

ADEL

JANUARY 2023

# Living

MAGAZINE

## Digging Up ROOTS

Residents share their  
family tree discoveries

**Meet Laura Coller**

EDUCATION

**Feta roasted salmon and tomatoes**

RECIPE

**Garretts preserve home's charm while adding updates**

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WELCOME

## MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to — other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even it was just a fraction.



A few decades passed, and I, on occasion, would try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave.com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading. ■

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FEATURE

# Digging Up ROOTS

Residents share their  
family tree discoveries

By Chantel Boyd

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find “royal blood”? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with Adel Living magazine.

Grace Zoebeck enjoys learning about her ancestors as well as about the historical times in which they lived.





## FEATURE

Some notable figures, like Nile Kinnick — an American naval aviator, law student and 1939 Heisman Trophy winner from the University of Iowa — lived in Adel. You can research his lineage online, by visiting the Adel Historical Museum, and scouring historical records. Local resident and city leader Jan Price, the museum's director, has curated newspaper articles as well. You could even learn more about Kinnick's family tree including his father, who served as governor of Iowa.

Price, an Adel native, has overseen the Adel Historical Museum for more than 20 years. She moved away but returned and “fell in love with overseeing its history.” She and her husband helped raise \$127,000 to build an addition to the museum. Jan's goal has been to teach others about Adel's history and provide answers to residents looking for information about their town — and their ancestors.

### A history fanatic

Grace Zoebeck is a self-proclaimed history fanatic. She says she likes learning about history and what it was like to live during specific periods. So, it made perfect sense to explore her personal history, where her family came from and their cultures. She knew her mom's side of the family came from Norway.

“I've always had a passion for Nordic culture, and I wanted to explore deeper,” she says.

Zoebeck was initially wanting to explore her roots further since she was a history fan, and her main goal was to see how far back she could follow her family tree. Amazingly, she was able to trace it to the

## Genealogy Research Sources

### National Archives: Resources for Genealogists

[www.archives.gov/research/genealogy](http://www.archives.gov/research/genealogy)

Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

### Find a Grave

[www.findagrave.com](http://www.findagrave.com)

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one's memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

### Ancestry

[www.ancestry.com](http://www.ancestry.com)

ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world's largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

### 23andMe

[www.23andme.com](http://www.23andme.com)

The focus of 23andMe, is “real science, real data and genetic insights that can help make it easier for you to take action on your health.” It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives. ■



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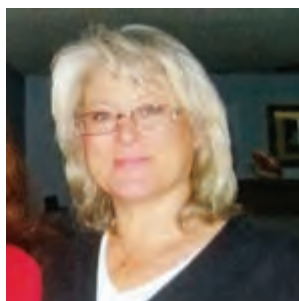
1400s. She was able to find where the two sides of her family came from, when they arrived in America and when and where they settled. She was able to learn more about the cultures of the different countries and settlements where her ancestors had lived.

She found that 50% of her DNA does, in fact, come from Norway.

"I've always loved the cold and the snow, so maybe it's in my blood since my ancestors came from a freezing, snowy place," she laughs.

It's now on her bucket list to get in touch with a professional genealogist to uncover more about her family history. She's scoured the Internet and watched various documentaries regarding the places her family has come from, but says she wants to know more specifics about individual people.

"It's engaging, but not very personal," she says.



Vicki Krohn found her ancestors hailed primarily from Ireland and Scotland.



Vicki Krohn found one of her ancestors was a noted chieftain in Scotland named Sorley Boy MacDonnell (1505-1590).

### Visits her homeland

Vicki Krohn has been interested in genealogy since she was 10. That's when her dad sent his information to a company to uncover his family tree. Since then, she has wanted to know who her grandparents, great-

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- ADM school parking
- ADM Softball Assn.
- ADM Sports Boosters
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- ADM Vision Fund
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grandparents and great-great-grandparents were and where they came from. But, she didn't really dive into it until her later years.

She heard about Ancestry.com. While she already knew bits and pieces of genealogy from both sides, she thought, "Why not check it out?"

First, she plugged in what she knew and began finding missing relatives to connect the missing pieces. She discovered she was mainly Scots Irish, with Jacobite and Huguenot lineage, both religious movements of the 16th and 17th centuries.

Years before this exploration, she found a little notebook of her mother's with her school report about Ireland. Her mom had wanted to travel to Ireland but, unfortunately, was never able to see this place, which greatly interested her. Krohn's dad's family also hailed from Ireland and Scotland, and both families came to the U.S. in the mid to late 1600s.

She began to trace her family ties, starting with the names Royer and McDaniel, and found that names often changed upon arrival to the United States. She discovered most people coming over did not speak English, and names were misspelled during the intake process. For example, with the Scottish accent, "MacDonnell" sounded like "McDaniel" to the intake officer.

Krohn and her husband went "across the pond" in September 2016 to visit their ancestral homeland. Their native Irish tour guide shared some history and sang beautiful songs as they traveled through the countryside. They saw castles and distilleries — including the home of Guinness and Jameson — visited lovely towns, and drove through gorgeous green pastures.

"We never saw a skinny cow in Ireland," she jokes.

The tour guide revealed that one of Krohn's relatives was the well-known Sorley Boy MacDonnell (1505-1590). The guide took a detour to Dunluce Castle, County Antrim, which is now mostly in ruins, where this distant relative was born and became a great Scots-Irish chieftain.

## Many fruitless searches

Ginger Hertel started tracing her family tree in the mid-1990s. Her paternal grandparents came from a settlement of Belgian immigrants. As a child, she recalls seeing a thick, color-coded three-ring binder that listed every family member back to the three brothers who came to the U.S. in the mid-1800s.

By contrast, none of her relatives on her mother's side knew their origin stories. Both her parents were orphaned and grew up being passed around between family members until adulthood.

"I was lucky to have my great-grandparents into young adulthood and my grandparents until just a few years ago, and the contrast between their histories and lack thereof spurred my curiosity," she says.

When Hertel first started learning about her family heritage, she researched at her local library's history room in Wisconsin — where she mastered the microfilm reader. Despite her best efforts, the search yielded minimal results.

Instead, she compiled as much oral history as she could from her grandparents and great-grandparents. She cautions others interested in doing this.

"A lot of it was wrong, either from mixed-up dates or misremembering."

A few years later, Hertel used Ancestry.com, other websites and message boards to share information and resources. She started verifying

some of the information she'd been given by family members with vital records offices in other states. She viewed transcribed census records and gathered photographs of gravestones from hundreds of miles away. Over the years, she expanded her family tree tenfold from where she started.

In 2006, she traveled to the primary area she was researching — southern Illinois near the Kentucky border. She spent a week at local libraries to look through records that hadn't been digitized.

While there, she visited cemeteries to pay respects to the people she was researching. She says it made them feel much more tangible than just names and dates in records. She also visited the Illinois State Archives regional depository in Carbondale, which had many records that could only be viewed on paper or microfiche.

Over time, records have become digitized and can be viewed from home. Still, she was thankful to have taken that trip.

"It was a powerful experience to know I was walking down the same streets and past the shops my ancestors had more than 100 years earlier and to touch their headstones."

She also took a trip to the LDS Family History Library in Salt Lake City in 2010 to verify some research. Since then, she's used sites like Ancestry and Family Search to fill in additional details and has done genetic testing with both Ancestry and 23andMe to reveal more relatives. She continues to reach out to vital records offices for more detailed information.

One of the more interesting records she's viewed was a transcript from a rather scandalous divorce proceeding in 1905 between her great-great-grandfather and his first wife (before her great-great-grandmother).

"Reading about that scandal, seeing the house in Chicago where events took place on Google Street View, and putting the story together with other facts makes that generation's history come to life," says Hertel.

She recommends not blindly trusting what you find online.

"Almost anyone can find something claiming they're related to Henry VIII or Cleopatra or Genghis Khan, and that could be completely made up. The proof lies in the sources cited. A reliable family tree will be sourced from vital records — birth certificates, census records, marriage and death certificates that list multiple generations with the right names, right birthdates and right locations." ■



Ginger Hertel visited cemeteries where her ancestors were buried and said it was a trip worth taking.



## ONE STEP closer to a simpler real estate closing

The confusion of buying a home can be a universal feeling. Often, closing requires many documents, signatures and approvals, which can make the home-buying process feel overwhelming. While requirements concerning title commitments, mortgages, title opinions etc., will continue, on April 21, Gov. Kim Reynolds signed House File 2343 (HF 2343), which has removed the requirement to include a separate Groundwater Hazard Statement when filing closing documents with the Recorder's Office.

A Groundwater Hazard Statement is one of three documents typically required to be filed with the Recorder's Office in an arms-length transaction, along with a deed and a declaration of value. The Groundwater Hazard Statement particularly addresses environmental issues on a property by requiring transferors to disclose the presence of burial sites, wells, solid waste disposal sites, underground storage tanks, hazardous waste and private sewage.

With the signing of HF 2343, which became effective on



July 1, if these conditions described above do not exist on the property, a separate Groundwater Hazard Statement does not need to be filed with the closing documents. Instead, the Iowa DNR and the Recorder's Office will require the following additional warranty language be added to the face of the deed:

"There is no known burial site, well, solid waste disposal site, underground storage tank, hazardous waste, or private sewage disposal system in the property as described in Iowa Code Section 558.69, and therefore the transaction is exempt from the requirement to submit a groundwater hazard statement."

The addition of HF 2343 will help streamline the closing process for those buying property in Iowa. However, keep in mind that, should the property have any of the conditions listed, the seller will need to complete a separate groundwater hazard statement and file such document with the Recorder's Office as previously required. If you have questions about recent changes in groundwater hazard statement requirements or wish to know more about the closing process in Iowa, contact an attorney in your area. ■

Information provided by Meghan O'Meara, Hopkins & Huebner P.C., 1009 Main St., Adel.

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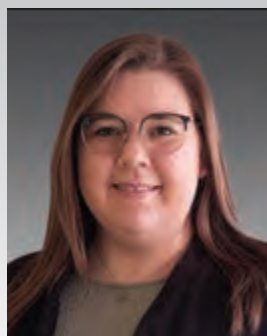
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# A BOLD and life-changing resolution

What is the biggest New Year's resolution you have ever made? I don't mean the standard goals to lose a few pounds, gain some new friends, or travel to a new country, but something bold and life changing.



Now, I know some disregard making goals for the New Year, but, for many, the calendar click over to Jan. 1 represents a blank slate and a fresh start. Can I encourage you to make at least one bold and life-changing resolution for 2023? If you say "challenge accepted," here it is: Make this year a season to either explore or grow in your faith.

To help with this, the Lord has given you every tool you need, including something called spiritual disciplines, which are behaviors that

help your spiritual growth. When it comes to faith, none of us grow by wanting to grow, being willing to grow or believing we should grow. In addition, none of us grow by accident. The way we mature spiritually is by walking with Jesus and putting into practice the spiritual disciplines.

I know that, when many of us hear the word "discipline," what comes to mind is something that sounds as fun as flossing. Discipline sounds like work and a lot of effort. When the New Testament uses the word "discipline" it uses the Greek word "gymnasia," which is where we get our word "gymnasium." In other words, spiritual disciplines are like exercises to help you become healthy and strong. But the thing about human nature is that we want the results without putting in the work. I love a quote by former Dallas Cowboys Coach Tom Landry who said, "The

job of a football coach is to make men do what they don't want to do in order to achieve what they've always wanted to be."

In a similar way, following Jesus entails, at some point, doing things you would not normally do to become who you long to be, which is like Jesus. This is why the Bible says in 1 Timothy 4:7, "Train yourself to be godly."

To help you learn more about spiritual disciplines and get all the tools you need to help you grow in your faith in 2023, I want to invite you to New Hope Church, whether in person or online, as we devote the month of January to exploring this topic. My promise to you is, if you put these disciplines into action, your life will not be the same. ■

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

*Explore your faith in*  
**2023**

Join us in the month of January for a new sermon series about applying spiritual disciplines into your life.

*Make it your New Year's resolution to go deeper in your relationship with the Lord!*



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## FINANCE

By Kelsey Hughes

# FINANCIAL Wellness Month

January is Financial Wellness Month, and, as we all continue to navigate the health and wealth crises brought about by COVID, it couldn't come at a better time. Observed throughout this month, Financial Wellness Month was created to remind us to pay close attention to our financial wellbeing. After the hustle and bustle of the holiday season, it's a time to slow down and think about preparing our finances for the new year.



If you aren't quite sure where to begin in observing your financial wellness, we have a few ideas to help you start:

### Create your financial plan.

First, write down your fixed expenditures as well as your flexible spending. Then, calculate your projected earnings. Also write your planned savings and investments. This will give you a good outlook on your finances for the year.

### Create your budget.

Hopefully you're already acquainted with establishing a budget. Failing to budget or poor planning can result in major financial issues. Living within your means will help reduce debts and better saving.

### Review your credit report.

Your credit score directly affects the loans you are eligible to get. It depicts your creditworthiness, and the higher your credit score, the more likely you are to be approved for a loan. We suggest reviewing your credit report once a year at [annualcreditreport.com](http://annualcreditreport.com).

So why do we think Financial Wellness Month is important? First, it helps us budget better. When we are forced to prioritize our financial health, we face all our financial issues and therefore should plan and budget better. Financial problems can be a major cause of anxiety, and this month should help us recognize and understand our problems we can salvage and moves us in the right direction. Observing this month can also help reduce anxiety and encourage financial stability. When we face our financial challenges head-on, we are encouraged to get things in order and work toward financial stability. ■

Information provided by Kelsey Hughes, marketing officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521. At Raccoon Valley Bank, we're committed to your financial wellbeing with the products and services that can help you make the most of what you earn. Want to know more about loans, accounts, investment vehicles and more? We encourage you to visit our website at [RaccoonValleyBank.com](http://RaccoonValleyBank.com) or call us at 515-465-3521 to speak with a banker.



## RECIPE

# ACCOMPLISH health goals with better-for-you family meals

*(Family Features)* Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit [MilkMeansMore.org](http://MilkMeansMore.org). ■

## Feta roasted salmon and tomatoes

*Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More*

**Prep time:** 15 minutes

**Cook time:** 15 minutes

**Servings:** 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

### DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.
- In medium bowl, toss tomatoes, olive oil, garlic,



oregano or dill weed, salt and 1/4 teaspoon pepper.

- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

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## BREAKING down retirement barriers

What's keeping you from retirement? Are you wondering if you have enough money saved? Are you concerned about the cost of health care? Or perhaps inflation, stock market volatility and borrowing costs make you wonder if this is the right time. Coupling these concerns with the lack of a customized, written retirement plan can make these retirement barriers unbreakable.



If you are ready to retire but unsure if you can, you can break down barriers by seeking answers to your questions. Retirement does not have to be a guessing game. A retirement planner can help you decide if you have enough saved for retirement, how you'll pay for health care, build a recession-resistant plan and more.

We do this by helping families and individuals develop a plan that breaks down the barriers, answers their questions and addresses their uncertainties. The plan addresses the six components of retirement: lifestyle, income, investment, tax, health care and legacy.

We start with a conversation about how you want to spend your time in retirement. Do you want to travel, spend the winter in Florida, or be near grandkids? Once you know how you want to spend your time, we can work on developing a plan to fund your retirement vision.

Then we can take inventory of retirement income sources — don't forget about Social Security and pensions — to create a retirement income plan. It's not just the sum of these sources that can help answer your questions; it's developing a plan to spend them and do it in a way that lowers your tax bill.

The cost of health care can feel like a big barrier to retirement, but it can't be ignored. The process includes helping you elect Medicare, make sense of the supplement choices, and develop a plan to pay for long-term care if you need it. Then there is your legacy. If your will, trust or beneficiary designations are not up to date, this can be a barrier to leaving your wealth to loved ones or charities.

When we write this all out for people, we can show them how and why they have enough money to retire, taking the uncertainty out of the next 20 or 30 years of their life. Sometimes they learn that they need to make some changes before they can retire; it's hard to hear, but better to know now than 10 years into retirement.

This could be the year to crush those retirement barriers and start living out your retirement vision. ■

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

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# JANUARY 2023

## UPCOMING CITY COUNCIL MEETINGS

- Tuesday, January 10th at 6:00 p.m.
- Monday, January 23rd at 6:00 p.m.
- Tuesday, February 14th at 6:00 p.m.

\*Please note meeting location is subject to change as needed  
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/](http://www.adeliowa.org/agendas-minutes/)

## REMINDERS & CLOSURES:

- Tuesday Jan. 3rd and Tuesday, Jan. 10th, 2023: 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.
- Monday, January 16th, 2023: City Hall will be closed for staff in-service day. Garbage services will remain on schedule for the week.
- Monday, February 20th, 2023: City Hall will be closed in observance Presidents' Day. Garbage services will remain on schedule for the week.

## GET TO KNOW...

**What is your title?**  
Police Chief's Secretary

**What is your past work experience?** A variety of jobs: in-home child care, receptionist at a newspaper, data entry at medical billing company, service secretary at a banking systems facility, data entry at therapy service company, custodian at a school, and a 911 dispatcher

**How long have you been working for City of Adel?** Over 8 years.

**What are you excited about for your department's future plans?** The more the population of our city expands the need for growth in the police department is a must to continue to serve the citizens of Adel. I am blessed to work alongside my LEO family.

**What is a hobby you enjoy?** Reading, camping with family, riding motorcycles with my husband and good friends, quilting with my cousin.

**Anything else Adel should know about you?** I enjoy spending time with my husband, Jerry, our children, Miranda and her husband Dallas, Travis and his wife Lauren and the grands: Addisyn, Brexley, Wesley and Vivian. I am a lifetime resident of Dallas County. I grew up on the "Kemp Family Farm" west of Dawson, graduated from Perry High School then DMACC in Ankeny, married my high school sweetheart and reside in my grandparents' home.



JILL ANDERSON

## PARKS & RECREATION ACTIVITIES:

For more information and to register, visit [adel.activityreg.com](http://adel.activityreg.com)

- **OPEN GYM:** Recreational open gym time is a great opportunity to get out of the house during the cold months. Come out and walk, run, play basketball, shuffleboard and socialize. This is a free program held on Monday, Wednesday, and Friday mornings from 9 - 11 am at ADM District Administration Center Gym.
- **YOUTH BASEBALL & SOFTBALL:** It is that time of year again, to start thinking about youth baseball and softball signups. Leagues start in mid-April & May. Registrations can be completed online by visiting [adel.activityreg.com](http://adel.activityreg.com)
- **2023 SUMMER AQUATIC CENTER STAFF:** Acceptance of applications for Lifeguards, Admissions/Concessions has begun. Applications can now be filled out online by visiting [adeliowa.org/employment-volunteer-opportunities/](http://adeliowa.org/employment-volunteer-opportunities/). If your son or daughter wishes to become a Lifeguard, he or she MUST have a current lifeguard certification. Contact [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org) for questions or assistance in locating training sites.
- **SNOWMAN CONTEST:** Start thinking of a masterpiece you are wanting to create once the snow falls. Then bundle up and head outside to build your best snowman. Take a picture of your creation and submit it to Ramona at [rdillinger@adeliowa.org](mailto:rdillinger@adeliowa.org). All snowmen will be featured on our Facebook page and a prize will be awarded to the most creative snow sculptor! **Deadline is March 5.**



## 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](http://www.adeliowa.org) to view a FAQ flyer)

## CITY EMPLOYEE CONGRATULATIONS:

Kip Overton, Public Works Director, has served the City of Adel for 15 years. Thank you, Kip!



## 2023 PET LICENSES & GOLF CART REGISTRATIONS:

Both Pet Licenses and Golf Cart Registrations are effective for the current calendar year and forms including payment are available online at <https://adeliowa.org/permits-and-forms/>.

- **Cost:** Pet Licenses are \$10 for altered animals; \$20 for unaltered animals and Golf Cart Registrations are \$50.
- **Pet License Deadline:** There will be one-time penalty of \$5 for registrations on or after May 1st, except in those cases whereby reasons of residence or age the dog/cat was not subject to licensing prior
- **Receiving Licenses/Registration Stickers:** Pet License tags and Golf Cart Registration stickers will be mailed out once payment and registration information is confirmed

## CITY HALL

Administration  
Public Works  
Compliance Officer  
Parks and Recreation

301 S. 10th St.  
P.O. Box 248  
515-993-4525

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

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

## PUBLIC SAFETY Police and Fire Depts.

102 S. 10th St.  
P.O. Box 127  
515-993-6723

M - F 8:30 a.m. - noon and  
12:30 p.m. - 4:30 p.m.

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



## EVENTS IN THE AREA

Be sure to check for cancellations

### Rhythms of Grace Gala

Country Lane Lodge  
29300 Prospect Circle, Adel  
Saturday, Feb. 4, 5-9 p.m.

The Rhythms of Grace fundraising gala brings the community together to celebrate and support the mission of improving lives through equine-assisted activities and therapy programs. The event is full of heart-touching stories, delicious food and drinks, great company and entertaining activities. Everyone is invited.

With the community's support at the 2022 gala, a scholarship fund was established to support families needing financial assistance, and funds were raised to purchase a special horse with the size, strength and temperament to support adult riders with diverse needs. With the support of Beisser Lumber, a wheelchair ramp and mounting area were also constructed.

Tickets, \$50, are available for purchase at [www.RhythmsOfGraceEquine.org/events-1](http://www.RhythmsOfGraceEquine.org/events-1). A limited number of VIP table sponsorships are available for groups and businesses to reserve. Forgo reserving a general admission ticket if investing in a sponsorship. Attire is Western or business casual. There will be live music, dinner by Snappy's BBQ, a program, games, live auction, raffle and more.

### Dallas County Conservation Board offers activities

A variety of family activities are offered by Dallas County Conservation Board (DCCB). To register, visit [www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation), click on Environmental Education, click on Virtual Nature Exploration Hub, click on Program Registration tab or specific class. If you do not have computer access, call the DCCB office at 515-465-3577.

### Build Your Own Rain Barrel

ISU Extension Office, Dallas County Fairgrounds, 28061 Fairground Road, Adel  
Jan. 21, 9-11 a.m.

DCCB is partnering with the Dallas County ISU Extension Office to provide this program. Learn about water quality in Iowa and build your own rain barrel to do your part to reduce flooding and stormwater pollution on your property. All materials provided. Cost is \$20-\$40, TBD. Registration required.

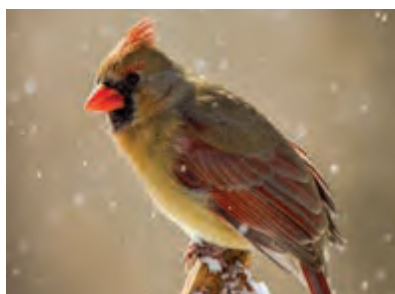
### 50s-Plus Senior Group meets

The 50s-plus senior group meets at the Adel Public Library Community Room on the first and third Tuesday each month from 11 a.m. to 1 p.m. This is a place to come and have coffee, conversation, programs and, in the future, day trips to places of interest in Iowa. Join when you can.

### Animal Sign Hike

Kuehn Conservation Area,  
32849 Houston Trail, Earlham  
Jan. 7 and Jan. 20, 10-11 a.m.  
Voas Nature Area, 19286  
Lexington Road, Minburn  
Jan. 28 and Feb. 10, 10-11 a.m.

Who is active in winter? How can we tell? Join DCCB Naturalist Erica "Bearica" on a hike to see what critters have been active and how we can tell them apart. If there's snow on the ground, play a game to test your tracking skills! Register to be notified of weather cancellation.



### Bird Watching Basics

Waukee Public Library, 950  
Warrior Lane  
Jan. 29, 1-2 p.m.

Do you enjoy watching birds but would like to improve your skills? This year, DCCB is working to up the birding IQ of the community, so come to learn the basics of bird identification. Naturalist Mike Havlik will guide you through field marks, behavior and calls to help take the mystery out of backyard birds. A great hobby for people of all ages and a fun social activity that connects across generations. No registration required.

### Third Monday Bingo

Enjoy Bingo on Monday, Jan. 16, 6-8 p.m. at the Masonic Lodge, 411 S. 12th St., Adel. 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.



### Shake Your Winter Blues

Kuehn Conservation Area, 32849  
Houston Trail, Earlham  
Jan. 16, 10-11:30 a.m. or 1-2:30 p.m.

Looking for a fun way to get out of the house and off the screens? A change of scenery and a shock to the senses are sure ways to stimulate the mind and body. Explore the outdoors with a DCCB hike on or off the trail with a naturalist or on your own and learn about some of the features and animals unique to this area. Register to be notified of weather



### CITYVIEW's Fire & Ice Pub Crawl

Saturday, Jan. 21 from 1-4 p.m.  
Historic Valley Junction,  
West Des Moines

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at [fire-and-ice.dmcityview.com](http://fire-and-ice.dmcityview.com) or \$30 at the door.



# MEET Laura Collier

Enjoys sense of humor of her students

After growing up in Center Point, Laura Collier attended the University of Northern Iowa where she studied elementary and middle school education. She then taught seventh-grade reading for nine years and was an instructional coach for three years in Perry. She came to the Adel-DeSoto-Minburn Community School District in 2019 where she currently teaches eighth-grade literacy.

"My husband, Jeff, and I wanted a smaller school district to raise our kids, Andrew, 11, and Piper, 8, so our family moved to Adel in 2014. I have enjoyed being on the same schedule as our kids and being a part of our ADM community," Collier says.

Collier says the best part about working for the district is making connections with her students and their families. She likes that she not only gets to work with, but also learn from, a talented team of educators at the middle school. She says it is fun to teach neighborhood kids, friends' kids, and the siblings of students each year.

"It is really rewarding when high school kids come back to visit or say 'hi' in the hallways and at events. I enjoy middle schoolers' sense of humor and being able to joke and laugh with them as well as seeing students' growth throughout the year," Collier says.

Collier says she strives to embed authentic tasks for students to demonstrate their learning. For example, students participate in book club discussions over a shared book twice a year. Collier's students have also worked on writing and recording podcasts based on the memoir book they are reading. Then, at the end of the year, students will write children's books, and a small group will have the opportunity to read their books to students at the Adel Elementary School.

"I love sharing my love of reading and writing with students," she says. "It is so fun to watch them grow as readers and writers throughout the year. Teaching middle schoolers has always been my favorite because we're able to have great discussions while we're learning, and they don't take themselves too seriously."

When not teaching, Collier enjoys watching her kids participate in activities such as hockey, baseball, lacrosse and cheer. She also enjoys traveling, biking, reading and taking her dog, Champ, on walks. ■



Laura Collier teaches eighth-grade literacy.

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**Andrei Murphy**  
President

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## WHERE THERE is a need, there's a Lion

Club supports many community groups and programs.

Twice a month, at the American Legion Hall, a local group of civic-minded men and women gather as members of the Adel Lions Club. Amid the delicious smells of grilled chicken and baked beans, the group greets each other, shares a meal and proceeds with the business foremost on their minds: serving and supporting the community.

"We work hard to raise money for the community, and we have fun doing it," says Ray Hemphill, who has been a member for 46 years. "We work together doing different service projects and special activities that make our town a great place to live."

The membership of the organization is in transition currently, as the volunteers from years ago are hoping to bring in new, younger members to continue the Lions Club's place as an active, vital service organization.

"Josh Shull has brought in quite a few new members in the last couple years," says Hemphill. "We need them to keep the flag project and our other service projects going."

Shull is the treasurer of the organization and serves as the organizer of the flag project, one of the most visible in the community. For a \$25 donation, an American flag will be placed in front of your home for five patriotic holidays. Last year, more than 2,500 flags were placed around the community, with help from local youth groups, including the Boy and Girl Scouts, the ADM Softball Association and the ADM Conditioning program. The young people help on 20-22 routes around the area.

"The youth organizations are given money for their groups for their participation,"



says Shull, "and, as a young person, it is an opportunity to work with an adult service organization and learn about working in the community for the benefit of others. I learned the importance of giving back from my parents, Tom and Becky, when I was growing up in Farragut in southwestern Iowa. My dad has been the mayor since I was 8 years old. That's 36 years."

Shull has helped bring in younger members, encouraging them to become a part of the Adel community through the Lions Club.

"I know we are all busy with our jobs and our kids in activities; however, regular bi-monthly meetings are not always mandatory, but, the participation of the membership in projects is almost necessary at some times during the year."

As a part of Lions International, which was established in 1917, the local Adel Lions Club is on a mission to serve, which reflects the international's motto: "We Serve." The ADM elementary school and day cares have vision screening with trained members, the Sweet Corn Festival parade has Lions as parade safety and security, a portion of Highway 6 is kept clean with Lions' help, and the club parks cars for ADM school events. These are just a few of the



BigDeal Car Care shop manager Dylan Morris with Adel Lions Club members Del Buchman and Josh Shull.

many activities in which the members use their time and energy in service to others.

Del Buchman, a retired ADM High School teacher, is the current president of the Adel Lions Club and, while he was teaching, was also the school's liaison to the club. "I joined the Lions the first year I was teaching, in 1990, in a small town in southeast Iowa, and when we came to Adel, I was connected through my liaison role," says Buchman. "I saw the good that our club does in this community and have played a more active part since my retirement. We are a service organization that gives everything back to the community as quickly as possible."

Through the funds raised in the flag project and the can collection and recycling project, the members returned more than \$45,000 back to the community last year.

For information on joining the Adel Lions Club, contact Josh Shull at 515-577-5642 or [www.adellionsclub.org](http://www.adellionsclub.org). ■

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## ADM Students of the Month

### November

- Student of the Month: Kendal Book — Raccoon Valley Bank
  - Kiwanis Humanitarian: Addison Banse and Nicole Storck
  - Fine Arts: Bailey Renner (backstage) and Jude Zeigler (onstage) — Lincoln Savings Bank
  - Football Players of the Week — Fuller Standard Service, Week Nine: Grant Engelman and Cameron Forgy
  - Volleyball: Kaylee Smith — Cullen Howe Real Estate-RE/MAX Precision
  - Cheer: Brianna McGee — Azalea Lane Boutique and Adel Family Dentistry
  - Boys Cross Country: Torin Timmerman — Big Al's BBQ
  - Girls Cross Country: Paige Mattes — Adel HealthMart

### December

- Student of the Month: Geneva Timmerman — Raccoon Valley Bank
    - Kiwanis Humanitarian: Celia Kreifels and Ella Grossman
    - Fine Arts: Journalism: Alexa Seidl and Avery Milller — Lincoln Savings Bank
    - Wrestling: Kaeden Campbell — Patrick's Restaurant
    - Wrestling Cheer: Avery Miller — Fareway
    - Boys Basketball: Adam Bryte — Cullen Howe Real Estate-RE/MAX Precision
    - Girls Basketball: Nicole Storck — Big Al's BBQ
    - Basketball Cheer: Angel Lin — Adel TV and Appliance
    - Dance: Addi Reynolds — Core Physical Therapy & River Valley Insurance
- Local businesses in the ADM School District also recognize these students every month with a donation to the ADM Scholarship Foundation. The donations received by the Foundation are invested, and the income is used each year to fund scholarships. The goal of Foundation founder, Stan Norenberg, was that every graduating senior of the ADM High School going on to post-secondary education would receive a scholarship after submitting an application. As of today, more than 850 students have received scholarships totaling more than \$833,500.
- More information on this program and how you may become a part of the Foundation can be found on the website [www.admscholarshipfoundation.com](http://www.admscholarshipfoundation.com) or contact a board member listed on the website. ■

## 2023 DALLAS County Foundation grants available

The Dallas County Foundation 2023 grant application materials are now available. Visit [www.dallascountyfoundation.org](http://www.dallascountyfoundation.org) for current grant instructions, grant application and evaluation forms.

DCF will accept grant requests that improve the lives of Dallas County residents. Applicants must be a 501(c)3, 5 or 6 organization or a 107(b) unit of government or be affiliated with another organization that has one of these designations.

DCF grant application deadline is Wednesday, Feb. 1 at 5 p.m. Grants mailed must have a postmark prior to Feb. 1. Grants delivered to drop-off sites must be received prior to closing times of the banking facilities. Check the website for details. ■

## RAILROAD history of Adel

It was almost 30 years after Adel came into existence that it finally had a railroad. The two railroads that ran through Dallas County had both missed Adel, and the town was in danger of losing the county seat for lack of railroad service. The merchants were losing business, not to mention the loss of prestige, so the businessmen of Adel decided to build a railroad on their own. On April 12, 1878, a company was incorporated as the Des Moines, Adel & Western Railroad. It was an ambitious name for an ambitious undertaking. Dr. T. J. Caldwell was named president. There could not have been a better choice to lead the enterprise.

Timothy J. Caldwell was born in Indiana in 1837. He came to Iowa in 1853 and settled near Redfield. Determined to follow a career other than farming, he worked his way through school and graduated from a medical college in Keokuk in 1861. That same year, with the nation splitting apart in civil war, he was appointed surgeon of the Twenty-Third Iowa Infantry and served the entire period of that conflict. He was mustered out of his country's service on July 26, 1865 and returned to Iowa to start his medical career.

His medical skills had been honed on the battlefields of the Civil War and were widely recognized. In civilian life, he built a lucrative medical practice. It was said of him: He always conformed to the highest standards and ethics and constantly broadened his knowledge by reading, experiment and close examination. In 1869, he married Miss Malissa Maulsby of Redfield. The marriage lasted until her death in 1890. By judicious investments, Dr. Caldwell was able to accumulate a comfortable fortune.

Other officers of the Des Moines, Adel & Western Railroad were Vice President J. W. Russell, Treasurer L. Lambert and Secretary A. C. Hotchkiss.

The railroad was completed from Waukee to just east of Adel, a distance of 6.5 miles, by the winter of 1878. That was as far as it would go until a bridge could be built to cross the Raccoon River. Dr. Caldwell and the other officers had no problem raising the money to complete that task. On Jan. 3, 1879, a contract was let to Jonathan Peppard for \$4,740 to build a bridge and approaches. It was completed in the allotted 90 days and, on April 26, the first train crossed the river and pulled up to the newly built depot in Adel.

At first it was a narrow-gauge railroad. The only equipment was a "dinky" engine and one boxcar. Freight was loaded in the center and the passengers sat on seats along the walls. This was fine with the people of Adel who were jubilant to finally have railroad service. They jokingly called the little engine their "teakettle."

With the new railroad, the little town was on its way.

In the next article we'll explore some of Adel's other medical men. ■

*Mike Flinn is an amateur historian and author of "Most Exciting Day" and several other books of local history. He can be reached at [ironpdlr@gmail.com](mailto:ironpdlr@gmail.com). His books are available at <https://books-and-stories-by-mike-flinn.square.site>.*

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## HEALTH

By Leslie Herron

### ARE YOU ready to quit smoking?

With ringing in the new year comes those well-intended resolutions we all make (and break). A popular one is to quit smoking. Be encouraged. There may be a new weapon in your arsenal.

Physical addiction to tobacco reaches far beyond the urge for another cigarette. Withdrawal symptoms develop within a few days and involve irritability, anxiety, difficulty falling asleep, high blood pressure, headaches and depression. They may linger for up to several weeks. If the period of withdrawal were easy to overcome, smoking addiction wouldn't be a global health problem. To be successful, a smoking cessation plan must address both the physical addiction and the withdrawal symptoms.

Recently, CBD has been making big headlines in medical research journals for its role in smoking cessation. CBD has a versatile therapeutic profile. People use it to relieve a wide range of conditions including pain, anxiety, muscle spasms, tremors, dementia and more. CBD interacts with the human endocannabinoid system (ECS), which maintains homeostasis throughout the body. The ECS controls essential functions including pain perception, sleep cycles, mood, memory and more.

Managing these withdrawal symptoms is one of the most important elements of quitting smoking cigarettes — and CBD seems to fit here like a glove. ■

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



## HEALTH

By Monica Meier

### TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■

Information provided by Monica Meier, PhD, MS, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [meier@sstherapyandconsulting.com](mailto:meier@sstherapyandconsulting.com)





## HEALTH

By Alicia Fisher, PT, DPT

### WHAT IS thoracic outlet syndrome?

If you are having pain or numbness in your arms and hands, thoracic outlet syndrome (TOS) could be the culprit. This syndrome is due to compressed nerves or blood vessels that can cause pain in the neck, shoulders and arm. The thoracic outlet is the area between your neck and armpit, and tight tissues in this area can restrict blood flow and nerve transmission.



Since there is no specific cause found for thoracic outlet syndrome, symptoms must be evaluated on an individual basis. Some common signs include mild to severe pain in the neck, shoulder and arm; tingling/numbness in the arms and/or hands; signs of poor circulation in your hands, like having “cold hands,” and weak grip strength.

There are some simple things you can do at home to help ease your discomfort. Avoid or limit overhead work for prolonged periods of time and take short, frequent breaks when typing to give your muscles a chance to rest.

If these at-home behavioral modifications do not help, using conservative treatment options such as physical therapy could lead to relief. Gentle stretches to help decrease pressure on the nerves and blood vessels, progressive strengthening, and postural re-education are areas that should be addressed. ■

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

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## WELLNESS

By Lacie Navin

### RESOLUTIONS and fresh starts

It's that time of year. Resolutions, goals and fresh starts.

I love Mondays and a good beginning to the first of the month, but nothing beats a new year. We're excited to be part of your goals, resolutions and new choices.



As most of us know, a CBD regimen can help in so many ways: mentally, physically and emotionally. Let's focus on the physical side. Explore a natural approach to weight loss with products containing THC-V.

Now, don't be scared when you see THC. THC-V is the opposite of traditional THC. It actually appeases the part in our brain that is calling for sweets, food and emotional eating that we all tend to do. THC-V is an appetite suppressant that starts to kick in after about 30 minutes. Not only will it help with weight loss and emotional eating, but sleep, stress, A1C and blood sugars were all improved in a double blind human study.

Let's get started. Kick off those New Year resolutions and consult with a CBD expert to help guide you to the best products for your journey. Remember to find trusted products that are backed with attached labs, USDA organic stamps, and a vast group of customers to attest to their success. Cheers, and let the healing begin. ■

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

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# 12 HEALTHY habits to adopt in 2023

Forget New Year's resolutions. Healthful living is a 365-day process made up of small steps that can add up to a big change. Make 2023 the year you become the best you that you can be.



**1. Eat more fruits and vegetables.** A diet rich in produce can help lower blood pressure, reduce the risk of heart disease and stroke and protect eye health.

**2. Move more:** Exercise can improve brain health, help you manage your weight, and strengthen your bones and muscles. Regular physical activity can also reduce your chances of developing type 2 diabetes, heart disease or stroke.

**3. Eat earlier:** When researchers compared 6 p.m. dinners to 10 p.m. dinners, they found higher blood sugar levels and less fat burned overnight for the late dinners.

**4. Practice gratitude:** Grateful people are more likely to take better care of themselves. But practicing gratitude does more than lessen your

aches and pains; it also reduces toxic emotions and lowers stress.

**5. Eat breakfast:** Recent studies have shown that people who eat a hearty breakfast may burn twice as many calories as those who eat their biggest meal in the evening. Another study showed that adults with type 2 diabetes were better able to control their blood sugar by eating a high-energy meal for breakfast and a low-energy one for dinner.

**6. Drink more water:** You have likely heard that you should drink at least eight 8-ounce glasses of water a day. While that is a reasonable goal, the fact is each of our needs is different, based on our health, activity level and even where we live.

**7. Power down:** One in four Americans brings their cell phone to bed with them. Studies have shown that the blue light from devices can interfere with sleep. Power down at least an hour before bedtime.

**8. Get more sleep:** Not getting enough sleep is linked to increased risk of obesity, stroke, heart attacks, type 2 diabetes, depression, even Alzheimer's disease.

**9. Try new things:** Trying new things keeps your mind and body active. In fact, learning a new skill can lead to changes in adult brains, creating new connections between brain cells.

**10. Quit smoking:** The benefits once you quit smoking can be seen almost immediately. In fact, within 20 minutes of quitting, your heart rate and blood pressure will drop.

**11. Build muscle:** For most adults, adding strength training to their exercise plan two to three times a week can have many health benefits, especially for seniors. In addition to increasing muscle strength, strength training can preserve bone density and reduce the risk of osteoporosis.

**12. Get outside:** Nature has been linked to many health benefits, from lowering stress to increasing attention, even improving empathy and cooperation. From a walk in your local park to hiking in the wilderness, there is increasing evidence that nature positively impacts both our physical and mental wellbeing. ■

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

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# LOCAL fixer uppers

Garretts preserve home's charm while adding updates.

Megan Garrett and her husband, Derek, moved to Adel from Missouri almost eight years ago. Garrett grew up in nearby Stuart and, therefore, knew quite a bit about Adel.

"My experiences were always positive, as were the things I heard about Adel," she says. "My husband and I both grew up in smaller towns and wanted to raise our daughter in a similar town. All that plus its proximity to Des Moines made Adel the place for us."

The Garretts looked at a couple homes in Adel but instantly fell in love with the one that ultimately became theirs — a historic two-story built in the 1890s.

"We have always liked unique homes and aren't afraid of a DIY project. My husband is a handyman/contractor full-time," Garrett says. "There are plenty of unique, older homes with character in Adel."

Some things they like most about their house are its original characteristics, like the flooring and ornate woodwork.

"But because we're handy and like to DIY, we've been able to add more older and unique characteristics back into the home, like an authentic Iowa old barn wood accent wall," Garrett explains. "We've also been able to make some fun updates that modernized the home but also kept its older charm."

The Garrett family also feels blessed to have the neighbors that they do.

"They're always ready to lend a helping hand or have a driveway chat," Garrett says. "The neighborhood is a wonderful mix of families with young kids, singles and empty nesters. And we all take care of each other and enjoy each other's company."

That feeling extends to Adel as a whole.

"Much like our neighborhood, Adel is full of people who are ready and willing to lend a helping hand when you need it and support each other and our community," Garrett says.

As part of her fondness for Adel, Garrett volunteers often at Adel Elementary. She's also on the Adel Partners Chamber of Commerce Board of Directors, and she and Derek own a local home remodeling, handyman business, Heartland Handcrafted. ■



Megan and Derek Garrett came to Adel because they felt it was a good place to raise their daughter.

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## ADEL HealthMart

Sisters note value of Chamber

Two women, who grew up in the pharmacy business, have continued their family tradition with their own pharmacy in Adel.

Sisters Jane Clausen and Julie Priestley's father purchased Adel HealthMart Pharmacy and Gifts in 2008. The three ran the pharmacy until Jane and Julie took it over in 2018.

The pharmacy is an independent, family-owned full-service pharmacy and gift store. The sisters also own another pharmacy in their hometown of Guthrie Center.

When the family first acquired the Adel pharmacy, located at 113 N. Ninth St., Jane joined the Adel Chamber. She says it was important to get the word out about their business, as well as connect with other business owners in Adel and the surrounding communities.

"The Chamber has helped us grow our business through networking and promotion," says Jane.

The pharmacy and its employees are dedicated to providing top-notch service by taking time to get to know their patients and customers. "One of the things we pride ourselves the most at our pharmacy is a consistent, efficient and friendly staff," she explains. "Many of our staff have been with us since 2008 or for 10 or more years. Whether our customers have medication needs or just need to find a gift for a friend, we like to think that we have it all in one store."

The COVID-19 pandemic proved to be a challenging few years. Jane appreciated the Chamber's help with providing information about local business hours and news. "We also had to adapt to meet the needs of our patients in a way that also kept our staff and families safe," she says.

Over the years, the business has continued to grow and adapt to meet the needs of the growing community. "We are consistently seeing new patients at our pharmacy who have moved to the area and are looking to shop local," she says.

Jane has immersed herself in community betterment projects. She has served as president of the Rotary Club and currently serves on the Adel Trails Committee. She's happy to lend a hand volunteering wherever needed.

The Adel Chamber has been instrumental in their current and future growth. "The Chamber has helped our business grow by getting the word out and by creating special events to keep people shopping local and supporting our wonderful community," says Jane. "I can't wait to see what our future holds for Adel." ■

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



Pharmacist Jane Clausen, center right, continues in her father's footsteps running Adel HealthMart Pharmacy and Gifts. She says that membership in Adel Partners Chamber of Commerce has helped her succeed.



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**Jane Clausen**  
Owner, Adel Health Mart

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chamber@adelpartners.org  
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**Adel** PARTNERS CHAMBER OF COMMERCE



## OUT & ABOUT



Courtney Mitchem, Wes Krenz, Brooke Shield and Jodi Draisey at Peoples Bank during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Bryce Moss, Katlyn Wasson, Irene Alfaro and Nikki Keller at Raccoon Valley Bank during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Lion Kent McAdon presented Peace Poster awards to seventh grade students in the ADM first semester art class. This year's theme was: "Lead with Compassion." From left: Will Truitt, third place, \$50; Lucy Allen, second place, \$75; and Abby Toth, first place, \$100.



Jodi Kuhse and Dawn Carlson at the Adel Kiwanis Club meeting on Dec. 13 at Patrick's Restaurant in Adel.



Adel Kiwanis member, Courtney Goodrich, presents the December ADM Students of the Month, Celia Kreifels and Ella Grossman, at the Dec. 13 meeting at Patrick's Restaurant in Adel.



At its Dec. 7 meeting, the Lions Club distributed funds and expressed gratitude to organizations that assisted with the club's Holiday Flag program. De Soto Betterment was presented \$2,300.



At its Dec. 7 meeting, the Lions Club distributed funds and expressed gratitude to organizations that assisted with the club's Holiday Flag program. Girl Scouts were presented \$1,200.



At its Dec. 7 meeting, the Lions Club distributed funds and expressed gratitude to organizations that assisted with the club's Holiday Flag program. ADM Softball Association was presented \$2,800.



At its Dec. 7 meeting, the Lions Club distributed funds and expressed gratitude to organizations that assisted with the club's Holiday Flag program. Boy Scouts were presented \$8,050.



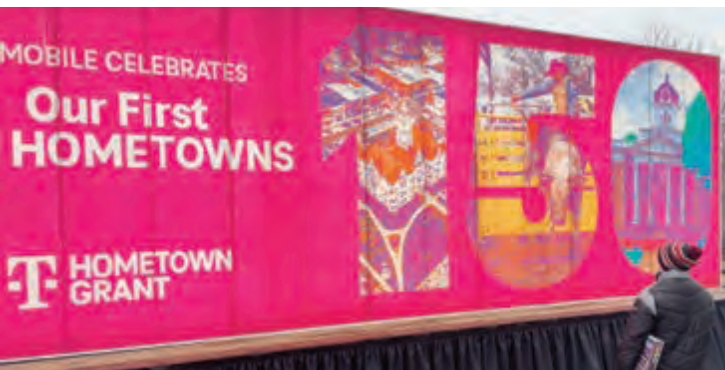
At its Dec. 7 meeting, the Lions Club distributed funds and expressed gratitude to organizations that assisted with the club's Holiday Flag program. The ADM Strength and Conditioning program was awarded \$800.



The Lions Club presents Activity Director Rod Wiebers with a \$2,000 donation for the ADM Boosters — \$1,000 each to the Fine Arts Boosters and Athletic Boosters.



## OUT & ABOUT



The T-Mobile Lite Brite display consisted of more than 500,000 individual lighted pegs and took seven people four weeks to complete. T-Mobile gave away more than 750 Lite Brites to local children at the Adel presentation.



Shirley McAdon explains the Rotary Plaza project to the crowd at the T-Mobile Lite Brite display at City Hall on Dec. 10.



Adel Rotary past president, Ryan Morford, and current president, Bob Grove, welcome visitors and T-Mobile representatives.



Kevin Howe at RE/MAX Cullen Howe Real Estate during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Elisha Clark and Julia Green at Adel Vision Clinic during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Stephanie Haas and Rachel Matta at Matta Family Dental during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Lindsey Grife at Iconic Apparel during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



The staff at River to River Bakery and Pizza hand out treats at the sip and sample in Adel on Dec. 2.



Marion Conover and Jane Clausen at the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Kenny and Jen LaVaughn at Adel Barber Shop during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Jodi Kuhse and Aiden Juffer at Raccoon Valley Bank during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



Susie Latusek and Amanda Winters at Real Deals during the Adel Partners Chamber of Commerce tree lighting and sip and sample on Dec. 2.



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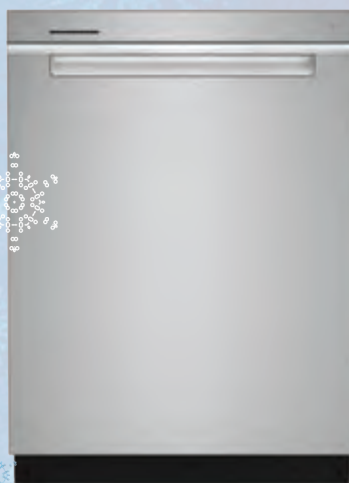
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