

ADEL

FEBRUARY 2024

# Living

MAGAZINE

## RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites

**Meet Danielle Craig**  
EDUCATION

**New Hope: Caregiving in action**  
GOOD NEIGHBOR

**Mini Greek yogurt pancakes with cinnamon-maple topping**  
RECIPE



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# WELCOME

## SOMETHING different each issue

I used to publish an automotive photo magazine, much like the Auto Trader, Deals on Wheels or Wheeler Dealer publications of years gone by. These were quite popular 30 years ago. We sold the magazines in the check-out aisles in local stores, and we had to convince store owners or managers to carry them. Part of our pitch was that the magazine was a new product each issue with hundreds of different vehicles for sale and that consumers would return to see what was in the next issue. It wasn't just a sales pitch, though, as it proved to be true.



That was 30 years ago, but I thought about the auto magazine days when we were tabulating the data from this year's Residents' Choice poll, which we are publishing in this issue as we have done for several years. When we look at the results, we find perennial favorites that seem to win their category each year. We also see changes from year to year with some surprises rising to the top. And we see newcomers in the poll that have made an incredible impact in a short time.

Bottom line, much like the auto magazine, the results of each year's poll are different. That makes sense, as the poll is really the pulse of the community at the time. And, as we all know, that pulse can — and does — change.

If you voted, thank you. Your input makes a difference, as the category winners will tell you. If you didn't vote, please take the time to do so next year. It is an easy process.

I have talked with numerous people who represent the people, places and events that are voted as favorites in this poll, and they tell me about the positive impact it has. The poll results are a great resource for readers who are looking to purchase products and services locally. Many of you have likely used the results for that exact purpose. A plumber to hire. A new restaurant to try. A park to visit. The list, literally, goes on and on with the latest and greatest each year.

Be sure to save this issue, as it will come in handy throughout the year. I also ask that you take the time to congratulate the winners with your comments and, when appropriate, your pocketbook. They will appreciate it, and we do, too.

Thanks for reading. ■

**SHANE GOODMAN**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305

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**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Dan Juffer**  
Senior Advertising Account  
Executive  
515-953-4822 ext. 303  
dan.juffer@dmcityview.com



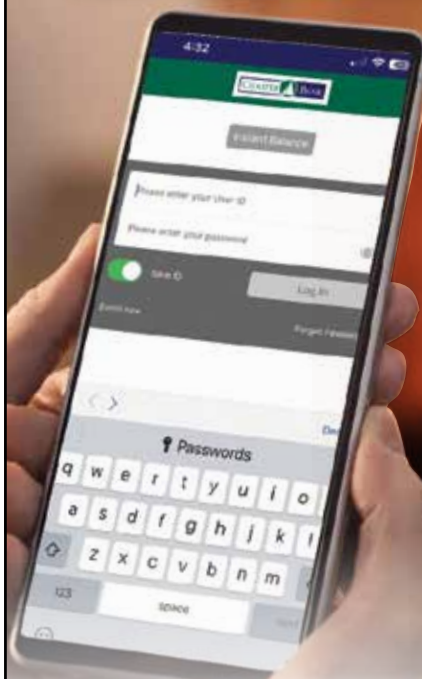
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Ambro's Roadhouse is residents' choice for favorite lunch spot. Pictured are Miranda Broeker and Amber Broeker.

# RESIDENTS' CHOICE AWARDS

**Dallas County residents share their favorites**

February has rolled around again, which means it is time to recognize the Residents' Choice Award winners for Dallas County.

As we continue to improve our poll and respond to what readers say is important to them, we have added categories. This year look for the favorites you haven't seen before such as Outdoor Lawn Equipment Store, Audiologist/Hearing Center, CBD Store, Mental Health Services, Auto Body Shop and more.

Also new this year, note the repeat winners — 26 in total — designated by an asterisk by their name. See who is emerging as our "perennial favorites." These favorites are doing it right — building

loyalty in their customers.

As always, remember that these favorites were chosen by Dallas County residents. You are likely to agree with some choices and disagree with others, but the results were determined by your area neighbors. If you voted in this year's poll, thank you for participating. And, if you didn't, be sure to look for notices in this magazine of next year's poll opening and cast your vote. With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it's important to note that all those listed are winners, and we congratulate them all.

## Dallas County Residents' Choice for Favorite...

(Runners up in alphabetical order; \*indicates repeat winner)

### Restaurant

**Mickey's Irish Pub Waukee**

**Runners up:** Dexfield Diner & Pub; Fiesta Mexican Restaurant

### Restaurant for breakfast

**\* Patrick's Restaurant**

**Runners up:** Early Bird Brunch; Waveland Cafe West

### Restaurant for lunch

**Ambro's Roadhouse Bar & Grill**

**Runners up:** Dexfield Diner & Pub; Mickey's Irish Pub Waukee

### Restaurant for dinner

**Fiesta Mexican Restaurant**

**Runners up:** 5th Quarter Bar and Grill; Dexfield Diner & Pub

### Restaurant for dessert

**Billy's Ice Cream Store**

**Runners up:** Home Sweet Cone Ice Cream; Patrick's Restaurant

### Place for ice cream

**Waukee Ice Cream Shoppe**

**Runners up:** Billy's Ice Cream Store; Home Sweet Cone Ice Cream

### Pizza establishment

**Casey's**

**Runners up:** 7 Stone Pizzeria; Patrick's Restaurant

### Bar

**Mickey's Irish Pub Waukee**

**Runners up:** 5th Quarter Bar & Grill; Ambro's Roadhouse Bar & Grill

### Coffee shop

**\* The Morning Grind**

**Runners up:** The Coffeesmith; Scooter's Coffee

### Catering company

**Hy-Vee Catering**

**Runners up:** Kue'd Smokehouse; Snappy's Stick Fire Barbecue

### Server/bartender

**Jackson Roberts, Dexfield Diner & Pub**

**Runners up:** Haley Block, Brickyard Burgers & Brews; Miranda Broecker, Ambro's Roadhouse Bar & Grill



Adel Family Fun Center, owned by Bryce Smith, is a favorite in several categories.

### Auto service

**\* Alley Auto Sales**

**Runners up:** Adel Tire & Service; Willard Garage

### Auto body shop

**Olson's Body & Paint**

**Runners up:** Graham Collision; Modern Motors

### Car dealership

**\* Shottenkirk Chevrolet**

**Runners up:** Million Motors; Stivers Ford Lincoln

### Preschool/Daycare

**University Kids**

**Runners up:** Faith's Flock Preschool; Raccoon River Preschool

### Nonprofit

**Waukee Area Christian Services**

**Runners up:** Adel Good Samaritan Food Pantry; AHeinz57 Pet Rescue & Transport

### School

**Meadow View Elementary**

**Runners up:** ADM High School; Northwest High School

### Park

**Triumph Park**

**Runners up:** Centennial Park; Evans Park

### Community festival

**\* Adel Sweet Corn Festival**

**Runners up:** Dallas County Fair; Waukee Independence Day Celebration

### Church

**Lutheran Church of Hope**

**Runners up:** Faith Lutheran Church; New Hope Church

### Pastor

**Mike Householder**

**Runners up:** Matt Krause; Ryan Whitson

## FEATURE

### Chamber of commerce

**Waukee Area Chamber of Commerce**

**Runners up:** Adel Partners Chamber of Commerce; West Des Moines Chamber of Commerce

### Library

**\* Adel Public Library**

**Runners up:** Roy R. Estle Memorial Library; Waukee Public Library

### Camping spot

**Timberline Campground**

**Runners up:** Dallas County Fair Campgrounds; Des Moines KOA West Holiday

### Grocery store

**\* Fareway Meat & Grocery**

**Runners up:** Aldi; Hy-Vee Grocery Store

### Boutique

**\* Azalea Lane Boutique**

**Runners up:** Mainstream Boutique; Real Deals

### Retail store

**Real Deals**

**Runners up:** AM Apparel; Azalea Lane Boutique

### Thrift Store

**Goodwill of Central Iowa**

**Runners up:** None

### Home improvement retail store

**\* Baldon Hardware**

**Runners up:** Archer Home Center; Waukee Hardware & Rent-It Center

### Liquor store

**Hy-Vee Wine & Spirits**

**Runners up:** Wall to Wall Wine and Spirits; World Liquor & Tobacco + Vapors

### Nursery or garden center

**\* Harvey's Greenhouse**

**Runners up:** Bentley Ridge Tree Farm & Nursery; Earl May Garden Center

### Place to purchase a gift for a man

**Fleet Farm**

**Runners up:** Baldon Hardware; Old Station Craft Meats

### Place to purchase a gift for a woman

**Real Deals**

**Runners up:** Azalea Lane Boutique; Mainstream Boutique

### Bakery

**\* Echo's Cookies**

**Runners up:** Black Water Bakery; River to River Bakery & Pizza

### Florist

**\* Adel Flowers & Gifts**

**Runners up:** Hazel Mae Floral Events; Hy-Vee

### Dad/child date spot

**\* Adel Family Fun Center**

**Runners up:** The Palms Theatre & IMAX; Warrior Lanes

### Mom/child date spot

**\* Adel Family Fun Center**

**Runners up:** The Morning Grind; The Palms Theatre & IMAX

### Place to take your mom and dad

**Adel Family Fun Center**

**Runners up:** The Palms Theatre & IMAX; Patrick's Restaurant

### Place to take your kids or grandkids

**Adel Family Fun Center**

**Runners up:** The Brenton Arboretum; The Palms Theatre & IMAX

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## FEATURE

### Children's birthday party spot

\* Adel Family Fun Center

**Runners up:** Charlee's Elite School Of Dance; Tigers' Den

### Golf course

Sugar Creek Golf Course

**Runners up:** Hillcrest Country Club; River Valley Golf Course

### Hair salon

\* Texture Salon

**Runners up:** Hairs2You; Studio 10

### Physician's clinic

The Iowa Clinic

**Runners up:** MercyOne; UnityPoint Health

### Dental office

Adel Family Dentistry

**Runners up:** Lush Family Dental; Timberline Family Dental

### Orthodontics office

Johnson Orthodontics

**Runners up:** Bernhardt and Smith Orthodontics; Central Iowa Orthodontics



Adel HealthMart Pharmacy was residents' choice for favorite pharmacy. Pictured are Leah Clausen, Gayle McDowell, Jane Clausen, Becky Soffa, Chelsea Pearey, Marion Conover and Stephanie Beck.

**Living magazine RESIDENTS' CHOICE AWARD DALLAS COUNTY WINNER!**

**FAVORITE LUNCH MENU IN DALLAS COUNTY!**

**Runner-up: Favorite Bar & Favorite Server/Bartender - Miranda Broeker**

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# FEATURE

## Mental health services

Optimae LifeServices

**Runners up:** Adel Mental Health; Uhl Therapy Services

## Chiropractic office

Waukee Wellness & Chiropractic

**Runners up:** Adel Chiropractic; Luellen Chiropractic

## Vision care

Elite Eye Care

**Runners up:** Adel Vision Clinic; Wolfe Eye Clinic

## Health club or gym

Waukee Family YMCA

**Runners up:** Anytime Fitness; Fit & Fierce 515

## Pharmacy

\* Adel HealthMart

**Runners up:** Medicap; Sumpter Pharmacy

## Cosmetic services

Texture Salon

**Runners up:** Iowa Face + Body Med Spa; Kissed Peach Wax Saloon

## Physical therapy

Core Physical Therapy

**Runners up:** Athletico Physical Therapy; Maximum Physical Therapy

## Dance studio

Premiere Dance Project

**Runners up:** Charlee's Elite School Of Dance; Let's Dance

## Gymnastics and/or tumbling studio

Charlee's Elite School of Dance

**Runners up:** Adel Tumbling & Dance Club; Jacobs Gymnastics

## Audiologist/hearing clinic

Woodard Hearing Centers

**Runners up:** Costco Hearing Aid Store; Waukee Hearing Aid Center

## CBD Store

CBD American Shaman

**Runners up:** Sumpter Pharmacy; Your CBD Store

## Financial planner

Travis Gaule, Edward Jones

**Runners up:** Nathan Clark, Innovative Financial Solutions; Bob Grove, Edward Jones

## Law firm

Bergkamp, Hemphill & McClure, P.C.

**Runners up:** Hopkins & Huebner, P.C.; McKinney Law Offices, P.C.

## Accounting firm

Banwart Tax & Accounting

**Runners up:** Insight CPA; Meriwether, Wilson & Company, PLLC

## Veterinarian

Adel Veterinary Clinic

**Runners up:** Broderick Animal Clinic; Waukee-Clive Veterinary Clinic

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**ADEL OWNED BUSINESS**

## FEATURE

### Dog groomer

\* Handsome Hounds Boarding and Grooming

Runners up: Stylin' Paws; Waukee Pet Salon

### Pet care

Handsome Hounds Boarding and Grooming

Runners up: Adel Veterinary Clinic; Stylin' Paws

### Lawn care business

Luke's Lawn & Landscaping

Runners up: Grassy Knoll Lawn Care; Ripke Outdoor

### Landscaping company

Luke's Lawn & Landscaping

Runners up: Ripke Outdoor; RJ Lawn & Landscape

### Heating and cooling business

\* Adel & Winterset TV & Appliance

Runners up: Baldon Plumbing Heating & Cooling; Tigges Comfort Services

### Electrical business

\* Elite Electric & Utility Contractors

Runners up: Ark Electrical Services LLC; Webster Electric Inc.

### Plumbing company

\* Baldon Plumbing Heating & Cooling

Runners up: Deez Plumbing Services; Lenhart Plumbing

### Senior living establishment

Village Cooperative of West Des Moines

Runners up: Adel Acres; Spurgeon Senior Community

### Insurance Agency

\* LSB Insurance - Eric Schepers

Runners up: Luellen Richardson Insurance Inc.; Bob D. Smith - State Farm

### Realtor

\* Julianna Cullen, RE/MAX Precision

Runners up: Kevin Howe, RE/MAX Precision; Amy Lucht, RE/MAX

### Bank

GreenState Credit Union

Runners up: Racoon Valley Bank; Veridian Credit Union

### Photographer

\* DKay Photography - Danielle Hawkins

Runners up: Kelsey Arganbright Photography; Lindsey Willis Photography

### Place for guests to stay

\* Big Blue Bed & Breakfast

Runners up: The Church in Town; Hotel Pattee

### Home builder/remodeling contractor

NexGen Baths

Runners up: Heartland Handcrafted; RCI Builders

### Outdoor lawn equipment store

Waukee Power Equipment

Runners up: Moss Bros.; Van Wall Equipment

### Pest Control

\* Paul's AAA Pest Control

Runner up: Central Iowa Pest Control ■

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We meet with many families and individuals daily who have most of their retirement savings in a 401(k) or similar employer-sponsored account.

Some forward-thinking is involved in making the most of this type of account when

you retire. The money in a traditional 401(k) is pre-tax, so when you take distributions, they count as ordinary income. If you have a \$1 million 401(k) and do no long-term tax planning, you could see a \$500,000 tax bill in retirement.

But what if you started thinking about the tax impact of spending that money five or 10 years before retirement? That's when you can start implementing strategies that leave less on the table and put more in your pocket.

One strategy involves converting some or all of that pre-tax money into a Roth account. The year you convert, you pay income tax on the amount rolled over, but you never pay taxes on the money again — not the growth or the qualified distributions. The more time you have before retirement, the more strategic you can be about converting amounts that have less of an impact on your tax situation each year.

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401(k)s and IRAs are subject to the required minimum distribution (RMDs) if you don't.

That's just one long-term tax strategy. It's not right for everyone. It would help if you worked with a retirement planner and a trusted CPA to ensure you do it right.

Before implementing this or any strategy, we show the families and individuals we work with the potential tax savings in dollar amounts. That way, they understand precisely how and why they are taking steps that could help them leave less on the table and have more to spend in retirement. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Manganaro, John. "When Advisors Have Tax Blind Spots, Clients Leave Billions in Returns on the Table" ThinkAdvisor.com, 17 Oct. 2022, <https://www.thinkadvisor.com/2022/10/17/advisors-tax-blindspots-leaves-billions-in-returns-on-the-table/>

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## EDUCATION

By T.K. West

# MEET Danielle Craig

Helping students become vested in their education

Originally from Coralville, Danielle Craig graduated from Iowa City West High School in 2015. She then attended Wisconsin-La Crosse where she received a degree in exercise and sports science before receiving a master's degree in kinesiology from the University of Northern Iowa (UNI). Through her experience with the Dike-New Hartford girls basketball staff, Craig found a passion for coaching high school sports, and, because of this, she also received a physical education degree at UNI while she was finishing her master's program.

Now, Craig has entered her first year with the Adel-DeSoto-Minburn Community School

District. She currently teaches physical education at the high school.

"The thing I like the most about high school students is seeing them grow and develop in so many different ways throughout their four years. I love when they find a topic or unit they are intrigued by and choose to become invested in their learning. Being part of that process and doing what I can to support them with their next steps in life is something I love to do," Craig says.

As a new teacher to the district, Craig has enjoyed getting to know the students as well as building meaningful relationships with them. She says she has been surrounded by positive staff on a daily basis that have helped make her a better teacher and coach.

Craig makes her health class engaging by adding games that allow her students to grasp the feelings or emotions they may be learning about.

"During the stress and coping unit, we played Minute To Win It games (from the famous game show) so that they could have a better understanding of what it is like to be in a stressful situation and how the body responds to these situations," Craig says.

Coming up, Craig says she is looking forward to meeting some new students as she moves into a new semester and continuing to work with the ADM girls basketball team for the remainder of the season. When not teaching, Craig enjoys coaching sports such as basketball, track and soccer. She also enjoys going for a run or playing pickup basketball to stay active. ■



Danielle Craig makes her health class engaging by adding games that allow her students to grasp the feelings or emotions they may be learning about.

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For the Chaplins, there's no place like Adel.

Liesl Chaplin and her family moved to Adel in fall 2016, just in time for school to start.

"We chose Adel because of the ADM schools," she shares. "We have three boys, so school was the most important factor when choosing our new community. The people we began to meet immediately solidified our confidence that we had chosen wisely."

The school system has lived up to Chaplin's expectations.

"When I say we moved here for the schools, I am not joking," she says. "We are so happy with ADM schools. We have three boys in the district: Hubie, who is graduating this school year; Audie, who is a sophomore (you can find him working at Fareway a few days a week); and Arthur, who is in seventh grade (he has fingers crossed to be in the new school building for his senior year)."

Chaplin's husband, Bob "Chappy," is a volunteer coach for the goalies of the girls and boys ADM High School soccer teams.

In addition to loving the schools, Chaplin says she feels lucky to have made friends of all ages and backgrounds in town and is grateful for each one of them.

"The community I have found is so kind and so loving," she says. "I just hope that I can give back a portion of what has been extended to me. I hope to always be the friend you call when you are in a bind or just need a laugh. More than that, I hope to set an example for our boys about reaching out and trying new things, supporting what you believe

in, and caring for those around you."

Chaplin has found a lot to like about the community. She appreciates Adel's small-town charm, its traditions like the Sweet Corn Princess Contest, hidden treasures like the rhubarb scone at River to River Bakery & Pizza, and so much more.

Recently, she filled a vacant seat on the Adel Library Board as well.

"I adore books (my degree is in reading education), so that was an easy fit for my interests," she shares. "However, my passion is community, especially providing welcoming and accessible events and opportunities for all people. The library is the grand champion of that, and I am honored to be on the board. It's so important that all members of the community have safe places where they can spend time, feel comfortable and be accepted."

"Adel is a tight-knit, caring community, and I am so glad for my family to be a part of it," she continues. "Adel has so many opportunities to plug in, support or even just create relationships."

Chaplin says building and being part of a community can look like many things.

"Taking a meal to a neighbor that is in a life transition, grabbing the blowing trash out of the street after a windy pick-up day (why are those days always windy?), a quick chat with a neighbor on the sidewalk." ■



The main reason Liesl Chaplin and her family decided to move to Adel was so the kids could attend ADM schools. They have since discovered many reasons to be glad they did.



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## FEBRUARY 2024

### UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, February 13th, at 6:00 p.m.**

For additional meeting dates/times, or meeting information; please visit our website [www.adeliowa.org](http://www.adeliowa.org) or visit our Facebook page. \*Meeting location may change to the Adel Library Community Room as needed\*

### REMINDERS & CLOSURES:

- **Monday February 19th:**  
City Hall will be closed in honor of Presidents Day

## ADEL POLICE NEWS

Please help us congratulate **Police Chief Gordy Shepherd** on his retirement from Adel Police Department after 27 years of service. Thank you for your dedication and hard work Chief Shepherd!



**Lieutenant Wade Book** took Oath of Office at the January 9th, 2024 City Council Meeting to become the new Chief of Police effective February 2, 2024. Congratulations to our new Chief Book.



### CITY EMPLOYEE CONGRATS:

**Justin Zika, Street Superintendent,** received his 5 years of service award at the City Council meeting on January 9th. Thank you for your service, Justin!



### PARKS & RECREATION UPCOMING ACTIVITIES:

For Adel Parks & Recreation Programs: Please register online at [adel.activityreg.com](http://adel.activityreg.com).

**2024 SUMMER AQUATIC STAFF** - Acceptance of applications for Lifeguards, Concession, and Admission staff has begun. Applications can now be filled out online by visiting <https://adeliowa.org/employment-volunteer-opportunities/>. If your son or daughter wishes to become a Lifeguard, he or she MUST have a current lifeguard certification. Contact [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org) for questions or assistance in locating training sites.



**OPEN GYM** - Recreational open gym time is a great opportunity to get out of the house during the cold months. Come out and walk, run, play basketball, shuffleboard and socialize.

This is a free program held on Monday, Wednesday, and Friday mornings from 9 - 11 am at ADM District Administration Center Gym.

**YOUTH BASEBALL LEAGUE.** Registration going on now through Feb. 23rd.

Program is for youth ages 5 to 12 years old. Age is determined on August 31, 2024. Most games will be played at the Adel Little League Fields as well as at surrounding communities. Four divisions of play are offered: T-Ball 5/6 year olds, Rookie (8U) 7/8 year olds, Minor (10U) 9/10 year olds, Major (12U) 11/12 year olds.

**YOUTH SOFTBALL LEAGUE.** Registration going on now through Feb. 23rd. Program is for youth ages 5 to 12 years old. Age is determined on December 31, 2023. Most games will be played at the Adel Softball Complex in Kinnick-Feller Park as well as at surrounding communities. Four divisions of play are offered: T-Ball 5/6 year olds, Rookie (8U) 7/8 year olds, Minor (10U) 9/10 year olds, Major (12U) 11/12 year olds.

**LITTLE SLUGGERS** - Introductory baseball and softball program for boys and girls ages 3 and 4. The purpose is to teach the basics of hitting the ball, run the bases, become familiar with being on the field, and most of all, to have FUN. Players should bring a glove and water bottle. All other equipment is provided. Parent/adult participation is required.

**SNOWMAN CONTEST** - Start thinking of a masterpiece you are wanting to create once the snow falls. Then bundle up and head outside to build your best snowman. Take a picture of your creation and submit it to Ramona at [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org). All snowmen will be featured on our Facebook page and a prize will be awarded to the most creative snow sculptor! Deadline is March 4.

### 2024 RENTALS: PARK SHELTERS, GAZEBO, COMMUNITY STAGE & PAVILION

There are multiple rentable shelters that serve as a great place for meetings, weddings, birthday parties, family reunions, picnics, or other outdoor events. Additional information, availability, and reservations can be made online at [adel.activityreg.com](http://adel.activityreg.com) or in person at Adel City Hall.

### CITY WIDE GARAGE SALES: APRIL 13

To place an ad in the Garage Sales Flyer, please contact the Adel Public Library at 515-993-3512 or email [apuck@adeliowa.org](mailto:apuck@adeliowa.org). Information must be received by Monday, April 8th.

### SPRING CLEANUP & HAZARDOUS WASTE DROP OFF: APRIL 20

**Spring Cleanup:** Items must be out at the curb by 7:00 a.m. Large household appliances still require a \$15.00 sticker (TVs 24 inches and over require 2 stickers, projection or console TV's require 3 stickers).

**Household Hazardous Waste Drop Off:** South Dallas County Landfill will sponsor the Hazardous Waste pickup at Kinnick-Feller Park from 10:00 a.m. to noon that day.

### 2024 GOLF CART PERMITS:

Forms are available online at [www.adeliowa.org/permits-and-forms/](http://www.adeliowa.org/permits-and-forms/). When a golf cart permit request is submitted online, payment & proof of insurance must be received before the permit can be issued.

- **Golf Cart Permit Cost:** \$50

## CITY HALL

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Compliance Officer  
Parks and Recreation

301 S. 10th St.  
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515-993-4525

M-Th 7:30 a.m. - 4:30 p.m.

F 7:30 a.m. - noon  
[www.adeliowa.org](http://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.

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## LIBRARY

303 S. 10th St.  
515-993-3512

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F 9 a.m. - 2 p.m.

Sat. 9 a.m. - 1 p.m.

[www.adelpl.org](http://www.adelpl.org)

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Ankeny Sanitation

515-964-5229

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515-657-1315

Rob Christensen

515-478-3260

James West

515-402-9378

[www.adeliowa.org](http://www.adeliowa.org)



## WHY use a trust?

Trusts are some of the most talked about and least understood legal documents in existence. The reasons they are so difficult to understand are also the reasons they are so widely employed: They are flexible, private and loosely regulated. The most widely used trust instrument is the simple revocable trust. A revocable trust is a written legal document that names a grantor (the person granting property to the trust), a trustee (the person who will control the property while it is owned by the trust), and beneficiaries (those who the trust will pay). Revocable trusts are legal fictions and alter egos of the grantors of the trust, using the grantor's social security number instead of a separate tax identification number.

Some primary reasons to use a trust are: 1) to avoid probate administration of your estate (especially if you own real estate in the name of one titleholder only or out of state property); 2) to save on death taxes (either federal estate taxes or Iowa inheritance taxes); and 3) to control your property long after you are dead. I draft simple revocable trusts mostly for the first reason. In Iowa, if you own real estate in only one individual's name, or as tenants in common with



others, rather than joint tenants, a probate administration will be required in order to convey clean title of that land to your heirs or any purchasers after you die. Although the probate process is clean and efficient, it still takes an average of nine to 12 months to complete and will cost your heirs thousands of dollars to complete. If, instead, you execute a revocable trust agreement, with the assistance of an Iowa licensed attorney, and then deed your real estate into the trust name, that document will then mandate what happens to the real estate after you die without necessity for court involvement. The second reason does not apply to the majority of estates right now because federal estate taxes are not charged on estates with a gross value of \$13,610,000, or less, and, in 2024, Iowa's inheritance taxes are exempt for lineal descendants and phasing out over time. The third reason is still valid, but I counsel my clients not to force their cold dead hand over their assets for more than one generation because we really do not know what our children may face after we die. ■

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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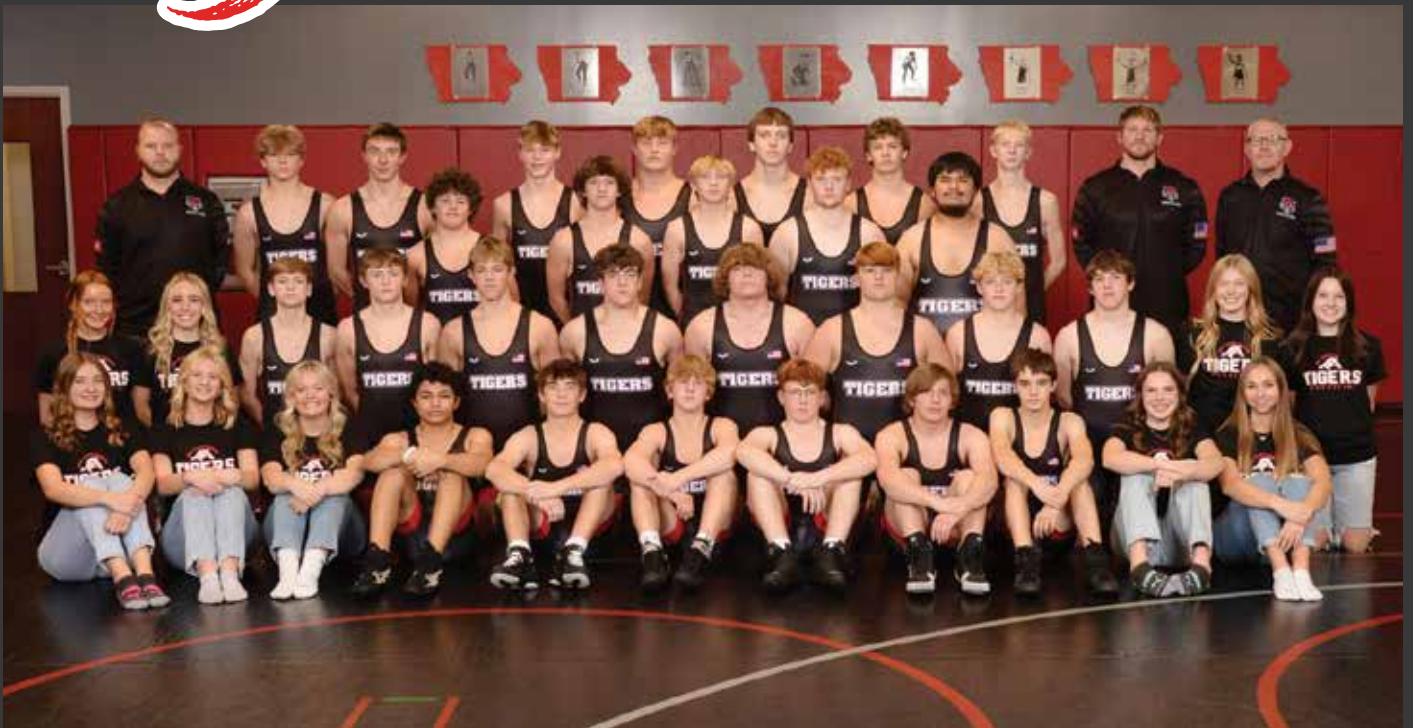
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## A BETTER-FOR-YOU breakfast favorite

*(Family Features)* Whether you're encouraging loved ones to start a new wellness kick or looking to add new ideas to an already-nutritious menu, families at any stage of a journey toward better health can use newfound favorites to bring fresh flavors to the table.

Start by ramping up your family's breakfast with these slightly sweet mini Greek yogurt pancakes with cinnamon-maple topping for a protein-packed way to start the day with a healthy addition of fresh berries. This dish from Milk Means More provides a delicious breakfast that allows you to bring everyone together for a tasty, nutritious meal no matter the occasion. Dairy foods, like the low-fat or fat-free milk and yogurt found in this recipe, are fundamental to good nutrition.

Constructing a better-for-you menu calls for a balanced diet with a variety of foods to get essential nutrients. This balance is important for maintaining healthy gut and immune function while optimizing overall wellness.

Find additional better-for-you recipe inspiration at [MilkMeansMore.org](http://MilkMeansMore.org). ■

### Mini Greek yogurt pancakes with cinnamon-maple topping

*Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More*  
Total time: 25 minutes  
Servings: 6

#### Topping:

- 1 3/4 cups plain Greek yogurt (fat free, 2% or 5%)
- 1/3 cup maple syrup
- 1/2 teaspoon ground cinnamon

#### Pancakes:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, lightly beaten
- 3/4 cup plain Greek yogurt (fat free, 2% or 5%)
- 1/2 cup milk (skim, 2% or whole)
- 3 tablespoons melted butter
- 1 teaspoon vanilla
- oil
- 1 cup fresh blueberries or chopped fresh strawberries

#### To make topping:

Stir yogurt, syrup and cinnamon. Cover and refrigerate.

#### To make pancakes:

In mixing bowl, stir flour, sugar, baking powder, baking soda and salt. In separate bowl, whisk egg, yogurt, milk, butter and vanilla. Add yogurt mixture to flour mixture. Stir just until combined (batter should be slightly lumpy).

- Scrape batter into large plastic food storage bag. Oil nonstick griddle or large nonstick skillet. Heat over medium heat. Cut off about 1/2 inch from corner of plastic bag. Squeeze batter, about 1 tablespoon at a time, onto hot griddle. Cook 1-2 minutes per side, or until pancakes are golden brown, turning to second sides when bubbles form on surface of pancakes and edges are slightly dry.
- Serve warm pancakes topped with cinnamon-maple yogurt and sprinkled with berries.



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# WHAT ARE some tips for heart health?

Maintaining heart health is crucial, and, as a pharmacist, I can offer valuable insights. First, prioritize a balanced diet rich in fruits, vegetables, whole grains and lean proteins. These foods provide essential nutrients that support heart function.

Additionally, it is advisable to limit saturated and trans fats found in fried and processed foods, as they contribute to elevated cholesterol levels. Encourage the use of healthier cooking oils like olive or canola oil. A heart-healthy diet can positively impact cholesterol levels and reduce the risk of cardiovascular diseases.

Regular exercise is another key factor. Recommended is at least 150 minutes of moderate-intensity aerobic activity per week, such as brisk walking or cycling. Exercise helps maintain a healthy weight, lowers blood pressure, and improves overall cardiovascular function.

As a pharmacist, we stress the importance of managing stress. Chronic stress can contribute to heart problems. Suggested are relaxation techniques like deep breathing, meditation or yoga. Adequate sleep is also crucial for heart health, so we emphasize the significance of a consistent sleep schedule.

Smoking is a major risk factor for heart disease. We can offer support



and resources for smoking cessation. Quitting smoking has immediate and long-term benefits for heart health. Regular blood pressure monitoring is important. High blood pressure can strain the heart and arteries, increasing the risk of heart disease. We can help guide you on proper monitoring techniques and advise on lifestyle modifications or medications if needed. In terms of medications, adherence to prescribed heart medications is important. We can educate on the purpose of each medication and potential side effects. Regular checkups with healthcare providers to monitor progress and adjust treatment plans if necessary are encouraged. We can also counsel on the appropriate use of over-the-counter supplements like omega-3 fatty acids, which have been associated with heart health benefits. However, it's essential to consult with healthcare professionals before adding supplements to the regimen.

In conclusion, a heart-healthy lifestyle involves a combination of a balanced diet, regular exercise, stress management, and avoiding harmful habits. Pharmacists play a crucial role in guiding patients on these measures, emphasizing the significance of both lifestyle modifications and medication adherence to maintain optimal heart health. ■

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

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# 6 Car Seat Safety Rules

1. **Proper Installation:** Ensure that the car seat is installed correctly according to both the car seat manufacturer's instructions and the vehicle's manual.
2. **Rear-Facing for Infants & Toddlers:** Keep infants and toddlers in a rear-facing car seat until they reach the maximum weight or height allowed by the seat. This provides optimal protection for their head, neck, and spine.
3. **Forward-Facing Harness Seats:** Transition to a forward-facing harness seat with a five-point harness once your child outgrows the rear-facing seat. Make sure the harness is snug and positioned at or slightly above the child's shoulders.
4. **Booster Seats:** Use a booster seat for older children who have outgrown the forward-facing seat. A booster seat helps position the seat belt correctly over the child's body, providing better protection.
5. **Seat Belt Fit:** When transitioning to a seat belt, ensure that it fits properly. The lap belt should lie snugly across the upper thighs, not the stomach, and the shoulder belt should cross the chest and shoulder, not the neck or face.
6. **Avoid Bulky Clothing:** Remove bulky clothing, such as winter coats, before securing a child in a car seat. Bulky clothing can compress in a crash, creating slack in the harness and reducing its effectiveness.



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## HEALTH

By Alicia Fisher, PT, DPT

### WHAT is spinal stenosis?

Spinal stenosis is a narrowing of the space around the spinal cord in either the lumbar (low back), thoracic (mid back) or cervical (neck) regions that can cause nerve pinching. This narrowing can lead to pain that can develop into chronic neck or back pain if not addressed. Stenosis symptoms could include persistent pain in the buttocks, arms, lack of feeling in the legs or arms, and decreased physical activity or function. Along with spinal stenosis, people will commonly develop muscles that are tight and muscles that are weak and need strengthening.



There are two different types of spinal stenosis. The most common is acquired spinal stenosis, which is a narrowing of the spinal canal that occurs as we age. Congenital spinal stenosis is less common and is when the spinal canal is narrower from birth.

Spinal stenosis is usually diagnosed by an MRI or other imaging tests. Treatment may include medication for pain and/or inflammation, injections for pain relief, restriction of activity, and physical therapy. Physical therapists can help relieve some of the symptoms caused by spinal stenosis through the use of soft tissue mobilization and exercise. If these conservative treatments do not help relieve symptoms, your doctor may recommend surgery. ■

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

## HEALTH

By Leslie Herron

### AGING in place

Aging in place is a growing trend as more people choose to live independently in their own homes as they age. This option offers many benefits to seniors, including maintaining their sense of independence, staying connected to their community, and avoiding the stress of a major move.

However, challenges arise as people age, and they may find themselves requiring assistance with daily activities or experiencing health issues that make it difficult to navigate their home safely. To overcome these challenges, it's important to make necessary modifications to the home and establish a support system.

Modifications to the home can include installing grab bars in the bathroom, widening doorways for wheelchair accessibility, and removing tripping hazards such as throw rugs. Additionally, technology can be leveraged to make life easier for seniors. Smart home devices such as voice-activated assistants and motion-sensor lighting can help seniors perform tasks and move around their home more easily.

Establishing a support system can be equally important. This may include hiring a caregiver or home health aide to assist with daily tasks, joining a senior center or social group, or coordinating with family and friends to check in regularly. By taking these steps, seniors can enjoy the benefits of aging in place while maintaining their independence and staying safe and healthy. ■



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

### LAWN care continues to evolve

I've witnessed many changes in the lawn care world since the beginning of our company 48 years ago. Forty-eight years of service in this industry has seen changes in available turf knowledge, turf equipment that accurately delivers product, improved grass varieties, and significant improvements in weed control/insect control products.



What does this mean for you? Superior results for your lawn using fewer material inputs. This is possible because we now have better products and improved knowledge of how grass grows. It also means that lawn care prices have not risen as much as other consumer products. Lawn care is still affordable, while providing great results.

Right now, most lawn care companies are making decisions on the products they will be using on your lawn in 2024. I represent a company that makes an effort to use products that are classified as reduced-risk environmentally by the Environmental Protection Agency and products that require minimal amounts to be effective. These products are not always the cheapest, but we utilize them in our product portfolio because it is the right thing to do.

Don't be afraid to ask your lawn care provider how they have selected the products they use on your lawn. ■

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

## HEALTH

By Lance Andersen

### GET LOST — in a daydream

*"How will you go about finding that thing the nature of which is totally unknown to you?" —Meno.*

This may seem like a philosophical question, but it appears just as important for every individual to answer today as when it was first said in ancient Greece. Wishing others to "get lost" could be well intentioned, because getting lost can cause what was unfamiliar to appear. "Lost" comes from the Old Norse "los," and one translation is "falling out of formation." This implies it's an action rather than a state of being.



Good news is you can access the expansive blue from anywhere thanks to the power of your mind. Daydreaming stimulates creative innovation in the brain's right hemisphere but also activates the hippocampus, which suggests this could help improve learning and memory. Somewhat paradoxically, daydreaming about recent events helps cement them into memory, so the wandering mind is perhaps never lost. If daydreaming sounds lazy, call it "quiet wakefulness," which is a relaxed state of environmental awareness that helps us process things when we are both awake and at rest. Without it, we may never have heard of Einstein. It's up to you to find what "flow state" helps spontaneous connections in your brain. It's clear from MRI scans that your brain is very active during daydreaming, but how active is it at other times? ■

Information provided by Lance Andersen, LMSW, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [andersen@sstherapyandconsulting.com](mailto:andersen@sstherapyandconsulting.com).

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## LIBRARY

By Olivia Osborn

# ADEL Public Library news

We are accepting donations for our garage sale until April 8. We will accept donations of antiques, CDs, décor, DVDs, holiday decorations, homeware, kitchenware, puzzles and games, toys and vinyl records. For more information about donating, you can reach us at 515-993-3512.

### Storytimes and Winter Playtime

Storytimes and Winter Playtime are great opportunities to get out of the house with your little ones in the winter.

- Move & Groove Storytime (0-5 years old) – Every Tuesday in February at 10 a.m.
- My First Storytime (0-36 months) – Every Wednesday in February at 9:30 a.m.
- Preschool Storytime (3-6 years old) – Every Thursday in February at 10 a.m.
- Winter Playtime (2-5 years old) – Feb. 2 and 16, 9-11 a.m.
- Dallas County Conservation Storytime (ages 3 and older) – Feb. 12 at 10 a.m.
- Valentine's Day Storytime with Miss Paula (3-7 years old) – Feb. 14 at 4 p.m.
- Preschool Heart Explorers – Feb. 22 at 10 a.m.

### After School Programs

Bored after school? Not anymore. Check out all of the awesome programs we have coming up.

- \*Elementary Fun: Minute to Win It Games (grades K-5) – Feb. 6 at 4 p.m.
- Teens: Anti-Valentine's Day Party (grades 6-12) – Feb. 8, 4-5:30 p.m.
- \*No school: Heart Camp (grades 2-6) – Feb. 9, 10 a.m. to noon.
- \*Teen Nerf Battle (grades 6-12) – Feb. 9, 2-4 p.m.
- Teen: Cocoa & Bingo (grades 6-12) – Feb. 15 at 4 p.m.
- \*STEAM with ISU Extension: Take a Chance (grades K-5) – Feb. 20 at 10 a.m.
- \*Elementary Book to Art: Collaborative Hearts (grades K-5) – Feb. 20 at 4 p.m.
- Teen Heart Explorers (grades 6-12) – Feb. 22 at 4 p.m.
- \*Library D&D (grades 7-12) – Feb. 23, 2-4 p.m.

### Adult programs

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

- Exercise Group – Monday through Thursday at 9 a.m.
  - 50's Plus Senior Gathering – Feb. 6 and 20 from 10 a.m. to 1 p.m.
  - \*Yoga at the Library – Every Wednesday in February at 5:45 p.m.
  - Adult Speaker Series: Welcome to Medicare – Feb. 6 at 10 a.m.
  - Brown Bag Book Club – Feb. 8 at noon
  - Homeschool Meet-Up – Feb. 12, 9-11 a.m.
  - Cook Book Club – Feb. 21 at 11 a.m.
  - Iowa History: Portrait of Glen Miller – Feb. 22 at noon.
  - Evening Book Club – Feb. 29 at 6 p.m.
- \*Programs with an asterisk require registration. You can easily register at adelpl.org.

**Note:** The library will be closed Feb. 19 for Presidents Day. ■

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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](mailto:tammy@iowalivingmagazines.com)

### Dallas County Conservation events

To register for events, visit [www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation), click on “Public Programs” and scroll down to see program descriptions and to register. If you don’t have computer access or need assistance, call the DCCB office at 515-465-3577.

#### Hard Water Hike

Sunday, Feb. 4, 1-2:30 p.m.  
Snyder Tract, Minburn

Take a hike on the “hard water” of the frozen North Raccoon River and ponds at Snyder Tract and enjoy these natural areas from a new perspective. In the event of warm weather, the program will be held as a land-based hike. Registration required.

#### Night Hike

Wednesday, Feb. 7, 6-7:30 p.m.  
Voas Nature Area, 19286 Lexington Road,  
Minburn

As day turns into night, most people head indoors. However, this is the time when most animals become active. The program begins shortly after sunset to acclimate participants’ vision to darkness. Then explore your senses, view the night sky and call owls. Your perception of the dark will never be the same. Registration required.

#### Valentine’s Adult Evening Hike

Tuesday, Feb. 13, 7-8 p.m.  
Voas Nature Area, 19286 Lexington Road,  
Minburn

Join a naturalist on an evening stroll around Voas Nature Area to learn about mating behaviors and courtships of wildlife. Dress for the weather. This hike is for adults age 18 and older only. Registration required.

#### Eagle Watch

Sunday, Feb. 25, noon to 4 p.m.  
Saylorville Reservoir, Cottonwood Recreation  
Area

The return of the bald eagle is a conservation success story and a cause for celebration. Gather at the open waters below the Saylorville Reservoir, where these birds historically congregate, to learn about their recovery. Spotting scopes or binoculars are recommended. This program is a joint effort between DCCB, Iowa Audubon and the Corps of Engineers.

#### Wilderness Trail Tales

Monday, Feb. 26, 7:30-8:30 p.m.  
Hanging Rock, Redfield

Last summer, for the 29th year running, DCCB led a backpacking trek to the 4-million acre Selway-Bitterroot Wilderness complex in Idaho. Join a group by a fire to view the photos, hear the stories and learn the lessons of the nine high schoolers who hit the trail on this hike. Registration required.

#### Voas Volunteer Day

Saturday, March 2, 9 a.m. to noon  
Voas Nature Area, 19286 Lexington Road,  
Minburn

November’s Voas Volunteer Day was such a success that DCCB is having an early spring volunteer day as well. The group will use loppers and handsaws to continue clearing an oak savanna area that is overgrown. Children are welcomed and encouraged to participate. Registration required.



## February is National Children’s Dental Health Month!

- Schedule your child’s first dental checkup by their 1st birthday
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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](mailto:tammy@iowalivingmagazines.com)

### 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.

### Third Monday Bingo

Monday, Feb. 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.

### Soup Supper and Bake Sale

Feb. 10, 4-6 p.m., Peace Lutheran Church, 34128 L Ave., Adel

A freewill offering soup supper is being held at Peace Lutheran Church, located just north of the KOA Campground on P58. Baked goods will be available for sale.

### Rhythms of Grace FUNdraising GALA

Saturday, Feb. 3  
Iowa State Fairgrounds

The Rhythms of Grace FUNdraising GALA is not your typical gala. Put on your western wear (or business casual if that's more your speed) and plan on a fun night with dinner (enjoy some great barbecue), a dessert auction, live music, games, live and silent auctions, and a heart-warming program that will leave you inspired as you learn about Rhythms of Grace's equine therapy programs and the lives being transformed with horses, hope and healing. Plus meet their new miniature horses live and in person. Tickets are available at <https://my.onecause.com/event/organizations/f231ab3a-e996-4b64-8f34-83e6aaf3ff57/events/vevt:b897a05a-3946-4ca4-87b6-95731f76f8cc/home/story> or by scanning this QR code.



### Red & Black Bash Fundraiser

Saturday, Feb. 24  
Country Lane Lodge, 29300 Prospect Circle, Adel

The ADM Alumni Association is proud to present the fifth annual Red & Black Bash Fundraiser. Doors open at 6 p.m. Raffle prizes, silent auction, DJ, food and drink are featured. All ADM supporters are welcome. Tickets are \$20 in advance and \$25 at the door.

### CITYVIEW Chocolate Walk

Friday, Feb. 23, 5-9 p.m.  
West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? Then you'll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. To purchase tickets, visit [chocolatewalk.dmcityview.com](http://chocolatewalk.dmcityview.com). ■



# Thank You!



Dr. Elizabeth Holland

Dr. Lisa Kilgore

Dr. Nicole Powers



## ADEL VETERINARY CLINIC

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# HOW TO endure a hard season

Have you noticed how often people tend to call God “good” when times are good? But when times are hard, well, that’s a different story.

Sometimes, we let our circumstances determine our view of God and His goodness. Sometimes we use hardship as evidence to charge the Lord with being uncaring, distant, cruel, or worse. But it is possible to experience God’s goodness in any and every season of life... including suffering or times of confusion.

In the Bible, a man named Habakkuk struggled with God. To be more exact, he was angry and confused with the Lord due to his circumstances. But he made this declaration in prayer: “Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food,



though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior” (Habakkuk 3:17-18).

Why would he say this? He made the surprising decision to rejoice in the Lord even when the hardships were still there. The reason he did this — and so can you — is that he learned something important: God’s goodness is not determined by circumstances, and it is possible to experience joy or peace in Him even in the chaos of a life storm. When you think back over your life, have you ever experienced His joy or peace in a very difficult time or had the overwhelming sense that God is good even when your situation is not? One of the hardest things for a follower of Jesus is to learn that the Lord is always good, no matter what we go through.

The truth is, how you and I respond to a hardship reveals a lot about us. It shows what is already in our heart. It exposes the health of

our faith in the Lord. This is the reason some endure suffering and become more tender and Christ-like, and others get harder and more bitter.

Every person reading this article, including you, is going through something. Are you experiencing God and His goodness in your “something”? No matter who you are or what you’re going through, here is my challenge for you: Seek the Lord with all your heart and in every life circumstance. Give your “something” to Him in prayer. Open the Bible and learn more about who God is and His heart for you. Then watch Him work. The winter months can be hard, and 2024 has not been easy for our community, but I hope you experience the goodness of God during this time in your life. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).

## Indoor Pickleball Courts in Adel?

# YES!

We invite you to our new Family Life Center

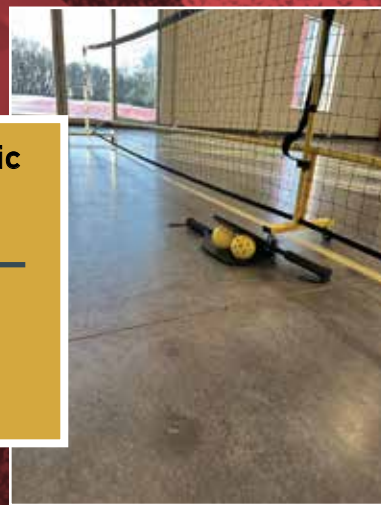
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Friday, February 16  
Friday, February 23  
Friday, March 1



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## FIESTA Mexican Restaurant

Chamber supportive since day one

Finding the right combination as a restaurant owner is not an easy task. Decisions about hiring, expenses, supplies and other factors often overshadow the heart of the business — quality food.

Yet, Antonio Berber has found the right combination for his business, Fiesta Mexican Restaurant, located at 715 Main St. in Adel. Fiesta is a full-service restaurant and bar, serving homemade Mexican food. Birria Quesatacos is their best-selling signature item, along with dozens of other Mexican specialties.

Antonio began his career at Los Tres Amigos in Waukee in 2003 and was named general manager at age 19. Shortly after that, he quit, opening a new restaurant with his brother and another partner.

"I figured the restaurant business was a simple and easy way to make money. Boy, was I wrong. Our first restaurant failed," he recalls. "And several more after that."

He finally found success. In 2014, he opened the first Fiesta location in Pleasant Hill; the Adel location followed in 2017 and West Des Moines in 2019.

While considering the Adel location, Antonio reached out to Adel Partners Chamber of Commerce.

"The chamber has been very supportive since day one in 2017. They helped to promote our business," he says.

Recently he learned that Big Al's closed in Adel. He contacted Deb Bengtson at the chamber for information about the building.

"She helped make the introduction. We made an agreement with the building owner to move into the new place," says Berber.

However, it took a lot longer — and twice the amount of money planned — to remodel the current location.

"I am very happy with the end result and even happier with the response from our wonderful community and the surrounding areas who show us so much love and support," says Berber.

"Other businesses have cut back in labor costs. I've resisted that as much as possible," he says. "Sometimes our sales don't justify our labor cost. I see it as a long-term investment in customer service."

Berber says he likes the small-town charm of the historical downtown district. "It's so well positioned geographically. People in Adel focus on supporting local businesses, which is amazing."

He recommends anyone who plans to open a small business become a member of the chamber.

"Being a chamber member has so much potential. Take advantage and use all the resources available at the chamber to make your business a success," he says. ■



Antonio Berber says he appreciates the support of the community and Adel Partners Chamber of Commerce for his Fiesta Mexican Restaurant.

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

# RESIDENTS' Choice

Dallas County Residents' Choice favorites received their certificates.



Jess Weil and Tim Baldon, Baldon Hardware



Reese Hood, Chasity Davis and Kelly Buckingham, Texture Salon



Jodi Kuhse, Luellen Chiropractic



Dr. Barbara Scheetz, Adel Vision Clinic



Miranda Broeker and Amber Broeker, Ambro's Roadhouse



Bart Banwart, Banwart Tax & Accounting



Kevin Howe, Cullen Howe ReMax



Makayla Putz, The Morning Grind Coffee



Staff of Fiesta Mexican Restaurant in Adel



Dr. Kelly Sedars, Adel Family Dentistry

## OUT & ABOUT



ADM basketball cheerleaders, Melody Koons, Jayda Petithory, Morgan Collins, and Kaydance Livingston, in Adel on Dec. 12.



Sadie Pane and Elisabeth Michael, Patrick's Restaurant, accept the Residents' Choice certificates.



Jim Book, Alley Auto Sales, accept the Residents' Choice certificate.



Jeff Whipple and Cory Johnson, Adel Fareway, accept the Residents' Choice certificates



Trevor Jayne, Adel Public Library, accept the Residents' Choice certificate.



Julianna Cullen, Cullen Howe Real Estate accept the Residents' Choice certificate.



Adel Kiwanis member, Mark Hantsbarger, congratulated ADM Kiwanis Students of the Month, Madison Siefken and Marissa Gerleman, at the Jan. 23 club meeting at Patrick's Restaurant in Adel.



The Adel Lions Club donated \$2,500 to Blue Kindness. Adel Police Chief, Wade Book, and the non-profit founder, Dennis Leininger, received the check at the Jan. 22 club meeting in Adel.

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Make a tax-savvy move this holiday season and year-end! Donate your car, truck, boat, RV, and more to champion our veterans. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax deduction. Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

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Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

MobileHelp, America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 1-888-489-3936 (ACP)

Free high speed internet if qualified. Govt. pgm for recipients of select pgms incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet. Android tablet free w/one-time \$20 copay. Free shipping. Call Maxsip Telecom! 1-833-758-3892 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24 Call 1-844-501-3208

# EARN MONEY *Back*

Amare Vita at Shadow Creek is offering incredible incentive offers that you don't want to miss!

- Get \$20,000 credited back at closing if you close by the end of March 2024 as one of the next 5 buyers.
- Choose Bank Iowa for financing, you can receive an additional \$2,000 lender credit.
- Enjoy no HOA fees until the community clubhouse opens.

*This opportunity won't last long!*

**4401 N Warrior Lane, Clive**

*A mile west of Alice's Road, south of Meredith*



Scan to see our amenities  
& floor plans

## 7 MODELS TO CHOOSE FROM! STARTING AT \$497,000

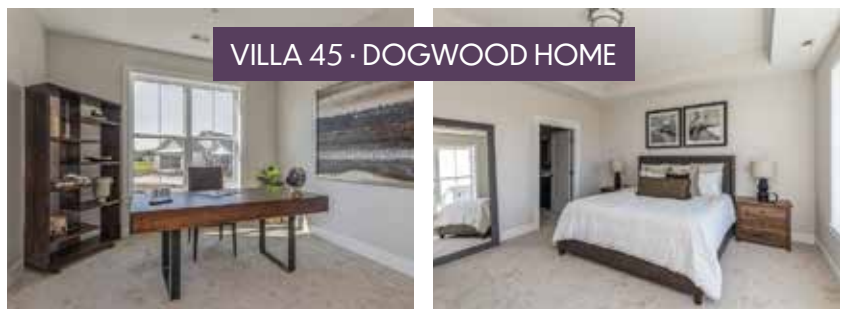
2 Bedrooms • 2 Bathrooms • 2+ Garage Stalls • 1,672 sq. ft to 2,193 sq. ft  
3 Bedroom, 3 Bathroom, 2-story also available

- Low maintenance lifestyle
- Premier Shadow Creek location
- Easy access to surrounding community



MAVENCURX  
DEVELOPMENT

**AMARE VITA**  
— SHADOW CREEK —



A COMMUNITY DEDICATED TO ACTIVE ADULTS

515-528-1001 • [amarevitaliving.com](http://amarevitaliving.com)

*Coming Soon!*

Located at 81st Street and Stagecoach Drive in West Des Moines!

# AMARE VITA AT HIGH POINTE

Enjoy the same amenities of  
a low-maintenance lifestyle  
while living in luxury.

- Targeted move-in availability Fall 2024.
- Tour houses at Shadow Creek to see your new home before it's done.
- Take advantage of presales to jumpstart the selection process.

# SALE

## 64<sup>th</sup> Anniversary!

SALE PRICES GOOD FEB. 1-FEB. 29, 2024

MAYTAG®



\$2,799  
- \$300  
In-Store Rebate  
**\$2,499**  
TOTAL

**25 Cu. Ft. French Door Refrigerator**  
PowerCold® Feature  
Fingerprint Resistant  
LED Lighting  
MFI2570FEZ

MAYTAG®



\$899  
- \$125  
In-Store Rebate  
**\$774**  
TOTAL

**Maytag Range.**  
5.3 cu. ft. oven.  
5 burner. Steam  
clean. MER4600LS

MAYTAG®



\$1,299  
- \$200  
In-Store Rebate  
**\$1,099**  
TOTAL

**33-Inch Wide Top Freezer Refrigerator**  
With Evenair™  
Cooling Tower  
21 Cu. Ft.  
MRT711SMFZ

Whirlpool®



**Whirlpool Dishwasher**  
3 rack. Fingerprint resistant.  
WDTA50SAKZ

\$999  
- \$200  
In-Store Rebate  
**\$799**  
TOTAL

### CELEBRATE!

## 12 MONTHS 0% INTEREST

AVAILABLE WITH  
QUALIFYING  
PURCHASE

Whirlpool®



**Whirlpool Washer:**  
4.7-4.8 cu ft  
• 2 in 1 Removable Agitator  
• Built-In Water Faucet  
• Deep Water Wash Option  
• Presoak Option  
WTW5057LW

**Whirlpool Dryer:**  
7.0 cu ft  
Top load electric  
moisture sensing  
dryer with steam &  
wrinkle shield  
WED5050LW

**\$749\***  
EACH  
\*PRICE FOR PAIR ONLY

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