYS to help your kids open up more

School is starting, and kids' schedules are about to get more hectic. So, now is the time to talk with your kids and check in with them about how their days are going. This can be as simple as using open-ended questions about their day to get the information you are looking for. Instead of asking, "How was your day?" and getting the blah answer of, "Fine," ask questions that require more thought. For example, "What was the best part of science today?" "Who did you sit at lunch with today?" "What was the funniest thing you heard today?" This way, the answers are more than one word and give you something to continue the conversation. When they answer who they sat with, add on to that conversation with, "Who had the best lunch? What was in it?" or "Where was ____ today?" This way, the conversation is continuing with your child without the child being pressured with the same questions every day.

Another line of questioning that can wrap around the child is asking, "What would you have changed about today if you could change anything?" Depending on the answer, it opens up a lot of different conversations with your child that have more than a standard "Fine" answer. ■

Information provided by Monica Meier, PhD(ABD), tLMHC of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



HEALTH

By Leslie Herron

MUSCLE CRAMPS: the nightmare of the night

The uncontrollable and painful muscle spasm to which the legs are particularly prone. Cramps are usually harmless but may be symptomatic of an underlying condition such as narrowing of the arteries, which is why, if the cramping is severe, prolonged, or regular, a doctor should be seen.

Often the exact cause is unknown, but some risk factors are mineral/electrolyte imbalances; tight and inflexible muscles; poor physical condition; inadequate diet; dehydration; physical overexertion, especially of cold muscles; wearing high-heeled shoes; and certain medications. A few medical conditions associated with muscle cramps are atherosclerosis (narrowing of arteries) and sciatica.

Ways to reduce the likelihood include regular stretching, improving fitness level, staying hydrated and drinking extra water with exercise, eating fruits/vegetables, a regular massage, and avoiding high heels for long periods.

Cramps generally resolve themselves, and treatment options are limited. Gently stretch and hold the cramping muscle then lightly massage the area. Ice packs may also help. Check if your pharmacy carries a CBD cream that's been reported to stop muscle cramps very quickly. ■

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



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HEALTH

By Alicia Fisher, PT, DPT

WHAT IS the best way to stretch?

Stretching improves flexibility and helps to minimize the risk of injury. There are three groups of stretching exercises. The first group is called Static. The muscle is stretched slowly to tolerance and held in position of maximal stretch for a defined period of time. Static routines are the more traditional type of stretches and are commonly used in most training regimens. The Static stretch has been proven to improve flexibility. The second group is called Dynamic. This type of stretching has been shown to improve agility, speed and strength. The muscle is stretched by moving from resting position to maximal stretch and returned to resting position; motion continues for a defined period of time. Static stretching combined with dynamic stretching may provide the optimal balance of both improved performance and flexibility. The third and final group is called Proprioceptive. Proprioceptive stretching is done when the muscle is contracted directly prior to static stretch of the same muscle. The proprioceptive stretch requires expertise to perform correctly.

Lasting improvements in flexibility are related to duration of the stretch. Static stretches should be held for a minimum of 30 seconds, preferably 90 seconds. The number of repetitions and days necessary to produce lasting improvements in flexibility are controversial. Benefits usually fade once stretching regimens are discontinued. ■

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



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LAWN CARE

By Kevin Johnson

FALL fever

When it comes to our lawns, many of us suffer from “spring fever,” thinking that spring is the best time to improve a lawn. Unfortunately, it would be better if we suffered from “fall fever” when it comes to improving our lawns.

Why is this? Fall is generally regarded as the best time of the year by the experts to improve your lawn. I refer to this phenomenon as the turfgrass trifecta due to the fact fall provides the best response to the following three factors:

Feeding/fertilization of the lawn: The lawn utilizes fall feeding of fertilizer in a way that truly benefits the overall health of the plant. Improved root storage of necessary nutrients occurs during this time frame, resulting in a healthier plant next year.

Seeding of your lawn: Agronomists agree that fall is the best time of the year to seed thin or damaged spots in your lawn. Newer, improved varieties can be introduced that improve the overall health of your lawn. Spring seeding often interferes with weed control and doesn’t allow the seedling a chance to get established before the hot dry summer.

Weed control of broadleaf weeds: Control at this time of year is very effective — especially for harder to control weeds.

If you are looking to improve your lawn next year, get started this fall by contacting your local lawn care company or expert. ■

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



HOBBIES

By Rich Wicks

CORNELISON’S collection keeps growing

Long-time fascination with KISS sparks hobby.



Randy Cornelison proudly shows his collection of KISS memorabilia.

Many people can fondly tell the story of their first kiss. Randy Cornelison of Adel recently shared the story of his first KISS...album. With face makeup and pyrotechnics, KISS is one of the most well-known rock bands of all time — and Randy’s favorite band. Upon inviting a guest to view his KISS collection, the first comment Randy makes is, “This is not everything. I have a lot more. I’ve been told more than once I can open up my own little museum. If we ever have a house again, I will fill it.”

The walls in Randy’s home office display an amazing variety of KISS albums, artwork, collectibles, concert T-shirts and other memorabilia.

“I grew up in Earlham, and they were a release,” he says of his obsession with the band. “It was my world getaway, because Earlham is a small town. It kept me out of a lot of trouble, and it got me through a lot of times.”

Randy’s first album was KISS Alive 2.

“I got that for Christmas in 1977 or 1976, and they had a foldout poster with a magazine inside there. And I just started collecting from there,” he says.

Over the years, Randy has gone to seven KISS concerts. Which one was the best?

“I think it was in the mid ’90s, and they were on their way to Japan. The Arizona State Fair was running short on acts, so they reached out. They did a two-and-a-half-hour concert, just them. No stage theatrics, nothing. And it was by far the best one I’ve ever seen.”

Randy doesn’t have a clear estimate of how much he’s spent on his KISS items.

“It’s in the thousands.”

But, he points out that, for him, it’s not about a dollar value, since he has no plans to sell his collection. A lot of the items are hidden gems he finds at garage sales or thrift stores. Very few are autographed, as he refuses to spend the “big bucks” necessary to obtain some high-end items that have come on the market. Instead, Randy just keeps his eyes open for items that appeal to him and especially is looking out for some special memorabilia.

“The original dolls from when I was a kid in the ’70s, the two-footers. Or the original KISS lunchbox with the thermos.” ■

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RECIPE

POWER weeknight family meals with pecans

(Family Features) Back-to-school season means many families are busier than ever, leaving less time to plan weeknight meals. While a new school year brings plenty of exciting moments, it also adds up to early mornings, long days and late evenings, making it tough to keep nutrition top-of-mind.

With new routines and jam-packed calendars, quick and easy recipes can be the solutions you need. Swapping out complicated dishes for simple dinners and make-ahead snacks allows you to make your loved ones' health a priority while also managing hectic schedules.

To help make those simple yet tasty menu additions a reality, look to a flavor favorite and nutrition powerhouse like pecans. They're the ideal nut to keep on hand to incorporate into favorite meals and after-school snacks.

Taste is just the beginning when it comes to pecans. Their nutritious punch provides a unique mix of health-promoting nutrients. Plus, they're a versatile ingredient that can shine in a wide range of flavor profiles from sweet or spicy to salty, smoky and savory.

For more back-to-school recipe inspiration, visit EatPecans.com. ■

Mac and cheese with pecan breadcrumbs

Cook time: 50 minutes

Servings: 6

- 8 ounces cavatappi pasta
- 1 teaspoon salt, plus additional for salting pasta water, to taste
- 1 tablespoon butter
- 1 block (8 ounces) cheddar cheese
- 1/2 cup raw pecan pieces
- 15 ounces part-skim ricotta cheese
- 4 tablespoons sour cream
- 1/4 teaspoon ground pepper
- 1 large egg, lightly beaten

DIRECTIONS

- Preheat oven to 375 F.
- Cook cavatappi in salted boiling water. Drain, reserving 1/2 cup pasta cooking water. Return pasta to pot and stir in butter.
- Using box grater, shred cheddar cheese.
- Using food processor, combine 1/4 cup shredded cheddar cheese with pecans. Process to coarse breadcrumb consistency.
- Add remaining cheddar cheese, ricotta,



sour cream, 1 teaspoon salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add 2-4 tablespoons reserved pasta water to loosen mixture; stir until smooth.

- Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.
- Bake 30 minutes.

Substitutions: Use pre-shredded cheese in place of cheddar cheese block. Use pasta of choice in place of cavatappi.

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Andrei Murphy
President

HISTORY of Adel's first schools

The first schoolhouse in Dallas County was a log cabin built by W.W. Miller. This was east of town where the historical marker is located. It was a log cabin, about 16 feet square, and built at the expense of Mr. Miller. Natural lighting was supplied by cutting a section of log out on each end. Attendance was free to all who desired to send their children. It was taught during the winter of 1847-1848 by S.K. Scovell who received a salary of \$8 per month for the three-month term.

The first schoolhouse in Adel was a one-story frame house on Main Street just west of downtown. After several years, this building was replaced by a two-story brick structure. The first teachers were James Reed and a Miss Anderson. This brick building still stands today and is the home of the Adel Historical Museum.

An important factor in Adel's educational history was the creation of the Gregg Fund. Thomas D. Gregg deeded 160 acres to Dallas County to establish a school. This helped fund the third school building which was built on the same site. The three-story building was 45 feet by 90 feet and cost \$28,000 to build, plus \$4,000 for furnishings. The first classes in this building were held in 1870. At the time, it was the finest school building in the county. Just to the west of the building was a brick outhouse divided in the middle with separate entrances for boys and girls. A galvanized wash tub sat under a tree for drinking water and tin cups were hung from the tree with chains. This was probably responsible for the spread of many childhood diseases. Thanks to the urging of Dr. Scott, modern restrooms were installed in 1899 and clean drinking water was piped into the building.

Adel quickly outgrew this building and, in the spring of 1914, work began on a new building on the same lot. This three-story building was built of brick with concrete floors at a cost of \$48,946, had indoor plumbing with two restrooms and drinking fountains, was heated with coal and had electric lights. It also had a gymnasium, considered one of the finest when built. This gym later became known as the "cracker box."

Adel's continued growth soon made more room necessary so, in 1922, local contractor George Hoffman and Sons were employed to build a new primary building. This one-story building had a full basement and was built at a cost of \$19,495. The first three grades were then moved from the high school building and the first kindergarten was started. There are a few of us still around who remember starting school in what was known then as "the little building."

In 1952, a new gymnasium was built that joined the high school and primary building. Costs had gone up as this building set them back \$172,000. Four years later, an office complex was added between the two buildings at a cost of \$2,500. What a bargain. ■

HISTORY of the legal system in Adel

The early pioneers of Dallas County were law-abiding and orderly citizens. As soon as the new county was established, they set about putting in place the necessary elements of a legal system, including a court system. The first session of the Dallas County District Court was held on Sept. 6, 1847. Since a proper courtroom had not yet been established, the session was held under a giant oak tree in the yard at the home of W.W. Miller, about two miles east of Adel. Judge James P. Charlton presided. The jury consisted of 17 men, which was nearly all the voters in the county at that time.

Judge Charlton opened the session by declaring, "They were prepared to take counsel together concerning the various breaches of law and order and heartless betrayals of trust which might be brought before them." They failed to find any cases to judge, however, and adjourned shortly after convening. All participants then retired to the front yard where they ate a big meal, prepared for them by the Millers, before making their way home.

Like any growing area, the Dallas County officials would soon find that even a law-abiding citizenry would have its scoundrels and rascals.

In those early days, horses were in short supply, and bands of horse thieves operated over the area. Few officers of the law were available, so vigilante committees had to be formed.

Another problem was the "claim jumper." Once again, they resorted to vigilantism, but this time they gave their group a name, "The Dallas County Claim Club." Formed in 1848, the club prevailed upon Judge Burns to draft the bylaws to be carried out "without fear of the world, the flesh and the devil."

The first courthouse, a double log cabin, was built in 1848 in the town of Penoach (Adel). In 1853, a new courthouse was built across the street from the present square. This served until 1857 when a contract was let for \$9,980 to build another new courthouse. This one was a two-story building built of brick and located on the present courthouse site.

The first case of murder in the county happened in 1872. John Bold and his neighbor, J.E. Elliot, got in a dispute over a cow and Elliot shot Bold. A trial was held in Adel, and Elliot was acquitted. Bold's grave can be seen at the Panther Creek Brethren Church cemetery.

The first Dallas County jail was erected in Adel in 1872. This jail was a two-story brick building northeast and across the street from the courthouse. The sheriff's living quarters were in the upper story. Prior to that, those who disobeyed the law were taken to Des Moines for incarceration. The sheriffs of the time sometimes showed leniency to the lawbreakers to avoid the 20-mile trip to the big city. Harsh winters and extremely cold weather probably brought even more leniency. ■

HAPPIER At Home

Business provides in-home assistance

As a local business owner, Leslie Herron knows the value of providing services through her current business at Sumpter Pharmacy. To expand on serving others, Leslie opened a new business, Happier At Home, in April 2023.

Happier At Home is comprised of caregivers who provide people with in-home, non-medical care. Services include companion care, meal prep, medication reminders, errands and more.

Typically this care is associated with seniors, but they provide care for people of all ages and needs. For example, those recovering from surgery might need assistance with errands and transportation to appointments. They provide respite care for busy household members who are also caregivers. "Our services provide help to alleviate families to get back to family relationships instead of caregiver relationships," she explains.

Happier At Home is a franchise, and Adel is the only Iowa location. Before Leslie established the business, she researched needs. "The community we care for — this type of need has grown and will continue to grow in the next decade. We are underserved with this type of service," she says.

She reached out to the Adel Partners Chamber of Commerce for support. "The Chamber helped launch our business by posting information on their website. They provide effective networking tools within the community."

Searching the Chamber's list of businesses, she noticed there wasn't another service like hers. Leslie says there are similar providers in the Des Moines metro, but not as far-reaching. "Often, these providers don't offer services in Adel."

Leslie feels her two businesses work together. The pharmacy provides medication management, compliance packaging of medicines and other services. She says, "We can keep people not only 'Happier At Home,' but 'healthier at home' as well. No other agency can say this."

When Leslie was ready to hire staff, she turned to the Adel Chamber for posting of jobs. Today, she has 10 caregivers and is currently hiring additional employees. "I thought hiring caregivers might be a big challenge. We're lucky to find quality people. It's my goal to be the employer of choice in Adel," she says.

The services have taken off, thanks in part to the community and Chamber's efforts. "Our goal is to help people remain in the home as long as possible. It saves them money, too, instead of paying for assisted living."

Growing her businesses is important to the town. "It's exciting to be a part of the community that's growing so quickly. We've maintained a small-town feel, and I attribute that to the Chamber. They support local business and help keep Adel the town we all love."

For more information, call 515-335-4186 or email info@HappierAtHome.com. ■

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



Leslie Herron and her husband, Mike, at the ribbon cutting for her new business, Happier At Home.

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Adel Lions Club President Scott Jungman presented a \$2,000 check to ADM Activities Director Rod Wiebers for the ADM Booster Club on Aug. 2.



Adel Lions Club President Scott Jungman presented a \$1,000 check to ADM Activities Director Rod Wiebers for the ADM Fine Arts Booster Club on Aug. 2.



Luke Fox performed at the Food Trucks & Live Music event at Country Lane Lodge on Aug. 16.



The Iowa Clinic at the Adel Sweet Corn Festival Parade on Aug. 12.



Emily James, Franny Mohrhauser, Melodie Braun and Shanlyn Doll at the Food Trucks & Live Music event at Country Lane Lodge on Aug. 16.



Melodie Braun and Laura Juffer at the Food Trucks & Live Music event at Country Lane Lodge on Aug. 16.



ADM Dance Team at the Adel Sweet Corn Festival Parade on Aug. 12.



ADM Girls Varsity Athletes at the Adel Sweet Corn Festival Parade on Aug. 12.



ADM Boys Varsity Athletes at the Adel Sweet Corn Festival Parade on Aug. 12.



Raccoon Valley Bank held a ribbon cutting for the newly renovated Raccoon Valley Bank Community House on Aug. 3.

FESTIVAL Parade

The Adel Sweet Corn Festival Parade was held on Aug. 12.



Serena Pane got to ride with Adel Police Officer Monte Keller during the parade. She won the honor as part of the Adel Library's Summer Reading Program.



Adel Fire Department



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Adel Partner Chamber of Commerce Citizen of the Year Rich Hughes and runners up Dixie Rhiner and Jan Tetrick.



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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)

Buying and selling silver bars, silver dollars, rare coins, gold coins, gold jewelry, any gold-silver items, collector coins, currency. Kuehl's Coins, Fairmont, MN, 507-235-3886. (mcn)

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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)

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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's local advisors have helped thousands of families with unique needs find senior living. Can you afford 2k a month in rent? We can help for free! 866-511-1799 (ACP)



SEPTEMBER 2023

UPCOMING CITY COUNCIL MEETINGS:

• **Tuesday, Sept. 12, 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:

- Adel City Hall will be closed on **Monday, September 4th** in honor of Labor Day. Garbage and yard waste services will be delayed by one day that week.
- 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.



BEGGARS NIGHT 2023

Thank you to all the residents that participated in the poll to help the City decide what date to hold the annual Beggars Night. Based on the community's responses, Beggars Night 2023 will be held on **Saturday, October 28th** from 6:00-8:00 p.m.

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

1ST/2ND GRADE BASKETBALL – Practices will begin week of Oct 16. Games held in Adel on Saturdays Nov-Dec. \$65 fee includes t-shirt. Registration deadline Oct 6.

3RD-6TH GRADE BASKETBALL – Practices will begin week of Dec 4. Games held in Adel and other area towns on Saturdays Jan 6-Feb 17. \$75 fee includes t-shirt. Registration deadline Nov 24.

OVER 30 MEN'S BASKETBALL LEAGUE - Lace up your old sneakers and hit the hardwood! This is a call your own league. Participants will be divided up into teams. Kurt Moyer will help facilitate the league, but registration will be done at adel.activityreg.com.

FEE: \$30 per person (includes reversible jersey)

LOCATION: DAC Gym

WHEN: Sunday Evenings, November 5 – January 28

DEADLINE: October 20



GET TO KNOW...

What is your title? Community Outreach and Programming Librarian

What is your past work experience? I have my Bachelor's and Master's Degree in Social Work. My previous work experience was working with refugee and immigrant families at a refugee resettlement agency.

How long have you been working for City of Adel? I have worked for the city of Adel for about 2.5 years

What are you excited about for your department's future plans? I love being able to plan library programs (especially children's programs for my community). We are focusing more heavily on educational programming for all ages! I am especially looking forward to our growing teen programs!

What is a hobby you enjoy? I enjoy hiking, camping, and spending time outdoors.

Anything else Adel should know about you? My world pretty much revolves around Adel. We have lived here for 8 years. My husband and I live on an acreage outside of Adel, we have 4 children who attend ADM, and we enjoy being a part of Restoration Church.



JESSICA DELP

HOME FOOTBALL GAMES

During Friday Night Home Football games, fireworks will be let off as ADM Tigers celebrate victories.



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.

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

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