

Living

Trip OF A lifetime

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of their dreams-come-
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WELCOME

104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may be differ, I am happy to be along for the ride.

Thanks for reading. ■



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Jodi Selby's daughter, Rori, with an Eiffel Tower tour guide.



Trip OF A lifetime

By Chantel Boyd

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.

Residents share stories of their dreams-come-true vacations

Having fun, learning and bonding

Jackie Giles, her daughter, Piper, and Stephanie Postel and her daughter, Mackenzie, along with their friends from Girl Scout Troop 505 took a trip of a lifetime to Europe in July 2022.

“Troop 505 had three girl scouts left by their senior year who all completed their Girl Scout Bronze, Silver and Gold Award projects. I told them I would support what they wanted to do, and one of the scouts said, ‘Let’s go to Paris,’” says Jackie, who is the troop leader.

Jackie held up her end of the bargain. They started a fundraising drive that went on for more than two years with cookie sales, yard sales, craft sales, and other activities.

“We then had extra time due to COVID. Our trip was pushed forward for a year,” says Jackie.

“The voyage was about exploring and learning more than our culture and country,” says Mackenzie.

Stephanie agrees the trip was to widen the troop members’ horizons.

“The girls enjoyed learning about and spending time in other countries,” she says.

Troop 505 and their companions traveled to London, Paris and Lucerne, Switzerland. They visited the Pax Lodge in England and Our Chalet in Switzerland, which are two World Association of Girl Guides and Girl Scouts (WAGGS) sites.

“We were able to participate in pinning ceremonies and meet other scouts. Our tour was not only Girl Scouts-related, but we could also visit other well-known places. Switzerland, especially Mount Pilatus, was the favorite spot on the tour,” says Jackie. “We used the travel organization EF (Education First) because, as the leader, I needed the ‘easy button,’” says Jackie.

EF helped the group every step of the way.

“Even though the trip seemed quite expensive, the price included the travel, the transportation in the country, most of the meals, the entrances to the events we participated in with no waiting in line, and even a tour guide the entire time. I did not have to worry about anything once we landed,” says Jackie.

The trip was about much more than sightseeing and education. It was also an opportunity for bonding.

“Even though the girls knew one another before, different bonds were made,” says Jackie. “They were independent, brave and tried everything that was offered, overcame obstacles and learned to practice patience.”

“I loved seeing and enjoying a once-in-a-lifetime experience with my daughter,” says Stephanie.

The trip was the summer before Piper’s high school graduation.

“And what a senior trip,” says Jackie. “We experienced something that would stick with us forever.”

Piper’s favorite memory was from Switzerland.

“I enjoyed the Swiss Chalet and hiking up to the waterfall on the side of a mountain and the overall view,” she says.

Piper’s advice to other would-be travelers is to choose travel companions wisely.

“Travel with friends because the memories made are priceless,” she says.

Troop 505 had such a fantastic and memorable time that they asked to go back to Switzerland, she says.

“We are planning another ‘school trip’ in July 2025 to Germany, Switzerland and Austria. Again, the easy button with EF provides an itinerary, which would be places I would never think to take the students to visit,” she says.



Jackie Giles, her daughter, Piper, and Stephanie Postel and her daughter, Mackenzie, along with their friends from Girl Scout Troop 505 took a trip of a lifetime to Europe in July 2022, with a stop at the Eiffel Tower.

Traveling perks of the job

Jodi Selby of Adel switched careers a couple of years ago and now works for an international company that has her traveling to Europe every fall. The whole family — Jodi and her husband, Scott, and their daughter, Rori — benefits as they are able to take trips they wouldn’t otherwise be able to manage, says Jodi.

“In 2022, Rori went with me to Düsseldorf, Germany, and we added a few days and went to Paris,” she says.

Last year, Scott went with Jodi to Barcelona, and they also added on a few days to go to Milan with a day trip to Switzerland.

“We thought the train ride up the Alps was spectacular,” she says.

“I am very fortunate to have the opportunity to travel abroad for work and combine some personal time as well,” says Jodi. “I travel to Europe for work once a year and add additional days to explore.”

One quintessential European destination stands out in her memories of her first work trip with Rori.

“My favorite memory from 2022 was seeing the Eiffel Tower with my daughter and the amazing croissants in Paris,” she says.

Her travel experiences taught her some lessons. If she could go back to her early trips, she says she would have spent more time preparing.

“One thing I would have done differently is learn more about the metro systems,” she says. “We figured them out eventually, but studying up a little ahead of time would have cut out some confusion that goes along with not knowing the foreign language.”

Jodi’s advice for would-be travelers to Europe, for work or pleasure —

FEATURE

or, like in her case, both — is along the same lines.

“Learn the metro systems in Europe. Europe has wonderful and affordable public transportation,” she says. “Also, the hop-on-hop-off bus tours are usually of great value and allow you to see the highlights.”

Commemorating a last wish

Lisa Sheehy has lived northwest of Adel since 1999 and has been a Dallas County resident her entire life. When her partner of 32 years, Michael Day, passed away on March 1, 2022, she decided to commemorate his last wish by traveling.

Lisa took a snowmobile trip in Mike’s memory from Feb. 27 to March 4, 2023. She visited Jackson Hole, Wyoming, and Togwotee Mountain Lodge in Moran, Wyoming.

Before his death, Michael was granted a final wish from the Dream Foundation. Michael wished to take that exact trip with Lisa.

“Unfortunately, we never got to take that trip,” says Lisa.

Lisa was determined to cross this trip of



Jodi Selby and her daughter, Rori, at a café in St. Moritz, Switzerland.

a lifetime off her bucket list, and her lifelong friend, Kelli Killmer, agreed to accompany her.

“When you have a friend willing to go on a crazy adventure with you, you know you have a true friend,” says Lisa.

On March 1, 2023, the snowmobile guide took them to the Grand Teton Overlook in the Bridger-Teton Forest, where Lisa honored Michael.

“I spread some of Mike’s ashes on the first anniversary of his passing,” she says.

In preparation for the trip, Kelli and Lisa did individual research online. Then, they met



Lisa Sheehy and friend Kelli Killmer took the dream trip that Lisa was to take with her partner of 32 years, Michael Day. Michael passed away before the trip could be taken.

in person to compare notes, map out a timeline, finalize the details, and book the flight, lodge, hotel and excursions.

“I loved the breathtaking scenery and finally getting to see, with my own eyes, the area that Mike had visited several times; the horse-drawn



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sleigh ride through the National Elk Refuge; dog sledding; and having a private snowmobile guide.”

The only thing Lisa would have changed is for the trip to have been longer.

Lisa advises other travelers to do what she and Kelli did: research and rely heavily on reviews.

“Take the time to research, read online reviews, read Facebook groups. Google is your friend. Eat at restaurants we don’t have in our area,” she says.

Since returning, Lisa has looked through the hundreds of pictures she and Kelli took and finds peace, healing, and even joy in the memories she made.

“I can’t wipe the smile off my face,” she says.

Lisa is grateful for Kelli to have joined her on this excursion.

“Thank you, Kelli, for joining me on this unforgettable experience,” she says. “We laughed when we used Mike’s motto of ‘Just gas it!’”

In March 2024, Lisa plans to return to the same site near Jackson Hole, Wyoming, to commemorate two years since Mike’s passing and ride snowmobiles once again.

Revisiting tour of duty

Sheila and John Sparling of Adel recently took their trip of a lifetime. John is the De Soto police chief and formerly was with the Adel Police Department for 17 years. Their trip paid homage to John’s time in the Air Force before serving in the police force.

“My husband and I traveled to Europe this past September 2023,” says Sheila. “We were in France, Germany, and a few hours in Switzerland. John was stationed in Germany in the 1980s while serving in the Air Force. He wanted to go back and show me sites he loved while there. I had never been to Europe until this trip.”

The trip was especially memorable because the couple also celebrated their silver anniversary.

“We planned it to celebrate our 25th wedding anniversary,” says Sheila. “Our anniversary was in August, but we traveled the last two weeks of September as it was considered off-season and much cheaper.”

Sheila and John started planning for the trip in January 2023. They selected their flights in late January or early February. They booked hotels next and the rental car soon after.

“Since my husband had been there before,



Sheila and John Sparling at Rheinfall, one of the stops they made on a special trip to Europe. John planned the trip to show Sheila some of his favorite sites from when he was stationed in Germany.

he did feel comfortable driving,” she says. “It was straightforward with navigation to get around.”

Sheila also learned some basic French with the help of an app.

“My husband knew German basics, so we managed between the two of us,” says Sheila. “Most people realized we were American, spoke English, offered English menus, etc. Google Translate was also helpful.”

Sheila’s family also had ties to the European destinations they traveled to, which added another layer of meaning to the trip.

“I accomplished so much in our week there,” she says. “We went to Normandy. My grandfather was in WWII, and I only heard two stories. He never got to walk on the beach of Normandy because of the mass casualties and got shot before they took the Rhine. I walked on the beach and got to see the Rhine River. No one in my family has done either.”

Sheila and John also went to the largest waterfall in Europe.

“Rheinfall in Switzerland was so huge and powerful,” she says. “I love waterfalls, and my husband indulged me. It was worth a small detour, he agreed. Plus, it was new to him. He hadn’t seen this until our trip.”

John wanted to spend a couple of days in Heidelberg, Germany.

“When he was stationed in Germany, it was a favorite place to visit,” she says. “He loves castles. The Heidelberg Castle was so worth

visiting. The scenery is breathtaking around it.”

Sheila and John also spent a day and a half in Paris. Still, she says she would have swapped this popular destination for another overlooked locale.

“I would not do this again,” she says. “I would spend more time exploring lesser-known spots. Another favorite of ours was Reims, France. The city has a lot of character, and I’d prefer to go there over Paris.”

Sheila’s advice to other travelers is simple: research.

“Research, research, research,” she says. “If you are OK with going off-season, it’s cheaper. We didn’t pay for expensive lodging; our rooms were exceptional. We booked places that included meals, so we only ate two meals daily. We walked a lot, ate good food, and just took in the scenery for all its beauty.”

Their airfare was half of what it would have been a month earlier, which also helped with their budgeting.

“We had some long layovers, but we made it work,” says Sheila. “Again, it’s cheaper if you’re not on a time crunch and don’t want to travel on a more prominent airline. We got there and back with no issues.”

The couple also booked a few sightseeing tours.

“Once we knew where we were going, I Googled all I could find around the area to take in. I shared ideas with John, and we assembled an itinerary, which we adhered to,” she says. ■

THE \$12 million disappointment

Live comfortably, protect your nest egg, AND grow your investments. Is that too much to expect in retirement? It's what retirees want, but how do you get there? If you're like most folks, navigating the retirement planning maze can feel daunting. Here's the good news. You're not alone. The key isn't necessarily a complex strategy; it's about having a clear understanding of the numbers and what they mean.



We recently met with a couple, age 55; their financial advisor told them that the \$1 million they saved for retirement would grow to \$12 million by age 100. You might think the couple would celebrate, sit back, and get ready to enjoy retirement, but they didn't. They came to us and said something just didn't look right.

So, we took that \$1 million retirement savings and put together two comprehensive retirement plans. One showed them with \$1.7 million at age 100 (using a 6% rate of return), and the other showed them running out of money at age 88 (using a 4% rate of return).

So why are the projections so different? We need a clearer understanding of the numbers. The \$12 million projection did not include spending, taxes, or inflation. The advisor focused on one thing: investments. Plus, the projected rate of return was 8%.

We start our planning process by asking the couple about their lifestyle, what they want to do in retirement, and figuring out how much money it will take to pay for those things. Then, we work on an investment plan that doesn't solely rely on the stock market; we call this building a recession-resistant portfolio. We also like to use conservative stock market rates of return assumptions, like 4-6%, then, if the

market is great, you are ahead, but if the market is down, the plan still works.

Though our comprehensive plan showed them with more than \$10 million less at age 100 (even running out of money in one scenario), they felt better about the numbers. Why? We laid out a clear plan that includes how they are going to fund their retirement lifestyle, invest for growth, take steps to reduce their retirement tax bill, pay for health care, and leave a legacy with whatever is left when they are gone.

Now, they are heading into retirement with a clear understanding of how they could live comfortably, protect their nest egg, AND grow their investments. ■

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EDUCATION

By T.K. West

MEET Chloe Safley

From "ogre" hands to art

After attending North Polk High School, Chloe Safley studied painting and secondary education at Drake University. When she graduated, she was looking to teach high school art at a school similar in size to the one she grew up attending. This led her to apply to the Adel-DeSoto-Minburn Community School District. This is her first year teaching art with the district. So far, her favorite thing about working with the district has been the support system in place for new educators.



Chloe Safley is in her first year teaching art at the ADM High School.

"Our current leadership has been supportive, and the instructional mentors have really helped me learn and develop my craft as a teacher and better serve my students. The kids have also been super welcoming, teachable and, overall, pretty respectful. We have a good bunch here at ADM," Safley says.

She enjoys working with students at the high school level because of their enthusiasm as they create their art and their ability to push through challenges and develop skills.

Safley's students start with the basic assignments that train them to draw what they see. For example, a classic is what she calls drawing "ogre hands," or blind contour drawing. For this project, Safley's students practice drawing their hand without looking at their paper, and the results are generally "ogre-ish" and funny.

In addition, Safley's students collaborated to spell out a saying in American Sign Language for the hallways. This spring, her students will create imagined cardboard trophy animals or monsters that focus on front or side profiles to hang in the halls. In her photography class, Safley's students were assigned to create a client persona and then try to capture that persona in a portrait.

"I have seen many students, even in the past year, develop skills that they didn't know they could attain. That moment when they start to get it, when the hard work pays off, is my favorite part about working with these young people," Safley says.

She is excited about upcoming projects and a potential student community collaboration with the Dallas County Fair Board. When not teaching, Safley enjoys doodling and creating "cool" things. She also likes playing piano, getting outdoors, and spending time with her family, friends and church family.

"It has truly been a blessing to work with the students and staff at ADM this past year, and I look forward to the future, all the cool stuff we will make in the art room and all the relationships that will come through this creating," she says. ■

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RIGHT at home

Ample space for kids, guests and baking

Since moving to Adel a few years ago, Katie McGinnis and her husband, Conner, have found their appreciation for the community has only grown.

Their home gives them the space they need with three little kids, as well as a private backyard. What McGinnis likes most is the ample room on their main floor.

“This is where we spend most of our time,” she says. “It’s open, and I can watch my kids, whether they are playing inside or outside. I also love that we have a large front dining room with plenty of room to host people for dinner. Our basement flooded completely after living here a few months, so we transformed the space into an office for my husband and bakery kitchen for me. I also love our large back deck, where you’ll find me most days in the summer.”

The basement kitchen serves as home to McGinnis’s business, Beautiful Bread Co., through which she sells all things sourdough: bread, cookies, pizza crust and more. Many people stop by the McGinnis home as they pick

up their goodies each week.

“My hope is that my bread is a place of gathering for people, a reminder for people to slow down and share a meal with someone they love,” she says. “I’d love to expand this year and be able to offer bread in some local stores or coffee shops, as well as finding ways to give back and inspire generosity in the community.”

Part of what makes the Adel community so special to the McGinnises is their neighbors.

“I recall our first week living here; multiple people stopped over to say hi, bring us pizza and just welcome us,” McGinnis says. “They have all been so kind and keep an eye out for each other. They’ve brought gifts for our kids, cards when we’ve lost loved ones, mowed our lawn when we’ve been away, and it’s often a race on snowy days to see who can shovel each other’s driveway first.”

McGinnis also loves that Adel feels like a small-town community.

“You go to the grocery store and are likely to see someone you know, but it’s not just



Katie and Conner McGinnis not only enjoy their home, but the neighbors and community as well.

about that — it’s the extra care and pride the community has,” she says. “They are so supportive of one another and businesses in the community. I really do think people who live here love it and show it. It has a small-town feel of family that can’t be replicated.” ■



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NEW HOPE: Caregiving in action

Ministry team seeks to meet unmet needs.



Members of New Hope Church in Adel are following an old and famous example: the Good Samaritan. Congregation members John and Becky Parker serve as co-chairs of the caregiving team, and they've been part of the group for the past decade. Although they are currently "snowbirds" who have flown south for the winter, the Parkers stay in touch from afar to help coordinate the activities of the caregiving team they lead.

"The caregiving team is a function of New Hope Church in Adel," says John Parker. "It is one of the ministry teams, of which there are several. It formally started about 10 years ago, and it's grown since then. One of the important concepts of it is that caregiving is a churchwide function."

Parker says that, during the early days of the Christian church, nearly 2,000 years ago, it became obvious that some families and individuals had unmet needs. The early Christians responded to help meet those needs. In the same vein, Parker says the New Hope Church caregiving team is tasked with finding ways to meet unmet needs in the Adel community and the surrounding area.

"Over time, as we looked for opportunities to get involved, one of the things that we started was the provision of a church service at Adel Acres," says Parker, "We currently do a church service there once a month, on the second Wednesday. We've been doing that for several years now. And, early last year, we started offering a church service up at Spurgeon Manor in Dallas Center. Anytime there's a month with a fifth Wednesday, which happens four or five times a year, we go up and offer a church service there."

In addition to holding worship services, Parker says, "We also do a lot of visiting, hospital visits or individuals that are in care facilities. And we will give rides to people that need rides to doctor appointments or church."

Parker stresses that the caregiving is a churchwide tradition at New Hope Church, through the various teams that exist. The team he leads has fluctuating membership, currently with 24 participating.

Parker explains that the basic motto of his group is, "Anything that's brought to our attention, if we can pull it off, we'll help out with it." ■



Bob Grove of Edward Jones presents the Good Neighbor certificate to representatives of New Hope Church and its caregiving team. From left: Delores Mille, Bob Grove, Pastor Ryan Whitson, Stephanie Goodrich, Daniel Hall, Linda Emehiser, Pastor Tom Hein, Michelle Jenkins and Pastor Gabe Parker.

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If a husband and wife purchase a piece of real estate together in Iowa in 2024, and the deed lists simply, “to John Doe and Jane Doe, husband and wife” (or a married couple, or spouses to each other, or something of similar effect announcing their marriage), but it does not include the language “as joint tenants with full rights of survivorship,” and then one spouse dies, the surviving spouse automatically inherits the entirety of that real property and only need file an affidavit with the county to record the change after death. However, if two



unmarried individuals buy the same land, and there is no marital status listed, or they are listed both as single persons, with nothing else, then those two are presumed to own the land as “tenants in common,” and a full probate administration will be necessary to transfer the one-half interest of the deceased to his/her rightful heirs.

Spouses also have protected inheritance rights. Iowa has laws on the books that allow the surviving spouse to take a “spousal share” against the will in the event the spouse left him/her out of the will. These laws were enacted so widows would not be left destitute by the death of a sole breadwinning spouse, but they do not apply to unmarried couples. Iowa also exempts spouses from paying inheritance taxes to the state, while unmarried heirs must pay the tax. Qualified retirement plans default to leaving the full benefit to the spouse and require the spouse to sign off on changing that beneficiary designation before it can be done. In most instances, the surviving spouse is considered the next of kin of the deceased, while cohabitating partners, unmarried, are almost never accorded that right. Take care and plan accordingly. ■

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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James West
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UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, March 12th** at 6:00 p.m.
- **Monday, March 25th** at 6:00 p.m.

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

REMINDERS & CLOSURES:

- **Friday, March 29th:** City Hall will be closed to the public. Payments may be made online, by phone, or by dropping off payments in our dropbox that is to the left of the front door.

ADEL POLICE NEWS

Former Chief Gordy Shepherd was awarded the “Key to the City” at his retirement party on Friday, February, 2nd. The “Key to the City” award is presented by the mayor to distinguished residents and individuals to honor their substantial contributions to the City of Adel and its residents.



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. Applications are available online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

The opening for a term ending July 1st, 2025 is:
• 1 Historic Preservation Commission position

**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.*

2024 GOLF CART PERMITS:

Forms are available online at 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

PARKS & RECREATION UPCOMING ACTIVITIES:

Please register online at adel.activityreg.com.

KIDDIE KICKERS: Introductory soccer program for 3- and 4-year-olds. Parent/adult participation required. Two sessions offered on Mondays 5:30-6:15pm & 6:30 – 7:15 pm, April 8-May 13; \$40. Deadline: March 22



ADEL FAMILY AQUATIC CENTER: Swim lesson registration begins Friday, April 5 @ 8:30am. Visit registration website for session dates and details. Season passes, private pool rentals, and the birthday party packages registration begins Friday, April 12 @ 8:30am.

HIRING: The City of Adel is now hiring for spring and summer seasonal positions including: softball umpires, ballfield concessions, parks maintenance, recreation supervisor, and lifeguards, admissions, and concessions staff for the Adel Family Aquatic Center. Visit adeliowa.org/employment-volunteer-opportunities/ for more information and to apply.

LIFEGUARD CLASSES: Held at Adel Family Aquatic Center and Dallas County Sheriff’s office. Lifeguard certification class May 17 – 20. Recertification class week of May 20th, date TBD based on student availability. Email rdilling@adeliowa.org with questions and to sign up.

YARD WASTE PICKUP BEGINS: APRIL 2

Yard Waste Pickup starts up again on April 2nd. Please make sure yard waste is either in a garbage can labeled “Yard Waste” or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

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. 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.

UPDATE CONTACT INFORMATION:

It has been awhile since we have updated our resident’s information. Please visit to our website adeliowa.org/permits-and-forms/update-contact-information/. This will help so that you are able to receive the most up to date information and notifications about your City of Adel account.

OAKDALE CEMETERY POLICY:

Visit www.adeliowa.org/cemeteries to view the full Oakdale Cemetery Policies as well as any fees that would be assessed.

- The Cemetery hours are as follows:
7:00 a.m. – 8:00 p.m., April through October.
7:00 a.m. – 6:00 p.m., November through March.
- City Hall must be informed of all burials. Preparation and closure of any burial sites must be performed by City staff unless permission is received in writing.
- Graves may be decorated between November 15 and March 1, and from the Friday before the observance of Memorial Day until the Monday following Memorial Day of each year. Urns that are a part of the headstones may be decorated at any time.
- Approved decorations include live and artificial flowers and wreaths, flags, and holiday decorations, and must be in-line with the headstones.
- Annuals and perennials may be planted adjacent to, and in-line with, the stone if tended by the lot owner. No other sod displacement will be allowed.
- Permanent plantings (trees, bushes, etc.) must be approved by the Park Board.
- No glass or metal containers, planters, or ornaments are allowed for any purpose.
- All headstones must be placed in line with existing headstones. In the absence of adjacent stones, headstones must be placed at the head of grave at the end of the cemetery space.
- All foot stones and commemorative plaques must be mounted flush with the ground.
- No dogs allowed.
- No fishing from the cemetery.

RECIPE

EASY Easter eats

(Family Features) Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.

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BENEFITS and risks of magnesium supplements

In the realm of supplements, magnesium stands out as a crucial mineral essential for various bodily functions. While it's abundant in many foods like leafy greens, nuts and seeds, some individuals turn to magnesium supplements to ensure they meet their daily requirements.



Benefits of magnesium supplements

1. Supports bone health: Magnesium plays a vital role in bone formation and density. Supplementing with magnesium can contribute to maintaining strong bones and preventing conditions like osteoporosis.

2. Regulates muscle function: Magnesium is involved in muscle contraction and relaxation. Adequate magnesium levels may help alleviate muscle cramps, spasms and tension, making it beneficial for athletes and individuals with muscle-related issues.

3. Promotes heart health: Magnesium is crucial for maintaining a healthy heart rhythm

and supporting blood pressure regulation. Supplementing with magnesium may reduce the risk of cardiovascular diseases by supporting proper heart function.

4. Aids in energy production: Magnesium participates in more than 300 enzymatic reactions in the body, including those involved in energy metabolism. Thus, adequate magnesium levels are essential for optimal energy production, reducing fatigue and boosting overall vitality.

5. Supports mental wellbeing: Magnesium plays a role in neurotransmitter function and mood regulation. Some studies suggest that magnesium supplementation may help alleviate symptoms of depression and anxiety, though further research is needed in this area.

Risks of magnesium supplements

1. Digestive upset: Some individuals may experience gastrointestinal discomfort, including diarrhea, when taking magnesium supplements, especially in high doses or certain forms like magnesium citrate.

2. Interaction with medications:

Magnesium supplements can interact with certain medications, such as antibiotics, diuretics and medications for heart conditions. It's crucial to consult with a healthcare professional before starting magnesium supplementation.

3. Risk of toxicity: While rare, excessive magnesium intake from supplements can lead to magnesium toxicity, resulting in symptoms like nausea, vomiting and cardiac abnormalities. It's essential to adhere to recommended dosage guidelines and avoid excessive supplementation.

4. Impact on kidney function: Individuals with impaired kidney function may be at a higher risk of magnesium accumulation in the body, leading to potential complications. People with kidney issues should consult with a healthcare provider before taking magnesium supplements.

In conclusion, magnesium supplements offer numerous potential health benefits. However, it's essential to be mindful of potential risks and consult with a healthcare professional. ■

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

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HEALTH

COLORECTAL Cancer Awareness Month

Hello! March is the start of Colorectal Cancer (CRC) Awareness Month. CRC refers to cancer that affects the colon (large intestine) and/or the rectum. Colorectal cancer is the third most diagnosed cancer in males and the second in females, according to the World Health Organization. CRC incidence is approximately 33% higher in males than in females and is approximately 20% higher in Black Americans than in white Americans.

There are many factors that can contribute to CRC. Several potentially modifiable factors, including obesity, diabetes, tobacco use, excess consumption of alcohol, excess consumption of processed meat, and lack of physical activity, have been routinely identified as risk factors. Additionally, family history is also a major non-modifiable contributor to increased risk for CRC. Unfortunately, CRC rates have begun to rise in populations younger than 50 years of age. Both the American Cancer Society and the United States Preventive Services Task Force recommend screening, for average risk individuals, begin at 45.

The idea of screening for CRC doesn't have to be scary, and there are several screening options available. The gold standard for screening for CRC is the colonoscopy and will provide the best opportunity to detect CRC. However, there are other options, many of which can even be done in the comfort, and privacy, of your own home. Make an appointment today to discuss your screening options. ■

Information provided by The Iowa Clinic, 710 Common Place, Adel, IA, 50003, www.iowaclicin.com. Sources: https://www.uptodate.com/contents/epidemiology-and-risk-factors-for-colorectal-cancer?search=colon%20cancer&source=search_result&selectedTitle=8~150&usage_type=default&display_rank=7#H3

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HEALTH

By Elijah Evans

EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging “I was mad” isn't likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: “I felt disrespected because I had previously explained why I didn't want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn't trust them to respect my feelings going forward.” Lisa Feldman Barrett explains this phenomenon in her book “How Emotions Are Made,” and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



Information provided by Elijah Evans, LMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

HEALTH

By Alicia Fisher, PT, DPT

EXERCISE can train my brain?

It's true. Most of us have heard about the effect of endorphins on our mood. Exercising can improve clarity, increase brain function, and possibly stimulate the formation of new brain pathways by restoring and stimulating nerve cells. Exercise helps improve circulation in your heart, lungs and nervous system.



Exercise is an effective way to challenge your nerves, which in turn helps your brain function improve through mental stimulation as well as through physical exercise. The mental declines that can be associated with the aging process can be positively impacted by a well-designed exercise routine.

Exercise triggers communication between brain cells through blood circulation, which interact with other parts of the nervous system as adrenaline is triggered. Regular exercise can help keep brain cells healthy and functioning properly, which is beneficial to everyone.

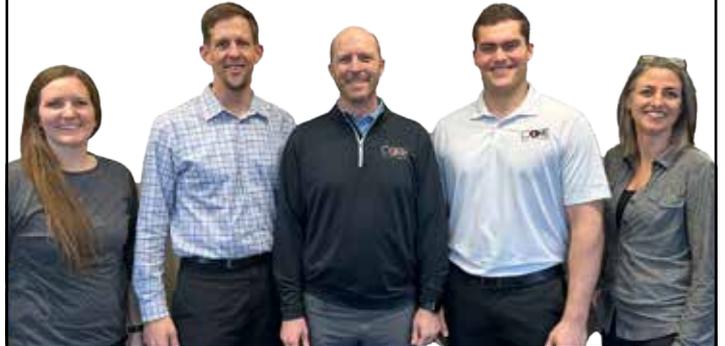
Exercise at low to moderate levels are best. Very intense workouts can leave you exhausted physically and mentally. Ideally, you need at least half an hour of moderate exercise three to five times a week. If a 30-minute session is not feasible, you can also consider shorter, more frequent exercise during the day. Activities such as brisk walking, hiking, biking, and swimming are beneficial and good examples of low to moderate exercise levels. ■

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

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HEALTH

By Leslie Herron

COLD sores are prevalent in winter

Cold sores are small, painful blisters that commonly appear around the mouth, face or nose. They usually resolve within one to two weeks. They're filled with fluid but crust over and scab before they go away. They're brought on by the HSV-1 virus, which can cause gum redness/swelling, fever, muscle aches, a generally ill feeling, and swollen neck glands. After contracting HSV-1, it can lie quietly in the body without symptoms, yet wake up later from things like:



other infections, fever, sunlight, cold weather, menstrual periods and stress.

The herpes simplex virus type 1 (HSV-1) is a different virus from herpes simplex virus type 2 (HSV-2). HSV-2 causes lesions in the genital area called genital herpes. People get HSV-1 by kissing/touching someone with cold sores or sharing personal items with an infected person. No medicines make the virus go away, but some treatments can make cold sores less painful and not last as long, such as cold compresses, prescription or OTC treatments, and acetaminophen or ibuprofen for pain.

The HSV-1 virus is very contagious. To prevent spreading, separate drinking glasses/eating utensils, washcloths/towels and wash after use; avoid kissing until sores heal; and practice diligent handwashing. Be especially careful not to touch your eyes. HSV-1 in the eyes can cause a lot of damage.

See a doctor if sores don't heal within two weeks, you get them often, or you have other signs of infection. ■

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

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SNYDER recalls finding school crush after years

Now 101, he recalls a “blessed” life.

More than a century ago, Richard Snyder, now 101, was born north of Dallas Center.

He was raised, as he describes, in a wonderful home. He grew up on a farm with six brothers and sisters, attending a one-room country school. By the time he was in high school, the family had moved, and he graduated from Van Meter High School in 1941. In school, he had a crush on someone who didn't even know he existed — a “tall, thin girl with long, black, curly hair” named Lucy. On the farm, he worked hard, and attributed that work ethic to his father.

“Work long hours, tell the truth, and do what you're supposed to do,” he quips.

This pragmatism is something Richard took to heart. In fact, there was only one time in his life that he was without a job. At the time, Richard was in his 40s, running a gas station while working another part-time evening job to pay the bills. He took a helicopter ride, but when it got 50 feet in the air, it began free falling.

The experience was terrifying.

“You don't have time to think,” he says, adding that he didn't have time to even pray. “I was afraid I was going to die. But the good Lord didn't have a place for me yet.”

The accident smashed his leg and cost him an entire year of work.

“I had very, very little to live on,” he remembers. “I don't know where I'd be if it hadn't been for my good parents and other people to help.”

When Richard retired at age 65, he moved back to Adel. Like any new resident, he opened a bank account. The teller at the counter looked so familiar to him — but he couldn't quite place where he'd seen her curly hair. Later, he asked his sister about the woman's identity.

“You went to school with her,” she reminded him.

It was his high school crush, Lucy. Richard's first wife had died years before, and he had been single for a while. So, he went back to the bank to ask Lucy out for supper. At the time, she wasn't interested. The next time Richard went to the bank, he told her what he didn't get to tell her years earlier: “I thought a lot of you in school, and you didn't even know I existed.”

She still didn't remember him. But, after two years, she finally accepted his invitation to supper.

“The rest,” remembers Richard, “is history.”

He says they never argued once.

“Why should we? She had her money. I had mine,” he explained.

The couple traveled all over the South and the West, including Yellowstone and Branson.

After nearly 20 lovely years together, Lucy ended up in the hospital with dementia. In six years' time and many medical expenses, she died. She was 95 years old.

“She's still the sweetheart of my life,” says Richard. “I'm ready to be in heaven with her.”

When it was no longer safe for Richard to drive, he told his sister, “My car is yours if you take me to the doctor.” She took him up on it, and now Richard lives in an assisted living home in Waukee. He misses his car, but says he has a blessed life.

“The people here are extremely good,” he says. “They are just like a family to me. I love it here.” ■



Richard Snyder

ADEL Public Library news

In March, we are celebrating Smokey Bear's 80th birthday. Join Smokey in completing a reading challenge to learn about wildfires and the environment in honor of his birthday. You'll get to read books, earn badges, and maybe even snag a couple of prizes.

Along with our regular storytimes this month, we have a few special programs planned:

- Move & Groove Storytime (0-5 years) – Every Tuesday in March at 10 a.m. *Except March 12
- My First Storytime (0-36 months) – Every Wednesday in March at 9:30 a.m. *Except March 13
- Preschool Storytime (3-6 years) – Every Thursday in March at 10 a.m. *Except March 14
- Dallas County Conservation Storytime (ages 3 and older) – March 4 at 10 a.m.
- *Unicorn Storytime (3-7 years old) – March 12 at 10 a.m.
- *Family Program: Fire Safety & Bears – March 14 at 10 a.m.
- *Easter Storytime & Egg Hunt (Preschool-second grade) – March 28 at 4 p.m.

After school programs

- *Nerf Battle (grades 2-5) – March 1, 2-3:30 p.m.
- Homeschool Book Club (first grade and up) March 7 at 10 a.m.
- Teen Advisory Board (grades 6-12) – March 7 at 4 p.m.
- Tail Wagging Readers (all ages) – March 7 at 4:30 p.m.
- Laser Show with Absolute Science (all ages) – March 11 at 1 p.m.
- Teen Hang-Out (grades 6-12) – March 13, 1-3 p.m.
- *STEAM with ISU Extension: Touch & Feel Texture (grades K-5) – March 19 at 10 a.m.
- *Elementary Book to Art: Illustrators (grades K-5) – March 19 at 4 p.m.
- *Teen Tributes with Every Step Grief Services (grades 6-12) – March 21 at 4 p.m.
- *Library D&D (grades 7-12) March 22, 2-4 p.m.

Adult programs

- Exercise Group – Monday through Thursday at 9 a.m.
- 50s Plus Senior Gathering – March 5 and 19, 10 a.m. to 1 p.m.
- *Yoga at the Library – Every Wednesday in March at 5:45 p.m.
- Adult Speaker Series: Des Moines Symphony – March 5 at 10 a.m.
- Homeschool Meet-Up – March 18, 9-11 a.m.
- Iowa History: Victorian Women and Pella, Iowan Sarah Rousseau – March 21 at noon
- Brown Bag Book Club – March 14 at noon
- Cook Book Club – March 20 at 11 a.m.
- Evening Book Club – March 28 at 6 p.m.

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

NOTE: The library will be closed March 29 and 30 for Good Friday/Easter. We are excited to see you in the library this month. ■

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Center

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TheBrentonArboretum.org/events](http://www.TheBrentonArboretum.org/events).

- Wednesdays, March 6,
13, 20, 27, 10-11 a.m., Nature's
Healing.
- March 7 and 21 and April
4 and 18, Nature Club, varying
times. Register by age group.
- April 21, noon to 3 p.m.,
Earth Day Celebrations; 1-3 p.m.,
Exploratory Beekeeping.
- April 27, 7 a.m., Birds &
Bagels.

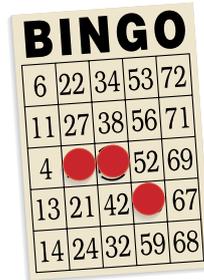
Faith's Flock Preschool Rummage and Bake Sale

March 16, 8 a.m. to noon
Faith Lutheran Church and Preschool

Faith's Flock Preschool's annual Rummage and
Bake Sale will be March 16. Donations of kids'
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p.m. at the fellowship/gym entrance. Email Kylee at
preschool@faithadel.com with any questions.

Third Monday Bingo

Monday, March 18, 6-8 p.m.
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Dallas County Conservation events

To register for 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.

Spring Equinox Celebration

Tuesday, March 19, 7-8 p.m.
Hanging Rock, Redfield

Join DCCB at the astronomical clock to
observe the spring equinox sunset. Learn about
the clock and its history and pause to consider
the celestial dance of the seasons and celebrate
this day of balance.

Wednesday Night Meal

The Adel United Methodist Church, 115 S. 10th
St., is hosting a weekly Wednesday Night Meal in
the fellowship hall downstairs. Serving is 5-6:30 p.m.
This is a freewill donation meal. All are welcome. ■

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- Daniel E

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- Coltan S

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They did a great job fixing my daughter's chipped tooth. The staff was super friendly. **What a great experience.**

-Paul G

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HAVING the right picture of God

Pictures matter. To this end, author A.W. Tozer claimed, “What comes to mind when you think about God is the most important thing about you.” This might sound extreme, but it’s not.



Your picture of who God is will influence whether you will trust Him, and this will influence if you will give your life to Him.

Here is my question to you: How confident are you that you have the right picture of God in your mind?

I believe Easter gives us the perfect picture of who God is because, when you see who Jesus is, you get God. Speaking of Jesus, Colossians 1:15 says, “He is the picture of the invisible God...”

But, for any number of reasons, sometimes we form a picture of God that isn’t accurate. For example, we can view God to be like Santa Claus. This picture tells us that, if you’re not on the naughty list, you tell the Lord what you want, and it’s His job to give it to you. Of course, the result is this person doesn’t love God but uses Him. Or we can view God as an accountant. In this picture, you see the Lord as the One who adds up your good deeds, deducts your bad and, if your good outweighs your bad, you get to go to heaven. But this isn’t a good picture; after all, if good people go to heaven, why did Jesus need to come?

A better picture of God is a loving Father who offered His Son, Jesus Christ, as a gift to you. Romans 6:23 says, “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” The Good News is that the Lord loves you and gave you the best

gift He could give: His Son, Jesus (see John 3:16-17). All of this points to the cross: Jesus laid down His life as a sacrifice for our sins. The death of Jesus was really the defeat of sin, Satan, and death itself and the resurrection proved it’s all true. Jesus didn’t come to make bad people good, but dead people alive. And this is worth celebrating.

If you don’t have a church home, I would like to invite you to celebrate this Easter at New Hope Church. We offer a Good Friday service on March 29 (7 p.m.) and four Easter Celebration services: Saturday, March 30 (5 p.m.) and Sunday, March 31 (7:45 a.m., 9 a.m. and 10:30 a.m.). On Sunday, come enjoy a free pancake breakfast happening 8-10:30 a.m. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, office 712 Cottage St., Adel, 515-993-5325, www.newhopeadel.org.

RISEN
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Good Friday Service
MARCH 29 AT 7PM

Easter Services
SATURDAY MARCH 30 AT 5PM
SUNDAY MARCH 31 7:45AM, 9AM, 10:30AM



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CHAMBER NEWS

By Jackie Wilson

ARNOLD Motor Supply

Auto parts staple since 1992

Arnold Motor Supply, 602 Green St. in Adel, has been a staple in the local auto parts industry since 1992. Arnold Motor Supply was established in 1927 by E.P. Arnold, and the Adel franchise location was chosen due to the small town — the type of locale which Arnold typically chose for new stores.



Rob Knoll, James Brown and Hank Ward at Arnold Motor Supply

James Brown, lead counter sales, has been with the Adel location for 12 years. The store sells car parts, equipment and auto body supplies for car dealerships, body shops, as well as individuals. Brown joined the Adel Chamber of Commerce long ago. "We became involved with the Chamber as a way to network," he explains. "We're community oriented as well, just like the Chamber."

He says the Adel Chamber is good at connecting other chamber members through their website, Facebook and other promotional offerings. "Small town communities rally behind their customers, and the chamber reinforces that. Small towns are loyal, where people know each other's names."

Brown says the chamber featured their business on the Adel Chamber website. "They've helped to get our name out. They're good at supporting and promoting local businesses."

In turn, Arnold Motor Supply also supports the chamber and other local events. The chamber helped connect it with the Dallas County Fair Board and the Adel schools, which they've assisted with monetary support.

Local businesses supporting one another is important to doing business. Brown knows that challenges remain as business owners. "There's a lot of competition in surrounding communities, such as Waukee. Our goal is to remain competitive but still provide good service to our customers. Relationships are one way we connect with our customers."

Arnold Motor Supply currently employs nine people and staff hope to continue growing the business, along with its customer base. "It's a challenge. It's hard to find real estate these days. We don't plan on moving, and we like where we're at," Brown says.

Brown suggests business owners join the Chamber. "It's important to be involved. If people only care about sales, you won't last long as a business. People buy from the people they are involved with in the community."

Brown says he's proud of being part of the Adel community. "Bigger cities don't get the type of service we offer. I know all of the families," he reflects. "Adel is a tight-knit community, and it's brought us a lot of joy along the way." ■

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

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for an Iowa Living education column!

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tammy@iowalivingmagazines.com

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"It has never been more important for us to meet our neighbors in real life. Our community-based Chamber of Commerce **connects us by holding in-person events and by keeping us informed**, making Adel a better place to live, work, and conduct business."

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The Adel Partners Chamber of Commerce hosted a ribbon cutting for Azalea Lane Boutique's new location at 803 Main St., Adel, on Feb. 10.



Adel Lions Club President Scott Jungman presents Megan Will and Kari Johns, representing the Dallas County Master Gardeners, a check for \$2,000 to assist with the club's Fairgrounds project and other programs.



Alicia Fisher, Justin Scherff, Mike Burggraaf, Jacob Hardy and Jodi Hook of Core Physical Therapy accept the business' Residents' Choice certificate.



Cindy Stepp and Norm Bennett, Harvey's Greenhouse, accept their Residents' Choice certificate.



Marie Hansen, Nicolee Rasmussen and Judy Schwenneker, Adel Flowers and Gifts, accept their Residents' Choice certificate.



Kristie Anderson, Azalea Lane Boutique, accepts the store's Residents' Choice certificates.



Susie Latusek, Real Deals, accepts the store's Residents' Choice certificates.



Eric Schepers, Lincoln Savings Bank Insurance, receives his Residents' Choice certificate.



Phil Hunt, Paul's Pest Control, accepts the business' Residents' Choice certificate.

CHOW

The Adel Partners Chamber of Commerce Chamber Happenings, Opportunities & Wisdom (CHOW) event was held Feb. 15 at the Adel Public Library with speakers Dennis Leininger with Blue Kindness and Adel Police Chief Wade Book.



Kevin Howe and Juliana Cullen



Sara Heeley and Jamie Loggins-Evans



Tallie Kerr and Jodi Kuhse



Nathan Clark and Courtney Puls



Cara Campbell and Philip Stueve



Dusty McFarland and Andrew McGuire



Cody Jay and Shirley McAdon



Deb Bengtson and Derek Garrett



Audi Sorber, Tim Gootee and Bob Grove



Courtney Puls, Kristie Anderson and Kristi Fuller



Adel Police Chief Wade Book and Dennis Leininger, founder of Blue Kindness, were speakers



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