

ADEL

AUGUST 2022

ADEL SWEET CORN FESTIVAL OFFICIAL GUIDE INSIDE!

Living

SWEET CORN Festival

You're invited to a birthday bash

Meet Billie Veach
EDUCATION

Coming to America: Foreign exchange students arrive
COMMUNITY

Overnight apple cinnamon French toast casserole
RECIPE



PRSR STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

What do you want more than Adel Sweet Corn this summer?

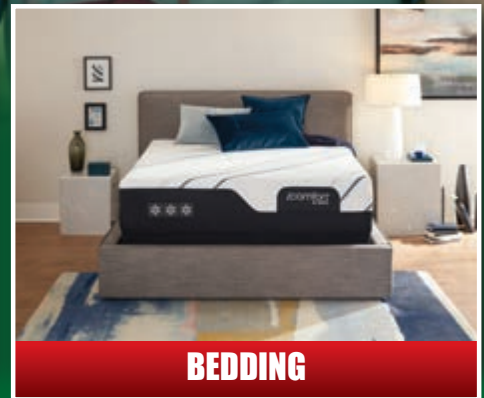
A home upgrade from Archer Home Center!
Come see our new showroom!



FLOORING



TVs



BEDDING



APPLIANCES



CABINETS & COUNTERTOPS



SERVICE

Appliances • TVs • Floor Covering • Countertops • Cabinets • Mattresses • Window Treatments



618 GREENE STREET, ADEL • 515.993.4241 • WWW.ARCHERHOMECENTER.COM

WELCOME

PACK your plastic pokers

Sweet corn was a special treat for dinner at my childhood home. I can remember my siblings getting excited as Mom would boil the corn on a big pot on the stove. I didn't share the same excitement as a young boy. I was a child of the 1970s, after all, when pot pies, TV dinners, frozen pizzas and other pre-packed foods were all the rage. Sweet corn seemed like a lot of work not only to cook but to eat. It was hot to the touch, awkward to handle, and messy to eat. You could say the same thing about chicken legs, but I didn't struggle eating those. Just corn on the cob.

As usual, my mother came to the rescue. She would turn the cob on its end and cut the kernels off the cob for me, load them up with butter and put them on my plate. Now, that was good eating. Unfortunately, my brothers saw the opportunity to make fun of me for "being a baby" when having my corn served by Mom this way. Or maybe they were just jealous. Either way, that's how I ate my sweet corn as a child.

As an adult, I was reintroduced to the vegetable. Mom was not around to cut it off the cob for me, and I didn't dare ask anyone else to do that. I suppose I could have cut it off myself, but that might have looked like the episode of "Seinfeld" when cutting a Snickers bar with a knife and fork was trending. The trick, as I learned, was to have those plastic pokers to put in each side to hold. My wife also showed me the trick of rolling the cob in a full stick of butter. Those two things simplified the whole corn-on-the-cob eating dilemma for me. And, now I am hooked. Let George Costanza try that one.

So bring on the sweet corn, and bring on the Sweet Corn Festival that celebrates it. Look inside for details on both, and don't forget to pack the plastic pokers.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305
shane@dmcityview.com



Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council



WAUKEE 21ST ANNIVERSARY

CUSTOMER APPRECIATION BARBECUE!

THURSDAY, SEPTEMBER 8

CHARTER BANK
455 - 6th Street, Waukee

Invitations are in the Mail NOW!

Live Music, Prizes, Master Griller BBQ, BEST Baked Beans, Bank Beverages, Charter Chips & Sweet SUCCESS!



CHARTER BANK

Chart Your Success With Us!

Johnston 5526 NW 86th St. 515-331-2265	Grimes Corner of Gateway & 1st St. 515-986-2000	Waukee Downtown Triangle 515-987-1000	Ankeny 2905 SW Oralabor Rd. 515-446-2265
---	--	--	---

Member FDIC www.CharterBanker.com 

SWEET CORN Festival

You're invited to a birthday bash

By Marsha Fisher

Birthdays are especially memorable when associated with a special number, and such is the case with Adel, which is celebrating 175 years since its founding (called a demi-semi-sept-centennial). The founding of Adel and its designation as the county seat of Dallas County in 1847 are being celebrated this year with a variety of activities, but the big birthday bash happens during the upcoming Sweet Corn festival.

"The theme for the parade and the festival is a huge birthday party," says Deb Bengtson, director

of the Adel Partners Chamber of Commerce. "It's a singular celebration for our town, and we are building up to the biggest, best Sweet Corn Festival we've ever had."

Birthdays provide an opportunity to reflect on the year or years previous and how things have changed. The same is true of Adel and the Sweet Corn Festival — a one-day event that showcases the best in small-town living, with citizens banding together to provide for thousands of people.

"Things have evolved over the years," says Jim

Nick Schenck dresses in a corn costume to remind residents that Sweet Corn Festival is a more recent celebration in the 175-year history of Adel. Mayor Jim Peters wears an 1800s frock coat commemorative of Adel's founding in 1847.





Members of the Urbandale and Johnston VFW Post 9668 and its auxiliary raise funds with their ice cream and soda booth at the Adel Sweet Corn Festival. Front, from left: Jackie Powell and Connie Djuth; and, back row: Oliver Powell and Commander Dennis Appelhons.



A massive corn-shucking gathering is held the day before the Sweet Corn Festival to prepare the corn for cooking.

Peters, mayor and life-long resident. “It started as an expression of gratitude by the merchants of Adel to all the people and customers in the area with a lunchtime sweet corn feed in 1979. Back then, Kenny Chapman devised a simple cooker to quickly cook the corn donated; now, he has fine-tuned it to a ‘well-oiled machine’ — a steam buffet table that holds 16 crates of corn at a time, and it can cook it in about eight minutes. Besides the corn cooker, other things have changed, too. Mainly, the number of people that attend has grown to 10,000-12,000 citizens and visitors. The route of the parade has changed, as well as the placement of the stage for community acts and bands, and the kind and number of events themselves.”

Developing into a “destination event”

Dennis Leininger, also a native son of Adel, has observed the growth of the Sweet Corn Festival over the last 40 years.

“I was living in Des Moines in the early 1980s and remember coming home with a friend to ‘show off my hometown,’ ” says Leininger. “She was so impressed with how clean it was and how friendly the people were. Adel really left her with a good impression. I remember it being so well-organized and the concept of ‘free sweet corn’ being fed to a few thousand people in a short time. The street dance was a big draw, too.”

In the 1990s, Leininger remembers being part of the parade, as his dad’s business threw out 3,000 to 4,000 beads to people along the route. There were many floats for businesses but not as many participants as today.

“It is the longest parade in Dallas County,” says Bengtson. “We have expanded the parade route, with about five blocks being added. This year, look for people emphasizing the ‘Happy Birthday, Adel!’ theme with all the excitement and fun of a birthday party.”

The staging of the entries has changed over the years, too. The Adel Kiwanis Club orchestrates the lineup of the entries, which don’t require prior entry forms or notifications. Floats are directed to line up along Brickyard Road, with emergency vehicles to line up at 19th and Main and walking groups to gather at 18th and Brickyard.

“This is the third different parade route that I remember,” says Mayor Peters. “As the parade has grown, we have moved the staging and the route to accommodate the increases in participants and crowds of viewers. This is my 31st year to participate as mayor in the parade. The recurring adjustment of the parade route, which had even blocked Highway 169 in the past, has improved the traffic flow and access to the downtown area and reduced traffic backup.”

The participation of many local groups and talent on stage is another favorite part of the day. After the parade and sweet corn feed, acts have performed for the public on a “stage” of some sort.

“The stage for performers used to be on a flatbed pulled up by the Courthouse steps. Later, it was moved to Pavilion Park when Raccoon Valley Bank bought the land and built the pavilion,” says Peters.

A few years ago, a Sweet Corn Princess Pageant graced the stage with quick questions

and answers. This year, Van Harden will celebrate the 175th birthday with an Adel Trivia program there from noon to 12:30 p.m.

Leininger attributes the attention to detail, the constant review of what works and what doesn’t, to the continued growth and success of Adel’s Sweet Corn Festival.

“By constantly evaluating the logistics, the attractions, the vendors and the reasons for attending, the festival has shown its ability to provide something for everybody,” he says. “And, it has become an opportunity for hometown people to come back, as well as others from all over the country, to reconnect. I am so proud of Adel. Our town welcomes thousands of people and, even if you are new or not a part of the town, you’ll feel like you are when you leave. That’s why people return and bring others.”

The Adel Partners Chamber has had many calls from out-of-state from people who want to plan family trips and reunions around the date of the festival and to coordinate with the Iowa State Fair.

The homecoming tradition

As the Sweet Corn Festival grew in size and attractions, the idea of connecting the class reunion to the same weekend formed as the 15th year of Peters’ graduating class loomed ahead. It grew to include two classes ahead and behind Peters’ class, and then 12 classes in 1996, and, in 1997, after Adel’s sesquicentennial, the ADM Alumni Association was formed and the first All Class Reunion held.

It has become a rallying point for classes to have their class reunions at the festival and attend



ADM students participate in the Sweet Corn Festival parade.



Commander Dennis Appelhaus, Gary Peutzman and Tom Jamison of the Urbandale and Johnston VFW Post 9668 man the group's ice cream and soda booth at the Adel Sweet Corn Festival.

the All-Class Reunion on the Thursday before Sweet Corn Saturday. At that event, ADM has a tradition of inducting graduates of honored sports recognition into the ADM Hall of Fame. Now, a Distinguished Alumni award will be presented for achievements after high school graduation.

"The Thursday night reunion allows alumni to attend the ADM golf tournament fundraiser on Friday and have Friday night to shuck corn or have their individual class reunions," says Peters.

The shucking of corn by anyone who wants to help is another tradition that has developed over the years. To shuck 18,000 ears of corn (or about 7.5 tons), about 200-300 people show up — no sign up necessary.

"It is the heart of small-town spirit," says Bengtson. "Everyone pitches in, and the work gets done quickly."

The shucking begins about 5:30 p.m. at the Public Safety parking lot on 10th Street and usually is finished by 8 p.m.

This may be the only activity of the Sweet Corn Festival that is impromptu; the other activities, including parade, entertainment, vendors, cooking and serving corn, are managed down to the finest detail by Bengtson and her committee of volunteers.

"We begin the planning for the next year right after the festival in August, evaluating what activities worked and what didn't and what new activities to add," says Bengtson.

Open to suggestions

As times change, so do trends — and different activities are expected and enjoyed. Vendors started coming to the festival in the 1990s. One of the first was VFW Post 9668, with its new concession trailer, in 1992. They have been selling soft serve ice cream at the festival for the last 30 years. They have stuck with this bestseller, serving cones and dish ice cream, lemonade, iced

tea and pop — and an occasional root beer float.

"The money we make with our concessions is 100% for the veterans of the Des Moines metro area," says Larry Cramer, a long-time member and worker at the festival. "We love coming to Adel, in fact, we forego the State Fair to come here first. The number of vendors has increased with many more food vendors and now craft and information booths, too. The crowds of people have also gotten so much larger over the years."

Dennis Appelhaus, commander of the post, says he enjoys coming to work the Sweet Corn Festival.

"It is a very Iowa, hometown celebration; it reminds me of my hometown of Thompson in northern Iowa. It is an example of people working together on a project of community pride. We are happy to be a part of this tradition. Each year, after the parade, the people flood the downtown for sweet corn and fun."

The money made by the concession stand of the VFW goes to the needs of the veterans in the area, such as housing, clothing — anything a veteran may not have and needs. Applications go to the post located at the American Legion Hall, 6805 Douglas Ave., Urbandale.

Food vendors have increased to almost 30 and are mostly found on Main Street between Ninth and 10th Street. The soft serve ice cream served by the VFW Post 9668 is on the corner of Ninth and Main. Up and down Main Street and Ninth Street are almost 40 craft booths with information booths interspersed among them. With the rise of Pinterest, DIY and craft fairs, the public now looks for booths of arts and crafts at every festival. Responding to the public's interests keeps the festival thriving.

During the day, the activities focus on the family with the new addition of the Fun Zone, sponsored by Harvey's Greenhouse, for all the family to celebrate Adel's 175th birthday party. A bounce house, obstacle course and

magic tricks are part of the many activities offered. The Adel Fire Department will also be providing kids activities on 11th Street by the ADM Administration Building, where the bags tournament is held on the front lawn, along with the addition of the Mercy Life Flight helicopter display.

This year, another physical challenge has been added, in addition to the 5K race that starts in the morning. A volleyball tournament will be held at Evans Park from 11 a.m. to 6 p.m. This is a new ADM Tiger fundraiser and shows the increased interest in sand volleyball.

A street party is held to end the festival starting at 6 p.m. and ending at midnight. Open to all ages, live music and entertainment is provided.

"This is a one-day celebration that will be the biggest, best birthday party for Adel, ever," says Bengtson. "We have things to keep you busy, happy and fed from 8 in the morning to midnight."

Leininger ended his reflection of his last 40 years in attendance with an incredulous look on his face, saying, "What I can't figure out is, after a late Saturday night, if you go downtown on Sunday morning, the streets are clean, everything is put away, and it's almost like all the crowds of people and the refuse magically disappeared. So, a special shout out to the city crews who put in the extra time to help set up the town for the festival and to make it clean again."

Mayor Peters says he looks forward to the festival every year and recognizes it is always growing and changing.

"It is the signature event for our city," he says. "It's made possible by the local citizens that make it happen. They put out the welcome mat and say, 'Enjoy Adel!' This year, they are adding, 'And happy 175th birthday!' " ■



Don't miss out!
HOME DÉCOR & FASHION FOR
every style & season!

Real Deals is the go-to destination for irresistible prices on the latest home décor, women's fashion and accessories. You'll find gorgeous, brand-new, staple pieces for your home as well as accents to celebrate every season with style. Our boutique offers a wide variety of styles, sizes small - 3XL!

Stop in and see Susie and Amanda, local owners, and enjoy a one-of-a-kind shopping experience in Adel!

Ride or drive!

Located right along the bike path
Buy on 2 wheels, pick up later with 4!



LOCALLY OWNED BY:
Susie & Amanda



THURSDAYS & FRIDAYS 10-6, SATURDAYS 10-4

211 S. 7th St. • Adel, IA 50003

realdeals.net/adel • Real Deals - Adel, IA

Sign up for our fan club online!

HOME ACCENTS • FURNITURE • SEASONAL • FLORAL • WOMEN'S CLOTHING • JEWELRY • GIFTS & MORE!

SLAPP happy

Even if you didn't spend six weeks watching the dramatic testimony from the Johnny Depp vs. Amber Heard trial, you probably knew it was happening. Depp sued his ex-wife, Heard, for defamation, based on an article that was published in the Washington Post. Heard filed a counterclaim against Depp, also claiming defamation. In the end, the jury awarded Depp more than \$10 million for his defamation claim and awarded Heard \$2 million for her claim. The case clearly involved two very wealthy people who, presumably, could afford to go through the legal process. However, it brought the issue of anti-SLAPP laws to the forefront.



So, what are anti-SLAPP laws? SLAPP stands for Strategic Lawsuit Against Public Participation, and it is when a person (the plaintiff) uses a lawsuit to intimidate or silence a critic (the defendant) by forcing the person to pay to defend against a defamation claim. These lawsuits are often brought by wealthy or influential people or organizations against people or organizations with fewer resources. This can be an effective technique because even a lawsuit without merit can take years and thousands of dollars to defend. Anti-SLAPP laws are meant to prevent this from happening, often by allowing the defendant to file a motion early on in the case that forces the plaintiff to prove the case has merit. If the plaintiff is unable to prove the claim has merit, and the judge dismisses the case, the plaintiff is often required to pay the defendant's costs in

defending the lawsuit.

Every state has different laws. Currently, more than 30 states have enacted anti-SLAPP laws. Iowa is not one of them. In recent years, the Iowa legislature has attempted to pass such a law, but it has never made it to the governor's desk. Proponents of anti-SLAPP laws argue that they protect the First Amendment right to free speech. Critics of anti-SLAPP laws argue that they violate the constitutional right to a jury trial. Whichever side of the debate you fall on, this will be a topic to watch in legislative sessions for the next few years.

If you have questions about anti-SLAPP laws or defamation lawsuits, you should contact an attorney well-versed in that area of the law. ■

Information provided by Eddie Fishman, Hopkins & Huebner P.C., 1009 Main St., Adel.

SERVING OUR NEIGHBORS IN ADEL

A full service law firm with offices in Des Moines, Adel and the Quad Cities



JIM VAN WERDEN



CHANDLER SURRENCY



ADAM DOLL



EDWARD FISHMAN



ROBERT HOWARD III

**HOPKINS
& HUEBNER, P.C.**
ATTORNEYS AT LAW

1009 Main Street, Adel, Iowa
2700 Grand Avenue, Suite 111, Des Moines, Iowa

515-244-0111
1-800-383-0111
www.hhlawpc.com

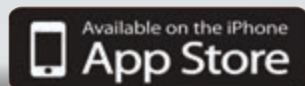
TOO BUSY SCHOOL SHOPPING?

SHOP.FAREWAY.COM

Shop for groceries
any time and pick
them up later!



SHOP. PICK UP. GO.



Shop Online for Curbside Pick Up

FAREWAY®
MEAT & GROCERY

804 NILE KINNICK DRIVE S, ADEL

515-993-3660

OPEN 7AM – 9PM • MONDAY–SATURDAY
CLOSED SUNDAYS & HOLIDAYS

Sign up online to receive our weekly ads at www.Fareway.com



AUGUST

Specials

50% OFF
SYNDEO- HYDRAFACIAL
DERMAPLANING
AND BRITENOL

\$50 OFF
A SKIN PEN TREATMENT




HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM

WHERE WE LIVE

By Lindsey Giardino

HERE to stay

Cullen shares appreciation for community.



Julianna Cullen and her family appreciate the community and school district, as well as the custom-built home that provides them with views of the sunrises and sunsets.

This past December, Julianna Cullen and her family relocated from their home in town to a place out in the country — an area that offers them more space and access to rural life.

The property includes about 3 acres on which the Cullens' custom-built home sits.

"I love the layout but would have to say the pantry and the entryway are my favorites," Cullen says.

She adds that the home is an open floor plan and includes many windows that capture gorgeous views of both the sunrise and sunset since the house is oriented to catch both. Outside, there's a large patio and screened-in porch as well.

"We love the setting and being in the country," Cullen says. "The proximity to Hillcrest Golf Course is an added bonus for us as we love to golf."

The Cullens have been part of the Adel community since 2001. Their two daughters just graduated high school — one of the things Cullen loves most about Adel is its excellent school district — so the family has created countless memories together in town over the years.

Cullen enjoys that Adel provides a small-town feel while still having access to big amenities in the nearby metro.

She's also committed to being an active community member and has been since her girls were younger, including through the ADM Athletic Booster Club. Today, she helps with the Holiday Home Tour and Garden Tour and also recently opened RE/MAX Precision on the square along with Kevin Howe.

"We've really appreciated the support from the community with that as well," Cullen says. "There's truly something to be said about having a business on the square. It's a pretty cool thing."

Because of her love for the community and appreciation especially for the school system, Cullen says her involvements are a way to give back.

Looking to the future, Cullen has no plans of leaving the town she and her family love so much.

"It's the perfect fit for us and our family," she says. "We've made lifelong friends here." ■



AUGUST 2022

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, August 9th, 2022 at 6:00pm**

For additional meeting dates/times, meeting information, or to subscribe for email notifications when Agendas are posted for City Council meetings please visit www.adeliowa.org/agendas-minutes/

REMINDERS

- Adel City Hall will be closed on Monday, September 5th in honor of Labor Day. Garbage and yard waste services will be delayed by one day that week.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.
- Yard Waste Pickup started Tuesday, April 5th and will continue every Tuesday through mid-November. 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.

PARKS & RECREATION ACTIVITIES:

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

- **Storytime in the Park** – Join us for story time, crafts, and activities in the park on Wednesdays from 10:30-11:30am. FREE. August 3 – Evans Park
- **Kickball Tournament** – One fun-filled day of kickball. Get the coworkers, teammates, friend group, or neighborhood together and enjoy a fun filled day on the field at Kinnick-Feller Park.
 - Ages: 18+
 - Location: Kinnick-Feller Park
 - When: Saturday, August 6 @ 10am – Call 515-993-4525 to register your team.
- **Bean Bag League** – The classic yard game brought to the Parks and Recreation line-up. Find a partner and get in a couple practice throws. Seven weeks of league play followed by end-of-season tournament.
 - Location: Kinnick-Feller Park
 - When: Thursdays Evenings, August 18 – September 29 + tournament
 - Deadline: August 5
- **Iowa Park & Rec Day @ the State Fair** – Find us at the fair for some friendly competitions including bubble gum blowing, big wheel races, scavenger hunt and more! Thursday, August 18
- **Movie in the Park** – Saturday, August 27 in Kinnick-Feller Park. Bring your chairs and blankets and enjoy Sing 2 starting at sunset.



ADEL FAMILY AQUATIC CENTER:

Season passes, swim lessons, birthday parties, and private rentals can be purchased online at adel.activityreg.com

- **HOURS**
 - 6:30-8am Lap Swim Monday thru Friday
 - 12:30-5pm Open Swim
 - 5-6pm Family Swim
 - 6-8pm Open Swim
- **Doggy Dip** – Last day of pool season. TBD

Final day of the swim season is August 14th.

POLICE NEWS:

Please welcome Officer Joel Gummert to the Adel Police Department as he took his Oath of Office during the July 12th, 2022 City Council Meeting. Also recognized during the July 12th, 2022 City Council Meeting was the promotion of Sergeant Bryce Deeth. Congratulations to both gentlemen and thank you for your continued service to the City of Adel!



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. Board or Commission appointments will be made at a City Council meeting. Current Board or Commission terms began July 1, 2022, yet there are two vacant positions available to be filled:

- 1 Park Board vacancy (term ending July 1, 2024)
 - 1 Planning & Zoning Board vacancy (term ending July 1, 2025)
- Applications are available at Adel City Hall or online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>.

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

PAPERLESS BILLING & AUTOMATIC PAYMENTS:

Would you like to get your bill delivered directly to your email inbox as soon as it is ready? Contact City Hall to set up paperless billing. Also, avoid processing fees from online payments by setting up automatic withdrawal directly from your checking account. City Hall can help you set that up as well or the form can be found on the City of Adel website: adeliowa.org/permits-and-forms/automatic-withdrawal-authorization/.

GET TO KNOW...

What is your title?

City Clerk

What is your past work experience?

Previously I worked at Veritas Church in Iowa City as the Coordinator and before that I was a banker at US Bank.

How long have you been working for City of Adel?

Just over 1 year... happy to be here!

What are you excited about for your department's future plans? It is fun to see all the different City departments working together so well to consistently make Adel a great place to live.

What is a hobby you enjoy? I enjoy theatre and running.

Anything else Adel should know about you? My husband and I have two kids who keep us super busy: Chris (6) and Betty (5). We are enjoying getting to know more and more people around the community through their activities.



CARRIE ERICKSON

CITY HALL

Administration

Public Works

Compliance Officer

Parks and Recreation

301 S. 10th St.

P.O. Box 248

515-993-4525

M – F 8:30 a.m. – 4:30 p.m.

www.adeliowa.org

PUBLIC SAFETY

Police and Fire Depts.

102 S. 10th St.

P.O. Box 127

515-993-6723

M – F 8:30 a.m. – noon and

12:30 p.m. – 4:30 p.m.

EMERGENCY – DIAL 911

LIBRARY

303 S. 10th St.

515-993-3512

M-Th 9 a.m. – 6 p.m.

F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.

www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center

515-993-5246

Ankeny Sanitation

515-964-5229

S. Dallas Co. Landfill

515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters

515-993-4436

Mayor Pro Tem

Shirley McAdon

515-993-4862

Bob Ockerman

515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

Dan Miller

515-979-6119

www.adeliowa.org





SHAZAM

FUN IN THE SUN
Rewards

USE YOUR DEBIT CARD AND ESCAPE TO FUN.

Each time you use your debit card to make purchases between
JULY 1 - SEPTEMBER 30, 2022
you'll automatically be entered for a chance to win!

DON'T HAVE A DEBIT CARD? APPLY TODAY!

 **Raccoon Valley Bank**

www.raccoonvalleybank.com

ADEL 1009 Court Street 515-993-4581	DALLAS CENTER 590 Sugar Grove Ave 515-992-9200	GRIMES 1051 NE Gateway Drive 515-452-0812
MINBURN 303 Baker Street 515-677-2258	PERRY 1202 2nd Street 515-465-3521	

FINANCE

By Kelsey Hughes

BUILDING and maintaining an emergency fund

What is an emergency fund, and do you need one?

An emergency fund is money set aside for unexpected expenses, i.e.: unforeseen medical expenses, major home repairs, or unemployment, and ideally, yes, we all should have this financial buffer set in place. When these types of situations come up, having an emergency fund can help keep you afloat without having to rely on high-interest rate credit cards or loans.



How much should you save in your emergency fund and how do you start?

Open a separate bank account and assign it your designated emergency fund account. We suggest a savings account so that you earn interest and still have easy access to cash if you need it. Try to first set aside \$500 for your new emergency savings account. After that, a good rule of thumb would be to work your way up to six months' worth of expenses. This amount varies for everyone, but you can determine an amount that's right for you by calculating your monthly expenses such as mortgage and insurance payments, utilities and groceries.

A good starting point to begin saving your designated amount is to set up an automatic transfer into your emergency savings account. If your employer offers direct deposit, ask to have your paycheck divided between your checking and savings accounts. Additionally, try to think of other ways to fund the account, such as depositing a large portion of tax refunds you may receive or credit card rewards cash.

How to maintain your emergency fund

After you've established your emergency fund, it's important to maintain it. Check your account frequently to see how much you are saving and adjust as needed. If you save up enough to cover six months of living expenses, you may want to consider investing any extra funds instead of adding more to your emergency account. On the other hand, if you need to dip into your emergency savings, think of alternative ways to build it back up. Take inventory of what you have stored in your basement or storage unit. You may be able to sell unused/unwanted items on platforms such as eBay or Facebook Marketplace.

We should all be saving for the unexpected. When an emergency occurs, having a designated fund tucked away will allow you to weather the storm and move on with life. If you have questions or need assistance setting up an account, see your local bank. ■

Information provided by Kelsey Hughes, marketing officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes, Minburn and Perry, 515-465-3521. Our trust experts are here to work with you to assure you peace of mind and the financial security of your family.

How to Ease Back-to-school Anxiety

1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive

waggonerpeditriacs.org



RECIPE

WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growing stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net. ■

Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)

- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

SEE YOU AT THE

SWEET CORN FESTIVAL!

DON'T FORGET TO FLOSS!

CALL & SCHEDULE YOUR APPOINTMENT TODAY • ACCEPTING NEW PATIENTS OF ALL AGES

Adel 
DENTAL GROUP

Eric Anderson, DDS • Rachel Reis, DDS

**WE LOVE TO
SEE YOU SMILE!**

(515) 993-4333

202 Nile Kinnick Drive S, Adel
www.AdelDentalGroup.com



WHILE Iowa phases in a flat income tax, you may get a break right away

Many pre-retirees and retirees are cheering as Iowa will join a growing list of U.S. states that do not tax your retirement income. Next year, Iowa will be added to the list of 12 states that don't tax distribution from pensions or defined contribution plans such as 401(k)s.

These changes are part of a bill Gov. Kim Reynolds signed into law earlier this year that also phases in a flat tax rate on all earned income. By 2026, Iowa will have a flat income tax rate of 3.9%. Currently, the state has nine brackets and a top marginal rate of 8.53%.

If you are 55 or older, you don't have to wait until 2026 for some of these reforms to kick in. Retirement income taxes go away next year on pension income and distributions from IRAs, annuities, and employer-sponsored



plans like 401(k)s. State income taxes will also be eliminated on distributions from deferred compensation plans and plans maintained or contributed to by a self-employed person. You get these tax breaks even if you are still working.

These tax law changes may impact some of your retirement strategies. For example, if you are considering a Roth conversion, you may want to wait until 2023. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount rolled over, but you never pay taxes on the money again. Not on the growth or the qualified distributions. You'll still have to pay federal taxes but, starting next year, you won't pay state income taxes on the conversion, if you are 55 or older.

If you are turning 72 this year, Required Minimum Distributions (RMDs) are knocking on your door. RMDs are the amount of money

the IRS requires you to take each year from retirement accounts you haven't paid taxes on yet, like a traditional IRA. The IRS does let you defer taking your first RMD until April 1 of the next year. There is some opportunity for tax savings here. Keep in mind, if you defer this year, you will have to take two RMDs next year and they are still subject to federal tax.

These are just a couple of strategies to consider. Before making any moves, you want to understand how they impact your overall retirement plan. See a professional for a retirement analysis that includes looking at your other sources of income and your retirement vision to help you decide which strategies are right for you. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Waggoner, John (March 29, 2022) 12 States That Won't Tax Your Retirement Distributions. AARP.org

LET US *guide* YOU ON YOUR JOURNEY TO RETIREMENT



For more information on our complimentary Journey to Retirement workshop, scan the QR code.

Merkle
RETIREMENT PLANNING

Investment Advisory Services offered through Elite Retirement Planning, LLC. Insurance Services offered through MRP Insurance, LLC.

EVENTS IN THE AREA

Be sure to check for cancellations

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

Sweet Corn Festival

Saturday, Aug. 13
On the Adel Square

On Friday, Aug. 12, starting at 4:30 p.m., husking of the corn begins. The public is invited to assist at the southside of the police/fire station. Following the husking at 6:30 p.m. will be the Princess Contest. The 43rd annual Sweet Corn Festival will be held on Saturday, Aug. 13. The Adel Partners Chamber and the City of Adel are hosting a 175-year birthday bash. For more information, visit <https://www.adelpartners.org/sweet-corn-festival>.



Adel Sweet Corn 5K

Saturday, Aug. 13
The Adel Sweet Corn 5K takes place on the scenic brick streets in Adel along the parade route in front of hundreds of spectators. Join this challenging 5K around beautiful Adel. Register and volunteer online at <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>.

Dallas County Conservation Board activities

• **Dino-Bird Museum Display:** Visit this display at Forest Park Museum in Perry until the end of August. Hours are Monday through Friday, 8 a.m. to 4:30 p.m., and 1-4 p.m. on weekends and holidays. Before the discovery of Sue, the famous Tyrannosaurus rex, dinosaurs were thought of as large, lumbering, cold-blooded reptiles. We now know that some dinosaurs are more closely related to birds. The skeletal system, respiration, reproduction and thermoregulation, including feathers, show more in common with our winged relatives. Visit the display, look at the evidence and decide for yourself! You may never look at an American robin the same again. No registration required.

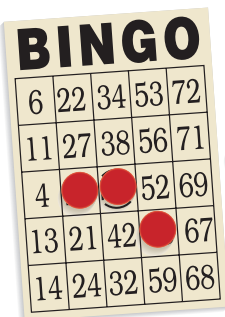
• **Bumblin' Bears:** This final session of the Summer Wildlife Series is Aug. 9 and 13 at Voas Nature Area, Minburn, from 9:30-11 a.m. Join a naturalist to learn about the fuzzy wild critters found around Iowa. Exam furs, skulls and other visuals.

• **Building Relations:** The Math, Science and History of the Native American Tipi: This program will be held at the Forest Park Museum in Perry on Thursday, Aug. 11, 6:30-8 p.m. Participants will build a traditional 12-foot, Plains-style tipi from start to finish. They will also discuss ethics and how we treat the natural world. Participants will lift poles and walk rope as they learn the physics, sequencing and tradition of this dwelling. Bring a lawn chair or blanket to sit on for this free program. Registration is required.

• Prairie Awakening - Prairie Awoke

Celebration: No registration is required for the event to be held Saturday, Sept. 10, 3-9 p.m. at the Kuehn Conservation Area at Earlham. The Meskwaki Nation will be featured with a youth drum group and dancers. Dallas Chief Eagle will share his Hoop Dance presentation and bonfire with audience participation. A rehabilitated raptor and tagged migrating monarchs will be released. Several local traditional drums and songs will be accompanied by dancers in regalia and for an opportunity for the public to join the dance. As traditions direct, participants will sit together in the tall grass prairie arena at Kuehn, remembering and visioning a hopeful tomorrow. Bring your lawn chair for seating. The event is free and concessions will be available.

To register for events, visit www.dallascountyia.gov/conservation, click on "Environmental Education" then "Virtual Nature Exploration Hub," and your choice of class. If you do not have computer access or need assistance, call the DCCB office at 515-465-3577.



Third Monday Bingo

Monday, Aug. 15, 6-8 p.m.
Masonic Lodge, 411 S. 12th St., Adel

Enjoy an evening of bingo. Seventeen games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card) will be held. Packaged snacks and non-alcoholic drinks will be available. Social distancing and masks are recommended. Bring a dauber if you have one. They will also be for sale.



De Soto Fun Days

Sept. 17
Little Bridge Park, De Soto

Enjoy a variety of activities at De Soto Fun Days. The parade lineup begins at 10 a.m. with the parade at 11 a.m. Featured fun includes bounce houses, Zoomers, stage entertainment, a balloon artist, crafts with the library, a Fire Department water game, bingo from 2-4 p.m., food trucks and a car show from noon to 2 p.m.



Vintage & Made Fair

Saturday, Sept. 24, 9 a.m. to 4 p.m.
Dallas County Fairgrounds, Adel

Enjoy live music and local eats while browsing the vendors' handmade and vintage items. Admission is \$10, free for children 12 and younger. For information, visit www.vintagesandmadefair.com.

EVENTS IN THE AREA

Be sure to check for cancellations

Golf tourneys support Special Olympics Iowa

Various dates and locations

August will feature three opportunities to have fun on the golf course while supporting Special Olympics Iowa athletes. The tournaments will kick off with the Jim Jordan Memorial Golf Classic on Aug. 10.

The tournament will take place at the Otter Creek Golf Course, and the entry fee is \$85. The second tournament is the 12th Annual LETR Golf Tournament set to take place at Beaver Creek Golf Club in Grimes on Aug. 15. The tournament entry fee is \$100. The final tournament is the Rich Fellingham Memorial Golf Classic happening on Aug. 18 at Veenker Memorial Golf Course in Ames. The tournament entry fee is \$100. For more information on the upcoming tournaments, visit <http://www.soiowa.org/golf-tournaments>.



Leprechaun Bag Toss Tournament

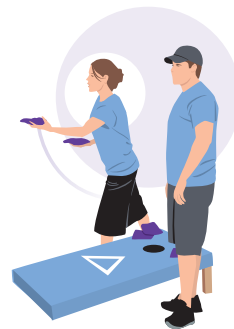
Sunday, Aug. 7, 2-5 p.m.

Sully's Irish Pub, 860 First St., West Des Moines

Registration starts at 2 p.m.,

and the double-elimination bag toss tournament starts at 3 p.m. Cost is \$25 per two-person team. Registration is the day of the event only. Prizes will be awarded for first, second and third places. All proceeds go to the Friendly Sons of Saint Patrick of Central Iowa. Kids are allowed during the tournament.

Visit www.friendlysonsiowa.com for more information.



ACCEPTING NEW CLIENTS

LAWN MOWING
FERTILIZING
LANDSCAPE/PATIOS

Call Luke to discuss all of
your lawn and landscape needs

515-201-0468

30672 Old Portland Rd, Adel

lukeslawnandlandscaping.com





IOWACUBS.COM



Aug. 2-7



Aug. 9-14



SCAN TO BUY TICKETS



Promotions

Aug 6
Pop it Giveaway

Aug 7
Demonios
Principal | Prairie Meadows | Barilla |
Atlantic Bottling Coca-Cola | Tito's

Aug 10
Country Night
Outdoors Dan Radio Show | DNR

Aug 12
Cubbie's Birthday
Iowa One Call

Aug 13
Clark the Cub
Chicago Cubs Mascot

YES!

We install and repair water heaters.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

**SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES**





OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

NOW HIRING

**STARTING
WAGE \$20
PER HOUR!**

***SEE BELOW**

all shifts at our Adel facility!



***Iowa Spring is currently hiring for
entry level machine operators and production workers.***

We offer in-house training on our state of the art CNC spring making equipment in Adel.
Applicants must be at least 18 years old.

WE ARE SEEKING:

Machine operators • General production
Forklift drivers • Maintenance

\$20 PER HOUR - 1ST, 2ND AND 3RD SHIFTS

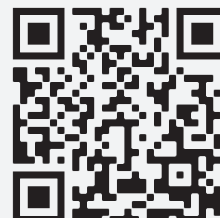
*Shift premiums of up to \$5 additional per hour also offered.

Benefits:

- Three different shift options to choose from:
 - Monday – Thursday 6 a.m. to 4:30 p.m.
 - Monday – Thursday 4:30 p.m. to 3 a.m.*
 - Friday – Sunday 6 a.m. to 6:30 p.m.
- 401k with employer match
- Paid time off
- Health, dental & vision plans
- Life Insurance

*Shift premium for night and weekend shift

***Learn about
working at
Iowa Spring,
watch video:***



***Interested candidates can apply in person at
2112 Greene Street, Adel, or contact Lorissa Moffitt at
515-993-4791 or e-mail at jobs@iowaspring.com.***

ADEL • IOWA

SWEET CORN festival

Party like it's 1847!

PRESENTED BY



FRIDAY, AUGUST 12TH

4:30 PM SHUCKING OF THE CORN • Parking Lot at 10th & Prairie

6:30 PM SWEET CORN PRINCESS CONTEST PRESENTED BY HEARTLAND HANDCRAFTED



• Main Stage at 10th & Main

SATURDAY, AUGUST 13TH

8 AM SWEET CORN 5K RUN/WALK • ADM DAC Building - 11th & Rapids

8 - 3:30 PM SEMI SWEET CORN CLASSIC TRUCK SHOW • Fairgrounds

8 - 4:30 PM WILLIAM WAGNER DISPLAY • Court St. & 9th - North Side Courthouse

9 - 5 PM FOOD, CRAFT, ART AND INFO VENDORS PRESENTED BY A KINGS THRONE • Downtown Square

9:30 AM PARADE • 18th & Main - 11th, and Prairie to 14th

11 AM *free* SWEET CORN • 10th between Main & Prairie (until corn is gone)

11 - 6 PM ADM SAND VOLLEYBALL TOURNAMENT • Evan's Park

11:30 - 4:30 PM BRICK IMERMAN, HILLYBILLY AIR SHOW, BRICK & BOB DUO • Racoon Valley Bank Stage & Pavilion

11:30 - 2:00 PM ADEL FIRE DEPT. KIDS ACTIVITIES • ADM DAC Building - 11th & Rapids

11:30 - 1 PM SPARKLES HOOP DANCE • Courthouse Lawn

11:30 - 4 PM ST JOHN'S BAGS TOURNAMENT • ADM DAC Building

12 - 4 PM HARVEY'S GREENHOUSE FUN ZONE • 10th & Court St.

12 - 4 PM REDLINE WARRIORS CAR SHOW • 9th and Court

1 - 1:45 PM ADEL TUMBLING AND DANCE CLUB • Courthouse Lawn

1:45 - 2:45 PM LET'S DANCE • Courthouse Lawn



CITY BIRTHDAY PRESENTATION!

12 - 12:30 PM • Stage & Pavilion

LIVE MUSIC

At the Stage and Pavilion 11:30 am to 4:30pm

FEATURING: BRICK IMERMAN / BRICK & BOB DUO
HILLYBILLY AIR SHOW



PRODUCED BY



Adel PARTNERS CHAMBER OF COMMERCE

street party
6:00 - MIDNIGHT

10TH & MAIN ST.

PRESENTED BY



McCLURE™



7:30 - 11:30 PM

THE SONS OF GLADYS KRAVITZ
RACCOON VALLEY BANK STAGE & PAVILION

THE SONS OF
GLADYS
KRAVITZ

ADEL • IOWA SWEET CORN festival

FRIDAY, AUGUST 12

ADM Alumni Golf Tournament

Annual ADM Alumni Golf Tournament. 9 a.m. Shotgun Start at River Valley Golf Course. Pre-registration required. For more information, please contact Dick Wicks at 515-993-4454, info@ADMAlumni.org or www.admalumni.com

Annual Shucking of the Corn!

4:30-7:30 p.m. 10th & Prairie by the Adel Public Safety Building parking lot. Come on down for a few minutes or a couple of hours. Everyone is welcome! Beverages provided. The Big Red Radio will be providing music. Thanks to the Sportsmen's Club and the Boy Scout Troop 152 for helping out.

Sweet Corn Princess Contest

Presented by Heartland Handcrafted 6:30 p.m. at the Adel Stage on the corner of Main and 10th streets. The Sweet Corn Princess contest will showcase girls from the ADM school district. Each girl will be interviewed before the 2022! Sweet Corn Princess and three runners-up are selected by random drawing.

Dallas County Landfill is **CLOSED** on Saturday, Aug. 13, 2022

SATURDAY, AUGUST 13

Sweet Corn Festival 5K Run

Saturday, Aug. 13, 2022, 8 a.m.

The race takes place on the scenic brick streets in Adel along the parade route in front of hundreds of spectators.

Registration: To register for the Adel Sweet Corn Festival 5K Run, visit bit.ly/3KOzKx8

Awards: 1st-3rd overall in both men's and women's categories. In addition, awards for top two men and top two women runners in each of the following age groups: 14 and younger, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.

Adel Sweet Corn Festival 5K Run packet pickup: Aug. 13, 4:30-6:30 p.m. at N. 11th and Court, Adel (ADM DAC) or Aug. 14, 6:30-7:30 a.m. at N. 11th and Court, Adel (ADM DAC).

Remember: race starts at 8 a.m.



HAPPY SWEET CORN FEST!
Adel Barber Shop
Tuesday-Thursday 8-5 p.m., Friday 7-2 p.m.
119 N 9th Street, Adel • 515-238-0097

OVER \$45,000 GIVEN BACK TO ADEL LAST YEAR!
ADEL LIONS CLUB
Visit our website: adelionsclub.org

TAKING NEW PATIENTS
Adel Vision Clinic
Quality Eye Care on the Square
813 Main St. | 515-207-7400
Lucas Bell, OD | Barbara Scheetz, OD
adelvisionclinic.com

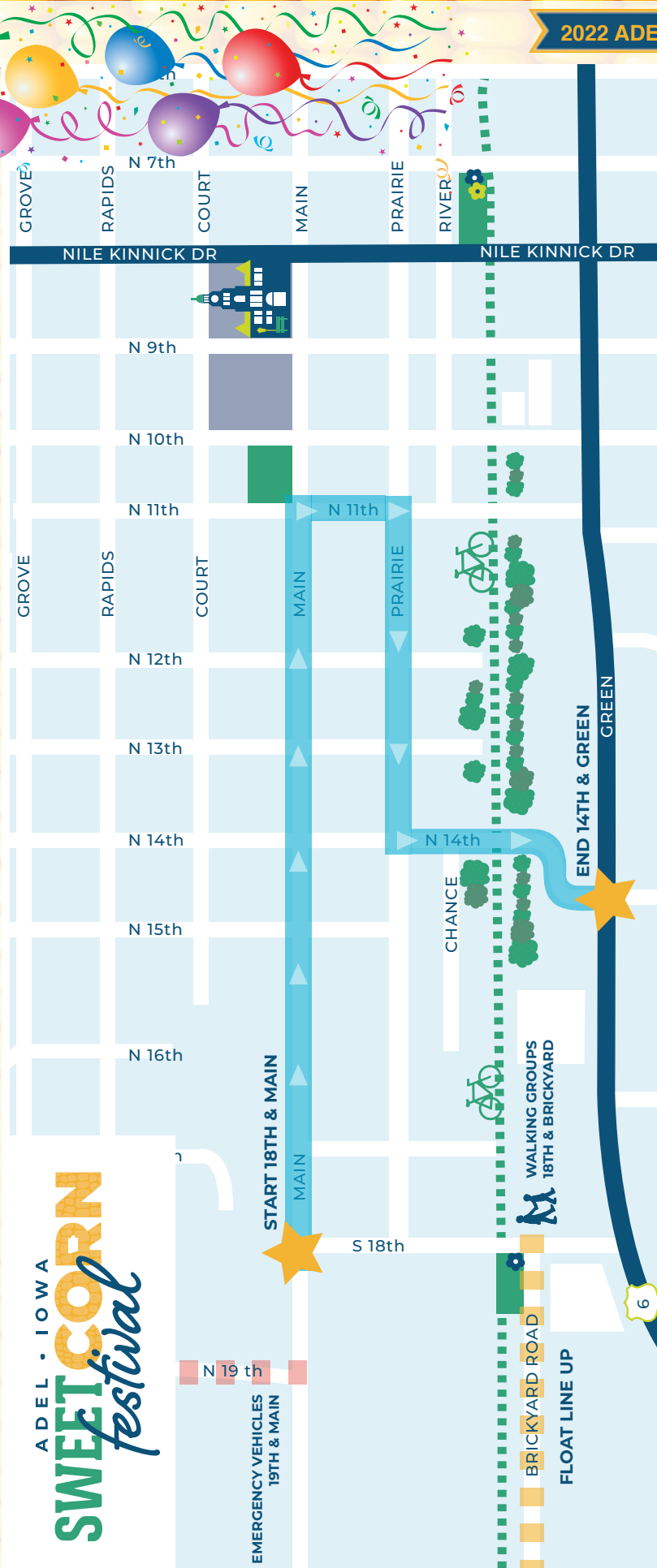
Adel HealthMart.
PHARMACY
113 N. 9th Street
Adel, Iowa • 993-3644
www.adelhm.com

THE ANIMAL HOSPITAL
1126 Greene Street, Adel • (515) 993-3410
www.animalhospitaladel.com

Locally owned and operated!
Call Juli Accola today
515.964.5229
juli@ankenysanitation.com
ANKENY SANITATION, INC.
www.ankenysanitation.com

Theme of the parade is BIRTHDAY PARTY

ADEL • IOWA SWEET CORN festival



SWEET CORN PARADE LINE UP : 8:30 AM PARADE START : 9:30 AM

The parade line up starts at 8:30am and the Adel Kiwanis Club assists with the organization.

Parade begins at 9:30 and will travel from 18th St towards downtown Adel on Main Street, turning left on 11th St then right turn on to Prairie St to 14th St. At 14th St turn left and exit to Greene St with stop sign at 14th and Greene to help clear traffic.

No entry forms or prior notifications required. Please place your parade entry at the designated staging site no later than 8:45am

Each entry should be limited to one vehicle

Entries should remain with 20 feet of each other

Vehicles should not stop on the parade route.

Parking at the parade starting point is extremely limited.

Parade participants please arrive with you parade entry unit if possible.

Emergency vehicles proceed west on Rapids Street and line up at 19th & Main beside the brickyard parking lot.

Floats proceed up Greene Street, Turn north on Visions Parkway and line up on Brickyard Road

Walking groups gather at 18th and Brickyard

Please do not drive west on Main or Prairie streets to line-up

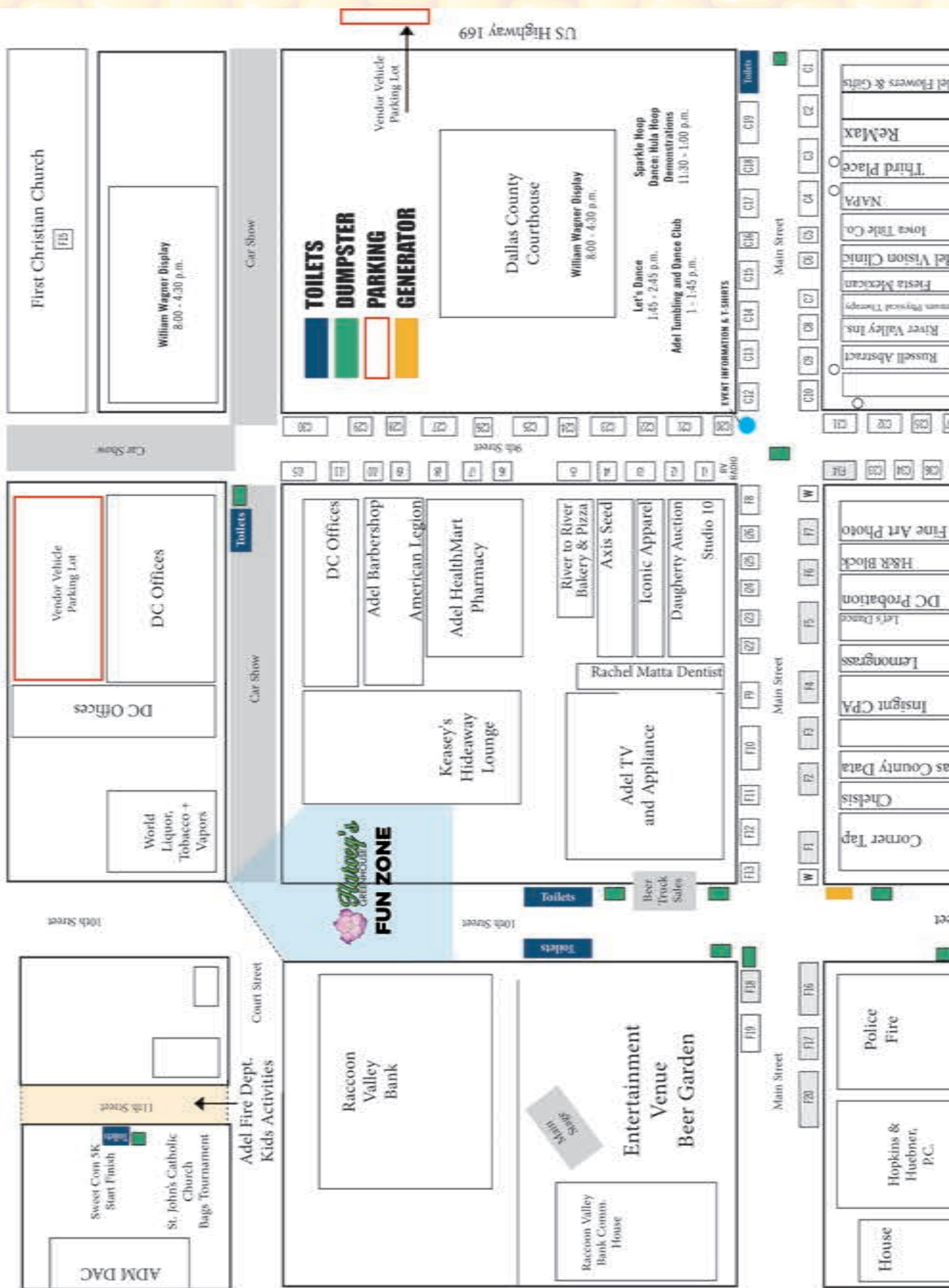
Be cautious when throwing candy to the parade spectators and please do not throw the small, hard rubber bouncing balls or any other small toy.

All entries can return to the starting point by turning left on 14th street and returning to starting point via Greene Street (Hwy 6). Do NOT try to return via Prairie Street.

Questions **Scott Gavin 515-745-7107**

2022 SWEET CORN FESTIVAL MAP

PRESENTED BY





azalea lane boutique

OPEN DURING THE FESTIVAL!

705 Main St. Adel • 515-210-1450

Billy's ICE CREAM STORE

Located right off the bike trail in Adel

Specialty Ice Cream Desserts

Come out and enjoy our family-friendly atmosphere!

308 Nile Kinnick Dr. S., Adel • 515-238-2302

CALDWELL PARRISH FUNERAL HOME & CREMATORY

McALLEY CHAPEL

735 South 14th Street, Adel | 515-993-4240
www.caldwellparrish.com

CAMS Cleaning and Maintenance Solutions

(515) 478-9443
www.camssolutions.com

RESIDENTIAL & COMMERCIAL CLEANING & MAINTENANCE

CORNER TAP

921 Main Street, Adel
(515) 993-2240

COUNTRY LANE LODGE

WEDDINGS
GRADUATIONS
BUSINESS MEETINGS
FUNDRAISERS

HOLDS UP TO 400 GUESTS

29300 PROSPECT CIRCLE, ADEL • (515) 336-9939
COUNTRYLANELODGEIOWA.COM

FAREWAY MEAT & GROCERY

YOUR FULL SERVICE GROCERY STORE

515-993-3660

804 Nile Kinnick Drive S. • Adel

OPEN 8AM TO 9PM • MON. - SAT. CLOSED SUNDAY

FULLER PETROLEUM SERVICE

FARM • CONSTRUCTION • FLEET

Fast and friendly FUEL DELIVERY • Competitive pricing

GAS AND DIESEL - road use and off-road

24 HOUR PUMPS OPEN TO PUBLIC

1505 OLD PORTLAND ROAD in ADEL

2022 PARADE MARSHAL

2022 Citizen of the Year Jason Urban

Jason Urban, sole proprietor of Raccoon River Rental, located on Ellefson Drive in DeSoto, has provided equipment and personal time and labor to several events and activities in Adel.

In particular, as a member of the Adel Partners Trail Committee, Jason was involved with planning and implementation of the Kinnick to Raccoon

Trail Improvement Project. His donated labor and equipment were appreciated when it came time to move bags of mulch, spread truckloads of black soil and loose mulch, and edge the flower beds. He has participated in every RRVT clean up day.

When the Chamber and City were looking for assistance in replacing bulbs on the Christmas tree in Courthouse Square, Jason stepped up to provide equipment

necessary to reach the upper limbs.

Last year, Jason stepped out of his comfort zone to act as the Master of Ceremonies for the SweetCorn 5K. His use of comedic "Dad" jokes helped loosen up runners as they awaited the start of the race. Jason also provided a trailer for the race organizers to safely store equipment used for packet pickup and the race itself.

FREE SWEET CORN — WHILE IT LASTS!

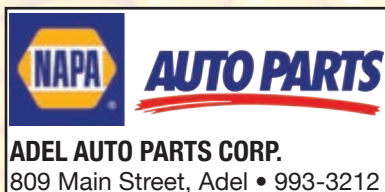
After the parade, be sure to get in line for Adel's famous Deardorff sweet corn. Each year Adel Partners purchases approximately 15,000 ears of this delicious corn and gives it away for **FREE** at the festival. The cooking process for the corn is something to see as well. We know you will enjoy eating a few ears of the corn as you visit the festival. Corn is generally gone by mid-afternoon, so plan to come early!

Annual Bean Bag Tournament

Tournament start time is after the parade, approximately 11 a.m. at the old Middle School, and sponsored by Knights of Columbus. Entry fee is \$30 for a two-person team. This is a double elimination tournament. For more information or to register, call 515-480-3842. or online at <https://stjohnsadel.weshareonline.org/BagsTournamentSweetCornFestival>.

ADM Sand Volleyball Tournament

The coed sand volleyball tournament is a fundraiser for the ADM Tiger's Volleyball team. You must be 18 years or older to participate. Teams hosted at Evans Park from 11 a.m. to 6 p.m. Entry fee is \$100 per team. Sign up at <https://forms.gle/fsB93r9rMApudH2r7> or Facebook Event <https://fb.me/e/1AA2gnaq0>.



William Wagner Display at Dallas County Courthouse

William Wagner had designed the 1900 farm and Church of the Land at Living History Farms, helped restore Terrace Hill, worked on the Herbert Hoover Presidential Library at West Branch, the Mamie Eisenhower house at Boone, the Henry A. Wallace Farm near Greenfield, town squares in Pella and Winterset, and shepherded the restoration project of the Dallas County Courthouse. Tour the Courthouse, 808 Court and 118 Nile Kinnick Drive N. from 8 a.m. to - 4:30 p.m. and see his work.

Adel Fire Department Kids' Activities

From 11:30 a.m. to 2 p.m. the Adel Fire Department will be hosting kids water fights along with a dunk tank to dunk your favorite fire fighter. Located at 11th and Court. (ADM DAC)

Redline Warriors presents Adel Sweet Corn Car Show

Bring your car for the parade, starting at 9:30 a.m. After the parade, register your car on the north side of the square. Showtime is noon to 4 p.m. All makes and models are welcome. **NO ENTRY FEE.** Fun time for all.



Annual Sweet Corn Classic at the Dallas County Fairgrounds

Bobtail, show combination, working or antique. All classes welcome. **FREE** admission and registration. Semis start lining up at 8 a.m. Door prizes given at 3:30 p.m.

Friends of the Library Book Sale - EXPANDED HOURS!

The Library is located at 303 S. 10th St. Visit the Adel Public Library during the Sweet Corn Festival for the annual Friends of the Library Foundation Book Sale. We have lots of wonderful books this year! The sale on is Thursday, Aug. 11 and Friday August 12 during library hours. Or shop on Saturday Aug. 13 from 9-2.

Fun Zone presented by Harvey's Greenhouse

Located in parking lot of Raccoon Valley Bank on east side of 10th Street between Main and Court. This year Harvey's Floral Company and Adel Flowers & Gifts has provided the kids' games. Your kids can enjoy as many rides and experiences as they desire. Make sure to thank Harvey's.

Radio broadcast

KDLS 105.5 Radio will be broadcasting from the Sweet Corn Festival. You can find them at the intersection of 9th and Main Street. Stop by, and they might even interview you.



City of Adel

The annual Sweet Corn Festival would not be possible without the support of the City of Adel. From the city administrative staff to the City Council to the city workers and the police and fire departments, everyone involved with city government pitches in to help out with the festival. Adel Partners would like to acknowledge their support and ask everyone to join us in thanking them for all they do!

LIVE ENTERTAINMENT SCHEDULE

Strolling/lawn entertainment on the southside of courthouse lawn

11:30 a.m. to 1 p.m.	Sparklehoop Dance
1-1:45 p.m.	Adel Tumbling and Dance Club
1:45-2:45 p.m.	Let's Dance

At the Stage and Pavilion

11:30 a.m. to 4:30 p.m.

Brick Inerman, Hillybilly Air Show and Brick & Bob Duo

6 p.m. - Midnight
Beer Garden.

All ages welcome. Tickets for beer and other hard drinks are \$5, or 5 for \$20.

7:30-11:30 p.m.

The Sons of Gladys Kravitz

A Des Moines band who play classic rock and cover music.



SWEET CORN FESTIVAL T-SHIRTS

These shirts along with 2021 shirts are on sale at the Chamber Booth located at 9th and Main St.





**Innovative
Lawn
Solutions, LLC**

515-322-3285 | www.ILSturf.com |  

**ADEL & WAUKEE
OFFICES**

515-453-6700

IOWA Realty 70
Opening Doors. Delivering Dreams.



**LITTLE TIGERS
LEARNING CENTER**

515-993-1038

1720 Nile Kinnick Drive S. • Adel
www.littletigerslearning.com



CULLEN + HOWE REAL ESTATE

Julianne Cullen
515-480-3787

Kevin Howe
515-710-2458

www.cullenhowegroup.com

**Patrick's
Restaurant**

On the Bike Trail

211 South 7th Street
Adel, Iowa • 993-3884



**PEOPLES
BANK**

515-993-5680

804 Greenwood Hills
in Adel

www.mypeoples.bank



**RACCOON
RIVER RENTAL**

raccoonriverrental.com

On the Adel exit just off I-80

515-993-1100

RaccoonRiverRental@yahoo.com

RCI BUILDERS REMODELS & ADDITIONS

Locally Owned

23561 Nantucket Road, Adel 515-314-5650

WWW.RCIBUILDERSINC.COM  

**IVER TO IVER
BAKERY & PIZZA**

**\$1 SLICES
DURING THE
FESTIVAL!**

109 N. 9th St.
515-478-1187

CONTRIBUTORS (financial)

Please take the time to thank these businesses and individuals for their ongoing financial support of the Sweet Corn Festival. Without their sponsorships, the entertainment and the technical needs of a festival this size would not be possible.

Elite



Street Party Sponsor



Vendor Sponsor



Fun Zone Sponsor



Princess sponsor



Platinum

- Adel TV & Appliance
- Advantage Seamless Gutters
- Fareway
- Kettelsen RV
- Kuder, Inc.
- Raccoon Valley Bank
- Raccoon Valley Radio
- World Liquor, Tobacco + Vapors

Silver

- Axis Seed
- Caldwell Parrish Funeral Home & Crematory

Bronze

- Adel Dental Group
- Adel HealthMart
- Billy's Ice Cream Store
- Dallas County Farm Bureau
- Edward Jones
- The Car Store

Contributors (In-Kind)

Please take time to thank these businesses for their ongoing support of the annual Sweet Corn Festival. Their service and experience help make the festival possible.

- ADM Schools
- Adel American Legion
- Adel Kiwanis Club
- Adel Lions Club
- Adel Rotary Club
- Anderson Erickson
- Ankeny Sanitation
- Bob Davis
- Boy Scouts Troop 152
- City of Adel
- Corner Tap
- Culligan Water
- Deardorff Sweet Corn
- Girl Scouts of Adel
- KFC
- R & K Trucking
- Sportsmen's Club
- UPS Store Clive/Waukee

Please note that the contributors list is not the official thank you list from Adel Partners Chamber of Commerce and the Sweet Corn Festival committee. It is simply a list of businesses, groups and organizations who have donated money, time or services to the committee in exchange for sponsorship acknowledgement. Hundreds of volunteers make the Sweet Corn Festival possible every year.

**WE OFFER THE BEST PRICES
AND PROTECTION FOR YOU!**

**RIVER VALLEY
INSURANCE, LLC**

819 Main Street, Adel 515-993-3515

**Auto-Owners
INSURANCE**
LIFE • HOME • CAR • BUSINESS



**Raccoon
Valley Bank**

ADEL • 515-993-4581
www.raccoonvalleybank.com

Dallas Center 992-9200 Grimes 452-0812 Minburn 677-2258 Perry 465-3521



**RUSSELL
ABSTRACT & TITLE**

821 Main Street • Adel, IA 50003
Voice: 515-993-4833 Fax: 515-993-5029
Kent Glenn & Brett Glenn, Co-Owners



**NOW
HIRING!**

21459 Old Hwy 6, Adel
(515) 993-3574



SAVE MORE MONEY

selling your home with us in 2022

LET'S DO THE MATH!

Sell your home for **\$300,000**
traditional agent at 6% = **\$18,000**
FSBOHOMES = **\$3,000**

YOU save \$15,000!

You owe it to yourself & your pocketbook to learn more!!!

We have sold over 2,500 homes with
NO COMMISSION FEE.

Call today to learn about our services (515) 393-4688

FSBOHOMES.COM
OF CENTRAL IOWA

FSBOHOMES **ANKENY**
110 N Ankeny Blvd, Suite 600

FSBOHOMES **URBANDALE**
1111 Plum Drive



VOTED FAVORITE BAR AND LUNCH MENU IN DALLAS COUNTY!

RUNNER-UP:
- FAVORITE RESTAURANT - FAVORITE DINNER
- FAVORITE BREAKFAST - FAVORITE PLACE TO TAKE MOM & DAD



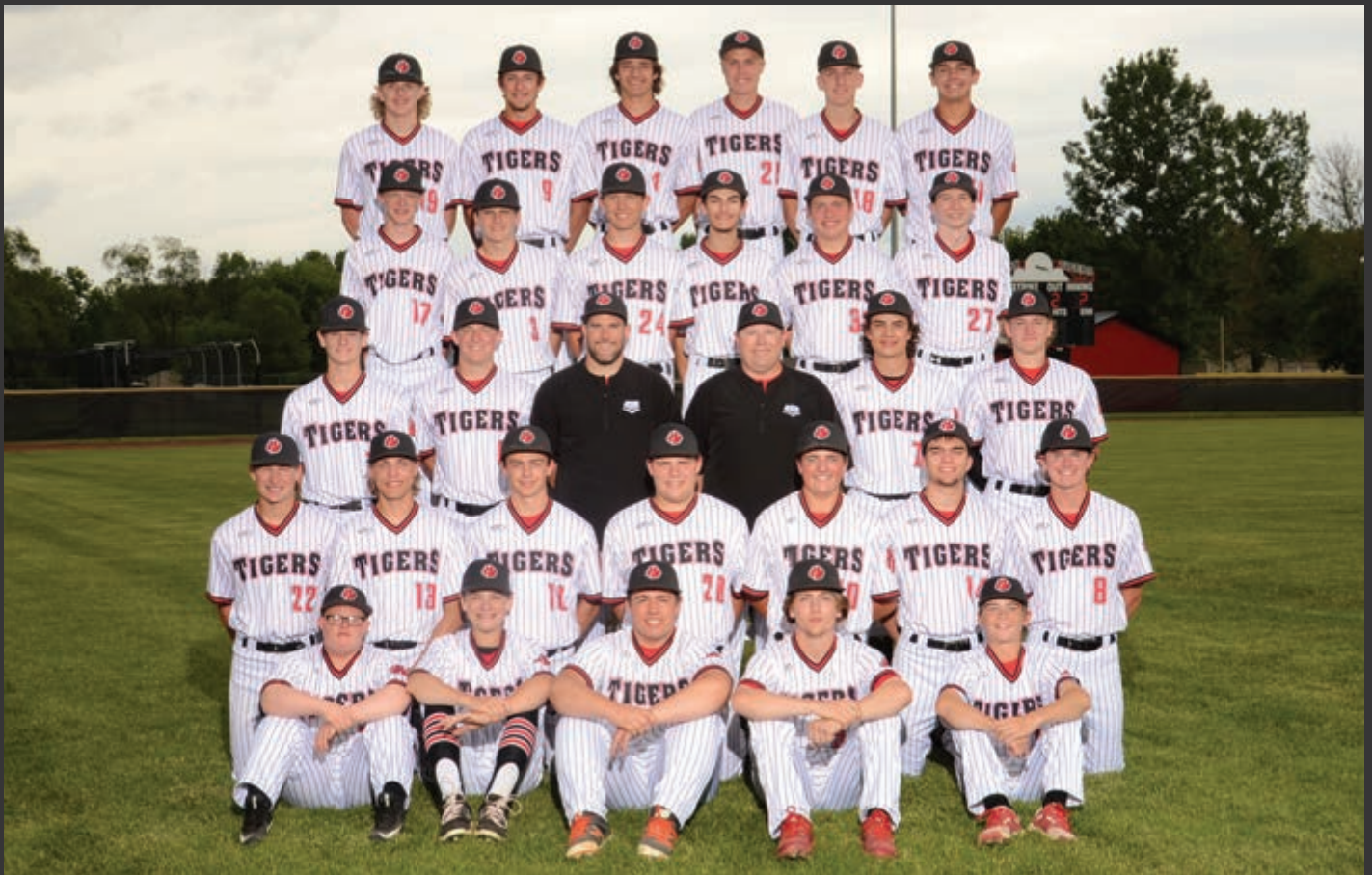
Ambro's
ROADHOUSE
BAR & GRILL


A BAR AND GRILL,
SPECIALIZING IN
HOME COOKED MEALS

917 GUTHRIE ST,
DE SOTO, IA 50069
515-834-9174
ambrosroadhouse.com

CONGRATS

Way to go on your successful seasons, Tigers!
You did great and your hardwork earned all
your accomplishments.



HAPPY SWEET CORN FEST!
Adel Barber Shop

Tuesday-Thursday 8-5 p.m., Friday 7-2 p.m.
119 N 9th Street, Adel • 515-238-0097

Adel DENTAL GROUP

Dr. Eric Anderson, DDS • Dr. Rachel Reis, DDS
(515) 993-4333 • 202 Nile Kinnick Drive S, Adel
WWW.ADELDENTALGROUP.COM

 **Adel Health Mart.**
PHARMACY
113 N. 9th Street
Adel, Iowa • 993-3644
www.adelhm.com

TAKING NEW PATIENTS
Adel Vision Clinic
Quality Eye Care on the Square
813 Main St. • 515-207-7400
Lucas Bell, OD • Barbara Scheetz, OD
adelvisionclinic.com

BIG AL'S BBQ
GO TIGERS!
2011
715 MAIN ST • ADEL, IOWA 50003
BIGALSBQ.NET /  

FINE ART photography
901 MAIN STREET / ADEL, IA 50003
515-993-4667

IS TIGERS!

Congratulations to the softball team on your state quarterfinals finish!



CORE
Physical Therapy

803 Cottage Street, Adel
515.993.5599 • www.CorePTiowa.com
Mike Burggraaf, Jodi Hook, Alicia Fisher, Justin Scherff, Robin Forster

FAREWAY
MEAT & GROCERY

YOUR FULL SERVICE GROCERY STORE

515-993-3660

804 Nile Kinnick Drive S. • Adel
OPEN 8AM TO 9PM • MON. - SAT. CLOSED SUNDAY



GO TIGERS!

FARM BUREAU
FINANCIAL SERVICES

John Harada
112 Nile Kinnick Dr S, Adel
PO Box 218
(515) 993-4267
johnharada.fbfsagent.com

GO TIGERS!

From your friends at

NEW WORLD
TRAILER

515-993-3770

27890 FAIRGROUND ROAD, ADEL • nwtrailer.com



Raccoon
Valley Bank



ADEL • 515-993-4581

www.raccoonvalleybank.com

Dallas Center Grimes Minburn Perry
992-9200 452-0812 677-2258 465-3521

IOWA
Living
MAGAZINES



WELLNESS

By Lacie Navin

CBD and stress

Most of us live hectic lives — kids, work, hobbies, endless traffic, you name it. It's overwhelming. Many people look for something to help navigate through this chaos and curb the accompanying negativity and stress.

At the store, I regularly see customers who want help with what I'll call, "matters of the mind." I consider those anxiety, depression, stress, insomnia, PTSD, and a host of other things.

When we take a cannabis product, our endocannabinoid system takes over and regulates where the cannabis is most needed to enact homeostasis (or balance) in the body. Similar to how your digestive system knows what to do with our food and our muscular system knows to function when we stand and walk, we can trust our endocannabinoid system to place these cannabinoids at the most impactful area in your body. These parts interact with your CB1 and CB2 receptors in the brain that control serotonin, dopamine and melatonin.

There are many studies about CBD and stress relief and the connection to overall wellness and relaxation. Some types of ingestion are quicker and some are slower. A daily oil or gummy is recommended to start your day. Something like a liquid or a hard candy will handle more momentary stress.

Remember, not all CBD is created equal. With numerous subpar products flooding the shelves, be sure to purchase a reputable brand. ■

Information provided by Lacie Navin, Your CBD Store, 264 Hickman Road, Waukeez, 515-669-5438.



EDUCATION

By T.K. West

MEET Billie Veach

Helping kids with nutrition.

As of July 1, Billie Veach became the new food service director for the Adel-DeSoto-Minburn Community School District. Veach graduated from Lincoln High School before starting her food service career in restaurant management. However, after wanting to have more time to spend with her family, she decided to transition her career into school nutrition around 20 years ago.



Billie Veach looks forward to starting the school year in her new role as food service director.

Now Veach says she is excited for the opportunity to lead the ADM Nutrition Department in serving healthy meals while also ensuring an environment that students and staff can learn and thrive in.

"Being a new director will have challenges, but it will also provide a new opportunity to see things with fresh eyes and hopefully provide some new ideas that can help grow our department," Veach says.

As part of her new role, Veach will be learning new software systems and the basic functions of day-to-day operations. She will also be building new relationships with staff and assessing what they will need to better serve the students each day.

"For a new director, it's all hands on deck," Veach says. "I am looking forward to doing some taste testing to see just what the kids like and how I can push them to try new exciting menu items."

In addition to her new role, Veach also serves as president of the School Nutrition Association of Iowa Board. This association works to ensure that all children have access to healthy school meals as well as assists members with nutrition education by providing services and trainings.

"There are so many things I am looking forward to this year: meeting the new staff, working with new families and, most of all, feeding those kids. As school nutrition professionals, we have the honor of being able to see every child in our building every day. I can't wait to see their smiling faces and provide them the fuel they need to learn and grow throughout their school day," Veach says. ■

ENHANCE YOUR QUALITY OF LIFE

TINCTURES | GUMMIES
EDIBLES | TOPICALS

DELTA 9 PRODUCTS AVAILABLE!
 Ask your store associate for details!

Your CBD Store®

264 W. Hickman Rd., Waukeez

515-669-5438

Next to City Hall

AMES
2801 Grand Ave. 515-232-2681

ANKENY
833 E 1st St. #101 515-964-9862

URBANDALE
4644 86th St. 515-276-4303

WEST DES MOINES
125 5th St. 515-279-0150

FOLLOW US!

PERSEVERING to make life better for others

McAdon passionate about public service

Shirley McAdon has been a driving force in the Adel community and Dallas County for a number of years. Raised on a farm in Onawa, in western Iowa, she graduated from Iowa State University. Later, she and her husband, Kent, also an ISU grad, began looking for a small town in which to raise their two sons, David and Matthew.

"We found Adel and moved to our house on S. 15th Street on Halloween, 1976," says Shirley. "I have been involved in city government since 1978. I started volunteering in government because that is where policy change occurs to make life better for people."

Although Shirley was trained to be a language arts teacher, she has never taught in a public school classroom. However, her mother always told her to have more than one area of skills.

"I took bookkeeping in high school and additional accounting courses at ISU and Drake," Shirley reports. "So, before moving to Adel, I used those skills as life took me to Texas and Japan with my husband, being a cost-accountant and bookkeeper."

She entered the education realm in Adel, becoming the director of the Adel Child Care Center, and, for 23 years, she was the business manager for the ADM Community School District before retiring in 2010.

"I felt this was a perfect blend in a job for me," says Shirley. "I understood what teachers and students need and also understood, financially, what the district could provide."

Utilizing both sides of her brain, both analytical and creative, Shirley has persevered in public service for the last 40-plus years.



"I think the qualities that help me most when I volunteer are initiative and perseverance," says Shirley. "I know that an idea, whether mine or someone else's, cannot come to fruition without figuring out how to get it done."

"I like making connections with people that can provide one piece of what needs to be done, then finding the next person who has another piece, and so on until the goal is met," she continues.

The quick and successful planning for Founder's Day, May 21, this year, is an example of Shirley in action. Being able to facilitate, in a matter of months, the celebration of the date that Adel was established 175 years ago was a creative masterpiece of coordination of events, activities and the people who could provide them.

During her years of volunteering in Adel, Shirley is most proud of serving on the Planning & Zoning Commission, the Board of Adjustment, and the City Council. She has also served as Adel's mayor. Currently, she represents Adel on the Adel Partners Chamber of Commerce Board of Directors and on the South Dallas County Landfill Agency, which has been her most long-standing post for 37 years.

"I am proud to be a member of the Adel Rotary Club, Adel Women's Club, and the Adel American Legion Auxiliary," she says. "I like being part of groups that are working together to



Deb Holton of BigDeal Car Care presents a Good Neighbor certificate to Shirley McAdon.

help others, because no one does it alone. Good people together are out there all the time getting it done."

The current project involving Shirley's time is the Adel Rotary's 100th Year Project that will be completed by the charter date of May 28, 2024. The Adel Rotary is partnering with the Adel Partners Chamber of Commerce Trail Committee to improve Pedal Plaza Park, to be renamed Rotary Plaza.

"In the future, Rotary Plaza will be a gathering place for impromptu concerts or art fairs, along with a place to rest from walking or biking on the Raccoon River Valley Trail," says Shirley. "It will include more inviting amenities, including musical flowers and other public art."

Her ongoing efforts are sustained by the support of her husband, Kent, who is also a volunteer. "He is my 'go-to-guy' for help, and I'm his 'go-to-gal.' Having a partner like Kent is why we find ourselves able to do more together than we could individually," says Shirley. ■

Do you know a Good Neighbor who deserves recognition? Nominate someone by emailing tammy@iowalivingmagazines.com.




**OFFERING INTERIOR,
EXTERIOR AND FULL DETAILS.**

That's a BIG DEAL!

BigDeal
CAR CARE




27836 FAIRGROUND ROAD, ADEL • 515-491-0311 • WWW.BIGDEALCARCARE.COM



CORE
Physical Therapy

**Proudly serving the Adel community
and surrounding area since 2004!**



Alicia Fisher, PT, DPT • Justin Scherff, PT, DPT • Jodi Hook, PT, MS • Mike Burggraaf, PT, DPT, LAT • Robin Forster, PT, DPT

MONDAY-FRIDAY 6:30AM-5PM
803 Cottage Street, Adel
515-993-5599 • www.coreptiowa.com

HEALTH By Alicia Fisher, PT, DPT

Q: What is a repetitive strain injury?

A: RSI (Repetitive Strain Injury) should be a concern for anyone who performs prolonged repetitive, forceful or awkward movements/positions. These repetitive tasks can damage the nerves, tendons and muscles of the hands, forearms, shoulders and neck and result in conditions such as trigger finger, golfer's and tennis elbow and carpal tunnel. Pain may result from these repetitive movements, along with weakness, numbness, and/or compromised motor control, which can lead to the loss of ability to perform daily tasks.

Those who are at higher risk for RSI are individuals who demonstrate poor posture or poor technique, as well as perform work duties that require repetitive motions. These concerns may seem inconsequential to workers as they only move a mouse over a pad or continuously type at a keyboard; however, these repetitive motions may lead to potentially severe consequences.

When the symptoms of RSI arise, it is best to have posture, technique and work habits assessed early by a physical therapist to avoid further injury. ■

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



SS Therapy and Consulting



IMMEDIATE OPENINGS AVAILABLE!

Taking on life's challenges one step at a time.

www.sstherapyandconsulting.com

STEPs Groups
Adults/Teens/Parents

Therapy for All Ages
Most insurances accepted.

Neurofeedback Brain Maps and Training Available.

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

HEALTH By Kendall Way

END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.

Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■

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



HEALTH

By Dr. Lucas Bell

CHILDREN'S eye care vital

Just in time for the start of school, August is National Children's Vision and Learning Month. Do not delay in asking questions about your child's eye care. What are the early warning signs of vision problems in children? At what age should I start bringing my child to the eye doctor? Knowing these answers is critical to a child's ability to read and learn.



One in four children have undiagnosed vision problems. Headaches, short attention span and even difficulty remembering what is read are all signs of possible vision issues. Vision problems can interfere with your child's school performance and even their safety. It is estimated that as many as 80% of a child's learning in the first 12 years is through the vision system.

Develop good habits early. A child's first comprehensive eye exam should be scheduled six months after birth, and the child should be reexamined every two years. Schedule regular eye exams before school starts so academic performance is not affected. Developing good habits early can lead to a lifetime of healthy vision and learning. Schedule your child's eye exam with a licensed eye care professional today. ■

Information provided by Dr. Lucas Bell, Adel Vision Clinic, 813 Main St., Adel, 515-207-7400.



Make sure they
are at their best.

**SCHEDULE EYE
EXAMS NOW**



Adel Vision Clinic

Quality Eye Care on the Square

813 Main Street, Adel
515-207-7400
adelvisionclinic.com
M-F 9 a.m. to 5 p.m.

HEALTH

By Leslie Herron

TETANUS is dangerous. It's also preventable.

Tetanus is an infection caused when bacteria found in contaminated dirt, feces and saliva enters the body from a skin break — typically cuts or puncture wounds from contaminated objects. It cannot be spread from person to person.

Tetanus is sometimes called "lockjaw" because a telltale sign of the disease is when the jaw tightens and cannot release, making it impossible to open the mouth or swallow. Other symptoms include muscle spasms/stiffness and headaches.

Tetanus can result in complications like broken bones, arterial blood clots, pneumonia and difficulty breathing.

There is no treatment; the body must fight the bacteria. Being current with tetanus vaccine is the best prevention. The good news is that the tetanus vaccine is given with other vaccines in one shot. You can get protection against diphtheria and whooping cough (pertussis) simultaneously. Tetanus protection doesn't last a lifetime. Scheduled vaccines are recommended.

The tetanus shot is safe. Arm soreness is the most common side effect.

If you have a deep or dirty wound, and you haven't had a tetanus booster in five years or don't remember if you did, seek medical attention. ■



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

PHARMACY

*Locally Owned.
Locally Loved*

PROTECTING & TREATING THE COMMUNITY.

NOW OFFERING:

**Hemoglobin A1c Testing –
results in 15 minutes!**

Also Available:
Rapid Flu, Strep & Covid-19.

Come see how we make a difference.

www.sumpterpharmacy.com

628 Nile Kinnick Drive South, Adel • 515-993-1119

Monday–Friday 9am–6pm • Saturday 9am–1pm

GETTING the most out of your pharmacy visits

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



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

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

- **Ask questions about over-the-counter medications.** OTC medications do not require a prescription, but they can interact with

other medications, lessen their effects, or adversely impact a chronic condition.

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

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

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

Building a strong healthcare team is the first step to bettering your outcome. It's your health. If you are unsure of a diagnosis or treatment, don't be afraid to ask questions. If you don't understand the answer, ask for clarification until you understand. Your team is here to work for you. ■

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

WHY Adel HealthMart?

- Free Delivery in Town
- Specialty Medicine Packaging
- Immunizations
- Blood Pressure Machine
- Order Refills Online
- Photo Developing Kiosk
- Gifts, Cards and Candies



Adel
HealthMart®
PHARMACY

ON THE SQUARE! Locally Owned & Operated!



113 N 9th Street, Adel • 515-993-3644 • www.adelhm.com - Newly improved with you in mind!



PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.



Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce

a person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

Iowa's most advanced heart care

When it comes to your heart, you should have the best care possible. MercyOne Iowa Heart Center has the largest and most experienced team of cardiovascular experts in the region.

With access to clinical research, innovative procedures and advanced treatments, we provide the critical heart care you need, close to home, to help you live your best life.

Visit IowaHeart.com.

MERCYONE

Iowa
Heart
Center



COMING to America

Foreign exchange students experience life in the U.S.

Instead of an Eddie Murphy movie about a prince from a fantasy country in Africa, picture a group of students coming to Adel from far-away places called Kazakhstan and Kyrgyzstan. This was just one of the groups of students who have been able to get a true picture of what America is all about as they have traveled half-way across the world to visit. Rather than the United States that is represented in movies and television, the students have had an opportunity to view the America that we know.

"We meet and learn about each other, human to human and face to face," says Karen King-Fitzgerald, regional program manager for World Link, a placement organization for foreign exchange students. "We follow the United Nations goals and are sponsored through grants from the U. S. Department of State."

As with most things in the world, the COVID pandemic affected the typical programming of foreign exchange students who planned to stay through a school year in America. It is a rigorous application to win a scholarship for this opportunity and, when the State Department shut off all travel in 2020, about 400 students were unable to fulfill their dream. Since it is an ongoing program, the upcoming classes of students were ready to take the other students' places when travel was again available.

The State Department, together with the placement organizations, such as World Link, came up with the idea of giving those 400 students a "snapshot" of the United States. It is called ALEX — an acronym for American Leadership Experience. "We devised a two-week visit, with one week in Washington, D.C., seeing the Capitol, and other sights of America's history, as well as visiting with state representatives, and one week with a host family out in various regions of our United States," says King-Fitzgerald. "We have had three and will have one to two more groups of 10 to 12, coming to Adel. Our students love Adel, and, of course, I do, too." (King-Fitzgerald lives in the Mill Creek Addition, outside Adel). To learn more about being a host family, which requires a vetting process, call King-Fitzgerald at 515-



The first group of foreign exchange students who arrived in mid-May were from Kyrgyzstan and Kazakhstan. They were hosted by 11 families in Adel for a week.

491-1551 or email at Karen@worldlinkinc.org.

Jackie Giles, a recognized community volunteer, coordinated the placement of the first group of 11 students in May. "Just in a matter of a week, this group of students built a lifetime of memories and relationships," says Giles. "Even after returning back to their respective countries, we all have been able to stay in touch with Zoom calls and Internet."

At a pizza picnic at Evans Park, the students enjoyed sharing their experiences in Adel and central Iowa during the week from May 14-21. Yernur, from Kyrgyzstan, a first-year student at the American University of Central Asia, was impressed with the altruistic nature of Americans, saying, "Americans do a lot for others; there is a deep-seated culture of giving, sharing and caring."

Some of the activities in which the students participated involved volunteering in the community; this follows the mission of building leadership within their own communities after their American experience. They packed literacy bags at ISU Extension, while learning about Iowa Extension services, as well as the United Way. They volunteered at Many Hands Thrift Shop, learning of their mission of sharing with others less fortunate.

Individual students visited many of the local civic organizations, speaking about their own countries and customs. The group also enjoyed typical Iowa activities, such as touring the State Capitol, DMACC and Living History Farms. They visited Adel's Volunteer Fire Department and the Dallas County Sheriff's Office — interspersed with eating at some local favorites: Pizza Ranch, Big Al's BBQ, Hibachi Grill and Adel Family Fun Center. They even were part of the panoramic picture for Adel's birthday celebration on May 21.

Anuar Ulakov, from Kazakhstan, studies at Nazarbaev University, the most prestigious in his country. With a major in economics and technology, he wants to work in an international corporation. When asked about his hope for the future, he replied, "I want to be living in a peaceful world." Many of the students were clear about the interconnectedness of the world in which we live and our dependence on one another. They also mentioned the fact that their countries were now independent, democratic republics.

School year placements are now being sought. Nazrin Guiyeva lived with the Mike and Jackie Giles family for the last school year and wanted to publicly thank the entire Adel

COMMUNITY



The most recent group of foreign exchange students to arrive at the Des Moines airport were from Azerbaijan and Lebanon. Six host families from Adel welcomed Azerbaijan students. Other communities around central Iowa participated, including Waukee, Dallas Center, Grimes and Norwalk.

community for her experiences. "I am 18 years old and had already graduated from high school when I came here, but my year helped me to change and become more mature. The Adel

people are helpful and kind and are my most favorite part of my exchange year. I want to tell everybody 'Good-bye' and 'Thank you' for being so welcoming and helpful to me in school

and home."

With those good feelings going out into the world on behalf of the United States, there is hope for Anuar's "peaceful world." ■

Best Protection and Prices Tailored to You

As an independent agency, we can tailor the best insurance protection at competitive prices. We represent only the finest insurance companies, including Auto-Owners Insurance Company, which has truly earned the reputation as The "No Problem People."

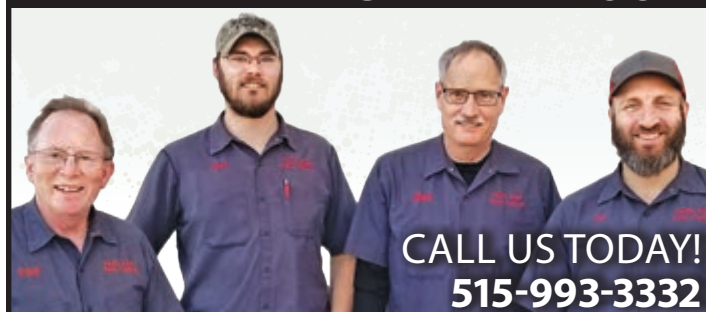
Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS

Trusted Choice
RIVER VALLEY
INSURANCE, LLC

819 Main Street • Adel • 515-993-3515



A TEAM THAT CAN HELP YOU



CALL US TODAY!
515-993-3332

PAUL'S AAA PEST CONTROL, INC.

www.PaulsAAAPestControl.com • PaulsPestControl@yahoo.com

Helping you achieve your best mental wellness

OUR PROVIDERS ARE HERE FOR YOU.

We offer a great range of experience and expertise that enables us to give the highest quality of outpatient care.

OUR SERVICES

Psychiatric Care
Medication Management
Child & Adolescent Psychiatry
Genetic Testing
Nutritional Psychiatry



WALNUT CREEK PSYCHIATRY

IN-PERSON OR ONLINE
VISITS AVAILABLE

walnutcreekpsych.com

5408 NW 88th St., Ste. 140, Johnston
(515) 368-7504 | (515) 355-3491

HAVE the marriage you've always wanted

Have you ever looked at a happily married couple and wondered, "Why are you so happily married? What is your secret sauce recipe?"

Author Shaunti Felhahn surveyed married couples and found one key attitude that was a common trait in happy marriages and missing from unhappy or failing marriages. Are you ready to hear it? What you're about to read could be a game changer for your marriage... Here we go:

Choose to believe your spouse has the best of intentions, even when they hurt you.

If you're in any kind of relationship with another person, especially a marriage relationship, you will eventually get your feelings hurt. But a mark of a healthy marriage is when each person chooses to believe their partner cares about them and has good intentions. In other



words, believe the best in your spouse. When we get hurt, we all know it's so easy to think things like:

"He is trying to be inconsiderate and hurt my feelings..."

"She knew that would make me mad and yet did it anyway..."

But the happiest couples were able to say:

"Ouch, that hurt, but I bet he doesn't realize what he did..."

"Ouch... but I know she still appreciates me..."

It turns out God has been saying the same thing all along: "Love always trusts." Trust is necessary in any relationship and essential in love. The Bible gives an interesting description of love: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" (1

Corinthians 13:4-8).

Sadly, there are times when one spouse does try to hurt the other, and, when this happens, trust is shattered. This marriage is in trouble. But a couple who strives to trust, to believe the best in the other, will enjoy a more loving and healthy relationship.

Can I offer one more word of encouragement? One key to developing a healthy marriage is to surround yourself with other people who have a healthy marriage. These are the people who will offer you a godly example, godly advice, and support you and your marriage through the ups and downs of life. In other words, a local church community can be a strategic setting to help you grow. There are several good churches in and around Adel. If you don't already have a church home, pick one and check it out. I think you will be glad you did. ■

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

HELPING PEOPLE FIND AND FOLLOW JESUS

JOIN US SUNDAYS - 9:00 & 10:30 AM
LIVESTREAM IS AVAILABLE EVERY SUNDAY ON  

NH NEW HOPE CHURCH

25712 US-6, ADEL • (515) 993-5325
WWW.NEWHOPEADEL.ORG

   FIND US ON FACEBOOK, INSTAGRAM AND SPOTIFY

HARVEY'S Greenhouse, Adel Flowers and Gifts

Generations of beauty

A sixth-generation, family-owned greenhouse has been thriving for 121 years in Adel.

Harvey's Greenhouse is run by a generational family team, Valerie Sutton, Marie Hansen and Deb Gay. It was established by Valerie's grandfather's family in 1901. It was formerly located south of De Soto until a glass greenhouse was destroyed by a tornado. It's been at its current location in Adel since 1956.

The Greenhouse is known for its cacti, as well as its herbs, perennials, annuals and hard-to-find plants. Over the years, Harvey's has received many calls inquiring about floral and cut arrangements. So, Val's mother, Marie, opened up Adel Flowers and Gifts 14 years ago, with Marie and Deb both running the shop.

Valerie became interested in the Chamber when she first acquired the family business. "My grandma was big supporter of the Chamber," she says.

Marie says the Chamber helps the community come together. "Being in the chamber gives us visibility. We are a sponsor for the Sweet Corn Festival and provide floral centerpieces for Chamber events," says Hansen.

Harvey's Greenhouse helps beautify the city of Adel, thanks to the Chamber's recommendations to provide flowers on the square. Initially, planters weren't being watered on a regular basis. A citizen donated a golf cart so it was easier to water the plants. "He heard our frustrations about the plants not being watered. We now have volunteer citizens who water the plants," says Valerie.

Both Valerie and Marie are invested in giving back to the community. They hear of needs and events through the Adel Chamber. They've hosted chamber events at the Greenhouse and help sponsor holiday events.

Valerie was one of the original creators of the "This is Adel" committee, where they've sponsored the Holiday Home Tour and Adel Garden Tour. "We're always chipping in and helping out the community in any way we can," she says.

Marie, who lives in De Soto, serves on the De Soto Betterment Committee, as well as the De Soto Placemaking Committee, which was started by the Adel Chamber. She's also a member of the Adel Rotary.

Adel Flowers is moving to the downtown square in the upcoming year. Chamber President Deb Bengtson connected the owners with Valerie after she expressed an interest in a downtown location. Marie says, "Val has a heart to revitalize the downtown square. We want to see more businesses there."

The pair are grateful for the Chamber's assistance. Valerie recommends small businesses join the Chamber, "It's good for businesses who don't have a brick and mortar presence. It's important to join the Chamber and support other local businesses." ■

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



Paisley Sutton, Valerie Sutton, Marie Hansen and Mary Harvey Kimber represent four generations of the family that has owned Harvey's Greenhouse for six generations.

**Affordable vehicles
locally sold in Adel!**

The Car Store

**For up to date inventory go to
www.thecarstoreiowa.com**

20 YEARS OF SALES AND SERVICE EXPERIENCE!

510 Nile Kinnick Drive North, Adel / 515-993-4261

The best way to build a healthy community...

**Put your money
where your
mouth lives!**

FOR AN INTERACTIVE EXPERIENCE...

**GET ZAPPAR
ZAP THE CODE**

Download on the
App Store

GET IT ON
Google play

**"Being in
the chamber
gives us
visibility."**

- MARIE HANSEN
Harvey's Greenhouse

**Voted Dallas County's
FAVORITE
CHAMBER OF
COMMERCE!**

**Connect with Chamber members.
Connect with your community.**

**Contact Deb Bengtson
today for
membership details.**

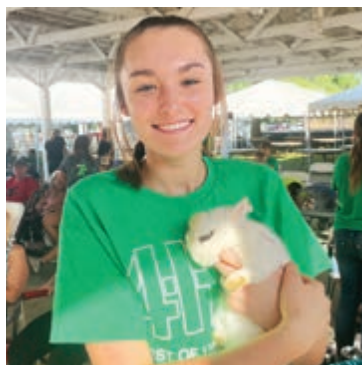
chamber@adelpartners.org
515-993-5472
adelpartners.org

Adel PARTNERS
CHAMBER OF
COMMERCE

OUT & ABOUT

DALLAS COUNTY Fair

The Dallas County Fair in Adel was held on July 15.



Jacie Flockhart



Karley, Holly and Paige Mattes



Averi Haines, Brooklyn Haines and Vivien Way



Sophie Meekma



Lailin Pedicini



Paislee Akins and Bryndle Akins



Zoe Kempf



Trinity Handy



Kennedy Mertz



Isabella Dardano



Paisley Wyatt

OUT & ABOUT



Adel Kiwanis members hosted a free bounce house night for children in Kinnick-Feller Park on July 19.



Scott Gavin, Will Danielson, Madison Danielson and Kristie Gavin at the Adel Kiwanis bounce house night in Kinnick-Feller Park on July 19.



Keneth Steenhoek and Owen Kirk at the Adel Kiwanis bounce house night in Kinnick-Feller Park on July 19.



Kylie Shafer and Pieper Giles at the Adel Kiwanis bounce house night in Kinnick-Feller Park on July 19.



Alexa Seidle, Avery Miller, Rhyn Miller and London Warmuth at the Adel Kiwanis bounce house night in Kinnick-Feller Park on July 19.



Susan Hannam and Jamie Evans at the Adel Farmers Market on July 19.



Keith and Becky Soffa at the Adel Farmers Market on July 19.



Brenna Lucht, Mckinley Cornwell, Annika Hillmer and Mckenzie Trout at the Adel Farmers Market on July 19.



Gretchen York and Dan Wilson at the Adel Farmers Market on July 19.



Elizabeth Clark and Kari Chadwick at the Adel Farmers Market on July 19.



Sadie Pane and Eva Helps at the Adel Farmers Market on July 19.

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

2023 MANUFACTURED HOMES, (14x60) 2Br, \$39,999. (14x70) (3Br- 2Ba.) \$49,999. (16x80) (3Br- 2Ba.) \$59,999. NEW (28 x 64) (4Br - 2Ba) \$79,999. Delivered Factory-Direct, E. Of I-35, & North Of I-80, 319-239-1920. (mcn)

IN STOCK NOW! (2) Brand New, (3) Br.- (2) Ba. (16x80), (1200 Sq. Ft.). Loaded With Options & Ready/Immediate Delivery! (Or) Order Factory Std. & Factory Direct Delivered @ \$59,999. (319)-239-1920. Coachlight Homes. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344(mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-866-258-6720. (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (mcn)

CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirectTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DIRECTV Stream - Carries the Most Local MLB Games! CHOICE Package, \$89.99/mo for 12 months. Stream on 20 devices in your home at once. HBO Max included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-866-387-0621. (mcn)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096. (mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favor-

ite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-866-296-1409. (mcn)

FINANCIAL

STOP worrying! SilverBills eliminates the stress and hassle of bill payments. All household bills guaranteed to be paid on time, as long as appropriate funds are available. Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-866-918-0981(mcn)

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

HEALTH & MEDICAL

Attention Viagra users: Generic 100 mg blue pills or generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today 1-877-707-5659. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411.(mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest/#6258 (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

VIAGRA or CIALIS Users! Save \$500! Viagra On Call! 40 Pills + 10 FREE for only \$99. 100 Percent Guaranteed Pills. #1Male Enhancement, Discreet Fast Shipping. Money back guarantee! Call Now 1-833-980-1500 or 1-609-447-2228. (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

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 and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

PROTECT YOUR HOME from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-949-4528 (mcn)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-855-962-5554(mcn)

Viagra 100mg & Cialis 20mg Summer Sale. 70 plus 20 Free-90 Pills Only \$99. Free Shipping. Satisfaction Guaranteed. Other Meds Available. USAServicesonline.com 888-424-4908 (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free

LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-855-364-3948 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/ unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-341-5862 (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. Free professional installation! Four free months of monitoring! Call to customize your system. 1-833-841-0737 (ACP)

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)

Protect your home from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-394-9278 (ACP)

Discount air travel. Call Flight Services for best pricing on domestic & international flights inside & from the US. Serving United, Delta, American & Southwest & many more. Free quote! Have travel dates ready! 844-951-2014 (ACP)

Get behind the wheel today.

THE 2022 LINCOLN NAUTILUS

See our in-stock selection and drive home today in a new Lincoln Nautilus.

Iowa's Largest Selection

No waiting here.
Drive home today in a new Lincoln Nautilus from Stivers Lincoln.

Order Your New Lincoln Today



Order your new Corsair, Aviator, or Navigator from our Lincoln specialists today to secure your place in line.

Iowa's #1 Lincoln Dealer. Since 1980.*



1450 E Hickman Rd
Waukee, IA 50263
515-987-3697
www.stiverslincolniowa.com



L I N C O L N

*Sales ranking based on 2021 calendar year car and truck sales report by the Kansas City Region of Lincoln Motor Company.

August BACK TO SCHOOL deals!

VALID AUGUST 1-31, 2022

ADEL & Winterset

Est. 1960

T.V. & APPLIANCE • HEATING & COOLING

MAYTAG® \$1,199



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

MAYTAG® \$879



Maytag® Dishwasher with Stainless Steel Tub with 5 Cycles. Dual Power Filtration. Finger Print Resistant stainless steel. MDB4949SKZ

MAYTAG® \$799 EACH



Maytag® Washer 3.8 Cu. Ft. w/agitator Deep wash option. MVWC465HW



MAYTAG® Electric dryer 7.0 Cu Ft. 12 cycles. Drum light. MEDC465HW

Whirlpool® \$1,399

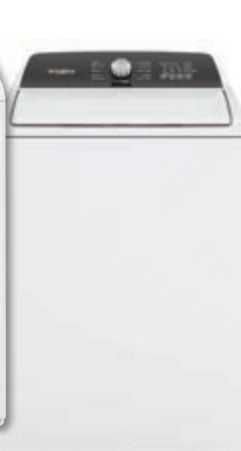


5.0 Cu. Ft. Whirlpool® Gas 5-in-1 Air Fry Oven. Air Fry Basket. Fan Convection Cooking. SpeedHeat™ Burner. WFG550S0LZ

Whirlpool® \$899 EACH



7.0 Cu.Ft. Capacity Electric Dryer Hamper Door WED5010LW



4.6 Cu. Ft. Top Load Impeller Washer with Built-in Faucet WTW5010LW

Whirlpool® \$789



Front Control Dishwasher Sensor Cycle. 1-Hour Wash Cycle. Cycle Memory. WDF540PADM

ADEL & Winterset

Est. 1960

T.V. & APPLIANCE • HEATING & COOLING

www.adelwintersettv.com

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

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