

ADEL

DECEMBER 2023

Living

Special DELIVERY

Residents share their thoughts on the tradition of sending Christmas cards

Meet Kate Anderson

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Popovers with cranberry butter

RECIPE

Gingerbread Challenge, bingo and more

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WELCOME

CHRISTMAS card communication

Time for a family photo. Time to update your address lists. Time to summarize anything and everything that's changed in your lives this year. Yes, you guessed it; it's time to send out holiday greeting cards.

I remember when Jolene and I were first married, and we couldn't wait to send out Christmas cards with an update letter. The same was true after each of our three children were born. But after nearly three decades of doing this, it became a chore. As such, I began to wonder if it had become tedious for others as well. Is this holiday practice as popular as it once was? Are people still typing up letters and hand-writing cards?

I used to look forward to this time-honored tradition, especially reading about what was new in the lives of friends or family members whom we don't touch base with regularly. But, if I am being honest, I don't think I looked through all the cards and letters in recent years. And if the letter took multiple pages, well, forget it.

Then, something changed. In the past few years, we haven't received as many. In conversations with others, I learned that a growing number of folks are relying on social media sites for the purpose of Christmas communication. Or they gave up in general. Or, maybe, they just took me off their list.

Truth be told, we skipped the entire Christmas card tradition a few years back. We had a hectic few months leading up to the holidays, and we just didn't get it done. Even so, life went on as normal. But, as you might guess, we returned to the task the following year.

So, here we are, just weeks from Christmas, and the pressure is on. We will gather a photo from a recent family get-together. We will update our list of addresses. And we will mail out the cards. Also this year, I will relax in my easy chair with my slippers on my feet and a cup of cocoa in my hand and read all the cards and letters. At least that's the plan.

Be sure to check out this month's cover story to learn how other residents are handling their Christmas communication this year.

Thanks for reading. ■

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Special **DELIVERY**

By Chantel Boyd and Cyote Williams

Those who remember the days before social media, when long-distance phone calls cost money and letter-writing was commonplace, likely remember lining fireplace mantels and shelves with Christmas cards they received. Often containing a thoughtful note or special message, the cards were a cherished piece of communication with family and friends. But, as with many other traditions, the practice of mailing Christmas cards has been usurped by modern technology. Many now depend on email messages, texting or a one-message-for-all post online. When it comes to Christmas cards, the population has fallen into two camps: those who still value giving and receiving them and those who consider the effort — and postage — not worth it.

Residents share their thoughts on the tradition of sending Christmas cards

Randy and Deb York extend their holiday greetings to clients as well as family and friends. They like to do so early in the season to beat the Christmas rush.

A card for every occasion

Kathy George Casey of Adel is an avid sender of cards. In fact, she sends out cards on multiple holidays. Still, Christmas tops the list for sending greetings to her loved ones.

"I send the bulk of my holiday cards at Christmas due to having so many friends and family members," she says.

Kathy comes from a large family, and she is carrying on her mother's tradition of providing loving gifts throughout the year, particularly emphasizing gift-giving during the Christmas season.

"My mother always baked for everyone she knew and loved, and now I do," she says.

Mailing out cards is a nostalgic tradition that has fallen to the wayside for those who think it requires too much time, effort and postage. For some, the thought of sitting down and writing notes of encouragement in a stack of cards is daunting, but not for Kathy. She enjoys the task.

"Ever since I was a child, I have liked writing," she says.

Kathy has received encouraging feedback for her efforts of sending jolly greetings over the years.

"From the responses I have heard from loved ones receiving my cards, they have shared that it has brightened their day and how much they appreciated it," she says. "I think the people who get these cards I make for them, I think the cards make them feel special. I believe that, because I took the time to do something special for them because I was thinking of them, it makes them feel loved."

And she thinks of her family and friends frequently.

"I send Christmas cards the most, but I also send cards for Thanksgiving, anniversaries, birthdays, for 'get well,' sympathy, and even just because I was thinking of them," she says.

Kathy hasn't given much thought to the amount of time it takes to complete the cards throughout the year. To her, that's not the point.

"It's the thought that counts, not the cost," she says. "I don't just sign the cards. I write the notes for the person receiving them that are personalized."

Even people relatively new to Kathy's life get cards.

"Sometimes I will send cards to someone I just met, or when someone is sick, or if it seems like they don't have many people who care about them," she says.

And don't think that she sends just any card.

"I don't just pluck any card," she says. "I ensure I invest the time to find the right card every time. There have been many times that I have had to go to several stores to find the right card."

Family, friends and clients

Some residents not only send holiday greetings to their friends and family, but also, as business owners, to clients and customers.

Randy and Deb York of The York Companies in Adel have already sent their annual gift to their customers before Thanksgiving, and Julianne and Joel Coddington, owners of Coddington Trucking, will soon be sending a custom gift to their supporters.

"We send out a card and chocolates every year before Thanksgiving. In fact, they've already been delivered," says Deb York. "Christmas is so busy that we send our holiday greetings before Thanksgiving."

Throughout their marriage spanning nearly five decades, Randy and Deb have raised a family, built The York Companies, and played



Kathy George Casey enjoys sending cards for most any occasion, but Christmas tops the holidays for sending greetings.

active roles in their community. Annually, they give holiday greetings to their clients before the hustle and bustle of the holidays to show their appreciation.

The idea for sending Thanksgiving cards before Christmas began when Randy and Deb took their daughter, Caren, to visit Drew's Chocolates in Dexter — a local landmark operated by the fifth generation of family members.

Caren had an innovative idea one holiday season. Randy and Caren were traveling home from a business trip to Omaha when they stopped at Drew's Chocolates. Caren recalled going to Drew's when she was a little girl, too, and how much joy that brought her both as a child and adult, and she had the idea to send the treats as a holiday greeting.

Caren told Randy, "Dad, we should send these chocolates to our customers."



Joel and Julianne Coddington are giving custom apparel to their trucking industry colleagues and employees.

And so they did. Randy and Deb began sending chocolates that same year and have been sending out chocolates during Thanksgiving time ever since.

“Customers love the chocolates,” says Deb. “One recent thank you note in response to our annual chocolates we just received reads, ‘Thank you so much for the amazing chocolates, and I look forward to them each year.’”

The Yorks extend the same holiday greetings to community partners and other “friends of the company,” Deb says.

“We think it is special to send the candy at Thanksgiving time rather than compete with many other gifts that typically arrive during the Christmas rush,” Randy shares.

The Coddingtons, too, wanted to give those they work with a holiday gift to thank them for the support that makes it possible for them to give back to community programs like Rhythms of Grace, a nonprofit ministry out of Dallas Center that provides “hope and healing through equine assisted services,” and Single Parents Provision’s annual Single Moms’ Christmas Dinner, an event that serves hundreds of single moms and children.

They also wanted to take the opportunity to celebrate their three years in business. They decided on giving custom apparel as their seasons’ greetings.

Joel says he hates being late, so, long before the holidays started coming around the corner, he began planning the gifts for his company’s clients and friends in the industry.

The Coddingtons worked with a local print shop to redo their logo design and order custom T-shirts, hats and hoodies for Christmas and the cold weather.

The couple says traditional gifts are lovely but less practical for people who own and operate trucking companies, hence the idea for clothing.

“We aren’t scheduling a holiday party. But Joel and I want to give these gifts to our friends, family and Joel’s trucking network as a thank you for the support we’ve been given for our almost three years in business,” says Julianne.

An arsenal at her disposal

If you’re one of the many who received a handmade card from Jeanie Pontious, it’s likely you’ve held on to it.

“Oh, I just love sending cards. I do it all year round. For birthdays, sympathy, and just when I’m thinking of them,” she says.

For the holidays, no expense is spared when it comes to her hand-



Jeanie Pontious plans to make 130 Christmas cards this year, and it is a labor of love.

made cards, with every instrument imaginable at her disposal from punches, stamps, ink pads, embossing machine, heat gun and more.

“At first, I started out with a small toolbox that had everything I would need. Now I have an entire room,” says Jeanie. “It’s relaxing for me. I can spend hours doing this.”

Jeanie started sending her card creations in 1995, sending only a few. But she has upped the number of cards she makes massively. Last year, she sent out 120 holiday cards and has already planned to send out 130 this year.

To say Jeanie is popular at the post office would be a bit of an understatement, considering the amount of postage needed for her endeavors.

“I don’t buy books of stamps, I buy rolls of stamps,” she says.

And what does she get in return?

Jeanie says she receives roughly 70 cards each year.

“Our mailbox is pretty chock full this time of year,” she says.

Her husband is supportive — from a distance. You won’t find him in the card-making room.

“This is all mine,” Jeanie says. “He likes to tease me, and he does critique me. But I can appreciate that.”

Jeanie makes sure no two of her cards are alike. Some cards do get special treatment, depending on the recipient.

“Some people love the gnome Santas, so I make those for them. My sister loves angels and does some collecting of them, so I make sure to make them special for her,” says Jeanie.

She enjoys making the cards every year for several reasons. Jeanie says giving something the recipients can hold in their hand carries a lot of meaning.

“I just don’t want to see the art of gifting a card taken away. There’s something about holding that card that’s important to me. I love to meet someone, and they thank me for the card. Sometimes I don’t even remember what I sent them,” Jeanie says with a chuckle. “But they enjoyed it. And people have told me they like to watch their mailbox in December because they know a card from Jeanie is coming. It gives me reason to keep them coming.” ■

MAKE sure you don't miss Christmas

Tis the season to be... How would you finish this phrase?

For too many, the holiday season is not always jolly but often packed with feelings of being stressed, stretched or sad. Here is the truth of the matter: Wherever you may be in life, Christmas accentuates it. So, if life is good, the holiday season makes life even better. But, if you're in a place right now where things are hard, Christmas often makes it feel even worse.

Maybe right now you're feeling lonely or missing that special loved one you had to say goodbye to far too soon. Maybe there is family drama, and Christmas means having to deal with it. Maybe there is financial strain, and the gift list from your kids equals the size



of your mortgage. Maybe work and holiday activities are driving your schedule so that you don't know whether you're coming or going. Regardless of where you are in life, Christmas highlights that place.

So, I have a gentle suggestion: Wherever you find yourself this month, carve out space to remember the "why" behind the season. Maybe say "no" to a few things so you can say "yes" to a few quiet moments to remember that Christmas is about a little baby born in a crowded Bethlehem suburb more than 2,000 years ago. His humble birth was missed by most, except for a few lowly shepherds, a few wise men, and a whole lot of celebrating angels. In the flurry of December, we, too, can miss Christmas when we forget it's about a birthday boy named Jesus, the Son of God, who put on a human suit and stepped into His own creation on a search and rescue mission that eventually

put Him on a cross where He died and three days later rose from the dead. Christmas is about the mind-boggling thought that the divine became human; Christmas is not only the greatest story ever told but also the greatest story that ever could be told.

I want to encourage you to not miss the real meaning of Christmas this year. And, if you don't have a church home, I want to invite you to New Hope Church and one of our three Christmas Candlelight Services (Saturday, Dec. 23 at 5 p.m. and Sunday, Dec. 24 at 5 p.m. and 7 p.m.). Each candlelight service is for the entire family and will include Christmas songs, fun stuff for kids, and a chance to encounter God.

Merry Christmas! ■

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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ARE YOU prepared for the rising tide of taxation?

Imagine this: You're on the cusp of your long-awaited retirement when suddenly someone in Washington determines you belong in a different tax bracket. If you've been investing your money in a 401(k) or traditional IRA, that scenario could mean you end up with significantly less money to fund your retirement than you had anticipated.



Tax rates are already set to go up in 2026. If Congress takes no action, taxes will revert to pre-2018 levels on Jan. 1, 2026. This could mean anywhere from a 1% to 5% increase in marginal tax rates. And with the national debt-to-GDP ratio ballooning to its highest point in seven decades, we could be nearing a point where our leaders are forced to finally address the issue. The government can either reduce the deficit by a combination of increased tax revenue and decreased spending, or it can default on any number of its obligations. A default could be disastrous and result in higher interest rates, higher prices on consumer goods and inflation.

Are tax rate hikes imminent? Many believe that, because the national debt has reached such enormous levels — \$33.6 trillion (as of October 2023) — tax rate increases are likely since the debt needs to

be paid off with tax revenue.

You can't necessarily count on tax rates to stay the same as they are currently in retirement, but you don't have to sit back and watch. There are strategies you can implement now that could lower your taxable income in the future.

One potential strategy is to invest in currently taxed assets to avoid future tax liability. Or you may want to look into potentially tax-free income options such as life insurance, a Roth IRA or municipal bonds.

Tax decisions, like any retirement strategy, should be made with a clear understanding of the rules, the impact on your tax situation, and how the strategy fits into your overall retirement vision. Your retirement planner and trusted tax preparer should work to help you get it right.

Every Dec. 31 that goes by that you don't have a long-term tax plan is a missed opportunity. It's time to get ahead of taxes and the potential seismic shift in taxation. ■

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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RECIPE

MAKE 'eggstra' special holiday memories

(Family Features) Creating memorable moments and special meals with friends and family during the holiday season doesn't have to be overwhelming. While these festivities are often a favorite moment each year, the planning and preparation can be a bear for hosts. To help take some stress out of hosting duties, start with what you likely already have on hand, like eggs.

Whether it's served as an appetizer or light dessert, this savory-with-a-touch-of-sweet recipe can become part of your family's most cherished traditions, made possible by eggs. Remember, all it takes is the egg carton already in the refrigerator to be the "host or hostess with the most-est" and make memories with those who matter most.

Discover more benefits and recipes that go beyond egg expectations at IncredibleEgg.org/invaluableegg. ■

Popovers with cranberry butter

Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board

Prep time: 10 minutes

Cook time: 45-50 minutes

Yield: 6 popovers

POPOVERS:

- 1 1/3 cups all-purpose flour
- 1 teaspoon kosher salt
- 1 1/3 cups whole milk
- 4 large eggs
- 2 tablespoons avocado or vegetable oil
- nonstick cooking spray

CRANBERRY BUTTER:

- 1/2 cup unsalted butter, softened
- 2 tablespoons cranberry sauce
- 1 pinch salt

- **To make popovers:** In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least six hours, or overnight.
- Heat oven to 375 F.
- Place 6-cup popover pan in oven 10 minutes.



- Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full.
- Bake until puffed high and cooked through, 45-50 minutes.
- **To make cranberry butter:** In medium bowl, mix butter, cranberry sauce and salt until well combined.
- Remove popovers from oven and serve with cranberry butter.



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THE LAW of gifts

As we enter the season of giving, it is a good time to review the law of gifts. Iowa law recognizes two kinds of gifts: inter vivos and causa mortis. The first takes place during the donor's lifetime, and the second takes place

upon the donor's death. A valid inter vivos gift requires proof of three elements: donative intent, delivery, and acceptance. The intent of the donor is the controlling element. After the donor delivers the gift, it is irrevocable unless the parties agree otherwise, but if there is a condition attached to the delivered gift, then it is not a gift at all. If you want those holiday gifts (or any other gifts for that matter) to be valid, make sure you give freely, with the intent of giving, and deliver the gifted property with



no condition put upon its receipt.

One agency does not care about the donor's intent when considering whether a transaction is a gift or not: the Internal Revenue Service. The gift tax is a tax on the transfer of property by one individual to another while receiving nothing, or less than full value, in return. The tax applies whether or not the donor intends the transfer to be a gift. The gift tax applies to the transfer by gift of any type of property. You make a gift if you give property (including money), or the use of or income from property, without expecting to receive something of at least equal value in return. If you sell something at less than its full value or if you make an interest-free or reduced-interest loan, you may be making a gift. For more information, visit irs.gov.

There are many exceptions to the application of the gift tax, for example: 1) any

gift given for less than the annual exclusion amount (in 2023, \$17,000 per person), 2) gifts of tuition or medical expenses, 3) gifts to your spouse, and 4) gifts to political organizations for its use. Additionally, gifts can be given during one's life and after one's death, exempt from gift taxes as long as the total gift amount is equal to or less than \$12,920,000 in 2023, and twice that for a married couple. So, give freely and with intention, and, if the value of the gift is \$17,000 or more, contact your attorney or accountant before you make that gift. ■

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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MEET Kate Anderson

Every day is an opportunity to help her students

Born and raised in Ringsted, Kate Anderson lived in Dallas, Texas, the past year before relocating back to Iowa. After high school, Anderson attended DMACC in Boone followed by the University of Northern Iowa where she received a bachelor's degree in elementary education. She began teaching first grade at Adel Elementary School in August. She says she likes that the Adel-DeSoto-Minburn Community School District is near the metro while still providing a small-community environment.



This being her first year in the ADM district, Kate Anderson says she is most excited to make meaningful relationships with the staff and students.

"I really like the community support and the welcoming environment with staff at Adel Elementary. I also love how strong of a team we have in first grade and at Adel Elementary helping kiddos do their best. I really enjoy being a part of the team," Anderson says.

She enjoys working with students at the first-grade level because they are at that fun age where they are gaining independence but still rely on teachers to guide them. Her students also have a lot of curiosity and are excited to explore new topics. She says she appreciates her students' drive, energy and charismatic personalities.

"The obvious reward is to see your smiling kiddos each and every day. Each day they show up is counted as a blessing to me. It is another day for me to love on them, another day for me to do my best to help their brains grow, and another day where I can help them learn to be kind, work hard, and be respectful/responsible citizens of our community and world," Anderson says.

This being her first year in the district, Anderson says she is most excited to make meaningful relationships with the staff and students that walk through the elementary school doors. She is also excited to learn more about the Adel community and grow herself in the district. In addition, Anderson says she hopes to continue learning more about available technology resources to help her students with learning experiences.

"I think one thing that has been really fun is getting the opportunity to utilize one-to-one technology with our students. I know we are just starting to touch the surface of the many possibilities our kiddos have using technology, so I am very excited to keep learning more about the resources and tools available to them and help implement those to really activate and boost their learning experiences," she says.

When not teaching, Anderson enjoys spending time with her family as they are very close. Together with her fiancé, Anderson likes being active, going for walks, spending time outdoors, and supporting the Iowa Hawkeyes and Minnesota Vikings. The two have also recently taken up the hobby of hiking and exploring national parks. ■

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Personal care product drive

Through Dec. 15

Lincoln Savings Bank, 312 Nile Kinnick Drive, Adel

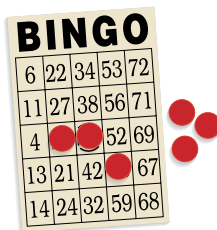
Lincoln Savings Bank is having a personal care product drive to support the local Adel Mobile Food Bank. Items can be dropped off at the bank until Dec. 15.

Third Monday Bingo

Monday, Dec. 18, 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.



Living Well Classes: Overcoming Anxiety or Depression

Orientation: Thursday, Jan. 18, 7 p.m.
Ankeny First United Methodist Church Christian Life Center, 710 N.E. 36th St., Ankeny

Two separate Living Well Classes: Overcoming Anxiety or Depression will be held for eight weeks, Thursdays, Jan. 25 through March 14 from 7-8:30 p.m. Classes are confidential and supportive. For information, call Jim White at 515-313-3701 or email jcjlwhite@live.com.



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.

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.

AREA HOLIDAY ENTERTAINMENT

- **Through DEC. 31: Santa's Rock N Lights.** Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; lhf.org/event/santas-rock-n-lights.
- **Through DEC. 31: Holiday Hullabaloo.** Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; horizoneventscenter.com.
- **Through DEC. 17: "All Is Calm: The Christmas Truce of 1914."** Des Moines Community Playhouse, 831 42nd St., Des Moines. dmplayhouse.com.



- **Through DEC. 17: "A Charlie Brown Christmas."** Des Moines Community Playhouse's Kate Goldman Children's Theatre. dmplayhouse.com.
- **DEC. 7-10: BDM Presents "The Nutcracker."** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; balletdesmoines.org
- **DEC. 7-9: "The Nutcracker."** Iowa Dance Theatre presents at Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org
- **DEC. 8-9: Winter Solstice Market.** 6-9 p.m. on Friday, 10 a.m. to 4 p.m. on Saturday. 116 S. First Ave., Winterset Courthouse Square; madisoncounty.com/special-events.
- **DEC. 8-17: "A Christmas Carol."** Stoner Theatre, 221 Walnut St., Des Moines. iowastage.org.
- **DEC. 9: Santa 5K run.** 521 E. Locust St., Des Moines; fleetfeet.com/s/desmoines.
- **DEC. 14: Christmas with Lorie Line.** 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. hoyshtsherman.org.
- **DEC. 15-17: "Home For The Holidays, A Christmas Cabaret."** Tallgrass Theatre Company, 2019 Grand Ave., Suite 100, West Des Moines. tallgrasstheatre.org.
- **DEC. 17: Michael W. Smith Christmas** at 3 p.m. and 7 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. hoyshtsherman.org.
- **DEC. 21: "Rudolph the Red-Nosed Reindeer: The Musical,"** at 2 p.m. and 7 p.m. Des Moines Civic Center, 221 Walnut St., Des Moines. dmpa.org.
- **DEC. 22-23: "Cirque Dreams Holidaze,"** Des Moines Civic Center, 221 Walnut St., Des Moines. dmpa.org. ■

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CIVIC foundation partners with Adel Police

Blue Kindness helps officers meet the needs they see.

Dennis Leininger is a homegrown “philanthropist” who has spearheaded a variety of projects around town, such as the rejuvenation of Oakdale Cemetery, the lighting of the Christmas tree on the Courthouse lawn and body cameras for the police department.

“While watching the news, I felt the police were getting bad press they didn’t deserve, and they weren’t recognized for the little things they do to help people,” says Dennis. “I also knew, in talking with officers, that doing things for those they encountered, such as buying coffee or a meal, diapers, or paying for a tow, etc., came out of their own pockets. Some needs are more complex and may mean assisting a family with a life-changing situation. I wanted to help connect the generous people of Adel with opportunities to help our police officers meet the needs they see in the course of their duties.”

So, the idea for www.bluekindness.org was born — and just in time for holiday giving.

“Blue Kindness is a nonprofit group that supports Adel police officers’ ability to perform scattered acts of kindness in the community they serve,” says the group’s mission statement. “Our goal is to build trust, create harmony, establish unity — and simply make someone’s day a little better.” To learn more about the Blue Kindness initiative and how to support it, visit the website, www.bluekindness.org.

“I was very excited to partner with Dennis



on the Blue Kindness initiative,” says Chief Robert “Gordy” Shepherd. “Dennis always has this community and its citizens on his mind and what he can do to make Adel a better place to call home. Partnering with Blue Kindness gives the officers an opportunity to interact with the public on another level and another tool to help those in need.”

The patrol officers who encounter folks in need will then work with the board members from Blue Kindness toward a potential donation. Dennis sees the police as the intermediary between people who are in need and members of the public who want to share their compassion for others in the community.

Sgt. Bryce Deeth was able to participate in one of the initial events of the organization, connecting officers with Adel’s citizens through local businesses, such as the Morning Grind.

“It was fantastic,” says Sgt. Deeth. “I manned the drive-thru window and presented people with their coffee orders for free. They were caught off guard, so I explained it was compliments of the Adel Police Department in partnership with the Blue Kindness initiative.



Paula James of BigDeal Car Care presents the Good Neighbor certificate to Dennis Leininger.

I handed them a little business card with that explanation on the back.

“It was met with 100% positivity,” Deeth continues. “One lady actually started crying. She had just had her identity stolen, couldn’t use her card, and was searching for change for her coffee. When she was presented with the free coffee, she said it made her day.”

Sgt. Deeth also was able to be a part of a similar event at Scooter’s Coffee in Adel with similar results. The staff of both businesses also appreciated the positivity and good relations it provided for all involved.

Lt. Wade Book says he appreciates that the Blue Kindness program not only helps officers meet immediate needs such as a meal or

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Sgt. Bryce Deeth with staff from Scooter's in Adel after sharing with the public in partnership with Blue Kindness.



The "business card" police officers hand out with Blue Kindness efforts.



fueling a car, but also allows the possibility of helping on a larger scale.

"This is something we can do for all levels of our citizens," says Lt. Book. "We see community members at different times in different situations depending on our duties and want to not only 'protect and serve,' but also to help in whatever way that we can. We are members of this community, too. We are committed and involved in building rapport, trust and connections with all citizens, not only with our presence, but now also as the conduit to the Blue Kindness organization."

"This kind of community caretaking is what the Adel Police Department is all about, and we look forward to the future and working with Blue Kindness," says Chief Shepherd. ■



Owner Makayla Putz enjoys Sgt. Deeth working the drive-up window at The Morning Grind to share a coffee and good morning greeting.

HISTORY of three of Adel's buildings

There's something going on in three historic Adel buildings, and it involves food. Through the years, Adel has been blessed with many fine eating establishments, and I'll be doing an article on a few of them in the near future. For now, I'm happy to see these beautiful old buildings continuing to serve the people of Adel, and I thought a little history on them would be in order.

The Scott Hospital at 715 Main St. was built in 1903 as a private hospital. Dr. Scott's offices were on the first floor and operating and hospital rooms were on the second. Also, as a pharmacist, he compounded all of his own prescriptions and operated a pharmacy. Dr. Scott had settled in Adel in 1891, after graduating from the Iowa College of Physicians, and practiced here for more than 50 years. He patented a "non-roaring stethoscope" (whatever that is) and authored many papers on medicine. Over the next several years, the first level of the building operated as medical offices with apartments on the second floor. More recently, the building has served as a tavern and restaurant. The building is currently being renovated with a beautiful new front and spacious additions. It will be the next home of Fiesta Restaurant, a popular Mexican food establishment.

Since 1870, 815 Main St. was the location for the Land Office for Dallas County. The importance of the Land Office was to prevent the illegal activity of "claim jumping" in Dallas County and was the predecessor to the county's present day Recorder's Office. The current structure at 815 Main was built in 1897 by George W. Hoffman. Mr. Hoffman was engaged in the furniture and undertaking business and was also a building contractor. Since 1922, the building has been used for furniture stores, the town's mortician and ambulance service, a grocery store and a home accessories and gift shop. The Hoffman Building is currently the home of Fiesta Restaurant. I'm sure another business will soon occupy this space when Fiesta moves to its new location.

The Witmer Building, at 112 S. Ninth St., is a beautiful bay-front brick building. It was built in 1918 for Dr. Witmer's dental practice and was the first professional building constructed for a special use in the town. Prior to moving into this building, Dr. Witmer's dental practice was located on the second level of the Boak grocery building across the street. I seem to remember many years ago (probably in the 1950s) when a shoe repair shop occupied part of the building. The Witmer Building was acquired in 1970 by Dr. H.T. Holcomb for his veterinary practice. It is currently being expanded and upgraded and, in its next life, will be the home of a food establishment serving pizza, pasta and wraps. There will be a door for carryout and ample seating for dine-in. The new owners of the building also operate the Tin Pig in Perry, a popular restaurant in that city. ■

BUDGETING for the holidays



With the holidays quickly approaching, you're probably either thinking about or have already started Christmas shopping. This year, research experts have predicted the average consumer will spend more than \$800 on holiday gifts. Although it's fun to get in the Christmas spirit of giving, it's also important to know how much you can afford to spend ahead of time. Overspending to make the holidays extra special can result in major post-holiday regrets.

When creating your holiday budget, choose a method that works best for you. Whether it's pen and paper, Excel, Google Sheets or a smartphone app, laying out your budget will help you stay within your limit and prevent impulse buying. Here are some tips to help you start:

Project your income

If your paycheck is the same every two weeks, just double your paycheck for your monthly income. If your pay is irregular, it will be a little more difficult to figure out, but one way would be to look at your pay stubs from this time last year. Also, think of any old gift cards you can use to purchase gifts or additional income you may receive from side gigs.

Make a list of expenses

After you know how much you'll earn, start thinking of your holiday expenses. Review your monthly budget to determine how much extra money you have to spend or where you can cut expenses. You can subtract your normal monthly expenses, such as your mortgage or rent and utility bills, from your projected income to determine how much you'll have to spend on gifting.

Create a shopping list

It's easier to shop when you have everything written down on a list. Create a list including names, budgeted gifting amount, gift ideas and where to purchase. Plan on a little give-and-take when making your list in order to stick to your budget.

Research prices

Making smart purchases requires research. Before buying your gifts, check prices at different stores to ensure you're getting the best price.

Stick to your budget

The last yet most important step in the process is sticking to the budget. Once you've put the time into the first steps, it is crucial you follow through, which takes willpower, but it will be well worth it.

We hope you find these holiday budgeting tips helpful, and we hope you enjoy the season. ■

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

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WHAT IS RSV?

We have been hearing a lot about RSV this fall with the release of new vaccines now available for adults 60 and older and pregnant women. So, what is RSV, and do you need the vaccine to help prevent it? RSV stands for respiratory syncytial virus. This virus typically causes mild, self-limiting (one to two weeks) cold-like symptoms; however, it can be serious. This is especially true in infants and older adults. Serious RSV infections can cause respiratory distress, bronchiolitis, pneumonia and hospitalization. The typical season for RSV is from fall through late winter.



Who is at risk of severe RSV disease? Those at risk include infants and children younger than two years of age. RSV remains the leading cause of hospitalization of infants in the U.S. Children with lung disease, congenital heart disease and other immunosuppressive disorders are at increased risk. Older adults and patients with chronic lung disease, heart disease or immunosuppressive disorders are also at risk.

Prevent the transmission of RSV by washing hands with soap and water, avoiding close contact with people when you feel ill and cleaning frequently touched surfaces. RSV is transmitted by respiratory droplets (inhaled and from contact with contaminated surfaces).

Two RSV vaccines were released this fall for adults 60 and older. Both vaccines contain a part of the RSV virus. Both vaccines work by causing an immune response that can protect you from respiratory

disease if you are infected with RSV in the future. Adults 60 years and older should talk with their health care provider about whether RSV vaccination is right for them. There is no maximum age for getting RSV vaccination. RSV vaccine is given as a single dose.

If you're 60 or older, your health care provider might recommend RSV vaccination for you, especially if you have a weakened immune system from illness (e.g., leukemia or HIV infection) or from medications (e.g., treatment for cancer or organ transplant), if you have chronic medical conditions such as heart or lung disease, or if you live in a nursing home. If any of those apply to you, you might be at higher risk of severe RSV disease, and an RSV vaccine could help prevent serious illness.

One dose of RSV vaccine provides protection against RSV disease in adults ages 60 years and older for at least two winter seasons, when RSV normally circulates. In adults ages 60 years and older with healthy immune systems, one dose of the RSV vaccine Abrysvo (one of the two versions of the RSV vaccine) was 89% effective in preventing lung infections (like pneumonia) due to RSV during the first RSV season after vaccination. Based on early results from the second RSV season in a large study of how well the vaccine works, Abrysvo continues to provide protection, but the second season is ongoing and final results have not yet been released.

Talk to your doctor or pharmacist today to see about getting this new vaccine this fall and stay healthy this winter season. ■

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

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HEALTH

By Jacob Dickey

MANAGING holiday emotions

Like clockwork, we once again find ourselves in the thick of the holiday season. It's no secret that this time of year is meant to be filled with joy and thankfulness, but often left unsaid is the anxiety and fog that arrives with expectation and uncertainty.

We are currently in a loneliness epidemic. Knowing what those around us are working through is hard unless we reach out. While it can be stressful, don't be afraid to call someone or seek a connection.

Here are some useful tools to remember when interacting with stressors (people) this year:

- **Breathing** – Collect your thoughts, control your reactions.
- **Distancing** – Seek out another room, go for a walk.
- **Communication** – Speak up when in need.
- **Exit strategy** – Come with a plan for a quick exit.

It's important to remember there is no perfect Christmas or Kwanza. There is no perfect Hanukkah, Winter Solstice, Thanksgiving, or New Year Celebration. All we can do is make the best of our situations and laugh off the rest as we work towards tomorrow. ■



Information provided by Jacob Dickey, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, dickey@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTH

By Leslie Herron

TIPS for a stress-free holiday

Try these tips to help have a stress-free holiday:

1. **Plan ahead.** Make lists. Enjoy the sense of accomplishment when you cross things off.
2. **Say no.** With holiday commitments, it is OK to say no to a few or all of them.
3. **Plan spending.** Stick to a budget. Don't buy gifts that you'll be paying off for the rest of the year.
4. **Create relaxing surroundings.** Turn on some music, light candles or open the windows on a sunny day.

5. **Maintain healthy habits.** A short workout or walk each morning will help you focus throughout the day. Eat healthy snacks like fresh fruit or vegetables throughout the season.

6. **Share feelings.** Spending a holiday after a loss in the family can be difficult. Accept your feelings and share them with others.

7. **Respect differences.** Family members will have different viewpoints. Try your best to forgive and forget this holiday season.

8. **Be realistic.** Forget about perfection, relax and enjoy the company surrounding you.

9. **Take a break.** Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie.

Holidays are meant to be an enjoyable time with friends and family. These tips can help you enjoy your holidays when stress starts to set in. ■



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

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LAWN CARE

By Kevin Johnson

HO, HO, HO! Happy holidays

Last month I touched upon what many of our clients have done to extend the beauty of their residence beyond a beautiful lawn and landscape.

Permanent holiday lighting and/or traditional Christmas lighting is a great way to enjoy the upcoming holiday season. Office parties, family gatherings, and spreading Christmas cheer are all valid reasons for investing in a beautiful lighting display that showcases the uniqueness of your home.

Professional lighting contractors can provide you with many options that best fit your individual needs and desires. Many consumers appreciate the no hassle approach that leads to a spectacular and stunning lighting display for their home. Roof lights, wreaths, garland, ground lighting and window lighting are all possibilities with traditional Christmas lighting. Permanent lighting provides a permanent installation that allows various color choices, patterns and flexibility not afforded by the traditional lighting packages. Of course, as a homeowner, you always have the option of lighting your home yourself, as many new products have become available that makes a quality installation easier.

I personally enjoy driving through my neighborhood looking at my community's light displays. It always brings joy to my family as well. Whether you hire a professional or do it yourself, consider holiday lighting and spreading a little Christmas cheer. Enjoy the holidays! ■

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



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HEALTH

By Alicia Fisher, PT, DPT

BACK pain and stress urinary incontinence in pregnancy

It is estimated that most women experience some degree of musculoskeletal discomfort during pregnancy. Studies have shown that up to two-thirds of pregnant women report low back pain, up to one-fifth report pelvic pain, and up to one-fourth report stress urinary incontinence.

These symptoms can be temporarily disabling and tend to increase later on in pregnancy. They often not only interfere with daily activities but also sleep and work. Low back pain is also reported in 30-45% of women in the postpartum period, with about 20% of women reporting persistent low back or pelvic pain for up to three years following pregnancy.

There are different types of urinary incontinence, but it is stress urinary incontinence that most commonly affects pregnant and postpartum women.

Both prenatal and postpartum periods are a time of great change for women physically, emotionally, hormonally and musculoskeletally. A physical therapist specializing in women's health will educate pregnant women and postpartum moms about these health problems. There are treatments that include pelvic floor strengthening, low back strengthening and stretching that can help. ■



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

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LIBRARY

By Olivia Osborn

ADEL Public Library news



Happy holidays from the Adel Public Library!

Storytime

- Dallas County Conservation Storytime (ages 3 and older), Dec. 11 at 10 a.m.

Library programs

Make sure to leave space on your busy calendars for a few fun library programs.

- Tail Wagging Readers (all ages), Dec. 7 at 4:30 p.m.
- *Nerf Battle (grades 2-5), Dec. 8, 2-3:30 p.m.
- Family Drop-in: Gingerbread Challenge, Dec. 11, 4-6 p.m.
- *STEAM with ISU Extension: Marvelous Marshmallows (K-fifth grade), Dec. 19 at 10 a.m.
- Teen Advisory Board: Holiday Party (grades 6-12), Dec. 19 at 4 p.m.
- Family Bingo (children 8 and younger must be accompanied by an adult), Dec. 27 at 10 a.m.
- Makerspace Pop-up: Buttons (children 8 and younger must be accompanied by an adult), Dec. 28, 10 a.m. to 1 p.m.

Adult programs

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 December at 5:45 p.m.
- Exercise Group. Monday through Thursday at 9 a.m.
- 50s + Senior Gathering, Dec. 19, 10 a.m. to 1 p.m.
- Iowa History: Hollywood & Iowa, "It's a Wonderful Life," Dec. 14 at noon
- Brown Bag Book Club, Dec. 14 at noon
- Cook Book Club, Dec. 20 at 11 a.m.
- Evening Book Club, Dec. 28 at 6 p.m.

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

Note that the library will be closed Dec. 25 and Dec. 26 for Christmas. ■

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holiday season!

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GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 17, 2023	7:15PM	Des Moines Christian	Des Moines Christian School
Nov 20, 2023	7:00PM	Norwalk	Norwalk High School
Nov 21, 2023	7:15PM	Van Meter	ADM High School
Nov 28, 2023	6:00PM	Dallas Center-Grimes	DCG-Meadows Gym
Dec 1, 2023	6:00PM	Ballard	ADM High School
Dec 5, 2023	6:00PM	Gilbert	Gilbert High School
Dec 8, 2023	6:00PM	Bondurant-Farrar	ADM High School
Dec 12, 2023	6:00PM	North Polk	ADM High School
Dec 15, 2023	6:00PM	Boone	Boone High School
Dec 18, 2023	6:00PM	Perry	ADM High School
Jan 2, 2024	6:00PM	Carlisle	Carlisle High School
Jan 5, 2024	6:00PM	Winterset	ADM High School
Jan 9, 2024	6:00PM	Carroll	Carroll
Jan 12, 2024	6:00PM	Ballard	Ballard High School
Jan 16, 2024	6:00PM	Gilbert	ADM High School
Jan 19, 2024	6:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Jan 23, 2024	6:00PM	North Polk	North Polk High School
Jan 26, 2024	6:00PM	Boone	ADM High School
Feb 2, 2024	6:00PM	Carlisle	ADM High School
Feb 6, 2024	6:00PM	Winterset	Winterset High School
Feb 9, 2024	6:00PM	Carroll	ADM High School

BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 28, 2023	7:30PM	Dallas Center-Grimes	DCG-Meadows Gym
Dec 1, 2023	7:30PM	Ballard	ADM High School
Dec 5, 2023	7:30PM	Gilbert	Gilbert High School
Dec 8, 2023	7:30PM	Bondurant-Farrar	ADM High School
Dec 12, 2023	7:30PM	North Polk	ADM High School
Dec 15, 2023	7:30PM	Boone	Boone High School
Dec 18, 2023	7:30PM	Perry	ADM High School
Dec 21, 2023	7:15PM	Van Meter	ADM High School
Jan 2, 2024	7:30PM	Carlisle	Carlisle High School
Jan 5, 2024	7:30PM	Winterset	ADM High School
Jan 9, 2024	7:30PM	Carroll	Carroll
Jan 12, 2024	7:30PM	Ballard	Ballard High School
Jan 16, 2024	7:30PM	Gilbert	ADM High School
Jan 19, 2024	7:30PM	Bondurant-Farrar	Bondurant-Farrar
Jan 23, 2024	7:30PM	North Polk	North Polk High School
Jan 26, 2024	7:30PM	Boone	ADM High School
Feb 2, 2024	7:30PM	Carlisle	ADM High School
Feb 6, 2024	7:30PM	Winterset	Winterset High School
Feb 9, 2024	7:30PM	Carroll	ADM High School
Feb 13, 2024	7:30PM	Norwalk	ADM High School
Feb 15, 2024	7:30PM	Newton	Newton High School



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WINTER SCHEDULE

2023-2024

WRESTLING

DATE	TIME	OPPONENT	LOCATION
Nov 30, 2023	5:30PM	Multiple Schools	Winterset High School
Dec 2, 2023	10:00AM	Multiple Schools	DCG-Meadows Gym
Dec 7, 2023	5:30PM	North Polk	North Polk High School
Dec 9, 2023	9:00AM	Multiple Schools	Ankeny Centennial
Dec 14, 2023	5:30PM	Multiple Schools	ADM High School
Dec 16, 2023	10:00AM	Multiple Schools	Glenwood High School
Dec 19, 2023	5:30PM	Multiple Schools	Abraham Lincoln High School
Jan 4, 2024	5:30PM	Multiple Schools	Carroll High School
Jan 6, 2024	9:30AM	Multiple Schools	Winterset High School
Jan 11, 2024	5:30PM	Multiple Schools	ADM High School
Jan 13, 2024	9:00AM	Multiple Schools	ADM High School
Jan 18, 2024	5:30PM	Gilbert	ADM High School
Jan 20, 2024	9:30AM	Interstate 35	Interstate 35 HS
Jan 25, 2024	5:30PM	Van Meter	Van Meter High School



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CHAMBER NEWS

By Jackie Wilson

LUELLEN Chiropractic

Providing quality health care for 24 years

A long-time health provider, Luellen Chiropractic established its practice in November 1999 in Adel.

Dr. Jodi Kuhse provides pain management and wellness care for patients, chiropractic adjustments, deep tissue therapy and help for maintaining a healthy spine.

The practice's first location was at 919 Main St. In 2008, it moved to the current location at 608 Greene St. Luellen is Jodi's maiden name. Her parents owned Luellen Brothers Electric, a family business, in Dallas Center.

Jodi established her practice because she wanted to provide high-quality health care to the citizens of Dallas County. She says, "Adel was an ideal, centralized location with good business traffic."

She's experienced success with various aspects of her practice. "I pride myself in accommodating a variety of patient schedules with evening appointments and participating in various insurance plans, so patients can utilize paid coverage for their health care needs. I'm also a pediatric diplomate, allowing me to treat patients of all ages."

She joined the Adel Chamber early on to become involved with the community. "We wanted to support the organization that was also promoting Adel businesses. The Chamber hosts a lot of community events," she says.

Luellen Chiropractic participates in events, which provides exposure to the public. She joined the Adel Chamber board, assisting with signature events in Adel, including the Sip & Sample and Adel Sweet Corn Festival. "The Adel Chamber puts on some unique events that draw people in to explore the town."

The events help showcase everything Adel has to offer. "There's a great balance of small-town charm with the other high-quality businesses that draw people in from surrounding communities to do business in Adel."

Jodi and her husband, Chad, are raising their family in Adel, and both have immersed themselves with other community organizations. Jodi is president of the recreational soccer program and secretary of Adel Kiwanis. She also volunteers with the ADM Fine Arts Board, Dallas County 4-H Youth Committee and the Minburn Legion Auxiliary. She grew up in a family that actively volunteered for 4-H and Legion programs in Minburn. She explains, "I developed a love for being involved in a variety of programs. I felt it was important, as a business member, to continue to give back to a community that supports my business."

Over the years, she's maintained membership with the Adel Chamber. She says, "It's important to support an organization that is promoting Adel to prospective residents or businesses through its networking and marketing opportunities."

She adds, "I recommend all local businesses get involved, not only in the chamber, but also in various civic organizations and charities that impact the citizens of our community." ■



Dr. Jodi Kuhse, Luellen Chiropractic

Adel *Grow your business here.*

"The chamber has allowed me to **become more connected** with the members and business owners in the community through multiple networking events."

Alicia Hadfield
Wells Fargo



Adel PARTNERS
CHAMBER OF
COMMERCE

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



The Adel Rotary Club donated \$1,000 to the Good Samaritan Food Pantry at the club meeting on Nov. 8 at the Adel Public Library. Photo courtesy of Shirley McAdon



Marissa Gerleman and Madison Siefken at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



Adel Kiwanis members, Brad Baier and Paul Berkenbosch, award ADM Kiwanis Student of the Month certificates to Lily Kruse and Kaylin Dains.



Addison Herrick, London Warmuth, Macy Person, Calli Seehase, Anna Holloway and Elise Coghlan at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



Adel Kiwanis members, Jodi Kuhse and Dan Juffer, presented a check for \$1,255.97 to the ADM Marching band for the purchase of new percussion equipment at the Oct. 20 football game in Adel.



Kaylee Smith at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



Addison Herrick at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



Madi James at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



Hanna Grossman at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



London Warmuth at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.



Makayla Crannell at the ADM varsity volleyball vs. DCG game on Oct. 24 in Adel.

OUT & ABOUT

RIBBON

Cutting

The Adel Partners Chamber of Commerce held a ribbon cutting for the New Hope Church new addition on Nov. 9.



The Adel Partners Chamber of Commerce held a ribbon cutting for the New Hope Church new addition on Nov. 9.



Kayleen Bertman and Laci Williams



Heith Hockenberry and Tim Canney



Mary and Bob Ockerman



Michelle and Jerry Jenkins



Brent and Samantha Schwenneker



Janet and Kevin Hircock



Dan Mahlum, Pastor Ryan Whitson and Adel Mayor Jim Peters



Laura and Ben Alison



DECEMBER 2023

UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, December 12th at 6:00 pm**
For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org. *please note meeting location is subject to change as needed*

REMINDERS & CLOSURES:

- **Monday Dec. 25th and Tuesday Dec. 26th, 2023:** City Hall will be closed in observance of Christmas. Garbage and recycling services WILL be delayed the week of Dec. 25th.
- **Monday, Jan. 1st, 2024:** City Hall will be closed in observance of New Year's Day. Garbage and recycling services WILL be delayed the week of Jan. 1st.
- **Wednesday Jan. 3rd and Tuesday, Jan. 9th, 2024:** Christmas Tree Collection - Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.

SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

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

GET TO KNOW...

What is your title?

Library Director

What is your past work experience?

I managed bookstores for about a decade before moving to public libraries.

How long have you been working for City of Adel? Since April 2015

What are you excited about for your department's future plans?

Continuing to serve our community as we reach 20 years in our building.

What is a hobby you enjoy? Reading



TREVER JAYNE

PARKS & RECREATION UPCOMING ACTIVITIES:

For Adel Parks & Recreation Programs: Please register online at www.adel.activityreg.com.

OPEN GYM: Began November 6 at the ADM District Administration Center gym will be available Mon/Wed/Fri from 9:00-11:00am through March. Walk, run, play basketball, socialize, etc. No fee.

ADULT COED INDOOR VOLLEYBALL LEAGUE:

Deadline: Friday, Dec. 15th, 2023

Fee: \$200 per team

Season Begins: Jan. 7th, 2024.

Games will be played on Sunday nights between 4 p.m. and 9 p.m. in the south gym at ADM High School. Teams must have equal number of men and women.

*Please Note: Children are welcome and babysitting services are available for \$1 per child while you play your games.



HONOR THE CALL TO SERVE:

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Currently there is a vacancy on the Planning & Zoning Commission with the term beginning on January 1, 2024 and ending on July 1, 2024. Applications are available online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

*Iowa Code 69.16A – Gender Balance requires City boards, commissions, and committees to be gender balanced. After a three-month good faith effort to correct a gender imbalance, all qualified applicants may be considered.

GOLF CART REGISTRATION:

Golf Cart Registrations are effective for the current calendar year and will be open on January 1st, 2024. Forms are available online at <https://adeliowa.org/permits-and-forms/>.

Cost: \$50.

Receiving Registration Stickers: Golf Cart Registration stickers will not be mailed out until payment is received.



POLICE NEWS:

Please welcome Officers **Chad Traver** and **Hayley Pickett** to the Adel Police Department as they took their Oath of Office during the November 14th, 2023 City Council Meeting. Congratulations to Officer Chad Traver and Hayley Pickett and thank you for your service to the City of Adel!

Please welcome our newly elected City Council Member, **James West**. We would like to congratulate Mayor Jim Peters, Shirley McAdon, and Bob Ockerman on their reelection to sit on the Adel City Council.



CITY HALL

Administration

Public Works

Compliance Officer

Parks and Recreation

301 S. 10th St.

P.O. Box 248

515-993-4525

M-Th 7:30 a.m. – 4:30 p.m.

F 7:30 a.m. – noon

www.adeliowa.org

PUBLIC SAFETY

Police and Fire Depts.

102 S. 10th St.

P.O. Box 127

515-993-6723

M – F 8:30 a.m. – noon and

12:30 p.m. – 4:30 p.m.

EMERGENCY – DIAL 911

LIBRARY

303 S. 10th St.

515-993-3512

M-Th 9 a.m. – 6 p.m.

F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.

www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center

515-993-5246

Ankeny Sanitation

515-964-5229

S. Dallas Co. Landfill

515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters

515-993-4436

Mayor Pro Tem

Shirley McAdon

515-993-4862

Bob Ockerman

515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

Dan Miller

515-979-6119

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WDT730PAHW

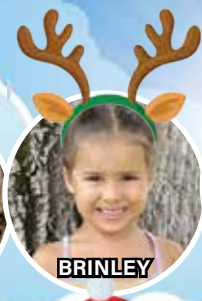
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even if it's not peaceful here!*
Love, The Chapmans



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BRECKEN



BRINLEY



PEARL



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JORDAN



CASH



OWEN



JACKSON



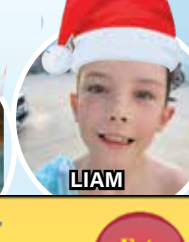
JET



JAYDEN



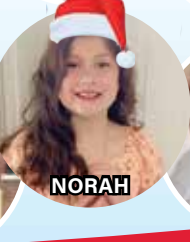
LANDON



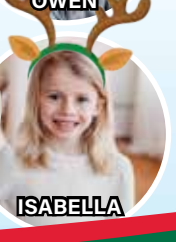
LIAM



LUCAS



NORAH



ISABELLA



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

www.adelwintersettv.com

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