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STUDENT'S ART CHOSEN FOR CALENDAR

Iowa Secretary of Agriculture Mike Naig recognized 16 Iowa students whose artwork was selected for inclusion in the 2023-2024 Choose Iowa Coloring Calendar. Autumn Greenless of Adel was among those honored. The ceremony was held in the Agriculture Building during the 2023 Iowa State Fair.

"Choose Iowa is all about connecting consumers to the high-quality products that are grown, raised and made in Iowa," said Secretary Naig. "Iowa is fortunate to have so many talented students, and we are pleased to see how our youngest Iowans are taking the opportunity to learn more about Iowa agriculture and showcase our state in these artistic entries."

The Department of Agriculture and Land Stewardship received



Autumn Greenless of Adel was honored at the State Fair for having her artwork chosen for inclusion in the 2023-2024 Choose Iowa Coloring Calendar.

more than 120 submissions from K-12 students across the state, and 16 student artists were selected for the annual calendar.

Students who are 18 years old

or younger are invited to submit a drawing for next year's Choose Iowa Coloring Calendar (September

CALENDAR, CONTINUED INSIDE

ADEL WEATHER FORECAST

FRIDAY HIGH 89 | LOW 63
Mostly sunny; very warm



SATURDAY HIGH 91 | LOW 61
T-storms in the a.m.



SUNDAY HIGH 90 | LOW 62
Very warm; patchy clouds



MONDAY HIGH 88 | LOW 58
Mostly sunny; very warm



TUESDAY HIGH 86 | LOW 60
Very warm; some sunshine



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FROM THE PUBLISHER

TOEING THE LINE

I wrote a column a few years ago about toenails. Yes, toenails. It wasn't a good column to read while eating oatmeal then, and it still isn't now, but it did generate a lot of reader response.

Don't worry. This column is safe — or at least safer.

The gist of the 2022 column was that, as I age, my toenails do, too — and not for the better. The overwhelming response I received from readers was to have a pedicure. My wife told me the same thing, as did my daughters and even some of my friends. Even so, I resisted — until recently.

The problem started a few years ago when my toenails invited their ugly cousin, the ingrown toenail, to the party. Despite my crafty trimming efforts, I could not get these dastardly daggers under control, and the foot pain was getting to

be a bit much.

A few weeks ago, my youngest daughter, Abby, lined up a pedicure for the both of us. It was good for her because she thought I would buy. Then I bailed on the appointment. Chickened out, you might say. I simply couldn't "toe the line."

Last week, my middle daughter, Samantha, went for another effort, suggesting that we go out for dinner together afterwards. That was more enticing, and the pain was worsening, so I agreed.

I had a pedicure once before, about 20 years ago in a small town in Nebraska by a teenage employee who I am fairly certain was on her maiden pedicuring voyage. It was not a positive experience. I set that memory aside and decided to give it another shot.



Soaking. Oiling. Massaging. Trimming. Buffing. It was heaven, especially after this professional pulled out an inch-long toenail sliver from the side of my toe. She exclaimed, "That must have been growing in there for years!"

Many of you know the story about Androcles and the lion, or some version of it. The tale goes that a man befriended a lion by pulling a thorn from its paw. I suddenly could relate. And from this point forward, I am a believer in — and will be a regular customer for — pedicures.

Live and learn.

Have a great week, and thanks for reading. ■

Shane Goodman
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MUSIC IN THE PRAIRIE – PETER MAYER CONCERT

Sunday, Oct. 8, 4-6 p.m.

Kuehn Conservation Area, 32828 Houston Trail, Earlham

Dallas County Conservation Board invites the public to enjoy the music of singer-songwriter Peter Mayer at the Music in the Prairie concert. Peter's music will change the way you walk Dallas County's wilds. You will be humming his songs and smiling in the weeks following the concert, with some new additions to your favorite playlist. The concert is free. Bring your lawn chairs for seating in the arena at Kuehn. In the event of rain, the concert will be relocated to Earlham High School. To be notified of updates or event relocation, register on Eventbrite here: <https://www.eventbrite.com/e/716096934207>. ■

'NOT-SO-SCARY HALLOWEEN' PARTY

Oct. 25, 5:30 p.m.

Adel First Christian Church, corner of Highway 169 and Rapids Street

Kids and their families are invited to wear their Halloween costumes and join in a light meal (Halloweenies and chips) and stay for a story and crafts. The party will end at about 6:30 p.m. with trick-or-treating in the haunted hallways. Children younger than 6 should be accompanied by an adult. Everyone is invited to join in on some spooky fun. ■

CALENDAR, FROM FRONT

2024 – August 2025) now through May 2024. Pictures should be drawn in a horizontal orientation using only black lines on plain white, 8.5 by 11-inch paper. The pictures should not be colored in.

Artwork may be submitted by email at ChooseIowa@

IowaAgriculture.gov or mailed to the Iowa Department of Agriculture and Land Stewardship, Attn: Choose Iowa, 502 E. Ninth St., Des Moines, IA 50319. Each submission should include the artist's name, age, grade, school, address and hometown, along with a parent or guardian's email and phone number. ■

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ADM SPORTS SCHEDULE

Friday, Sept. 29

7 p.m. **Football:** Varsity vs. Des Moines North

Monday, Oct. 2

5 p.m. **Football:** Freshman vs. Des Moines North

6:30 p.m. **Football:** JV vs. Bondurant-Farrar

Tuesday, Oct. 3

4 p.m. **Esports:** Varsity vs. Perry

5:30 p.m. **Volleyball:** Freshman vs. Winterset

5:30 p.m. **Volleyball:** JV vs. Winterset

7 p.m. **Volleyball:** Varsity vs. Winterset



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WILLS FAMILY ORCHARD & PUMPKIN FARM HONORED

Wills Family Orchard & Pumpkin Farm, Adel, was voted Iowa's Favorite Pumpkin Patch in a survey by FamilyDestinationsGuide.com that asked families to rate their favorite pumpkin-picking spots in the state. Colony Acres Family Farm, North Liberty, placed second, and Pinter's Gardens and Pumpkins, Decorah, was voted third.

Discover the joys of pumpkin picking this fall at Wills Family Orchard & Pumpkin Farm on weekends through October. On Saturdays, from 9 a.m. to 6 p.m., and Sundays, from noon to 6 p.m., you can explore the sprawling pumpkin patch, selecting the perfect pumpkins for your seasonal decor and jack-o'-lantern carving. It's an affordable and festive outing for the whole family. Wills Family Orchard offers an array of activities to complement your pumpkin-picking adventure, including navigating a challenging corn maze, interacting with friendly animals in the petting zoo, enjoying scenic hayrides, embarking on a charming pumpkin train ride, and letting the little ones burn off energy at the playground. And, if you work up an appetite, their concession stand has you covered with delicious treats. ■

MEMORIAL WALL TO BE DEDICATED

On Veterans Day, Saturday, Nov. 11, at 10:30 a.m., at the Freedom Park in Minburn, a public dedication of the Dallas County Veterans Memorial Wall will be held. The DC Veterans Memorial Wall was organized by a small committee of Minburn citizens and will be completed this fall. The wall was built by family and friends dedicating a brick to a veteran they know, concluding in 325 bricks total. The Memorial Wall is placed near the Dallas County Freedom Rock, completing the Freedom Park. ■

DALLAS COUNTY COAT GIVEAWAY

The 2023 Dallas County Coat Giveaway will be held Saturday, Oct. 14, from 9-11 a.m. at Adel First Christian Church. New winter coats, hats and mittens will be available in infant to adult sizes. The Clothes Closet, with gently used clothing and shoes in all sizes, will be open as well. The church is located at the corner of Highway 169 and Rapids Street.

The new coats, hats and mittens are donated by the Adel Rotary Club, St. John's Knights of Columbus, Faith Lutheran Church, the Adel Women's Club, and Adel First Christian Church. Everyone is welcome. Everything is free. ■

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. ■

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ADEL AMERICAN LEGION AUXILIARY COLLECTS FOR VA HOSPITAL

The Adel American Legion Auxiliary is collecting donations for the VA Hospital and the VA CRRC to assist veterans with needs for clothing and other items. Currently, the following are being requested: great condition large print used books, individually wrapped snacks, +2.25 reading glasses, men's deodorant, men's shampoo and conditioner (no body wash), hair brushes, men's sweatpants/athletic pants (size M, L and XL), men's athletic shorts (size L, XL, XXL), and decaf ground coffee.

Donations are welcome at the Adel American Legion Auxiliary drop-off box at 1305 S. 15th St., Adel, or contact Shirley McAdon at 515-993-4862 for pick up.

Thank you to our community for your generosity in supporting our veterans. ■

ADM GALA OCT. 14

Tiger Fans, the first ADM Gala is one month away. Join in on Saturday, Oct. 14 for this semi-formal adult-only evening with dinner, drinks and entertainment at The Rewind Hotel in West Des Moines. The goal of the ADM Gala is to raise money for all ADM Booster Club sports teams. Dinner, prepared by Johnny's Italian Steakhouse, will feature options of: Honey Madeira Glazed Salmon, Tuscan Chicken, or Parmesan Crusted New York Steak. The evening will have games, silent auction items, live auction, and the band Birdchild performing.

Tickets are \$75 per person; you may purchase tickets individually or for a table of 10 people. Upon purchasing a table, you can select to provide the name and phone number of each guest or add them at a later date. Guests will then be sent a link to make their dinner selections. This event capacity is 300 people. For more information and a link to purchase tickets, visit <http://admbosterclub.org/shop>. ■

NATIONAL DAY OF SERVICE

Adel Women's Club - General Federation of Women's Clubs (GFWC) is united in its dedication to volunteer community service. The National Day of Service (NDS) is a day in which all of GFWC come together in service. This year's NDS issue of focus is food insecurity. The club is partnering with Meals of the Heartland to help label 5,000 bags for food packets that will be distributed locally and around the world. The club invites all women in the community to participate and experience GFWC in action. The benefits of community service not only make a person feel good, but it helps to build meaningful friendships and bonds that will last a lifetime. The event is Saturday, Sept. 30, 9-10:30 a.m. at the Adel Public Library Community Room. Call Paula Joiner at 515-339-5529 for more information. ■

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EVENTS IN THE AREA

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BENEFIT SHOW FOR MAUI

Oct. 8, 3-7 p.m.

xBk Live, 1159 24th St., Des Moines

A show to benefit those affected by the fires on Maui will feature the local group Aloha Wind, led by Ilima Young-Dunn, and will include chants, music and more. Tickets are \$20 in advance and \$25 the day of the event. Proceeds will be going to the Hawaiian non-profit organization 'Aina Momona to help families affected by the wildfires.

MARINE BAND TO PERFORM IN URBANDALE

Thursday, Oct. 12, 7:30 p.m.

**Urbandale High School Performing Arts Center,
7111 N.W. Aurora Ave., Urbandale**

For the first time in five years, "The President's Own" United States Marine Band returns to the Midwest on tour, performing a free concert in Urbandale. Organizers from Urbandale High School have helped bring the ensemble from the nation's capital to Urbandale for this community event.

For full details and free tickets (available starting Sept. 12, limit four), visit www.marineband.marines.mil/Tour. Seating is general admission and ticket holders must be seated by 7:15 p.m.; remaining seats will be released to the standby line at that time.

Marine Band Director Col. Jason K. Fettig has programmed musical selections in the style of the band's 17th Director John Philip Sousa, who initiated the concert tour tradition in 1891. Concertgoers can expect a mix of works including traditional band repertoire, Sousa marches, contemporary compositions, vocal and instrumental solos and a patriotic salute to the Armed Forces.

ONE MILLION STEPS FOR OCD WALK

Oct. 14, 9:30 a.m.

Gray's Lake, 2101 Fleur Drive, Des Moines

OCDIowa announces the Des Moines One Million



2023 Madison County Covered Bridge Festival

Steps for OCD Walk will take place this October. Co-hosted by the International OCD Foundation, the One Million Steps for OCD Walk is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder (OCD) and related disorders. To learn more, visit ocdiowa.org or www.iocdf.org.

2023 MADISON COUNTY COVERED BRIDGE FESTIVAL

Oct. 14-15, 9 a.m. to 5 p.m.

The Madison County Covered Bridge Festival features family fun, including parade and tours of the namesake bridges. Vendors, demonstrations, kids zone, live entertainment, car show, quilt show, Madison County Historical Complex tours, and much more are sure to please crowds. Festival admission is \$3 or two for \$5 and free for children younger than 11. For more information, visit www.madisoncounty.com/covered-bridge-festival-2/. ■

RECIPE

TIPS FOR SUPPORTING YOUR IMMUNE SYSTEM

(Family Features) Catching a cold or getting the flu can happen any time of year, but the height of cold and flu season requires extra precaution. Flu activity often increases in the fall and peaks between December and January, according to the Centers for Disease Control and Prevention.

Staying completely healthy throughout cold and flu season can't be guaranteed, but, along with following guidance from your health care provider, dietary and lifestyle changes can help optimize your immune system and wellbeing.

EAT HEALTHFULLY

Eating a healthy diet is essential for optimizing your immune system. Many experts recommend consuming whole foods and plant foods like fruits, vegetables, nuts, seeds and legumes as well as whole grains. These foods contain beneficial plant compounds linked to health benefits in humans. Consider one prime example, fresh grapes, and how they may support immune health.

STAY HYDRATED

Drinking plenty of water is important for staying hydrated, which helps your immune system by keeping the body's defenses functioning properly. In addition to water, you can increase hydration by eating foods with high water content like Grapes from California, which contain about 82% water. ■

IMMUNE-BOOSTING GREEN GRAPE SMOOTHIE

Prep time: 5 minutes

Servings: 1

- 1 cup green Grapes from California, chilled
- 2 1/2 ounces baby spinach
- 1/3 cup plain low-fat Greek yogurt
- 1/4 cup fresh orange juice
- 1 cube (1/2 inch) peeled fresh ginger or 2 teaspoons prepared minced ginger
- 1 tablespoon walnut pieces

Directions:

In blender, blend grapes, spinach, yogurt, orange juice, ginger and walnuts until smooth, scraping down sides as needed.

Nutritional information per serving:

280 calories; 12 g protein; 46 g carbohydrates; 7 g fat (23% calories from fat); 1.5 g saturated fat (5% calories from saturated fat); 10 mg cholesterol; 110 mg sodium; 4 g fiber. —



FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

STEVEN 'STEVE' RIEDEMANN

Steven "Steve" Riedemann, 63, died Sept. 20, 2023. He was born on Dec. 14, 1959, to Elwood and Charlene (Schoning) Riedemann in Storm Lake. He graduated from Iowa Central Community College. In 2019, he joined the Kettleson RV family.

Steve was a devoted man with a heart of gold and a dry sense of humor that could light up a room. His dry wit and quick laughter will be remembered by all who had the privilege of knowing him. But it was his unwavering love and commitment to his family that truly defined him. For nearly 42 years, he and his beloved wife shared a bond that grew stronger with each passing day.

Steve enjoyed fishing, camping and fixing anything that came his way. Steve's collection of Hawaiian shirts and sarcastic T-shirts were a testament to his personality and his knack for bringing color to the world around him. His fascination with motors was a lifelong affair. He enjoyed pit crewing for the SR22.

He is survived by his wife, Sue; children, Garrett (Heather) Riedemann and Hannah (Jeff Jr.) Byers; dog and companion, Rex; grandchildren, Tierney, Emerson, Malachi Riedemann and Michaela and JT (Jeff III) Byers; sisters Carolyn (Bob) Adcock and Sandra (Ed) McNamara; father-in-law Earl Sande, brother-in-law David (Nanci) Sande, sister-in-law Kathy (Mark) Beaman; several nieces and nephews and numerous friends. He is preceded in death by his parents and mother-in-law.

In lieu of flowers, memorials may be directed to the family to be designated at a later date. ■



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