

ADEL

DECEMBER 2021

Living

MAGAZINE

Christmas *then and now*

Residents reflect on changing
holiday observances

Meet Brooke Cooper
EDUCATION

Memories of holidays around the world
NEIGHBORS

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RECIPE

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WELCOME

ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.



I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, 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



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Christmas *then and now*

**Residents reflect on changing
holiday observances**

By Marsha Fisher

Tinsel. One strand at a time, placed carefully on each branch of the fir tree my dad had cut down from our farm in Washington State. It took forever, and he was adamant. Maybe my German immigrant grandparents also had a thing about the look of tinsel shimmering like icicles. When it was done, it was beautiful. Perhaps that's why decorating the Christmas tree is a special, meticulous task for me — each ornament in a particular place. Tradition continues — at least some of them.

Rosie Peters is stocking up on her precious black walnuts, which are a key ingredient in her treasured date roll.

Not all of the traditions of my immigrant great-grandmother, Anna Sorensen, brought from Norway quite made the cut. I do love lefse and lutefisk, but I don't make it every Christmas season like my mother did. I do have a potato ricer, but I don't seem to take the time and effort that lefse requires. Time seems to be one of the factors that has made our Christmases "then and now" different.

Mid-19th century traditions continue

"I remember making our own stockings to hang up for Christmas when I was 9 or 10," says Ann Sturgeon Kreager. "My mom, my dad, my Aunt Tootie and Aunt Babe were all down in our basement one Saturday, cutting, sewing, gluing and glittering. It was a special time for our family together."

Ann was an only child who grew up in Adel with her father and mother, Peggy, and her two aunts, all teachers in the area. The family celebrated Christmas together, and the stockings are a reminder of that fun and meaningful time together.

"I still have them, and the tradition of hanging stockings has continued within my immediate family." Her son, Randy, and his wife, Beth, and two grandchildren, Dallas and Jordan, continue to hang stockings, even as the grandkids come home from college.

"We always have stocking stuffers for the stockings and enjoy the surprise of what is inside," says Ann.

Gift-giving is a major tradition at Christmas, but the size and type of gifts have evolved over the years. Meredith McHone-Pierce remembers growing up on an Iowa farm in the 1950s.

"We were each given one nice gift, period," she says, "and Daddy always arranged a big box of oranges and Red Delicious apples under the tree. Today, my young grandchildren are getting gift after gift with a budget of about \$500 each from their parents."

Meredith tries to hold the line and focuses on books for the children.

"I always find out what they are reading and then find a series of books to give them in the same genre," she says.

When Tanya Harre received a Target flyer in the mail recently, she was reminded of a simple tradition in her family as a child.

"I remember the fun we had as children when the Sears toy catalog came in the mail,"



Ann Sturgeon Kreager admires the felt stockings she and her family made more than 60 years ago.

says Tanya. "We were so excited to look at all the enticing possibilities. Mom gave each of us five children a different colored crayon, and we would color-code our own choices."

Tanya says the anticipation with so many possible choices was exciting. Today, the Internet and the process of "see image, click and delivery tomorrow" has shortened the children's anticipation, she says.

Karen and Wayne Rebeschke have tried to keep the element of surprise alive in their gift-giving. For their adult children, while the gift of money seems the most practical, "surprise" has taken on a new meaning in the "hunt for the cash."

"When they were living at home, we would hide some money somewhere and then put clues in their stockings," says Karen. "Now the girls are living far apart, but we still want the excitement of the treasure hunt to continue. One year, I found some 'trick boxes' to put the money in; certain parts needed to be moved in order to open, and it was tricky. I think our son-in-law threatened to smash one. The best "hunt for the cash" was when I baked the money into a cookie. What a process. I had to do a test run with tin foil around the money inside the cookie dough. They were baffled, and, eventually, we had to tell them to bite into their cookie."

Growing up in St. Ansgar, Merritt Beaman remembers his family thinking of giving to

others first.

"My mother would cook a huge Christmas feast, but before we could sit down and eat, we packed up some portions and took it over to the old maiden sisters, Mamie and Claire Mo. They lived in separate houses, so the trip took a while, factoring the travel and visiting time. My mouth was watering the whole time. It was the same on Christmas morning, delivering gifts to others first before we opened our own."

Merritt and his wife, Marsha, have brought that sharing spirit to Adel, sharing their knowledge of Tai Chi in a free weekly class at the library.

Special foods and treats

Memories of the Christmas Eve programs in her one-room schoolhouse in Webster County in the midst of the Depression shine vividly in the mind of Marilyn Lynch.

"I was the youngest student and loved the bright spot that Christmas was for us. Of course, we had a tree, and we spent weeks making decorations. Garlands of popcorn and cranberries were strung, and paper chains were made while the teacher was working with other students doing their lessons. We memorized parts for our program, hung sheets for the backdrop and practiced Christmas carols to sing. All our parents came and, after the program, so did Santa."

Living on a farm, Marilyn says her family

FEATURE

was self-sufficient and did little shopping, so anything store-bought was unusual. The bags that Santa brought each contained an orange, peanuts and hard, ribbon, multi-colored Christmas candy.

"It was a delight!" says Marilyn, adding that, what is so common for children today, such as fruit, candy and peanuts, was so uncommon for children of the Depression and during the rationing of World War II.

"After the program, we always had oyster stew, and, every year, Mom would send Dad to the store for a few more oysters," says Marilyn. "I would want to ride with him, and, of course, Santa came to our house while I was gone. This 'trick' trip to the store went on for years, and I never caught on."

Rosie Peters also grew up during the Depression and was the youngest of four children whose parents farmed and were seminary-educated ministers. Since they were called to churches around Dallas and Story counties, Rosie, her brothers and sister moved six times while she was in school, and they hauled their animals and farm equipment with

them.

"I don't remember being hungry, of course, since we lived off the land, being on the farm. But, we got very few store-bought toys, especially during the drought years of '32 and '34. I got a little rubber doll once, and my older sister was secretly sewing pajamas for it on a treadle sewing machine. And my brother, Walter, loved airplanes so much, the folks got him a little metal toy one. The rest of us were so happy for him. He later spent 37 years in the Air Force."

She remembers getting their Christmas trees from the ditch — the wild red cedar that grow so plentifully in Iowa.

"When the boys, Jim and John, were young, I wanted them to experience what we had to do when I was young, so I checked with the county and asked if I could cut a 'ditch tree' with them," says Rosie. "At that time, they said 'Yes,' so we did."



The Whyte family today includes Debbie, Kathy, Jerry, Jennifer and Terri.

She is also carrying on another tradition she remembers having at Christmas — a special black walnut date roll.

"My father would collect and crack the black walnuts, and my mother would pick out



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Aging Resources of Central Iowa is partnering with Big Al's BBQ in Adel to help older Iowans enhance their socialization and improve their nutrition. The name for this partnership is The Iowa Café.



To participate in The Iowa Café, individuals must be 60 years of age or older, or the spouse of an eligible individual regardless of age. Meals are provided on a voluntary contribution basis, and individuals will be given the opportunity to contribute towards the cost of the meal.



Register by filling out a Client Intake Form through Aging Resources. Once the registration is processed, you will receive a key card. When you visit Big Al's Restaurant you can choose an item from the Iowa Café menu and use your key card to pay. For more information, call (515) 633-9518.

FEATURE

the meat. It was a simple recipe: walnuts, chopped dates, chopped marshmallow bits and lots of whipping cream from our cows," says Rosie.

About 15 years after her mother died, Rosie decided she would make the date roll for all her siblings.

"Well, that was kind of a mistake," she chuckles. "From then on, every year, they expected it. Nieces and nephews have asked to 'get on the list,' so I'm giving them locally and sending them around the country."

A niece, Bonnie, from West Des Moines, has come to learn how to make the treat, and Jim and grandson Corbin Peters, 5, came last year to help. Rosie is now collecting ingredients in anticipation of making a Christmas treat recipe now being learned by the fourth generation.

Carrying on the sharing of her mother's homemade goodies with family was the reason Terri Wyle called her sisters together about a year after her mother, Betty, died on Dec. 28, 19 years ago.

"The first year, we didn't do anything, and it seemed the family was disconnecting," says Terri. "I am the oldest of four girls; I was 39 when mom passed, with my youngest sister only 30. I told them, 'Mom would be disappointed if we didn't carry on for the grandkids our strong tradition of baking, decorating and gathering with family.' We have been making a plan for every major holiday since."

"Hosting rotates and sometimes the day rotates, too, due to work and family schedules, but we always get together to share the feast and the goodies." ■



The Rebischkes use "trick" boxes to increase the suspense in gift-giving money.



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FINANCE

By Kelsey Hughes

BUDGETING for the holiday shopping season

As we're a year and a half into pandemic living, we have become well acquainted with this new normal. Going into year two of a pandemic holiday season, we can expect many of the same things we saw last year, including retailers closing stores on Thanksgiving and extending the Black Friday sales. This new year, however, brings new concerns for the shopping season such as supply chain and shipping delays, inventory shortages and price increases.



Many retailers acknowledge this change and are extending their sales, which can be helpful to consumers, but what if your finances have changed since the pandemic began? If money is tight for you this year, it doesn't mean you can't enjoy the season, rather that you may need to adjust your budget. Here are some tips on how to manage budgeting — and stress — this holiday season.

Set expectations

It's important to acknowledge that things are different. Talk to your family and friends about expectations for the season and what would make everyone feel better during this stressful time. Talk about how much you all feel comfortable spending to prevent future misunderstandings.

Think about your priorities

Household incomes have changed for many during the pandemic, meaning some may not have savings they had before to finance holiday fun and gifts. If holiday spending is important to you, look for ways to temporarily reduce spending, such as renegotiating your cable and Internet package. You may be surprised at the ways to free up extra cash. Check to see if you have any credit card rewards available to convert to gift cards or cash.

Check for deals, but don't let it consume you

It's always a good idea to do some research before purchasing gifts to ensure you are getting the best deal, but try not to get too caught up in price comparing and purchasing options. So many retailers offer different deals weekly or daily, and trying to outsmart them is not likely to provide you significant savings and will probably drive you crazy.

Change your holiday traditions

It is possible to scale down your celebration and keep spirits bright. If you typically exchange gifts with several friends and family members, consider doing a secret Santa exchange instead. Talk to your group beforehand to agree on a spending limit, draw names and purchase one gift instead of many.

Amongst all the uncertainties that have come with this second strange year, we hope these strategies will help ease some stress, and we wish you a joyful holiday season! ■

Information provided by Kelsey Hughes, Trust 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.

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RECIPE

DELIGHTFUL dishes to dazzle holiday guests

(Family Features) Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at EnvyApple.com. ■

Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



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THE JOY of impact

I have the privilege of working with a particular group: pre-retirees and retirees. They have this amazing perspective on life. They've worked 30 or 40 years, they've raised their kids, and they've persevered through many of life's ups and downs. They're shifting their identity away from their work and into their retirement. They light up when they talk about the opportunity ahead of them — specifically their desire to leave an impact.



That impact looks different for everyone. Some of the families and individuals we work with want to have an impact on their grandkids. That could be providing childcare, simply spending more time with them, or working on a strategy to help them pay for college. Others want to have an impact on their community. They talk about doing more volunteer work, helping with projects at church, or giving to their favorite charities.

I love to start the retirement planning process with these conversations. I know this might sound a bit strange coming from someone who spends a lot of his day researching investments and implementing tax strategies, but research studies back up what I've seen firsthand: The happiest retirees have a lifestyle plan. They have an idea

about how they want to spend their days to stay engaged and fulfilled in retirement. Aside from benefiting their mental health, the lifestyle plan is the perfect way to springboard into the other elements of a retirement plan.

We start the retirement planning process with a lifestyle plan because it's the lifestyle plan that drives many of the other decisions you have to make about retirement. For example, you wouldn't buy a minivan if you are looking for an off-road vehicle to use in the mountains of Colorado. The same is true in retirement; you need your tools and resources to align with your goals. Do you desire to spend every dollar on your dream vacations or have a significant amount left over to pass to future generations? These answers will drive your investments and how you set up your legacy plan. There's even a connection between the lifestyle plan and your long-term tax strategy because how you choose to take income in retirement can impact your tax bracket, both now and in the future.

After developing a lifestyle plan, we work through those other aspects of retirement: income, investment, tax, health care and legacy planning. I love seeing the joy on people's faces when the plan shows them how they can pay for all of those things and leave the type of impact they've been dreaming of in retirement. ■

Information provided by Loren Merkle, CFP®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, IA 50111, 515-278-1006.

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PROBATE process

Probate often gets a bad reputation for being a cumbersome, never-ending process. Often times, an estate can be a streamlined process that can be completed in six months to a year.

Before opening the estate, you first need to determine if the decedent died with a will (testate) or without a will (intestate). If there is a will, it most likely names an executor. The executor is the individual responsible for managing the estate and will file to open the estate. If there is no will, then only the surviving spouse can file to open an estate for the first 20 days after the decedent's death. After 20 days, heirs can file to open an estate. The individual that opens an intestate estate and is responsible for managing the estate is called the administrator.

After you determine who can open the estate, the estate can be opened by filing a petition with the court. The executor/administrator will then receive Letters of Authority; Letters of Authority are basically the identification card for the executor/administrator.

Next you need to collect information regarding the decedent's creditors and finances. Mail should be forwarded to the administrator/executor to help gather this information. The Letters of Authority can



be used to contact financial institutions that the decedent used to collect this information.

Notices are then mailed to creditors, beneficiaries and heirs. Notice must also be sent to the Department of Human Services to determine if there is any money owed for Medicaid. These notices, in part, give creditors notice of the decedent's death and time to file claims with the court to protect their claims. Each filed claim must be handled before the estate can be closed.

After the financial information is collected, an inventory will need to be filed with the court. The inventory is basically a snap shot of the assets and value of the assets at the time of the decedent's death.

After the time passes for creditors to file a claim, appropriate taxes need to be filed. The taxes that need to be filed are dependent on who inherits the property and the value of the estate.

When the estate is completed, a final report is filed and, if everything is complete, the court will enter an order closing an estate.

This is a very high level review of the estate process. There can be other steps depending on the circumstances. You should contact a trusted attorney to make sure the process is done correctly and efficiently. ■

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

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<p>On the 7th day of Christmas, Nikki gave to me FREE BOX of Skin Medica eye masks with purchase of Latisse (12-7-2021)</p>	<p>On the 8th day of Christmas, Melissa gave to me JUVEDERM VOLUMA XC 1st Syringe \$800 2nd Syringe \$600 (12-8-2021)</p>	<p>On the 9th day of Christmas, Kathy gave to me 50% OFF Hydrafacial with Dermaplaning (12-9-2021)</p>
<p>On the 10th day of Christmas, Brenda gave to me 25% off OBAGI ELASTIDERM EYE CREAM (12-10-2021)</p>	<p>On the 11th day of Christmas, Melissa gave to me LIPS & LINES Special Filler & Botox \$200 Savings (12-11-2021)</p>	<p>On the 12th day of Christmas, Dr. Cherny gave to me \$25 GIFT CERTIFICATE for every \$100 Gift Certificate purchased (12-12-2021)</p>



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NEWS BRIEF

STUDENTS of the Month

The Adel De Soto Minburn High School production of "Freaky Friday" hit a home run. The Fine Arts Music and Drama Departments presented the musical version of the novel. The cast, orchestra and crew, consisting of 90 high school students, spent hours planning, painting and rehearsing in preparation for the production. This has been a great fall season for academics, student athletes and fine arts activities at Adel De Soto Minburn High School.

The ADM Scholarship Foundation wants to recognize the following students in their areas of achievement in the month of November.

- Student of the Month: Jackson Banwart — Raccoon Valley Bank
- Kiwanis: Jordan Chapman and Clayton Gustafson
- Fine Arts/Drama: Maya Shirley-Brown (onstage) and Dylan Ingram (Backstage) — Lincoln Savings Bank
- Volleyball: Dani Person — Patrick's Restaurant
- Boys Cross Country: Cooper Greenslade — Big Al's BBQ
- Girls Cross Country: Geneva Timmerman — Rotary Club of Adel
- Cheer: Bri McGee — Adel HealthMart

Foundation officials offered a special thank you to the teachers and coaches involved in naming the Students of the Month. Local businesses each month make a contribution to the ADM Scholarship Foundation to support the Student of the Month program. All contributions given to the Foundation are invested, and the income is used to provide the scholarships granted each year to graduating ADM seniors going on to post-secondary education. Since 1985, when the Foundation was established, 804 students have received scholarships totaling more than \$786,000. More information on this program may be found on the website www.admscholarshipfoundation.com or you may contact a board member listed on the site. ■

LIBRARY

ADEL Public Library news

The giving season is upon us, and the Adel Public Library has an exciting new fundraiser. Brought to you by the Friends of the Adel Public Library, we invite you to stop by the library any time between now and Dec. 16 to grab a Holiday Giving Envelope. For every \$5 donation, you will receive one ticket to enter a drawing to win one of our holiday gift baskets. All donations will be used to help fund the Library's many programs throughout the year.

The City of Adel is having its Holiday Hometown Celebration Friday, Dec. 3. Join Mrs. Claus in the library community room to write letters to Santa. We will have hot cocoa, snacks and crafts from 2-4:30 p.m.

Build your own Gingerbread House Wednesday, Dec. 8 from 5-7 p.m. Join us for this fun family event held in the library community room. All materials will be provided so just bring your creativity.

Join Critter Cindy from Dallas County Conservation Thursday, Dec. 9 at 10:30 a.m. for stories and activities to learn more about the natural world around us.

Miss Paula is back with holiday stories at the library Thursday, Dec. 9 at 4:30 p.m.

In the last year, we welcomed more than 40,000 people to the library (who checked out more than 60,000 items), and we'd like to wish each and every one of you a safe and happy holiday season. The library will be closed on Dec. 24 and 25 as well as Dec. 31 and Jan. 1. ■

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THERE is majesty in the manger

The Gospel of Luke is the only place in the New Testament where the manger is mentioned. A manger was a trough where horses, donkeys and cattle ate. But when it comes to the first Christmas, the manger plays an important role.

First, the manger was dirty. I'm confident Joseph and Mary cleaned it up as best they could, maybe padded it in some way to make a comfy little bed. But there is no way to romanticize this bed into anything other than a feeding trough for slobbering animals. But don't miss this: The manger was planned. In fact, everything about the birth of Jesus was carefully laid out by the Lord and prophesized about in the Old Testament (e.g., see Micah 5:2). By the Lord's design, Mary and Joseph, residents of the village of Nazareth, had to journey near 100 miles to Bethlehem for the birth. By His design, there was no room in the local inn for this young couple. And, by God's design, Jesus being placed in a manger was exactly where He wanted Him to be.

Here is why: The manger was a sign. For example, the first angelic birth announcement for Jesus' arrival came to a collection of lowly shepherds (Luke 2:8-15). The sign for these misfits to find the Savior



was a baby wrapped in swaddling clothes and lying in a manger. Lots of babies were wrapped in swaddling clothes, but the manger was different. That would have stood out. If the shepherds found the baby in the feeding trough, they found the Savior.

But there is more... the manger is foreshadowing for the life Jesus would live. His life started in humble, low circumstances and ends even lower. This is the point of Philippians 2:6-8, "Though he was in the form of God, he did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant... he humbled himself by becoming obedient to the point of death, even death on a cross." Part of the marvel of Christmas is the raw and real account of God's Son entering His own creation in such humble circumstances, even being laid in a manger, and then ending His life in lower posture as He was nailed to a Roman cross to pay the penalty for sins.

But this is where forgiveness is found. This is where hope is restored, and death is defeated. And this is where we behold and worship this Christmas the King of Kings, who moved from manger to majesty. ■

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



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DECEMBER 2021

REMINDERS & CLOSURES:

- Friday Dec. 24th and Monday Dec. 27th, 2021:
City Hall will be closed in observance of Christmas. Garbage and recycling services will NOT be delayed the week of Dec. 24th.
- Friday, Dec 31st, 2021:
City Hall will be closed in observance of New Year's Day. Garbage and recycling services will NOT be delayed the week of Dec. 31st.
- Tuesday Jan. 4th and Tuesday, Jan. 11th, 2021:
Christmas Tree Collection - Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.

UPCOMING CITY COUNCIL MEETINGS:

- Tuesday, December 14th at 6:00 pm
For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.
please note meeting location is subject to change as needed

PARKS & RECREATION UPCOMING ACTIVITIES:

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

- **OPEN GYM:** Began November 1 at the ADM District Administration Center gym will be available Mon/Wed/Fri from 9:00-11:00am through March. Walk, run, play basketball, socialize, etc. No fee.
- **ADULT COED INDOOR VOLLEYBALL LEAGUE:**
Deadline: Friday, Dec. 17th, 2021
Fee: \$180 per team
- **Season Begins:** Jan. 9th, 2022
Games will be played on Sunday nights between 4 p.m. and 8 p.m. in the south gym at ADM High School. Teams must have equal number of men and women.
**Please Note: Children are welcome and babysitting services are available for \$1 per child while you play your games.*
- **NOTES FROM THE NORTH POLE:**
Deadline: Friday, December 10th, 2021
Fee: \$6.00 (Maximum fee of \$18.00 per family)
Sign up to receive a letter from Santa! A unique idea for your children, nieces, nephews or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation through December 11th, 2021 to ensure your child receives their letter before Christmas

ASH TREE REMOVAL:

The City of Adel is aware of the declining health of Ash trees in our community due to the Emerald Ash Borer bug. City Staff has begun to remove some Ash trees in poor health that are in the City right of way (between

curbs and sidewalks). The City plans to begin a large-scale removal process in 2022 for those infected Ash trees located in the right of way. Residents with infected or poor health Ash trees located on their property are encouraged to have the trees removed as the infected trees can become hazardous to homes and vehicles should they lose branches, etc. Please call Adel Parks and Recreation with any questions at 515-993-4525.

CITY EMPLOYEE CONGRATULATIONS:

- There was a baby boom in the Streets Department. Congratulations to the Kasap Family and the Osborn Family on the births of your sons!
- Thank you to Brittany Sandquist, the City Finance Director, for five years of service.

SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

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

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

CITY OF ADEL'S CODE PERTAINING TO HOLIDAY FIREWORKS:

As a reminder, the use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance. For more details, please visit our website and enter "fireworks" in the search bar.

CITY HALL

Administration
Public Works
Compliance Officer
Parks and Recreation

301 S. 10th St.
PO 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.
PO 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.
Fri. 9 a.m. - 2 p.m.
Sat. 9 a.m. - 1p.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





VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 26	6:00PM	Away vs. Waukee	Waukee High School
Nov 27	9:00AM	Away vs. Johnston	Johnston High School
Nov 30	7:30PM	Away vs. DC-G	Dallas Center-Grimes High School
Dec 3	7:30PM	Ballard	A-D-M, Adel
Dec 4	6:00PM	Atlantic CSD	ADM High School
Dec 7	7:30PM	Away vs. Gilbert	Gilbert High School
Dec 10	7:30PM	Bondurant-Farrar	A-D-M, Adel
Dec 14	7:30PM	North Polk	A-D-M, Adel
Dec 17	7:30PM	Away vs. Boone	Boone High School
Dec 20	7:30PM	Perry	ADM High School
Jan 4	7:30PM	Away vs. Carlisle	Carlisle High School
Jan 7	7:30PM	Winterset	A-D-M, Adel
Jan 11	7:30PM	Away vs. Carroll	Carroll High School
Jan 14	7:30PM	Away vs. Ballard	Ballard High School
Jan 18	7:30PM	Gilbert	A-D-M, Adel
Jan 21	7:30PM	Away vs. Bondurant-Farrar	Bondurant-Farrar High School
Jan 25	7:30PM	Away vs. North Polk	North Polk High School
Jan 28	7:30PM	Boone	A-D-M, Adel
Feb 4	7:30PM	Carlisle	A-D-M, Adel
Feb 8	7:30PM	Away vs. Winterset	Winterset High School
Feb 11	7:30PM	Carroll Community School	A-D-M, Adel
Feb 15	7:30PM	Norwalk	A-D-M, Adel
Feb 17	7:30PM	Away vs. Newton	Newton High School

VARSITY WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 2	6:00PM	Away vs. Earlham	Earlham High School
Dec 4	10:00AM	Away vs. Multiple Schools	DCG-Meadows Gym
Dec 7	5:30PM	Away vs. Multiple Schools	Gilbert Middle School
Dec 11	9:00AM	Away vs. Multiple Schools	Ankeny Centennial High School
Dec 16	5:30PM	Multiple Schools	A-D-M, Adel
Dec 18	10:00AM	Away vs. Multiple Schools	Glenwood High School
Dec 21	5:30PM	Away vs. Multiple Schools	Des Moines East High School
Jan 6	6:30PM	Away vs. Multiple Schools	Carlisle High School
Jan 8	9:30AM	Away vs. Multiple Schools	Winterset High School
Jan 13	5:30PM	Carroll Community School	A-D-M, Adel
Jan 15	9:00AM	Multiple Schools	ADM High School
Jan 20	5:30PM	Away vs. Multiple Schools	Bondurant-Farrar High School
Jan 22	9:00AM	Away vs. Multiple Schools	Urbandale High School
Jan 27	5:30PM	Multiple Schools	ADM High School
Jan 29	10:00AM	Away vs. Multiple Schools	Carroll High School

JV BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 30	4:30PM	Away vs. DC-G	Dallas Center-Grimes High School
Dec 3	4:30PM	Ballard	A-D-M, Adel
Dec 4	3:00PM	Atlantic CSD	ADM High School
Dec 7	4:30PM	Away vs. Gilbert	Gilbert Intermediate School
Dec 10	4:30PM	Bondurant-Farrar	A-D-M, Adel
Dec 14	4:30PM	North Polk	A-D-M, Adel
Dec 17	4:30PM	Away vs. Boone	Boone High School
Dec 20	4:30PM	Perry	ADM High School
Jan 4	4:30PM	Away vs. Carlisle	Carlisle High School
Jan 7	4:30PM	Winterset	A-D-M, Adel
Jan 11	4:30PM	Away vs. Carroll	Fairview Elementary School
Jan 14	4:30PM	Away vs. Ballard	Ballard High School
Jan 18	4:30PM	Gilbert	A-D-M, Adel
Jan 21	4:30PM	Away vs. Bondurant-Farrar	Bondurant-Farrar High School
Jan 25	4:30PM	Away vs. North Polk	North Polk Middle School
Jan 28	4:30PM	Boone	A-D-M, Adel
Feb 4	4:30PM	Carlisle	A-D-M, Adel
Feb 8	4:30PM	Away vs. Winterset	Winterset High School
Feb 11	4:30PM	Carroll Community School	A-D-M, Adel
Feb 15	6:00PM	Norwalk	A-D-M, Adel
Feb 17	6:00PM	Away vs. Newton	Newton High School

JV WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 2	6:00PM	Away vs. Earlham	Earlham High School
Dec 4	9:00AM	Away vs. Multiple Schools	
Dec 7	5:30PM	Away vs. Multiple Schools	Gilbert Middle School
Dec 10	4:30PM	Away vs. Multiple Schools	Saydel High School
Dec 10	6:00PM	Away vs. Saydel	Saydel
Dec 16	5:30PM	Multiple Schools	ADM High School
Dec 18	9:00AM	Away vs. Boone	Boone High School
Dec 21	5:30PM	Away vs. Multiple Schools	Des Moines East High School
Jan 6	5:30PM	Away vs. Multiple Schools	Carlisle
Jan 8	9:00AM	Away vs. Ogden	Ogden High School
Jan 13	5:30PM	Carroll Community School	ADM High School
Jan 15	9:00AM	Multiple Schools	Adel DeSoto High School
Jan 20	5:30PM	Away vs. Multiple Schools	Bondurant-Farrar High School
Jan 22	9:00AM	Away vs. Multiple Schools	Marshalltown High School
Jan 27	5:30PM	Multiple Schools	ADM High School
Jan 31	5:30PM	Away vs. Dallas Center-Grimes	Dallas Center-Grimes High School
Feb 3	4:30PM	Away vs. Multiple Schools	Atlantic High School

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WINTER SCHEDULE

2021-22

VARSITY GIRLS BASKETBALL

JV GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Nov 19	7:30PM	Away vs. Indianola	Indianola High School
Nov 22	7:30PM	Away vs. Norwalk	Norwalk High School
Nov 23	7:30PM	Van Meter	A-D-M, Adel
Nov 30	6:00PM	Away vs. DC-G	Dallas Center-Grimes High School
Dec 3	6:00PM	Ballard	A-D-M, Adel
Dec 4	4:30PM	Atlantic CSD	ADM High School
Dec 7	6:00PM	Away vs. Gilbert	Gilbert High School
Dec 10	6:00PM	Bondurant-Farrar	ADM High School
Dec 14	6:00PM	North Polk	ADM High School
Dec 17	6:00PM	Away vs. Boone	Boone High School
Dec 20	6:00PM	Perry	ADM High School
Jan 4	6:00PM	Away vs. Carlisle	Carlisle High School
Jan 7	6:00PM	Winterset	ADM High School
Jan 11	6:00PM	Away vs. Carroll	Carroll High School
Jan 14	6:00PM	Away vs. Ballard	Ballard High School
Jan 18	6:00PM	Gilbert	ADM High School
Jan 21	6:00PM	Away vs. Bondurant-Farrar	Bondurant-Farrar High School
Jan 25	6:00PM	Away vs. North Polk	North Polk High School
Jan 28	6:00PM	Boone	ADM High School
Feb 1	7:30PM	Lewis Central	ADM High School
Feb 4	6:00PM	Carlisle	ADM High School
Feb 8	6:00PM	Away vs. Winterset	Winterset High School
Feb 11	6:00PM	Carroll Community School	ADM High School

DATE	TIME	OPPONENT	LOCATION
Nov 19	6:15PM	Away vs. Indianola	Indianola High School
Nov 22	6:00PM	Away vs. Norwalk	Northview Middle School
Nov 23	6:00PM	Van Meter	A-D-M, Adel
Nov 30	4:30PM	Away vs. DC-G	Dallas Center-Grimes
Dec 3	4:30PM	Ballard	A-D-M, Adel
Dec 4	3:00PM	Atlantic CSD	ADM High School
Dec 7	4:30PM	Away vs. Gilbert	Gilbert High School
Dec 10	4:30PM	Bondurant-Farrar	ADM High School
Dec 14	4:30PM	North Polk	ADM High School
Dec 17	4:30PM	Away vs. Boone	Boone High School
Dec 20	4:30PM	Perry	ADM High School
Jan 4	4:30PM	Away vs. Carlisle	Carlisle High School
Jan 7	4:30PM	Winterset	ADM High School
Jan 11	4:30PM	Away vs. Carroll	Carroll High School
Jan 14	4:30PM	Away vs. Ballard	Ballard High School
Jan 18	4:30PM	Gilbert	ADM High School
Jan 21	4:30PM	Away vs. Bondurant-Farrar	Bondurant-Farrar High School
Jan 25	4:30PM	Away vs. North Polk	North Polk High School
Jan 28	4:30PM	Boone	ADM High School
Feb 1	6:00PM	Lewis Central	ADM High School
Feb 4	4:30PM	Carlisle	ADM High School
Feb 8	4:30PM	Away vs. Winterset	Winterset High School
Feb 11	4:30PM	Carroll Community School	ADM High School

SCHEDULES WILL CHANGE.

FOR UP-TO-DATE SPORTS SCHEDULES AND MORE, PLEASE VISIT
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EVENTS IN THE AREA

Be sure to check for cancellations

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

Adel Hometown Celebration

Dec. 3-5

Various locations

Adel Partners Chamber of Commerce kicks off the Hometown Holiday Celebration with multiple fun events around town at its partner businesses.

On Friday, Dec. 3, Adel Public Library will be hosting Mrs. Claus and Crafts with drinks and cookies (provided by the City of Adel) at 3 p.m. At 5 p.m., arrive at the northeast corner of the square for the lighting of the tree and wreaths, with music provided by the Boy Scouts and Girl Scouts. Then sip and sample your way around Adel from 5-7 p.m. Enjoy festive dishes and drinks available at many Adel businesses and shop locally for your holiday gifts.

On Saturday, Dec. 4, have fun as you shop and hop your way through Adel as businesses host holiday sales and specials.

On Sunday, Dec. 5, enjoy a wonderful in-person Holiday Home Tour, featuring three unique and beautifully decorated homes. Tickets are on sale now, and capacity is limited, so do not miss out. For more information, contact the chamber, 515-993-5472 or email chamber@adelpartners.org.



Festival of Trees and Tea Room

Sunday, Dec. 5, 11 a.m. to 4 p.m.

Adel First Christian Church,
218 N. Nile Kinnick Drive
(Highway 169)

The public is invited to enjoy soup and fancy desserts for \$10 from 11 a.m. to 2 p.m. and fancy desserts and beverage for \$5 from 11 a.m. to 4 p.m.



Celebrating Christmas Cheer

Saturday, Dec. 4, 4-5:30 p.m.
Legion Hall and Meek Park,
Minburn

Enjoy visiting The Jingle Bell Store with free kids shopping from 4-5 p.m. at the Legion Hall, sponsored by American Legion Auxiliary. Free coffee and cider will be available in the food stand from 4-5:30 p.m. Arrive at Meek Park at 5 p.m. to enjoy caroling, goodie bags and books donated by the Legion Auxiliary and the lighting of a one-of-a-kind nativity scene.

Notes from the North Pole

Deadline Dec. 10

Adel Parks and Recreation event

Sign up to receive a letter from Santa mailed directly to your child. It will come in an envelope with Santa's name and return address in the corner. A unique idea for all of your nieces, nephews or grandchildren no matter where they live. Cost is \$6 with a maximum fee of \$18 per family.

Deadline is Dec. 10. For more information, call 515-993-4525 or Email nschenck@adeliowa.org.

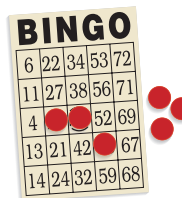


Third Monday Bingo

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

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

Enjoy 17 games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card). 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.



Holiday Promenade

Fridays, Dec. 3, 10, 17
Historic East Village, Des Moines

The annual Holiday Promenade continues on Fridays in the Historic East Village. The event is produced by the Greater Des Moines Partnership and Historic East Village Neighborhood Association. Retailers, restaurants and attractions are encouraged to remain open until 9 p.m. Activities will be scheduled.



Open gym

Mondays, Wednesdays and Fridays through March (when school is in session), 9-11 a.m.
ADM District Administration
Center Gym

Recreational open gym time is a great opportunity to get out of the house during the cold months. Come out and walk, run, play basketball, shuffleboard, socialize, etc. for free. Note, the gym is not open on days when there is no school.



Christkindlmarket Des Moines

Dec. 2-5

Principal Park, 1 Line
Drive, Des Moines

This European/German-inspired Christmas outdoor market offers attendees a chance to indulge in European-style foods, products and activities. Admission is free. For more information, visit www.christkindlmarketdsm.com.

'The Sound of Music'

Dec. 3-19

The Des Moines Community
Playhouse, 831 42nd St.,
Des Moines

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CREDIT COUNSELING

By Tom Coates

FINANCIAL wellness planning 2022

Before we know it, this year will be over, and 2022 will be here. Along with a New Year comes fresh goals, hopes, dreams and resolutions. Budgets and personal financial goals are important to review on an ongoing basis, but it is also good to look at those things as a whole on a yearly basis if you anticipate changes and to check your progress. Do you have a new yearly expense? Are you anticipating a large raise this year? Will you be able to direct more funds to debts? Did you meet a short-term goal so that now you can add a new one or direct those funds to a long-term goal? Did you get married, divorced or have a child? Gas and grocery prices are rising, so do you need to change your budget amounts for these items? Employer benefit changes also occur this time of year, so there could be increases to the deductions from your paycheck to account for.



Here are some other important tasks to review as the year ends: beneficiary designations; flexible spending accounts; credit report (www.annualcreditreport.com); subscriptions and memberships; auto, home and life insurance policies; estate plans.

Making an annual financial review part of your year-end traditions will set you up for success in the coming year. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.

REAL ESTATE

By Rachel Eller and Jamie Adkins

ADVANTAGES of buying in winter

Buying, selling and moving in the spring or summer seems more logical; however, there are advantages to buying, selling or moving in the winter.

4 reasons buying and moving in the winter months may be better

1. Purchase price: Typically, inventory in the winter months is lower than spring and summer. You may have fewer homes to choose from, but you are less likely to get outbid on a home that you have fallen in love with.
2. Quicker closing: Mortgage lenders and underwriters have a heavier workload in the spring and summer months. By the winter months, transactions have likely slowed down, allowing you to close sooner and take possession of your new home.
3. Moving: Moving company schedules have opened up, allowing more availability to schedule your move on your time.
4. Bad weather: It is hard to imagine what winter will be like when you purchase a home in June. Purchasing in the winter months allows you to feel the comfort of the home at the coldest time of year.

Buying or selling a home in the winter definitely has its advantages. If you're considering, call your local agent today. ■



Happy Holidays!

JAMIE ADKINS
REALTOR®
515-705-9994
jamie@jamieadkinsrealtor.com
jamieadkinsrealtor.com

RACHEL ELLER
REALTOR®
515-468-5635
rachel@racheleller.com
racheleller.com

Information provided by Rachel Eller and Jamie Adkins, ReMax Real Estate. Information obtained by investopedia

HOME MAINTENANCE By Cameron Bennett

PREPARE for winter weather duties

It's beginning to look a lot like...winter. We're coming up to that time of the year, so I want to remind you of city ordinances as well as offer some tips to keep you and your family safe during inclement weather.

- Residents are typically responsible for making sure their driveways and/or walkways are cleared within 24 hours of snowfall.

- If sidewalks are icy, applying ice melt or sand may be necessary.

- When plowing is needed due to large snowfall, parking bans may be in place to ensure the vehicles are not blocking city streets in order for them to be properly cleared.

TIP: Try to clear your sidewalks after snowplows come down your street.

Since we don't always know when we're going to get hit by the weather elements, you should be prepared ahead of time with someone who can clear your walkways when you're out of town or in case of emergency. Maybe you have a friendly neighbor or there's a high school student nearby who wants to earn some extra cash and can lend a hand. There are also professionals that are usually out in force when the time comes so find someone you trust and make sure you're covered. ■

Information provided by Cameron Bennett, Cam's Cleaning and Maintenance Solutions, 1820 Roebling Road, Adel, 515-478-9443.



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HOME REMODELING By Trish and Marty Radke

AFFORDABLE tips for finishing your basement

Finishing your basement is one of the best ways to add space and value to your home, and it doesn't need to break the bank. Quality and affordability are possible if you keep a few tips in mind.

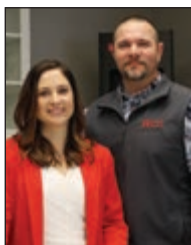
1. Get clear on your priorities for the space. Do you need more room for the kids and their friends to stretch out or a guest room for visitors? Prioritizing your wants and needs will keep you focused on the end goal and overall budget.

2. Skip complex floor plans. Open floor plans will help keep costs down. The more walls you put up, the more framing, drywall, and other finishing is needed. You may also consider finishing a smaller square footage to cut down on overall costs.

3. A crystal chandelier is nice, but... Sticking with common finishes and materials will help your bottom line. If you want to add a touch of character or flare, consider a focal point like an accent wall.

4. Some things are just worth the expense. A quality basement remodel should take into account water or structural issues that, left unattended, can cost you more in the long run. ■

Information provided by Marty and Trish Radke, RCI Builders, 23561 Nantucket Road, Adel, 515-314-5650.



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HEALTH By Alicia Fisher, PT, DPT

WHAT could be causing the pain down my leg?

Piriformis syndrome is a condition in which the piriformis muscle in the buttock irritates the sciatic nerve. When agitated, the sciatic nerve can cause pain in the buttock and all the way down the leg.

The piriformis is a small muscle located deep in the buttocks that helps the hip to rotate. It runs horizontally beneath the gluteal muscles of the buttock, stretching from the lower spine to the thighbone. The sciatic nerve runs vertically and usually passes beneath the piriformis muscle. In about 15% of the population, the sciatic nerve passes directly through the piriformis muscle. These individuals are particularly prone to piriformis syndrome when the muscle tightens and exerts pressure on the sciatic nerve.

Physical therapy is an effective way to treat piriformis syndrome. A physical therapist can help to decrease the muscle tension in the piriformis muscle by using manual therapy techniques. The patient is then given a home stretching regimen to maintain the flexibility gained during the physical therapy treatment. ■

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



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HEALTH By Sheryl Frye

REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don't try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.

It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing you can create a sense of peace. ■

Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



HEALTH

By Dr. Lucas Bell


WHY onions make us weepy

For many, the holiday season is a time to break out our favorite recipes for family gatherings and parties. I'm not typically the cook in my house, but I do occasionally attempt to throw something together. I found myself cutting an onion this week for the first time that I can remember for a long time. As soon as I made the first slice, my eyes reminded me that they are sensitive to strong smells. As a mild burning set in and my eyes began to water, it made me wonder, what exactly is it about onions that gets us irritated and weepy?



Like any good modern researcher, I took to Google and quickly found an answer on allaboutvision.com. According to Dr. Eric Block, a food scientist at the University of Albany, onions contain a chemical compound and an enzyme that mix to release an irritating gas when the onion is cut. It's considered a defense mechanism to deter burrowing animals from eating the bulbs as they're growing in the ground. Our eyes water when in contact with the gas due to our eyes' own defense mechanisms which are trying to flush out the irritant. Luckily, the gas is not particularly toxic and won't cause permanent damage. Block says the best method to reduce tearing up while cutting onions is to avoid cutting into the root end of the onion, where most of the offending molecules are located, and to perform your slicing and dicing under a range hood with the vent turned up high. ■

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



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Lucas Bell, OD Barbara Scheetz, OD

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HEALTH

By Leslie Herron

WHO'S your pharmacist?

Your pharmacist is a health care provider. In addition to dispensing medications and ensuring patient safety, today's pharmacists have a larger role. Your pharmacist is an integral part of your health care team.



At this time of year, insurance carriers work very hard making you believe you can only go to a specific pharmacy or use mail order. Many times, this is simply not true. Check with your pharmacist first. There's good reason to stay with a provider who already cares for you.

Pharmacists are among the most trusted and accessible health care professionals. This allows them to perform more patient care activities like counseling, medication management, preventative care screenings, immunizations, diagnostic testing and treatment and much, much more.

Pharmacists are the best positioned to identify potential drug interactions and to educate on proper use of medication. Medication management by pharmacists improves compliance and outcomes for someone with chronic conditions. Better compliance has far-reaching effects on both personal and financial health. Specialized packaging helps ensure adherence as well.

Take advantage of your best care available. Engage your pharmacist as part of your care team. ■

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



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BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.

“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or



at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515-643-7900, MercyOne.org/desmoines.

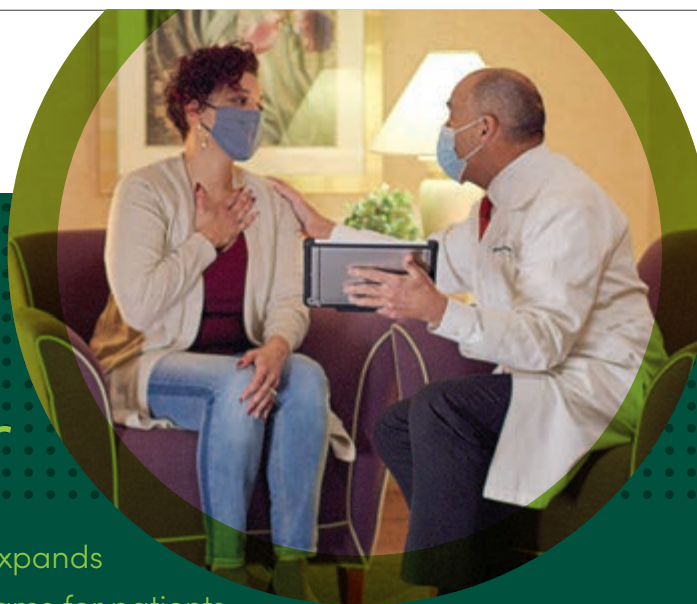
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ARE YOUR medications causing nutrient deficiencies?

When you pick up your prescriptions from your local pharmacy, do you ask if you should be taking supplements as well? You should. While some common supplements can interfere with the effectiveness of certain medications, other medications may rob your body of crucial nutrients, making supplements beneficial.



Whether due to poor eating habits or poor nutrient absorption due to medications or illness, your body has subtle — and some not so subtle — ways to let you know that it is not getting what it needs. These could include:

- **Hair.** Vitamin C, zinc or iron deficiencies can damage your hair follicles as can a diet insufficient in protein or essential fatty acids, resulting in dry, brittle or thinning hair.

- **Skin.** Healthy-looking skin requires vitamins A, C and D as well as antioxidants.

- **Teeth and gums.** Calcium is vital for bone strength while vitamin C can help heal swollen and bleeding gums.

- **Weight.** If you experience unexplained weight loss or gain, your diet may be lacking in vital nutrients.

- **Gastrointestinal issues.** Nausea, heartburn, upset stomach, diarrhea... Those are just a few of the less-than-subtle signs your body can send you that it is not getting what it needs.

- **Illness.** If it feels like you are constantly catching the bug of the day or simply feel run down, your immune system might be sending you a signal that it needs some support.

- **Wounds.** Vitamins are essential to help everyday cuts and bruises heal, including vitamins A, B12 and C. If minor injuries seem slow to heal, nutrient deficiency may be to blame.

- **Concentration.** Struggling to concentrate or a foggy memory can be a sign that your brain is not getting enough nutrients, such as omega-3 fatty acids.

While most medications used short-term are unlikely to lead to nutrient deficiencies, some common medications used to treat chronic illnesses and ailments can. These include:

- **Statins.** These cholesterol-lowering drugs can inhibit the production of coenzyme Q10

(CoQ10).

- **Acid reflux and heartburn medicines.**

Proton-pump (PPIs) used to alleviate reflux can cause low calcium, magnesium and B12 levels.

- **Anticonvulsants.** These vital medications can interfere with calcium, vitamin D and folic acid absorption.

- **Corticosteroids.** These anti-inflammatory medications can reduce levels of calcium, potassium and vitamin D.

- **Diuretics.** Used to lower blood pressure, diuretics can also deprive your body of magnesium, potassium, zinc, and calcium.

- **Metformin.** This common drug used by diabetics, can reduce levels of folic acid and vitamin B12.

- **Oral contraceptives.** Estrogens can lead to folic acid and magnesium depletion

Before reaching for the nearest supplement, ask your pharmacist which ones might best benefit you and confirm that they won't interfere with the effectiveness of any of the medications you are taking. ■

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



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STATE-WIDE recognition for Jan and Don Price

Iowa Questers present them the first Iowa Questers Recognition Award.

One late fall evening, Don and Jan Price were hurrying to get to the Adel Museum to greet a group for a tour that had been requested by Connie Cooper for a group of Questers who were in town. This didn't seem unusual to them, since Connie has been the state president for Iowa's Questers since 2019.

Questers, a nonprofit international organization, was founded by Jessie Elizabeth Bardens in Philadelphia in 1944. While the world was in turmoil, Jessie found that people found comfort in an old blue syrup pitcher she had purchased at an antique shop and set on her desk at a Red Cross first aid station. It drew attention and conversation, and it seemed this item from the past gave them shared pleasure and even a sense of security. The world would continue — just look what this old pitcher had survived.

Sharing an interest in antiques has grown from a lunch discussion group Bess Bardens started to an organization of more than 11,000 members in 41 states, according to questers1944.org.

Just such a small group of like-minded Questers were to be converging on the museum soon.

"I told Don, we have to hurry to greet them and give them the tour," laughs Jan. "I thought it was a group from out of town, and here it was Questers from the chapters in Adel."

Connie had secretly arranged to have the group of Questers gather to be the audience for a new, first-time award that was to be given to Jan and Don Price for their 20 years of continued efforts to improve and expand the Adel Museum. The new award, "Iowa Questers Recognition Award," had been developed to recognize a person or persons or group that contributes to restoring or preserving items or a project that contributes to these efforts for three or more years.

"There were numerous entries from throughout the state of Iowa," says Connie, "and the entries were judged by a panel of three knowledgeable and experienced people in the mission of Questers: to preserve the past for the future and to promote education in the fields of historical preservation and restoration. It was a unanimous decision to select Jan and Don Price for the first one to be awarded in the state."

The award comes with a certificate and a check of \$100 to be used at their discretion. The Prices said the money would go toward the cost of windows needed for the museum. Locally, Jan and Don have been recognized for their devotion to the cause of the museum: to preserve and educate about the history of Adel. Both received the Key to the City and the Adel Living Good Neighbor Award. However, it is a point of pride for Adel that the couple who has tried to preserve Adel's recognition of their two famous native sons, Governor Clarke and Nile Clarke Kinnick, Jr., have received state-wide recognition for their efforts. ■



Connie Cooper presents Jan and Don Price with the 2021 Questers First Restoration Award.

MEET Brooke Cooper

First-year educator finds support from co-workers.

Originally from Ankeny, Brooke Cooper graduated from the University of Northern Iowa in May of 2021. Being from a larger town, Cooper says that she was drawn to the close-knit community of Adel and the welcoming nature and kindness of the people who work at Adel Elementary School. She teaches first grade for the Adel-De Soto-Minburn Community School District and says she enjoys working with kids.

"They have such a vivid imagination and excitement to learn more about the world around them, and I wanted to be the one to bring that new information to them. First grade students definitely encompass both of these personality traits as they are always so intrigued to learn anything new and love to share their ideas and questions," she says.

As a new addition to both teaching and the district, Cooper likes the goals the district sets for staff and how helpful the teachers are as a team. She says the district wants to provide the best education for their students. She also says that her teammates often share new techniques for her to use and suggestions on how to grow as a first-year teacher.

"ADM wants to provide the best education for their students and puts their trust in their staff to provide that knowledge by setting goals they are confident we will reach," Cooper says.

Cooper's students work as a team to be their best when they are both inside and outside of the classroom. This includes finding ways to be the best citizens of the school and become friends with those they do and don't know. Because of this, Cooper's students have formed many "kindness circles" where they share something positive about another student in their room.

"Each day brings new rewards as my students are constantly improving in their skills and pushing themselves to be better each day. There have been challenges. Being a first-year teacher, there is new information I learn each day on how to be a better educator. However, I am not alone in facing these challenges, as my team is constantly supporting me," Cooper says.

When not teaching, Cooper likes to read and spend time with her family and friends. She enjoys traveling to new states with her family in order to see what makes each location unique and stand out from others. So far, she and her family have visited 21 states, and she says she can't wait to cross off all 50. ■



Brooke Cooper says she is growing as an educator during her first year of teaching.



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition. **Make your voice be heard and cast your votes in the 2021 Dallas County Residents' Choice Poll.** This contest is being hosted by Iowa Living magazines, and the results will publish in our Adel and Waukee editions. You can vote in one or every category, or anywhere in between.

Mail in this paper ballot or vote online at the link below by Dec. 11, 2021.

One vote per resident, please.

See rules and vote online at

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8. Favorite Dallas County Gymnastics Studio _____
9. Favorite Dallas County Doctor (person) _____
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55. Favorite Dallas County Senior Living Facility _____
56. Favorite Dallas County Home Builder _____
57. Favorite Dallas County Home Improvement Retail Store _____
58. Favorite Dallas County Home Improvement Contractor _____
59. Favorite Dallas County Plumber Company/Plumber _____
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62. Favorite Dallas County Lawn Care Business _____
63. 63. Favorite Attorney or Law Firm _____
64. 64. Favorite Dog Groomer _____
65. 65. Favorite Physical Therapy or Therapist _____
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Mail to: Iowa Living magazines Dallas County Poll, 8101 Birchwood Court, Suite D, Johnston, Iowa 50131

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A TEAM to be trusted

Harold and Bev Smith combine efforts to fortify the community.

Bev Smith grew up on a farm west of Guthrie Center, and Harold Smith grew up in town. They both graduated from Guthrie Center High School a few years apart. Both are used to hard work and helping others, and often they work together on projects behind the scenes and without much fanfare.

"I retired from the Farm Bureau on a Friday," says Bev, with a smile, "and I started folding newsletters with Harold for the Dallas County Conservation Board on Tuesday. That was 15 years ago."

Harold retired from the Dallas County Engineer Department as a construction inspector for roads and bridges in the county.

Together, they have done many volunteer activities to assist the board to "protect, preserve and enhance our county natural resources, environmental education, ecosystem management, outdoor recreation and historic preservation." They have worked together faithfully through the years for Operation Relief, a project in which the Conservation Board coordinates with Alliant Energy to purchase trees and then distribute them to the public for farms and homeowners.

"I manage the paperwork, and Harold and other men supervise the loading and distribution," says Bev.

Harold was also involved with a project to preserve and rehabilitate the trumpeter swans in the area. He went to monitor the swans every day for five years. The pond was located at the Dallas County Farm, and he reported the results to the Conservation Board.

"It was a project that didn't have a good ending," says Harold, "with coyotes and



other predators, and the swans being almost domesticated."

"One year, it almost ruined our Christmas, when Harold came home Christmas morning and said one of the swans was missing," adds Bev.

Individually, Bev and Harold are also involved in local civic organizations. Harold belongs to the Lions Club and has held every office, "except treasurer," during his years as a member, he says. He has also served on the Board of Directors.

"I enjoy being with the members and seeing how our financial donations benefit people and the community," says Harold. "The impact of the fundraising projects we do amazes me. For instance, the can collection project supplies almost \$20,000 back to the community."

Bev helps Harold with another major project of the Lions: the displaying of our country's flag throughout our community for national holidays.

"I usually drive the truck, and the guys can walk along and place the flags; it speeds up the process," says Bev.

It is a community effort with the number of flags people request.

"We started with about 200 flags being placed six times a year for a \$25 donation. Now, we're up to 2,100 flags and counting," exclaims Harold.



Sara Zwiebel of BigDeal Car Care presents the Good Neighbor certificate to Harold and Bev Smith.

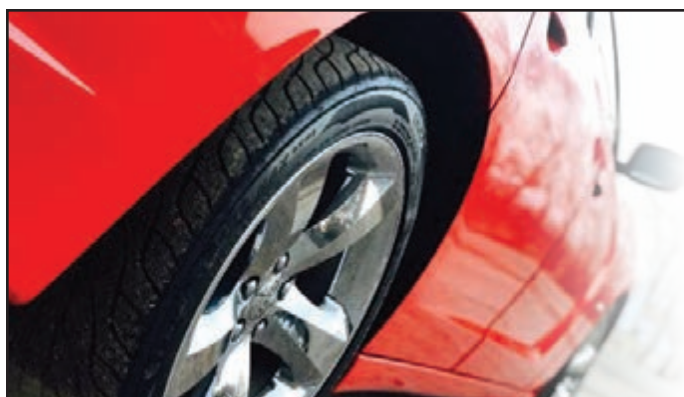
Setting the flags early in the morning and retrieving them late at night is an example of the "out of view, background work" they do.

Bev is president of the United Methodist Women of the Adel Methodist Church. She coordinates the activities of the women's group that supports the church and those in need in the community. She is also one of the on-the-ground workers that makes sure the funeral dinners are served and the premium nuts are being ordered and delivered during their major fundraiser in the fall.

The Adel Women's Club is another of Bev's volunteer focal points. The fundraisers for the club include their famous salad luncheons, memorial tree at Christmas and, more recently, the veterans luncheon. Bev has been an integral part of each of these projects and is often one of the first to help with the set up and one of the last ones in the kitchen finishing up the dishes.

"It gives me pleasure to help someone else," says Bev, who worked for years in customer service for Farm Bureau. ■

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



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SHARING the joy of the season

Memories of holidays around the world

Father Remi Okere, C.S.Sp., priest for St. John's Catholic Church in Adel, was raised in Nigeria in a large Catholic family of nine children.

"Christmas was a time of joyous celebration," he remarks. "The church is decorated with the beautiful 'Christmas flower' that grows wild and blooms at Christmas time; palm fronds are woven to decorate the doors of the church. My parents saved to buy all of us new clothes and shoes for Christmas, and my mother and aunts would cook special food. We would slaughter a goat, cook rice, yams and beans and share the feast with poor people, too."

In Nigeria, during the extended Christmas season, the emphasis is not on presents but on the visits of relatives and friends. It is important to have traditional food on hand to share with the visitors to your home. You might eat three or four times a day as you visit relatives, since it is considered rude to refuse food offered to you. Celebrations are merry with troupes of children in masquerade going through the streets singing and people dancing in the town squares.

"On Christmas Eve, if you were of a certain age, you could walk to Midnight Mass with your friends, and we would throw 'knock outs' — or small fireworks — on the street as we celebrated the birth of Christ," says Father Remi. "It was a very jubilant, festive time."

Thomas Papadopoulos is from Thessaloniki, Greece and has come to Adel as a foreign exchange student this year, staying with Mike and Jeci Wityk. He explains the Christmas celebration in Greece as being 12 days, ending on Jan. 6, or Epiphany. During that time, celebrations abound with food featuring cabbage rolls, pork, and many desserts including baklava and a ritual Christbread called "Christopsomo" with a cross in the center. Homes are decorated with white lights on trees and traditional white lit-up boats for this country of islands. Children travel around in groups in their neighborhood singing Christmas carols or "kalanta" and are given sweets, fruit or small coins.

"No gifts are usually given on Christmas," says Thomas, "but instead on New Year's Eve when families all come together to celebrate the New Year."

"The country of Georgia is very small, but it has a big impact," says Keto Chikvaidze.

"The Caucasus Mountains and the Black Sea define my country; it is beautiful. Tourists love Georgia, especially since we are now an independent country."

Keto lives with the Ryan family of Mike and Tammy, Finnegan, 11, and Norah, 8. Georgia is a Christian, eastern European nation with a flag filled with crosses.

"The red crosses symbolize the blood of the wars that have been 90% of our history, and the white background stands for the peace we hope to have," says Ketevani.

"Christmas is a religious holiday, celebrated with church, family and singing in the streets. Children from 4 years old and on wear white tunics with red crosses and travel around in small groups to sing carols. People give them candy and money. We have Christmas trees, but we also have traditional trees that are made of wood, called 'ChiChiLaki,' which are shaved wood with candy hanging from them. They are burned after Christmas, never thrown in the garbage. A delicious dessert is 'gozinuki,' a treat of nuts and honey."

Nazrin Guliyeva comes from the eastern European Muslim nation of Azerbaijan, which is between the Caucasus Mountains and the Caspian Sea. It borders Georgia to the southeast. She is living with the Mike and Jackie Giles family. Azerbaijan is 97% Muslim, although the government is secular. The official Muslim holidays are followed, such as Ramadan, when the people fast from sunup to sundown, but the biggest holiday is the New Year, "Novruz Bayram," with fireworks, and the One Nation Day, March 21, which has four weeks of celebration leading up to it and celebrates fire, wind, water and earth.

Alix Lifka-Reselman was raised in Des Moines, attended Brandeis University in Boston and returned to Iowa to teach math at ADM



ADM High School foreign exchange students Nazrin Guliyeva, Thomas Papadopoulos and Ketevani Chikvaidze happily share about their holiday traditions.

High School.

"The experience of attending a Jewish university after living in Des Moines was almost like 'studying abroad,' " says Alix. "My family is lazy in our practice of the faith and don't attend synagogue regularly, but, at college, I learned about every Jewish holiday and observed them."

Hanukkah is not the most important Jewish holiday, but since it coincides somewhat with Christmas, it may be the most well-known. The menorah of eight candles represents the miracle of lamps that kept burning in the dedication of the Temple in Jerusalem. Similar to Christmas, it is a celebration of light, family and presents.

"When I was younger, we got smaller presents, like a book, most of the nights and a larger present on the last night of Hanukkah," says Alix. "It's a legend in our family that, when I was 7 or 8, I tripped lighting the menorah and lit our carpet on fire."

"We eat traditional food, such as latkes, which are like potato pancakes with sour cream and homemade applesauce. When I was young, we grated our own potatoes, but now with time being of the essence, Maccabee's Deli in Des Moines makes delicious latkes. A special game we play is with a dreidel, a four-sided spinning top with a Hebrew letter on each side. It's a game of chance with rules for each symbol and usually played with gold foil-covered chocolate and with singing a song. And, as the same across all cultures, we let the little ones win and be the star of the show." ■

May your heart be full
with songs of
joy this season!



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Shirley McAdon
City Council and Chamber Member



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CHAMBER NEWS

By Jackie Wilson

CITY and Chamber partnership flourishes

Both key to Adel's growth and future

Two organizations are vital to promoting the city of Adel and keeping it prosperous — the Adel Partners Chamber of Commerce and the City of Adel. We've explained how the City and Chamber, which are two separate entities, work closely together.

Shirley McAdon, Adel City Council member since 2012, was also a chamber liaison who represented the City during chamber meetings. She and her husband, Kent, have served as Chamber patrons since 1998.



Shirley McAdon

McAdon moved to Adel in 1976 and, through the years, she's served on various government entities, Planning and Zoning Commission, Board of Adjustment and as Adel's representative to the South Dallas County Landfill.

The City of Adel became a voting member for the Chamber in 2017. McAdon also represents the City at Chamber ribbon cuttings and welcomes new businesses along with other board members. During city council meetings, she'll report about business concerns or inquiries that come from the Chamber.

"The City has an economic development committee, and the chamber has the same committee. We have similar interests, and it's important to connect the two groups together," she says.

McAdon also belongs to other civic organizations. "As I meet with people, it's helpful to connect the City and Chamber to projects that are going on with the civic organizations," she says.

For example, if she knows the Rotary Club is working on the bike trail, she'll offer assistance. "I help connect people who need a service or work on a project. If I know what's going on with the Chamber, the City or other groups, I can help them make connections. It's helpful to know what groups are doing, so, if one piece is missing, it helps to put that piece into place," she says.

McAdon likes how volunteers in the community work together. "When many people get together, you can get things done you can't alone," she says.

She says the Chamber, civic organizations, schools and churches truly care about bettering the community. "If one business can't accommodate, they'll often refer to another business. It's not competitive. It's helping each other out," she explains. "There's a lot of connecting between businesses, and the Chamber is great at facilitating those conversations."

Between the City and the Chamber working on planning for now and the future, McAdon says the ability to share information is vital. "It's important to be part of the solution — to support our community and support our businesses in whatever way we can," she says. ■

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

OUT & ABOUT



Rebecca Hillmer, Past Chair of Adel Partners Chamber Board; Jim Peters, Adel Mayor; Tim Bianco, Iowa Spring CEO; and Mike Espeset, President of Story Construction take part in a ground breaking ceremony for the new Iowa Spring building on the west side of Adel on Nov. 11.



Shirley McAdon and Denise Walter volunteered at the ADM School Board Candidate Forum on Oct. 28.



Adel Partners Chamber of Commerce hosted an ADM School Board Candidate Forum on Oct. 28. Participating candidates included Bart Banwart, Melissa Dohman, Ross Freeman, and Kale Smith. Shanlyn Doll participated via video.



Nicole Drake, Bryn Jensson and Hanna Sanders attended the ADM School Board Candidate Forum on Oct. 28.



Dr. Marvin DeJear, forum moderator, and Kristi Fuller, Adel Chamber Board President, at the ADM School Board Candidate Forum on Oct. 28.



Lisa and Jonathan Payne at the ribbon cutting for Real Deals on Nov. 4.



Amanda Winters, Susie Latusek and Adel Mayor Jim Peters at the ribbon cutting for Real Deals on Nov. 4.



Amanda Winters and Susie Latusek, owners, at the ribbon cutting for Real Deals on Nov. 4.



The Adel Partners Chamber of Commerce held a ribbon cutting for Real Deals on Nov. 4.



Shirley McAdon and Rebecca Hilmer at the ribbon cutting for Real Deals on Nov. 4.

RIBBON Cutting

The Adel Partners Chamber of Commerce held a ribbon cutting for World Liquor & Tobacco + Vapors on Nov. 19.



Karim Agha and Aquib Ali



John McAvoy and Mary Hinton



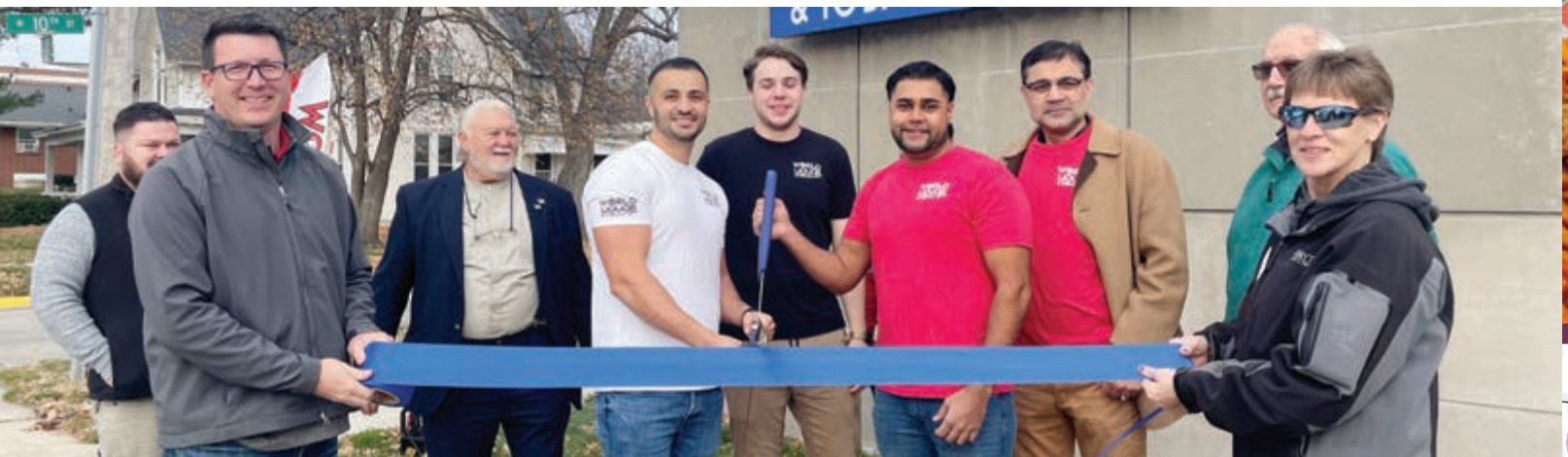
Anne Denin and Kevin Howe



Ayesha Ali and Kyle Pederson



Lynda Clayton and Dale Adams



The Adel Partners Chamber of Commerce held a ribbon cutting for World Liquor & Tobacco + Vapors on Nov. 19.



Dan Miller and Jim Peters



Dan Juffer and Thomas Book



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