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ADEL RESIDENT INDUCTED INTO HALL OF HONOR

Three graduates who shined on the NCAA postseason stage are the newest inductees in the Central College Athletics Hall of Honor, including Adel resident Alicia Whisner Fisher, class of 2007.

Graduating with honors while competing year-round, Fisher, in her final performance in a Central uniform, uncorked the first-place javelin throw at the 2007 NCAA Division III Championships in Oshkosh, Wisconsin. Alicia was a four-time all-American with previous seventh-, fifth-, and fourth-place national-meet javelin showings. She was also 13th in the 2007 NCAA shot put. In the conference outdoor meet, she placed four times in the javelin, twice in the discus and once in the shot put while also placing in the 2007 indoor weight throw and shot put.

Central's Most Valuable Field



Alicia Whisner Fisher

Events Performer in 2007, Fisher was a team co-captain. A part of four conference volleyball crowns, Fisher was a member of three NCAA tournament teams. She was a two-

year team co-captain, receiving the team's Academic Award in 2005 and Leadership Award in 2006.

An NCAA postgraduate scholarship recipient, Alicia was the conference's nominee for the NCAA Woman of the Year award.

In 2013, Fisher received a doctor of physical therapy degree from Des Moines University, returning to her hometown of Adel to serve as a physical therapist for CORE Physical Therapy.

Established in 2002, Central's Hall of Honor is intended to recognize those who were not only exceptional performers in the athletics arena as a student-athlete, coach or administrator, but who have distinguished themselves in life after graduation through service and leadership. To be eligible for consideration, a nominee must have

FISHER, CONTINUED INSIDE

ADEL WEATHER FORECAST

FRIDAY HIGH 65 | LOW 46
Occasional rain



SATURDAY HIGH 54 | LOW 41
Low clouds; breezy and cool



SUNDAY HIGH 56 | LOW 40
Mostly cloudy



MONDAY HIGH 58 | LOW 39
More sun than clouds



TUESDAY HIGH 60 | LOW 39
Mix of clouds and sun



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FROM THE PUBLISHER

STEP ON A CRACK, BREAK YOUR MAMA'S BACK

I believed the childhood superstition from the above headline, and I didn't want to cause pain to my mother, so I made every effort to avoid stepping on the sidewalk cracks. Mom still had back pain. I blame it on my siblings.

That wasn't the only superstition I had — or maybe still have. I don't walk under ladders, I am extra careful to not break a mirror, and I don't open umbrellas indoors. Call it whatever you want; I call it better safe than sorry.

But, for whatever reason, I never worried about a few other superstitions as a child. I liked to play with black cats. I rarely waited an hour after I ate to go swimming. I frequently cracked my knuckles. And I crossed my eyes for minutes on end, and they

never stayed that way.

On the positive side, I still have an old horseshoe, and I make sure it is hung with the open part facing up. I also have a 40-year-old four-leaf clover pin that I am convinced still has some magic in it. And I can't seem to part with a small Hawaiian good luck statue a friend gave me as a child.

Meanwhile, I was at an industry conference a few weeks ago and was having coffee with a Floridian friend. He noticed I stirred my coffee with a fork and pointed out how that was bad luck. I told him I never heard that one before, but now I can't get that darn superstition out of my brain. I never realized how



often I used a fork to stir the creamer in my coffee. I should say how often I used to use a fork to stir the creamer in my coffee. Seriously, I now set the fork aside and seek out a spoon. At least most of the time. When I do use a fork, my back hurts. Could there be a connection? Or are my kids stepping on the line to break their daddy's spine?

I better polish up that horseshoe.

What superstitions stick with you? Send me a note and let me know.

Have a wonderful Wednesday, and thanks for reading. ■



Shane Goodman

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SEEN IN ADEL

THE ADM TIGER MARCHING BAND PERFORMED DURING THE FOOTBALL GAME ON SEPT. 15.



Meredith Maddy



Keegan Holdmeyer



Kennedy Metzger



Kenny Steenhoek



Lexi Clegghorn



Owen Embree

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ADM SPORTS SCHEDULE

Friday, Oct. 13

7 p.m. **Football:** Varsity @ Indianola

Monday, Oct. 16

5 p.m. **Football:** Freshman vs. Indianola

6:30 p.m. **Football:** JV vs. Indianola

Tuesday, Oct. 17

4 p.m. **Esports:** Varsity vs. Council Bluffs Abraham Lincoln

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JOKE OF THE WEEK



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RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

WILLS FAMILY ORCHARD & PUMPKIN FARM EVENTS

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. ■

FISHER, FROM FRONT

graduated or served as a Central coach/administrator at least 15 years

earlier. Current Central staff members are typically not considered. This year's inductions will raise the hall's membership level to 69. ■

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, 218 9th St. 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. ■

HARVEST DINNER

The annual Harvest Dinner at Faith Lutheran Church and Preschool, 602 S. 14th St., Adel, will be held on Nov. 3, 5-7 p.m. Tickets are \$12 adults and \$5 for kids (ages 3-10). All proceeds are split between the Hollie and Deavon Richards family and the Dallas County Sheriff's office's "Backpack Program" for the local Food Pantry. Advanced tickets available through the church office. Contact Monica at 515-993-3848 for more information. ■

SALAD LUNCHEON

Adel Women's Club salad luncheon will be held on Monday, Nov. 6 at the First Christian Church, 218 N. Ninth St., Adel, from 11 a.m. to 1 p.m. The cost of \$10 provides a huge selection of salads, sandwiches and desserts with coffee, tea, water and lemonade as beverages. Come and support this civic organization that funds and supports many projects and activities in Adel. ■

'NOT-SO-SCARY' HALLOWEEN PARTY

The public is invited to a 'Not-So-Scary' Halloween Party on Oct. 25, 5:30 p.m. at 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. ■

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EVENTS IN THE AREA

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Great Iowa Pet Expo. Photo courtesy of Great Iowa Pet Expo

GREAT IOWA PET EXPO**Oct. 21-22****Horizon Event Center, 2100 N.W. 100th St., Clive**www.greatiowapetexpo.com

Whether you're looking to adopt, shop, learn or enjoy contests for pets, this expo has it all. From 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday.

CARDBOARD CAUCUS**Oct. 27-29****Hilton Garden Inn, 205 S. 64th St.,
West Des Moines**www.cardboardcaucus.com

Named after the state's first-in-the-nation caucus, this event is all games, no politics. Starting at noon each day, attendees can expect a wide variety of board game tournaments for prizes, games to play with friends or strangers, and unreleased board games for play testing.

IOWA WILD OCTOBER GAMES**Wells Fargo Arena, 233 Center St., Des Moines**www.iowawild.com

The Iowa Wild are the affiliate program of the NHL

team, the Minnesota Wild. The Wild are led by first-year head coach Brett McLean.

Home games

- **Oct. 14 at 6 p.m.** vs. Henderson
- **Oct. 25 at 7 p.m.** vs. Chicago (Independent)

DES MOINES BUCCANEERS GAMES**Buccaneer Arena, 7201 Hickman Road, Urbandale**bucshockey.com

The Tier 1 USHL developmental hockey franchise continues to serve up a chance for amateur hockey players to enhance their ability to succeed at the next level. Home games:

- **Oct. 14** vs. Tri-City
- **Oct. 21** vs. Cedar Rapids
- **Oct. 28** vs. Lincoln

DES MOINES CIVIC CENTER PROGRAMS**221 Walnut St., Des Moines**dmpa.org

- **Oct. 25:** Dirty Dancing in concert
- **Oct. 28:** Spider-Man: Into the Spider-Verse live in concert

HOYT SHERMAN PLACE PROGRAMS**1501 Woodland Ave., Des Moines**hoytsherman.org

- **Oct. 21:** The Salvation Army: Unmasking the Singer at 6 p.m.
- **Oct. 22:** The Black Jacket Symphony Presents Eagles' "Hotel California" at 8 p.m.
- **Oct. 27:** The Nadas' 3

SUNDAY TUNES AT THE SUMMERSET WINERY**Oct. 15, 22, 29, 2-5 p.m****15101 Fairfax St., Indianola**summersetwine.com

Live music every Sunday from various local acts. ■

RECIPE

BRING BACK FAMILY BONDING THIS FALL

(Family Features) Busy fall schedules often leave little time for the things that matter most — sharing special moments with those you love. This year, as time seems to speed up during another school year, making family bonding a priority in your household can start with a few simple tricks.

MAKE COOKING TOGETHER A FAMILY ACTIVITY

Making dinner for the family shouldn't take up valuable time that could be used for quality moments together. Seeking out quick and easy recipes leaves more hours in the day to spend with family members – or you can even make preparing dinner a family activity.

Teaching kids how to make your favorite recipes creates great memories and can maximize time spent together. From making kid-approved lunchbox sliders together to preparing time-saving, weeknight-friendly sliders as a family after school, King's Hawaiian Rolls and Slider Buns have the power to help unite busy parents and picky kids. Plus, they're soft and fluffy with the right touch of sweetness, and sliders are customizable, easy, fun and always a crowd pleaser. These Ham and Swiss Sliders or Peanut Butter, Jelly and Banana Sliders offer ways kids can help, from layering meats and cheeses to spreading peanut butter. Everyone can lend a hand in the kitchen while enjoying quality time together. ■

PEANUT BUTTER, JELLY AND BANANA SLIDERS

Prep time: 5 minutes

Servings: 4-6

- 1 package (12 rolls) King's Hawaiian Original Sweet Rolls
- 4 tablespoons salted peanut butter
- 4 tablespoons strawberry jam
- 2 bananas, sliced

Directions:

Cut entire pack of rolls in half horizontally, keeping all top and bottom halves intact.

Spread peanut butter on bottom halves followed by strawberry jam. Top with banana



slices then top halves of rolls.

FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MARILYN ELAINE (SPEARING) CHANCE

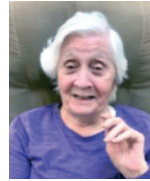
Marilyn Elaine (Spearing) Chance, 88, of Adel, died on Sunday, Oct. 8, 2023, at the Stuart Community Care Center following a long battle with Alzheimers.

Marilyn was born in Bangor, Maine, on May 5, 1935, to Ralph Michael and Evelyn Ruth (Fielding) Spearing. She met her husband, Bob, there during his time in the service. The two were married for 69 years and had five children. Marilyn was known for her baking skills. She will be remembered as a loving and caring wife, mother, grandmother and great-grandmother.

Marilyn was preceded in death by her parents; her siblings, Dorothy, Walter, Alice, Harry, Roland, Kenny, Bobby, Paul, Donna, Donald and Everett; her grandson, Joseph; and her great-grandson, Liam.

Marilyn is survived by her loving husband, Bob Chance; her five children, Cindy (Richard) Weems, David (Jeanette) Chance, Janice Howard, Sue Wunsch, and Marty (Patti) Chance, as well as nine grandchildren and 12 great-grandchildren.

A funeral service was held Thursday, Oct. 12, at Caldwell Parrish Funeral Home, Adel Chapel. A private family burial will take place in the Oakdale Cemetery in Adel. Memorial contributions may be donated to the American Red Cross and/or St. Croix Hospice. Online condolences may be expressed at www.caldwellparrish.com. ■



CLASSIFIED ADS

EVENT: Join us at Moss Bros Inc for a harvest customer appreciation lunch October 18, 2023 from 11 a.m. - 1 p.m. Roller Dogs and Homemade Ice Cream! Just our way of saying thanks! 2476 240th, Dallas Center. HAPPY HARVEST!

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