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ADEL

NOVEMBER 2023

Living

EARLY RISERS

Residents share experiences working
while most others sleep.

Meet Sydney Straw

EDUCATION

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WELCOME

BEFORE the sun shines

I don't get on the road in the wee hours of the day too often, except when I have an early flight at the airport or I am driving out of state. On those 4 a.m. or so travels, I often wonder about the other folks I see driving at that time. Why are they up so early? Where do they work? Where are they going? Are they leaving from home or heading home?

I agree that there is something rewarding about getting an early start on the day. It gives me the feeling of having a head start on others. Crossing a few tasks off my list before the sun comes up starts the day off right.

For some folks, though, this isn't a once-in-a-while thing. Their jobs or activities or habits have them rising early every day.

When I was in high school, I worked at a convenience store/gas station. On occasion, I would work the graveyard shift. Even in a small town, this was an exposure to another world. I would see the factory workers heading to their shifts or heading home, filling their tanks with gas and buying a few supplies. I would see the route delivery guys ensuring that milk and bread and soda and beer were in the stores. And I would get to know the late-shift police officers who would stop in. For the most part, it was quiet, which is exactly how most of the folks who choose to work those hours like it.

Getting up early wasn't so easy in my younger years, but it seems to more challenging to sleep in now, even when I can. I used to laugh at all the retired guys who were at the café at before 6 a.m. drinking coffee. It's all starting to make sense now. Even the coffee.

This month's cover story is dedicated to those who truly are early risers. We uncover the when and why and how as we interview these folks who prefer to — or must — get a head start on each day.

See you before the sun shines, and thanks for reading. ■

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EARLY RISERS

Residents share experiences working while most others sleep.

By Chantel Boyd

While most of us are catching our last few Zs before dragging ourselves out of bed, others have long been awake and busy, many of them making it possible for us to get our days off to a good start. After all, someone has to make the donuts, brew the coffee and deliver those energy drinks to the shelves. Others rise and shine to care for the early morning needs of patients in hospitals, residents of care centers and women in labor. The list of those working while we sleep goes on, and some of them share their experiences as early risers in this month's cover story.

Jeremy Kruse is ready to leave home at 4:30 a.m. for his job as a welder. He makes sure he has plenty of time before clocking in so he can account for any unexpected delays and enjoy breakfast.

FEATURE

Rising and shining for customers

Kevin Carpenter and his wife, Julie, who have lived in Adel since 1988, are early risers. Kevin works for Casey's in Waukee, so he must get up to prepare for work. Julie has to get up to walk their dog, Myley. Though they get up simultaneously, they go their separate ways in the mornings.

"She will be quick to point out that she is seven years younger than me," says Kevin, adding, "I get out of bed at 3:45 a.m. every Monday, Wednesday and Friday."

If there is one benefit of the early-morning commute, it is that the drive is usually uneventful.

"The drive to Waukee is usually quiet that early in the morning," he says.

Dale Klocke, Kevin's boss at Casey's, has wonderful things to say about this early riser.

"Kevin greets almost every customer by name and knows what they normally buy," he says, adding that Kevin encourages their customers and greets them with extra attention on their birthdays.



Kevin Carpenter may have retired, but he has to be an early riser for the new job he has taken on: getting the Casey's store where he works ready for early-morning customers.

"Customers come into the store just to see Kevin," he says. "Kevin will buy treats for kids on their birthday."

"I've been known to hand out treats to my little buddies, including birthdays," Kevin admits.

Dale hired Kevin a few years ago after Kevin retired from full-time work.

"I hired Kevin because he was a carpenter who was an early riser that was dependable," says Dale.

Kevin is the one who ensures the store is



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FEATURE

ready to go in the mornings.

"Kevin brews the coffee and tea, wipes the counters, and the store looks awesome for all the customers," shares Dale.

To arrive on time to serve the first customer, Kevin must be up early in Adel to make it to Waukee in time.

"I'm on the road by 4:30 a.m. every morning," he says. "I'm at Casey's by 4:50 a.m. I start my shift at 5 a.m. to help open the store."

Why tackle an early-morning job during his retirement when he could be sleeping in?

"I do this because, five or more years ago, Dale made me come work for him instead of fully retiring," he jokes.

Kevin retired from working in ag research. Before that, he was a union carpenter.

But Kevin doesn't just work in his retirement. He also enjoys watching the Iowa Hawkeyes.

"He is a huge Iowa Hawkeye fan and loves to talk about his team and gives Iowa State fans a rough time," says Dale.

"My favorite part of the job, and all that I get to do, is the smiles I get," says Kevin.

Early morning deliveries — of babies

Shasta Hillmer, who lives in Adel, gets up before most people do. In fact, most people consider the time she rises to be the middle of the night.

"I get up at 3:30 a.m. to prepare for my day," she says.

Shasta's workday is often the biggest day of her patients' lives.

"I am a labor and delivery nurse," she says.

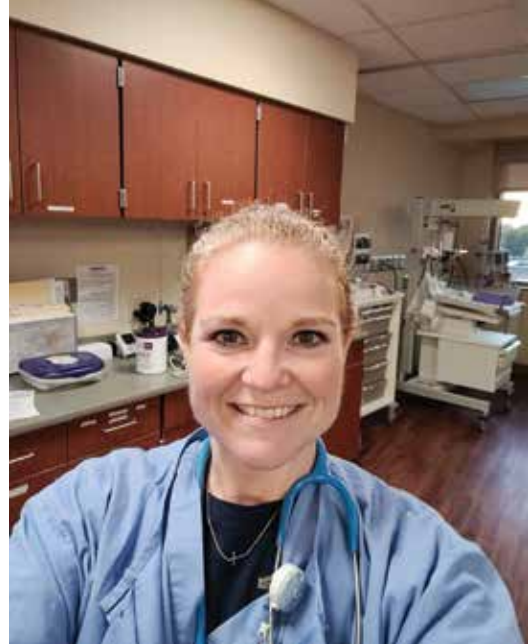
Shasta says she went into this career field because she wanted to serve others compassionately.

"I have loved helping people in need since I was a little girl," she says.

Shasta decided to become a nurse, and landing a job in a hospital's labor and delivery department was her dream occupation.

For more than two decades — 22 years to be exact — Shasta has been helping mothers deliver babies. Considering that, during most shifts, she helps deliver at least one baby, you could extrapolate that Shasta has helped deliver thousands of babies over the years.

She says she is grateful she made this



Shasta Hillmer's job as a nurse requires her to get up bright and early to care for women being admitted to the hospital for their scheduled caesarean deliveries.

career decision, and getting up early is a small sacrifice.

"Being a part of either the most amazing part of someone's life or the most difficult time in someone's life is an honor," she says.

Shasta's early-morning shift is by design. She helps mothers delivering by cesarian section,

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and procedures are scheduled first thing in the morning.

“The first scheduled procedures for the day come in at 5:15 a.m.,” she says.

For Shasta, being awake when most people are sleeping is a bonus for her morning commute.

“There are very few people on the road, which isn’t great on snowy days, but, on normal days, the trip to work is smooth sailing,” she says.

Shasta admits, at times, she forgets that others are still sleeping.

“I do, on occasion, forget and text people or call them too early,” she smiles.

Adjusting her schedule was helpful for Shasta in her own motherhood journey.

“My schedule is very helpful for kids. Since I am usually off work around 1 p.m., I can run errands and get home in time to start running the kids to their activities and then cook supper,” she says, adding that her entire family was happy when she returned to her early-morning schedule five years ago.

She says she has never seen getting up early in the morning as a problem.

“I don’t mind getting up in the morning. I don’t hit snooze. I just get up and get in the shower,” she says.

When it comes to her days off, though, Shasta does try to “sleep in.”

“On the weekends, I sleep in a little later. Although my sleeping in is not like normal people’s sleeping in. Usually I’m up at 7:30 a.m.”

Prior to working as a delivery nurse for caesarian sections, Shasta was working long shifts like nurses and other health professionals often do. And, she worked weekends, making it difficult to spend time with her family.

“I was working 12-plus hour days and not seeing my family before bed. Now I don’t work weekends, so they are very happy,” she says.

Preparation and time to relax

Jeremy Kruse is a welder by trade, and he must arrive at work before sunrise.

He leaves his home in Adel before 4:30 a.m. every workday to get to work on time.

“I have been getting up early for so long that I have a built-in alarm clock,” he says.

Jeremy’s shift begins before most people’s alarms go off.

“My alarm is set for 4:15 a.m. every



Jeremy Kruse enjoys his job as a welder and doesn't mind getting an early start.

morning, but I am already up and ready to leave by 4:30 a.m. every day.”

Jeremy chooses to get up earlier to allow for any unforeseen traffic or other issues. A flat tire or mechanical breakdown in his vehicle may make him late for his shift, which begins before 6 a.m. He also likes that he can take his time, especially in winter.

“I like the earlier commute because there is less traffic. I can drive slower and take my time getting to work,” he says.

Jeremy has learned to plan ahead.

“My dad engraved that tactic into me — to prepare or plan ahead, just in case, so you would not report late to your job,” he says.

To help his morning go smoothly, Jeremy begins his preparation the night before.

“My lunches and breakfast are already prepped and ready to go in my lunchbox in the morning,” he says. “I like pulling out of my driveway at 4:30 a.m.”

Jeremy has a half an hour’s commute before he has to be clocked in.

“I like to clock in early to sit down and eat the first of my two breakfast meals before my

shift starts,” he says, adding he doesn’t mind the hours because he likes his job.

“I thoroughly enjoy this type of work,” he says.

And he’s had his routine established for more than a decade.

“I have been doing this type of work now for 15 years,” he says. “I love working with my hands.”

While most people might be intimidated by molten hot metal and sparks flying everywhere, Jeremy finds welding exhilarating.

“I like the challenge — the more challenging, the better,” he says.

Jeremy has not always been a morning person. Still, his advice for others wanting to be up early is to be prepared and get to work early enough to enjoy the peace and quiet before the hurried pace of daylight.

“The older I got, the more I enjoyed the mornings just before sunrise,” he says. “My family and I camp a lot on the weekends. I get up, start a fire, and enjoy a few cups of coffee before sunrise. It’s so peaceful in the mornings.” ■

The ONLY poll mailed to residential households. VOTE NOW!



IT'S BACK!

Who will be voted favorite in Dallas County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January in Waukee, and February in Adel and West Des Moines - Jordan Creek editions. You can vote in one or every category, or anywhere in between.

**SCAN HERE TO
VOTE TODAY!**



HURRY! POLL CLOSES DEC. 8, 2023.

See rules and vote at www.iowalivingmagazines.com/residentspoll.
One vote per resident, please.

FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Bakery
- Florist

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym

HEALTH/BEAUTY

- CBD Store
- Pharmacy
- Cosmetic Service
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

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- Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder/Remodeling
- Outdoor Lawn Equipment Store
- Pest Control



NOVEMBER 2023

UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, Nov. 14, 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 Friday, November 10th in honor of Veterans Day.
- Adel City Hall will be closed on Wednesday, November 22th thru Friday, November 24th in honor of Thanksgiving.
- Yard Waste Pick Up - The last day for yard waste pick up will be November 28th.

GET TO KNOW...

What is your title? Marketing & Collection Management Librarian



OLIVIA OSBORN

What is your past work experience? I was a receptionist at Studio 10 for a short stint.

How long have you been working for City of Adel? 5 years!

What are you excited about for your department's future plans? Continuing to meet the needs of our growing community.

What is a hobby you enjoy? I grew up in Adel and I'm happy to have my job as an excuse to come back all the time.

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.

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

3RD-6TH GRADE BASKETBALL: Both girls and boys leagues. Registration ends November 24th. Visit <https://adel.activityreg.com/> for more information and to register.



TURKEY TOSS: Join us for a thanksgiving free-throw contest. Teams consist of one parent and one child ages 8-18. No fee or pre-registration. Located at the ADM District Administration Center Gym on November 18 at 2:00pm.

OPEN GYM: The ADM District Administration Center gym will be available Mon/Wed/Fri from 9:00-11:00am starting November through March. Walk, run, play basketball, socialize, etc. Cost: FREE

NOTES FROM THE NORTH POLE: Sign up to receive a letter from Santa! A unique idea for your children, nieces, nephews, or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation by the deadline to ensure your child receives their letter before Christmas. Visit <https://adel.activityreg.com/> for more information and to register.

- Deadline: Friday, December 8th, 2023
- Fee: \$6.00 per letter (Maximum fee of \$18.00 per family)

SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

Here's the "snowdown" on some helpful tips to remember in the coming months.

(For more information please visit the City of Adel website at www.adeliowa.org to view a FAQ flyer)

- **Snow parking:** It is unlawful to park any vehicle on any street or alley during a snow removal period. The ban continues from the beginning of snowfall until 24 hours after the snowfall ends. Residents should be aware of weather conditions and not park on City streets if there is a possibility of overnight snow.
- **Sidewalks:** Snow removal from sidewalks is the responsibility of the property owner. You have 24 hours after the snowfall to clear your sidewalk. Please pile the snow on your yard and not in the City street. A helpful hint for residents: clear your sidewalks after the snowplows have finished plowing to the curb. If you fail to clear your sidewalk, the City may do so and bill you.
- **Snowmobiles:** From November through March, snowmobiles may be operated on the Raccoon River Valley Trail between 7:00 a.m. and 10:30 p.m. The speed limit is 10 mph.
- **Mailboxes/Fire Hydrants:** Residents are responsible for clearing snow around their mailbox to assure delivery of mail and that their mailbox is properly installed behind the curb line. The Fire Department requests property owners who have a hydrant to clear snow away for easier access.

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THIS is how retirement taxes work

Many people think that retirement automatically means you pay less in taxes. After all, you're no longer being handed a paycheck from an employer, right? The reality is that you are still taking an income. Now, it's from your retirement savings. The key is understanding which accounts are taxable and what you can do to take more control over what you pay in taxes.



Most retirement accounts — including 401(k)s, 403(b)s, SIMPLE IRAs, SEP IRAs, profit-sharing plans, pension plans, and traditional IRAs — are called qualified accounts. Qualified accounts are designed for retirement income; any money saved into these plans can generally be accessed without penalty after age 59 ½. The IRS has allowed money in these accounts to be saved and grow tax-deferred, meaning that federal taxes have been delayed until some point in the future. You will pay federal taxes on the money when you start taking distributions or when the IRS forces you to do so.

Typically, at age 73, you must start taking an annual required minimum distribution (RMD) from a qualified account. This amount is calculated based on your age, amount of money in the account, and life expectancy factor. If you don't take your RMD, you could receive a tax penalty of up to 25% of the RMD amount for that year.

Will your Social Security benefits be taxable? It depends. To avoid being taxed on your Social Security benefits, any income from other sources — such as a job or qualified retirement accounts — must be below the allowed base amount for your filing status, \$32,000 for a couple and \$25,000 for an individual in 2023.

A nonqualified account is funded with money you've already paid taxes on. This could include savings and checking accounts, nonretirement brokerage and investment funds, money market accounts and CDs. While you have already paid taxes on the money you've put into the account, any growth — including interest earned or dividends paid — will be taxable.

Annuities are another type of account designed to provide income during retirement. Unlike more traditional retirement accounts, not all income from an annuity may be taxable. It depends on various factors, including what type of annuity it is and how it was funded.

Though you will pay taxes in retirement, you have more control than ever before. A retirement planner can help you zoom out and look at the big picture to develop a customized plan to take money from these accounts in a strategic way that could lower your tax bill. ■

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

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THE IMPORTANCE of voting

Early voting is underway in Adel, with election day slated for Tuesday, Nov. 7. From the earliest days of our Republic, the right to vote was severely limited by the states. In the 1700s, it was mainly limited to white, property-owning, Christian men. In the 1800s, after a brutal Civil War, Congress passed the 15th Amendment to the Constitution, which ensured that people could not be denied the right to vote because of their race. That amendment was ratified by the states in 1870, but many states, mainly in the South, used poll taxes and literacy tests to reduce voting by Black men, and women still could not vote legally. After decades of organizing and activism, women finally won the right to vote in 1920 with the ratification of the 19th Amendment to the Constitution. The



1960s saw widespread collective action topple many of the remaining barriers to the ballot box suffered by Black Americans with the passing of the Voting Rights Act of 1965. In 1971, the minimum age to vote was lowered to 18 with the 26th Amendment.

To vote in Iowa, you must be registered to vote. To qualify to register to vote, you must be an American citizen, an Iowa resident, and 18 years old on or before election day. You cannot register to vote if you are a convicted felon (unless your voting rights have been restored), you have been judged mentally incompetent to vote by a court of law, or you claim the right to vote in any other place. Visit sos.iowa.gov/elections or dallascountyiowa.gov, 515-993-6914, for step-by-step instructions about how to register and vote. There are options for registering online and on election day at the polls, but to do so you must be able to adequately prove your identity and residence.

This election includes a school bond referendum for proposed new school buildings, which requires approval by 60% of those voting. Though there are not many contested races on the ballot, please make your voice heard on the school bond issue.

"At the bottom of all the tributes paid to democracy is the little man, walking into the little booth, with a little pencil, making a little cross on a little bit of paper — no amount of rhetoric or voluminous discussion can possibly diminish the overwhelming importance of that point."

—Winston Churchill, House of Commons, 31 October 1944. ■

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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EDUCATION

By T.K. West

MEET Sydney Straw

Plenty of new learning to be excited about

Sydney Straw grew up about 100 miles southwest of Adel in Red Oak. After graduating from the University of Nebraska at Omaha in 2020, she taught kindergarten for the Des Moines Public School District for three years. This fall, she joined the Adel-DeSoto-Minburn Community School District. She is a kindergarten teacher at Adel Elementary School.



Sydney Straw strives to start each day in her kindergarten class on a positive note.

“Because I have so many fond memories of growing up in a small town, I’ve always known that I would love to teach in a tight-knit community. I feel very much at home at ADM, and I am overjoyed to be a teacher here,” she says.

Straw likes working with students at the elementary school level because it’s exciting to be part of her students’ beginning school experience. As a kindergarten teacher, she takes high accountability for helping set the tone for her students’ relationships with school and learning. She says it is important for each student to feel excited to come to school every day.

“I want learning to feel fun for my learners, and I want them to feel a strong sense of belonging and purpose in our classroom. I love helping my students fall in love with learning. It makes me feel incredibly proud to be a part of all the growth they make throughout the year,” Straw says.

She likes to start each day on a positive note. Each morning, she and her students take the time to circle up, connect as a classroom community, and discuss the fun learning that is in store for the day. She says this part of their day is special because there is something new to learn about one another and new learning to be excited about.

“There are no words to describe the amount of resiliency, strength, drive and courage I have seen in so many of my young learners. I would argue that my students have been even better teachers to me. They have taught me so much about love and life. I love being a teacher, and I couldn’t imagine having a career without kids,” Straw says.

“The moment you step into Adel Elementary, you are able to see how deeply the teachers here care for their students’ academic growth and wellbeing. I feel proud working alongside educators that are so talented, motivated and passionate about teaching young learners. And, not to mention, the students here are pretty awesome,” she says.

When not teaching, Straw enjoys staying active, which includes going on long outdoor runs and attending power yoga classes. She also enjoys spending time with her family and friends. Being an aunt to a 1-year-old nephew and a 3-year-old niece is Straw’s favorite current role. ■

THE BIGGEST way parents make an impact

I want to encourage you with this idea: There is nothing more powerful in the life of a child than a parent (or grandparent, teacher, coach) who prays for them and never gives up. Below is a four-part prayer you can use for the kids in your life.



Remember, a parent might be able to control their child's behavior, but they cannot control their heart. Your son or daughter has free will and a heart that needs refining. Only the Lord can change their heart. Ask Him to do just that.

Next, pray "My child is yours." This is a hard prayer for the parent who wants to protect, fix, or control their kids and their environment. This prayer is a reminder you are not responsible for your child, but to them. For example, you are not responsible for their choices, but you are responsible to... love them, teach them, model character in action, etc. Never forget, the Lord loves your child even more than you do, and He is pursuing them today and will do so for all their days, even when you are no longer around.

First, pray "Lord, change me." The Lord doesn't just want to work in the heart of your child, but in your heart, too. He loves you. This is a time to ask the Lord to help you become a godly person and give you the wisdom, strength and discernment you need to be the kind of parent you want to be.

Second, pray "Lord, change them." Wouldn't it be amazing if you could tell your child how to live right and they instantly obeyed? Unfortunately, that's not how it works.

Finally (and this is the hardest of these prayers), pray "Lord, let sin run its course." Typically, this is for an older son or daughter

who is living life the hard way. As a parent, this is difficult to watch. This is a trusting prayer that sin and suffering would beat up a person just enough that the one you love would come to their senses. As you pray this, remember that the wise parent will never help somebody living in rebellion of God enjoy living in rebellion of God. Remember the story of the Prodigal Son (Luke 15:11-32) who took his inheritance and lost it all in sinful living? The father didn't chase his son, and it was hunger and the smell of living with the pigs that drew him to finally say, "Enough!" Sometimes sin must run its course, and people must learn the hard way.

Being a parent is the hardest job and the greatest privilege. Can I encourage you to be a prayer warrior for the kids in your life? It will make all the difference. ■

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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EVENTS IN THE AREA

Be sure to check for cancellations

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

Harvest Dinner

Nov. 3, 5-7 p.m.

Faith Lutheran Church and Preschool,
602 S. 14th St., Adel

Harvest dinner tickets are \$12 for 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 are available through the Church office. Contact Monica at 515-993-3848 for more information.



Salad Luncheon

Monday, Nov. 6, 11 a.m. to 1 p.m.

First Christian Church,
218 N. Ninth St., Adel

Adel Women's Club salad luncheon is coming up. The cost of \$10 provides a huge selection of salads, sandwiches and desserts with coffee, tea, water and lemonade as beverages. The public is invited to come support this civic organization that funds and supports many projects and activities in Adel.

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.



Memorial wall to be dedicated

Veterans Day, Saturday, Nov. 11,
at 10:30 a.m.

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.

Third Monday Bingo

Monday, Nov. 20, 6-8 p.m.

Masonic Lodge,
411 S. 12th St., Adel

Enjoy 17 bingo games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available. Bring a dauber if you have one. They will also be for sale.



AREA EVENTS

- **NOV. 4: Live Jazz at The Continental** in the Historic East Village. From 8-11 p.m. at 407 E. Fifth St., Des Moines; ongrand0.wixsite.com/the-continental.
- **NOV. 4: Nurse Blake** is back on the road for his stand-up comedy tour. From 8-10:30 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org.
- **NOV. 4-5: Pumpkin Destruction.** Normally pumpkins are put on a pedestal during the fall months, but not at Center Grove Orchard. From 9 a.m. to 7 p.m. at 32835 610th Ave., Cambridge; centergroveorchard.com.
- **NOV. 11: Living History Farms race.** Run for 5 miles and see 300 years of history. Beginning at 9 a.m. at 11121 Hickman Road, Urbandale; lhf.org.
- **NOV. 12: Jazz at Caspe Terrace by Sparks.** From 2-4:30 p.m. at 33158 Ute Ave., Waukee; jewishdesmoines.org/our-community/caspe-terrace.
- **NOV. 15: Roomful of Teeth.** The Grammy-winning octet performs 7:30- 9:30 p.m. at the Sheslow Auditorium, 2507 University Ave., Des Moines; calendar.drake.edu/sheslow_auditorium.

Dallas County Conservation events

To register for events, visit <https://www.eventbrite.com/o/dallas-county-conservation-board-39763740303>.

Iowa Artists

Sunday, Nov. 5, 1:30-2:30 p.m.

Forest Park Museum, 14581 K Ave., Perry

Discover some talented and long-forgotten artists from Iowa and around the world. Forest Park is home to an art collection, and this discussion will take a look at many of the most interesting pieces. Feel free to bring your own favorite Iowa pieces and artist stories for a lively presentation. Register to be notified of cancellation.

Forest Bathing

Sunday, Nov. 19, 1-3 p.m.

Kuehn Conservation Area,
32828 Houston Trail, Earlham

Join Brandy Case Haub, certified guide through the Association of Nature and Forest Therapy, for an experience of relaxing mindfulness at Kuehn. Appropriate for adults of all ages.

Winter Solstice Celebration

Thursday, Dec. 21, 7-8 a.m.

Hanging Rock Conservation Area,
Redfield

DCCB invites you to join them at the astronomical clock at Hanging Rock to observe and celebrate the winter solstice sunrise. Join them to mark this date, not with a wall calendar, but with a fire and a sunrise to celebrate the changes. ■

HONORING OUR LOCAL VETERANS



STEVE LUELLEN

BOUTON

Military branch: U.S. Army

Rank at discharge: Spec 4

Vietnam Veteran, 1969-1971



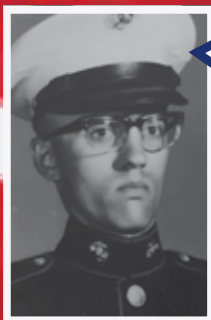
BRIAN NEMECHEK

ADEL

Military branch: U.S. Army

Rank at discharge: Sergeant

Served 2009-2016



PAUL C. SNYDER

ADEL

Military branch: U.S. Marine Corps

Rank at discharge: Sergeant

Vietnam Veteran, 1968-1969

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MAHLON CONWAY

ADEL

Military branch: US Army

Rank at discharge: Corporal

WW II Veteran

Photographed receiving the Legion of Honor Medal from the French Consulate



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JIM MARSHALL

ADEL

Military branch: U.S. Navy

Rank at discharge: Chief Petty Officer
(E-7)

Deployments: Vietnam

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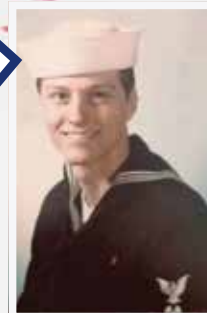
KELLY COLEMAN

ADEL

Military branch: U.S. Navy and Naval Reserve

Rank at discharge: Sgt. E5

Served: 1977-1981 and 1986-1989

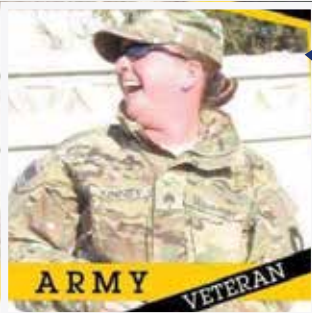


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SUZANN KINNEY

ADEL

Military branch: Army National Guard

Rank at discharge: Sgt. First Class

Deployed 2010-2011 during Operation Enduring Freedom



JIM MCDOWELL

ADEL

Military branch: Iowa National Guard

Rank at discharge: Sergeant First Class

Duty assignment in South Korea



KEITH KENYON

ADEL

Military branch: U.S. Army

Rank at discharge: PFC

Vietnam Veteran, 1968-1969



JOSEPH SCHUSTER

ADEL

Military branch: Army

Rank at discharge: Sgt. E5

Deployments: Vietnam Era

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— Joseph Schuster

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SCHLAPKOHL stays busy volunteering

School administrator continues to give back to schools and more.

For 33 years, Carole Schlapkohl was just too busy to do much volunteering in the Adel community, but that has changed, and now she's making up for lost time.

"I retired from the school district in 2012," Schlapkohl says. "My last 20 years in the school district, I was an administrator, so I didn't get much of a chance to do any volunteering because I was usually supervising after school at games and all that kind of stuff."

Now, in retirement, she hasn't let any grass grow under her feet.

"When I first retired, I did a lot of volunteering at the dog rescue down in De Soto. I don't do it anymore because I've kind of changed my direction, but I did 10 years down there," Schlapkohl recalls.

Currently, she volunteers with elementary students at two schools, helping to teach math to kindergarten and second-grade students. She also serves the schools in other ways.

"I was asked to be on the ADM Scholarship Foundation board, which is all volunteers. I've been on that board for over 10 years," she says. "I do a lot of the money collecting and writing thank you letters and making sure the donation list is up to date. And then I got involved with the food pantry because they do the backpacks for the kids. Every week, we pack the backpacks. I drive the



van and deliver the packages of food to all five of the schools in the district."

As if that weren't enough volunteering, she helps with other organizations as well, including volunteering for the Iowa Egg Council, serving hard-boiled eggs on a stick at the State Fair. She said she enjoys the four-hour shifts handing out eggs to fairgoers.

"And, I attend Grace Lutheran Church, where I help with the Garden of Grace. The fresh produce we grow in the garden is given to the food pantry," she says. "That's just weeding, planting, picking, that kind of stuff. It's not super time consuming, but it's another thing that's giving back to the community."

Another cause that's close to Schlapkohl's heart is Hawkeye Cans for Cancer, based in Washington, Iowa. She explains it's a program that collects Iowa deposit cans, with the money going to help pay for food, lodging and gas expenses for qualifying families coming to Iowa City for cancer treatment. Schlapkohl said she gets calls regularly from people saying they have cans to donate, and she picks up the



Dylan Morris of BigDeal Car Care presents the Good Neighbor certificate to Carole Schlapkohl.

cans, redeems them and sends the funds to the program.

Somehow, Schlapkohl still makes time for herself.

"I still find time to golf, because I'm an avid golfer," she says.

She also enjoys watching local and televised sporting events.

Regarding her deep connection to the Adel community, Schlapkohl says, "I came to Adel right out of college in 1979, and I've never left. It's great to be able to give back to the community, especially with the school, because the school's been very good to me. It's just amazing all of the opportunities that you can find." ■

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Max H.

I've been to many doctors over the last few years and Dr. Brian Waggoner is by far the nicest most compassionate doctor I've ever been too. He's also been my primary doctor my whole life and he's the only reason I've been able to progress and understand all about my health. He has the nicest nurses I've ever met and I've never had a bad experience at his place of work. I would highly recommend going to him if you're looking for a professional pediatrician who cares about his patients.



Gretchen D.

My son was born with a tracheoesophageal fistula that led him to have multiple issues with breathing and eating and numerous surgeries. We have seen Dr. Waggoner and Andrea Dettmann Spurgeon for a lot of his care and have had nothing but great experiences. The small clinic setting makes it possible for them to actually know their patients by name and history when they walk in the door before even looking at a charts. It feels as if you are "part of the family". My son is always asking for Dr. Brian. We now have a daughter and couldn't imagine ever going anywhere else!



Nicole

Dr. Waggoner and his staff are excellent! We have always had great experiences at our appointments. They are professional and respectful. I highly recommend this clinic!



Shawna L.

Dr. Waggoner is so patient with me every appointment and truly listens to my concerns and helps me come up with a solution! you're missing out if you don't give his team a try!

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RECIPE

SWEETEN the holiday season with deliciously creamy desserts

(Family Features) Once the table is cleared and gifts are put away, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

Find more sweet holiday recipe inspiration at SuccessRice.com. ■

Cran-raspberry quinoa pudding truffle

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 6

QUINOA PUDDING:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

CREAMY YOGURT LAYER:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

CRAN-RASPBERRY LAYER:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

DIRECTIONS

- To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.
- Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.
- To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.
- To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.
- To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.



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SAVE MORE and stress less this holiday season

November is here, which means Thanksgiving is coming right up, and Christmas is just around the corner. Ah, the holidays — a festive and joyous time of year. The time of year we should be feeling peace and happiness, we can't deny feeling pressure to buy the perfect gifts, host the finest parties and have the grandest decorations. It's easy to feel overwhelmed with a mix of joy and anxiety around this time. If you are feeling the pressure, we're here to offer these financial tips to ensure you stress less this holiday season.



Strategize your gift purchases.

The best way to avoid stress is to be organized. Before you head out to buy, take the time to create a list that includes who you are shopping for and what you think they would like. If you are struggling with ideas, try browsing holiday catalogs or websites for possible gifts.

Aim to shop in one day.

It may seem like a long shot, but if you have your list, try to purchase the items in one day. This will actually save time and money by sticking to the list and avoiding buying items you do not need.

Prepare for credit usage.

Purchasing with credit cards can be advantageous, as long as you know your limit. Budget your money wisely so you can afford gifts without burying yourself in debt. By arranging a budget ahead of time, you can make sure you're able to pay off your statement balance and reap the rewards.

Purchase what you can online.

Online shopping carts can help us avoid excessive purchases. Before completing your checkout, review the items in your basket and delete any unnecessary items. Also check for coupons or promo codes you can use to save money.

Cut back.

You don't need to say yes to everything. If you feel you don't have the time, money or energy to host a holiday party, ask someone else in the family or group of friends to do it. Sometimes, we just need to say no and be OK with it.

We hope you find these tips helpful when preparing for the season. Here's to a stress-free, joyous holiday. ■

Information provided by Caroline Williams, retail banking officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.



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GETTING the most out of your pharmacy visits

Not everyone likes to visit the pharmacy, but your independent pharmacist really does enjoy seeing all of their customers. Maybe you aren't feeling well or are dealing with a new condition you are anxious about. Good news, when you choose a locally owned independent pharmacy, they are there for you and just a simple phone call away. The pharmacists are readily available to answer all your questions if you stop in. So, make the most of your time visiting the pharmacy with these simple tips:



- **Use the same pharmacy for every prescription.** This is especially important if you have multiple doctors to help ensure your prescriptions will not interact. Consistency is important for good health.

- **Update your information.** Have you been diagnosed with a new condition or have had unwanted side effects? Keeping your information updated can help your pharmacist spot red flags. Has your address or phone number changed? Let them know so they can contact you if needed.

- **Ask questions about OTC medications.** OTC medications do not require a prescription, but they can interact with other medications, lessen their effects, or adversely impact a chronic condition. Independent pharmacists pride themselves on being readily available to

answer all your questions. Just give them a call or stop in.

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

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

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

One of the many benefits of using an independent, locally owned pharmacy, is that they know you, and it is easy to get in touch with them to answer your questions quickly. Building a strong healthcare team is the first step to bettering your outcome. It's your health. If you are unsure of a diagnosis or treatment, don't be afraid to ask questions. If you don't understand the answer, ask for clarification until you understand. Your team is there to work for you. ■

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

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LAWN CARE

By Kevin Johnson

WHAT'S next?

It has often been said that having an attractive outdoor living space around your home can increase the value of your property by 10-15%. An attractive lawn, landscaping and outdoor lighting can improve your home's value, while providing you with something you and your family can enjoy.

As the lawn care season comes to its conclusion for 2023, many homeowners continue to beautify their homes with festive holiday lights. Amazing displays can be achieved through your own sweat equity, or some homeowners have chosen to trust a reliable professional to achieve breathtaking results.

Should you invest in traditional Christmas lights? Should you look into newer lighting systems that are permanently attached to your home? Many consumers are now opting for permanent holiday lighting systems due to the many advantages that they offer. Permanent lights are usually LED low voltage lights that offer a variety of color options, color sequences, and many other additional benefits that traditional Christmas lights cannot offer. The best part is that consumers can control their light display through an easy-to-use mobile app. This allows you to change your display for various holidays like Valentine's Day, St. Patrick's Day, the 4th of July, etc.

Talk to a lighting professional to see what might work best for you and your family. Don't delay. Light up your holidays the right way. ■

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



HEALTH

By Leslie Herron

THE COST of PBMs

Local pharmacies are being forced out of business and patients continue to face high out-of-pocket costs. Meanwhile, multi-billion dollar companies called Pharmacy Benefit Managers (PBMs) are profiting.

PBMs, aka "middlemen," manage prescription benefits for health plans. PBMs have more leverage when negotiating prices. However, the savings are not passed on to patients nor health plans. Only the PBMs profit. PBMs have overcharged Medicare D and Medicaid by hundreds of millions of our tax dollars.

Three PBMs control 80% of the market. They're all vertically integrated — owning each piece of the supply chain — health plans on one side and their own pharmacies on the other. Example: The PBM "Caremark" owns CVS pharmacies and Aetna insurance.

This monopoly allows PBMs to steer patients where the PBM benefits the most. When a health plan chooses Caremark for their PBM, members will be steered to CVS Pharmacies or the PBM-owned mail order, regardless of what's best for the patient.

PBMs also control what a pharmacy is paid. PBM-owned pharmacies are paid more than independents. Unbelievably, PBMs commonly require independent pharmacies fill prescriptions for a loss.

This business model is simply not sustainable for most independent pharmacies. It's predicted 40% will close, leaving a virtual pharmacy desert across rural Iowa. Please support coming legislation to break up this monopolized business. Meanwhile, work with your local pharmacy. ■

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 pediatric torticollis?

Pediatric torticollis is a tilting of a child's head to one side. It is classified as either congenital (present at birth) or acquired (occurring later in infancy). Congenital muscular torticollis is the most common and responds well to physical therapy, with the greatest impact when intervention is started early.

Acquired torticollis usually occurs within the first four to six months of childhood or later, with no facial asymmetry as seen with congenital torticollis. Acquired torticollis can be a sign of a minor issue or a serious health concern, thus it is important to seek proper care if this occurs.

With both types of torticollis, the symptoms may present with limited motion in the head and neck and tilting of the head to one side with the chin to the opposite side. However, with congenital torticollis, there will also be asymmetries of the head and face indicating plagiocephaly. Plagiocephaly is an asymmetry in the shape of the head and face which can occur when the force of gravity pulls unevenly on a baby's tilted head, resulting in a flattening appearance of one side of the skull. If torticollis is suspected, it is important to seek treatment early so proper positioning education and stretching program can be implemented. ■

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



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HEALTH

By Paul Guerdet

TAKING a pause

It feels odd to acknowledge that we're already in the fall, and it feels even odder to admit that the holidays will be here before we know it. For some of us, the holidays involve a lot of planning and social interaction. For others, they can bring feelings of isolation and loss. Either way, the holidays tend to bring a lot of stress and anxiety. The arrival of fall is the perfect time to stop, take a breath, and pause.

We all tend to hit pause in our own way. For some, taking a pause might mean going for a walk and checking out the leaves or their neighbors' decorations. For others, taking a pause might be watching your favorite scary movie. Regardless of how we choose to hit pause, what's important is that we make the conscious effort to actually pause and attempt to slow ourselves down.

We live in an unfortunately high-paced society that puts more emphasis on deadlines and due dates than it does on our wellbeing. If we want to slow down, we must consciously choose to do so. We must choose to make ourselves a priority in our own lives, if only for a moment. ■



Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, guerdet@sstherapyandconsulting.com.

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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 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 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. ■



Alicia Whisner Fisher and family

COMMUNITY

50S PLUS Seniors meet

The 50s Plus Seniors met on Oct. 3. Mike Flinn presented a program on the Bank Robbery in Adel. It was enjoyed by everyone. The group will be having more programs in the future, so be sure to check the Adel Public Library website for upcoming programs. The group meets the first and third Tuesday of the month from 10 a.m. to 1

p.m. at the Adel Public Library community room. In November, their gatherings will be on Nov. 14 and 21. The group invites 50s Plus Seniors to join it for coffee, conversation, games or just reconnecting with old friends. ■



ADEL Public Library news

Don't let the chilly weather keep you at home. Come to the library for storytime. We read stories, sing songs and make crafts three mornings a week.

- Move & Groove Storytime, ages 0-5 years, Tuesdays at 10 a.m.
- My First Storytime, ages 0-36 months, Wednesdays at 9:30 a.m.
- Preschool Storytime, ages 3-6, Thursdays at 10 a.m. except Nov. 23.
- Dallas County Conservation Storytime, Nov. 13, 10 a.m.

We are excited to introduce some morning programs for the homeschooling community. Check those out below along with plenty of after-school programs, too.

- Tail Wagging Readers, all ages, Nov. 2, 4:30 p.m.
- *Teen Nerf Battle, grades 6-12, Nov. 3, 2-4 p.m.
- *Elementary STEAM: Star Gazing, grades 2-5, Nov. 7, 4 p.m.
- Homeschool STEAM, first grade and up, Nov. 9, 10 a.m.
- Teen Advisory Board, grades 6-12, Nov. 9, 4 p.m.
- Teen: Open Games, grades 6-12, Nov. 16, 4 p.m.
- *Library Dungeons & Dragons, grades 7-12, Nov. 17, 2-4 p.m.
- *STEM-Lit with ISU Extension, grades K-5, Nov. 21, 10 a.m.
- *Elementary Art: Beads, grades K-5, Nov. 21, 4 p.m.

Did you know that we have programs for adults, too? We have book clubs, Iowa History programs, exercise groups and more.

- *Yoga at the Library, every Wednesday in November except Nov. 22, 5:45 p.m.
- Exercise Group, Monday through Thursday, 9 a.m.
- 50s+ Senior Gathering, second and third Tuesdays at 10 a.m. Nov. 14 program is Music Through the Decades.
- Iowa History: Winterset's Captain: Charles Aikins and WWI, Nov. 9, noon
- Brown Bag Book Club, Nov. 9, noon
- Cook Book Club, Nov. 15, 11 a.m.
- Evening Book Club, Nov. 30, 6 p.m.

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

Note: The library will be closed Nov. 23-26 for Thanksgiving.

We are excited to see you in the library this month. ■

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ADEL home haunts and delights

Annual graveyard keeps getting better.



Each year, Mindy Holland and her fiancé, Adam, decorate their yard with a Halloween cemetery.

Mindy Holland's home on Sandra Circle is not to be missed during the Halloween season.

She and her fiancé, Adam, set up a spooky graveyard in their front yard every year. They started the tradition when they moved into their current Adel home in 2016, a move prompted by a need for a larger space for their blended family.



"Our first fall in the house, I kept telling Adam, since we had such a wide front yard, it was just calling to be a graveyard," Holland says. "It started out very, very small. The first couple of years, it was very simple, and we would add to it from year to year. Then 2020 happened, and I needed something to look forward to and thought others did as well. That's when we really stepped up our game."

Over the years, Holland has done themes like a saloon, complete with skeletons dancing on graves and playing cards. Last year was a park theme with monkey bars, a slide and merry-go-round and skeletons swinging, grilling food and sitting on a bench feeding the birds — and much more.

This year, Holland went with a sports theme.

"You just will never know what crazy things those crazy skeletons will be up to," she jokes. "We always make it completely different each year so the kids have something new each year."

Holland says she enjoys seeing everyone who stops by each night to check it out and appreciates that people are respectful and follow their request to stay on the path and not touch their spooky friends.

Many visitors visit multiple times.

"They tell us that they have been through several times already," she says. "Kids just love it, and everyone is so thankful that we do this for the



The display has a different theme for what the skeletons are doing in the cemetery. This year is a sports theme.

community. They appreciate all the hard work that goes into it."

Hard work, indeed. Holland shares that it takes her and Adam a week of vacation to get everything set up. She says that, while she plans out most of the theme and what she'd like incorporated, Adam can build anything, taking her vision and making it reality.

They also show off their animated displays on Friday and Saturday nights during the month of October, weather permitting.

"Adam has learned all about lighting and has fog machines going those nights, too," Holland says. "It is the best on Halloween night seeing mobs of kids making their way down our circle as we get over 300 trick or treaters — and hope to have that number continue to go up." ■

CULLIGAN Water Adel

50-plus years of drinking water

"Hey Culligan Man!"

If you lived through the 1970s, you may remember the commercial for Culligan Water Softeners. Although the slogan has since been dropped, Culligan Water Adel continues to provide a full service, successful water treatment business.

Culligan Water Adel has been in Adel for more than 50

years. The company offers water softeners, drinking water systems, whole-home filtration, bottled water and salt delivery — along with coffee service. They service residential, commercial and industrial accounts.

The company is owned by DAKS Enterprises, which is an acronym for Douglas, Aaron, Kevin and Susan Gillett. Douglas and Aaron are the sons; their parents are Kevin and Susan.

The family purchased the dealership from Emmet J. Culligan's grandchildren in 2011. Emmet was the founder of Culligan.

Culligan Adel was previously on the Square in Adel. In 2022, they moved to their current location on Greene Street.

Doug "DJ" Gillett, operations manager, says the move was ideal. "This was a terrific opportunity for our business to solidify its future in Adel with a more functional location."

Gillett joined the chamber in 2011. He says being a chamber member helps him keep informed about local happenings. "The chamber has been great in communications. Deb with the Chamber often stops by to check on things and offer any assistance. They are constantly communicating with what is going on in Adel," says DJ.

DAKS Enterprises has 13 Culligan Iowa locations. Family members are also involved in other local chambers. DJ says, "My family believes in being a part of the local communities we serve."

DJ says the Adel location is ideal, as it's easily accessible from Highway 6 and Interstate 80. He's excited for Adel's business expansion throughout the town. "A lot of our growth has to do with Adel and Dallas County growing. Water quality awareness has also contributed to our businesses growth. People want quality drinking water," he explains.

With Culligan's growth, they hope to add more employees. "We will be looking to add staff as our service and delivery routes continue to expand. We want to make sure we can continue to serve our customers with the great service they are accustomed to."

DJ is proud of the company's local roots, saying, "We are a local, Iowa family-owned business with all local employees. We take great pride in that." ■

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



DJ Gillett, DJ's mom, Susan ("The Culligan Lady"), and DJ's wife, Lauren.

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

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OUT & ABOUT



The Adel Kiwanis Club donated \$1,000 to the Adel non-profit group, Blue Kindness, at the club meeting on Sept. 26 at Patrick's Restaurant.



Adel Kiwanis Club was hired by the National Pork Producers Council to provide a casino night at their Iowa Conference on Oct. 4 at the Hotel Renovo in Urbandale.



Adel Kiwanis Club President Scott Hall presents a certificate to Makayla Crannell, ADM Kiwanis Student of the Month, at the club meeting on Oct. 10 at Patrick's Restaurant.



Adel Kiwanis Club member Jodi Kuhse presents a certificate to Paige Mattes, ADM Kiwanis Student of the Month, at the club meeting on Oct. 17 at Patrick's Restaurant.



Members of the Adel Lions Club presented an \$800 check to the ADM Drumline for the purchase of new equipment on Sept. 21.

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The Adel Partners Chamber of Commerce organized a ribbon cutting for the Southbridge Superwash on Oct. 5.



Wes Krenz and Jesse Woerdehoff at The Adel Partners Chamber of Commerce ribbon cutting for the Southbridge Superwash on Oct. 5.



Adel Mayor Jim Peters, Peter Corkrean, Robert Cramer and Tony Kruse at The Adel Partners Chamber of Commerce ribbon cutting for the Southbridge Superwash on Oct. 5.



John McAvoy, Nikki Keller and Deb Bengtson at The Adel Partners Chamber of Commerce ribbon cutting for the Southbridge Superwash on Oct. 5.

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OUT & ABOUT

RIBBON Cutting

The Adel Partners Chamber of Commerce organized a ribbon cutting for The Iowa Clinic in Adel on Sept. 27.



The Adel Partners Chamber of Commerce organized a ribbon cutting for The Iowa Clinic in Adel on Sept. 27.



Adel Mayor Jim Peters and Kristi Fuller



Amy Augspurger and Jodi Schweiger



Jason Urban and Deb Bengtson



Jesse Woerdehoff and Stacy Gaidies



Rebekah Christiansen, PA, and Leslie Herron



Larry Donahue and Craig Sieverding



The Iowa Clinic staff: Danielle Edwards, Jody Waldron, Melissa Kloewer, Chris Baltzell, PA-C, Dr. Sue Donahue, Rebekah Christiansen, Crystal Shaffer and Katie Blankley



Maggie Oberreither, Katie Hauson and Amy Varcoe

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