

MARCH 2023

ADEL

Living

IN THEIR FOOTSTEPS

Residents share how they were inspired
to follow a loved one's path

Meet Angela Wambold
EDUCATION

Jalapeño sweet potato chowder
RECIPE

The volunteer spirit of the Adel Fire Department
COMMUNITY

PRSR1 STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131




MOHAWK

FLOOR ADORE EVENT

LIVE YOUR LIFE AND
LOVE YOUR FLOORS
UP TO \$1,000 BACK

OUR LOWEST PRICES
THROUGH APRIL 18TH

ASK ABOUT SPECIAL FINANCING



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

WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.

I remember the first time Dad had me back the dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



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

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council



**Fill Your
Pot of
Gold**

4.15% APY*
15-Month CD

with this
Special Rate!



Greg Grote
President



Erin Hullermann
VP Market Manager
Waukee



Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

www.CharterBanker.com

Member
FDIC

*Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD), penalty for early withdrawal. Rate as of 02/22/2023 and subject to change.



Jamie Steyer Johnson is not only a big Iowa State women's basketball fan, she is also the broadcast analyst for games. It's not a surprising career path considering her mother, Jodi Steyer, has been a coach for the team for 21 years now.

IN THEIR FOOTSTEPS

Residents share how they were inspired to follow a loved one's path

By Chantel Boyd

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

FEATURE

A passion for hoops

Usually, parents watch their kids' sports activities. But Jamie Steyer Johnson has been watching her mom's basketball games for four years. Jamie is a professional radio analyst who covers her mom's Iowa State basketball games.

Jamie's mom, Jodi Steyer, is the associate head women's basketball coach at ISU. She works with the players to develop their game, scouts their opponents to prepare for future games, and recruits players to play for ISU.

Jamie gets a front-row seat to her mom's work come game time. Before game time, she researches the statistics and watches conference games for insights into the players' gameplay. Then, she shares those findings with her mom, who will often share her thoughts on what ISU's game-time strategy might look like.

"One of the best parts of the job is road trips where we get to hang out the whole time," Jamie says.

During game time, Jamie is the analyst, and her broadcasting partner does the play-by-play. She's often cracking jokes or sharing fun facts. But, most importantly, Jamie is protective of the players' reputations and draws attention to their talents. It's an attitude she shares with Jodi.

"I hear from listeners that they enjoy how much perspective I have from talking to my mom and the long history I share with the program," Jamie says. "I regularly bring up games or players from teams a decade prior, which the diehards always love."

Jodi has been a professional basketball coach since she was hired out of college by Bill Fennelly when he was at Toledo back in 1989. She spent six seasons with him there, then stayed for a year after his departure. Eventually, she moved her family to Ames to rejoin the Fennelly family. On Jamie's sixth birthday, she went back to coaching and has been at ISU for 21 years.

Jamie called games for Ames High School while in college, majoring in journalism (with interest in sports broadcasting), worked for Cyclones.tv in college, and was hired to call games for ISU after graduation.

According to Jamie, ISU Women's Basketball coaching staff is currently the longest-tenured staff in the country. And the longstanding coaching staff and all the players they've coached have become like family to Jamie's family. Jamie's brother, Eric, played at ISU, too.

"It's been the best of both worlds to



Monty Button started Adel Tree and grew it from the bottom up. His son, Jeff, then learned the profession so he could carry on his father's legacy.

cover ISU while doing something I love in broadcasting," says Jamie, adding she enjoys watching her mom and the other coaches in action.

"I have so much respect for what they do and how they do it, which I try my best to convey when calling games."

Jamie's advice for others following in their parent's footsteps is simple.

"There's no shame in making your own legacy, but if you have an affinity for something you grew up around, pursue it."

Tending trees

Father and son, Monty and Jeff Button, operate Adel Tree together.

Monty got his start as the mechanic at Wakonda Club. When work was slow in the shop, he would get out on the course and trim trees. A golfer asked if he worked on the side, and he assumed it was for machinery repair. Instead, the golfer wanted help with his trees.

Monty was still determining exactly how he would get the job done, but he showed up anyway. He looked over what the man needed done and took care of it. Soon after, Monty started his business and bought the necessary equipment.

Monty's three children, Jeff, Karen and Lisa, grew up around the business and eventually learned how to operate a skid loader and chainsaw. They even started a business selling and delivering firewood, learning responsibility, money management and customer relations. When grown, they were soon pursuing their own paths.

Jeff went to college in Minnesota, married and started a family, but, 12 years later, he asked about returning to Iowa to help Monty

slow down. In the summer of 2018, he returned to take over the family business.

"I didn't want the business to close, because it was like selling a family farm," Jeff says. "So, I tried to maintain that established legacy instead of watching the family business that I watched my parents build disappear overnight with an equipment auction."

Jeff came alongside Monty and learned the management side by shadowing Monty for two years, becoming an ISA Certified Arborist in 2020, and taking over the business fully at the beginning of 2021.

"Although tree work is hard work, it is also a rewarding endeavor," Jeff says. "My job has a dual purpose of taking care of people and taking care of trees."

"I have a decades-long client list and reputation, carrying on a legacy of a business foundation that I did not lay but continue building on," he adds.

The work has evolved over time, but Jeff continues Monty's work and respects all he did to get him there. He advises that others should appreciate those who came before them.

"Recognize and respect the hard work that led you to the place you're in. Then, build on that foundation and carry on the goodwill of your family's name and reputation as best possible."

Family and business

Dave Moyer and his wife, Teresa, opened Archer Home Center in 1986 as Archer TV & Appliance, part of a franchise with a chain of stores in the Des Moines area.

Over the years, Dave grew the store to become Archer Home Center. They added offerings as they expanded the store in the



Kurt Moyer works with his dad, Dave, in the early years of Archer Home Center.

1990s. Then, in the early 2000s, they expanded again. While Archer Home Center started as a franchise from Des Moines, now residents of Des Moines and the surrounding area travel to Adel to shop at the one-stop shop for home remodels.

Kurt Moyer joined his dad to work at the store while in college in the mid-1990s, working during school breaks. He discovered this might be a career track for him.



Dave Moyer and his wife, Teresa, grew Archer Home Center and were joined by son Kurt. Now, Micah is the third generation to work at the business as he follows in Kurt's footsteps.

"I found that I really liked selling things and helping people find something new for their home," he says.

Kurt officially joined his dad full time after he graduated. And he has no regrets.

"I never thought of doing anything else," he says.

Fast forward, and Archer Home Center is now in its third generation. Kurt's son, Micah, started working there full-time in January 2022.

CALL US TO ELIMINATE HARMFUL HOME INVADERS

Paul's

AA Pest Control
Family Owned Since 1987.

515-993-3332

www.PaulsAAPestControl.com • paulspestcontroliowa@gmail.com

ACCEPTING NEW CLIENTS

LAWN MOWING • FERTILIZING • AERATING
IRRIGATION • CLEAN UPS • MULCH BEDS

Locally Owned!

30672 Old Portland Rd, Adel
515-201-0468
lukeslawnandlandscaping.com

LUKE'S

LAWN & LANDSCAPING

Affordable vehicles locally sold in Adel!

The Car Store

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

20 YEARS OF SALES AND SERVICE EXPERIENCE!

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

Best Protection and Prices Tailored to You

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

Auto-Owners INSURANCE
LIFE • HOME • CAR • BUSINESS

RIVER VALLEY INSURANCE, LLC
819 Main Street • Adel • 515-993-3515

FEATURE

"He has been a blessing to have around," says Kurt. "He brings a lot of excitement and a younger eye on things. He had always said he'd never come back here and work. Now he's here and loves it."

Kurt understands that point of view as he, too, never really thought about working for his dad's store until he helped during school breaks.

His family has embraced the younger generations joining, and his parents encouraged his participation as a child, says Kurt.

"Even at an early age, they allowed me to make decisions that affected the entire business."

Now, Kurt enjoys his son taking on a role at the business.

"I hope Micah feels the same way after he's been working with me for 25 years," he adds.

For those thinking of working with their family, Kurt says it is important to have a good work and family relationship and to do one's best to nurture both.

"Our family is more important than our business," he says. "So, if something in our business is negatively affecting our family, we step back and look to see how we can change that."

Learning from dad and grandfather

Chad Daugherty is a third-generation auctioneer for Daugherty Auction & Real Estate Services in Adel. He followed in his father's steps, who had followed in his father's. Gene Daugherty became an auctioneer for livestock, estates and real estate in 1969. Gene's son, Kelly Daugherty, joined in 1975 when he introduced business liquidation. Kelly's son, Chad, began in 2002, introducing online auctions to the equation.



Chad Daugherty learned the business from his dad, Kelly, and his grandfather, Gene.

"Auctions have been a gathering for the community for many years," says Chad. "The people you meet there come from all different walks of life. I enjoy daily gaining product knowledge from a wide range of people and their assets."

Chad says his dad's and grandfather's examples taught him firsthand how to treat people with compassion, maintain integrity, and really get



MARCH SPECIALS

ProCell Microchanneling for \$300!
Microchanneling turns it on! Improve the appearance of fine lines and wrinkles, acne/surgical scars, sun damage/dark spots. Hyperpigmentation firms, tightens and tones skin. Virtually no downtime!

Permanent Makeup \$50 OFF Eyeliner, lips and microblading	Coolsculpting® Purchase 4 areas and get 2 cycles of Cooltone FREE
---	--

Follow our Facebook to see all our specials



HEARTLAND

PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

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



Chad Daugherty is the third generation in his family to make a career of auctioneering. He has worked closely with his dad, Kelly, and fondly recalls traveling with his grandfather, Gene, for the business.

to know the buyers and their psychology. Yet, Chad began as primarily a fly on the wall for many years during the interactions his father and grandfather had with clients.

"I shadowed my dad for years," he says. "I didn't really speak during appointments. I just observed and learned. I learned how to read people's body language and how my dad responded to those situations."

Chad's ultimate advice is to "be a sponge." For the beginning part of his training, he shadowed his grandfather and father and absorbed all of their knowledge and know-how. This enabled him to develop the skills for directing and calling the sales.

Chad realized he began "knowing how, why, and when a buyer is going to bid, often before they know."

Kelly is proud Chad followed in his footsteps. Chad's grandfather passed away about a decade ago. Still, Chad fondly remembers his grandpa's old straw hat as they were at auctions together.

He also remembers riding with his grandfather to different appointments and job sites.

"Some of my favorite memories were driving with my grandpa before there were Google maps. We never made it there the first time," he laughs.

Three generations pitch in

In February 2020, Adel & Winterset TV & Appliance, Heating, and Cooling celebrated 60 years in business. In 1960, Kenny Chapman opened his TV store, Ken's TV & Appliance Repair. Eventually, the company was renamed Adel TV & Appliance, offering appliances and heating and cooling units. In 1994, the second location was established in Winterset.

All five of Kenny Chapman's children have worked at the business, and two — daughter Tammy Howe and son Terry Chapman — now run the store. Tammy says they take each day as it comes in their roles because "you never know what will happen in the store until it starts."

Many more family members have done, and still do, their share. Teresa Adamson, Kenny's daughter, helps to keep the store looking its best by cleaning and decorating for all seasons. Todd Chapman, Kenny's son, previously worked at the store, learning the ins and outs of



Three generations work at Adel TV & Appliance Heating & Cooling. Pictured are Kenny Chapman, Tammy Howe, Terry Chapman and Justin Adamson.

technology, and is now running a tech business, Dallas County Data, across the street. KC (Kenny Jr.) Chapman used to work summers delivering appliances. Justin Adamson works at the store now, and Josh Adamson did as well for five years. Tammy's son, Brandon Howe, and Terry's son, Mike Chapman, have worked there, too. Of course, in-laws and extended family also helped with operations, including Tammy's husband, Bret Moothart, for 26 years; Kenny's brother-in-law, Paul Lockhart, for 15 years; Kenny's brother, Harlan Chapman; and Kenny's nephew, Harlan Chapman, Jr.

"All the kids grew up watching Kenny with customers, so, through osmosis, they just did what he did," says Tammy. "They learned to treat people right and be honest."

Despite recent health struggles, Kenny Chapman is still helping the two younger generations carry on his legacy. He works on used appliances when he's feeling well, says Tammy.

Tammy, Terry and their siblings grew up in the store, picking up a lot of knowledge. Tammy was not sure she was ready when her dad had her start waiting on customers herself. But her dad reassured her she was.

"One day, my dad was going to leave to have coffee, and I was going to be in the store alone. I told my dad I was not sure I was ready. He said, 'Whether you know it or not, you know more about all this stuff in this store than you think you do.'"

Tammy found out quickly that he was right.

"Terry and I and our siblings were raised right. To talk with customers and hear their concerns," she says.

Soon enough, Tammy would hear customers' issues and know the problem and what they needed to fix it.

Tammy's favorite memory about the store is centered on having three generations hanging out. She recalls "the kids building forts and houses out of the boxes in the warehouse and hearing stories from Kenny."

"That's how many of my family learned about appliances and the parts and repairs is by tinkering in the back room with old parts."

Tammy appreciates this legacy of sharing knowledge with customers.

"They trusted our brand and us because of our dad's good reputation. As a result, customers know who we are and that our store will treat them right." ■

NEW LAWS allow you to save more for retirement

Recently, lawmakers passed a massive bill with more than 90 retirement provisions called SECURE Act 2.0. Some changes, like the RMD age increasing to 73 (from 72), went into effect on Jan. 1, 2023. Other provisions will be phased in over the next few years, including the ability to save more money for retirement in the form of a catch-up contribution.

A catch-up contribution is a type of retirement contribution that allows those 50 and older to put additional money into most employer-sponsored plans and IRAs.

In 2023, anyone can contribute up to \$6,500 to an IRA or \$22,500 to a 401(k). If you are 50 or older, you can put an additional \$1,000 into an IRA and an additional \$7,500 in an employer-sponsored plan like a 401(k) or 403(b). This brings the catch-up contributions to a total of \$7,500 and \$30,000, respectively.

That \$1,000 IRA catch-up limit has been the same for several years. With the passing of SECURE Act 2.0, starting in 2024, that amount will be adjusted for inflation annually in \$100 increments. It's not much, but the inflation adjustment will move that catch-up number above \$1,000 and allow for a slow increase of the limit.



There will be a “special” catch-up contribution starting in 2024. Those age 60-63 can put even more money into their employer-sponsored plans. The formula for determining how much you can contribute is a little convoluted. The “special” catch-up contribution limit is the greater of \$10,000 or 150% of that standard catch-up amount for the previous year. For example, in 2023, the catch-up limit is \$7,500. If you take that times 150%, you get \$11,250. So if there was a “special” catch-up contribution this year, the limit would be \$11,250.

For some, catch-up contributions are a great way to save and invest more money for retirement. These decisions must be made as part of a comprehensive retirement plan that takes into consideration all your other sources of income, your investments, your tax plan, and, most importantly, your retirement vision.

The strategy that is right for your neighbor or co-worker may not be right for you. This mantra applies to many retirement decisions, including catch-up contributions, Social Security, Medicare and more. We help families and individuals understand the rules and take advantage of strategies that will help them live out their retirement vision. ■

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

ARE YOU WORRIED ABOUT **SECURE ACT 2.0** AND YOUR RETIREMENT?



Scan the QR code or go to
MerkleRetire.com to talk with a
retirement planner about how
new laws affect you.

Merkle
RETIREMENT PLANNING

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

A NEED for connection

Despite constant online connection, teenagers are actually more disconnected than any other generation. For example, studies show that kids today are twice as lonely as they were in the 1960s. In fact,



73% of Gen Z (teenagers and young adults) feel alone sometimes or always. In addition, 42% of teens report feeling depressed or hopeless in the past two weeks, and 18% have thought about hurting themselves.

Like everyone else, youth are seeking connection with others, and, even with a phone in their hands, our teens feel very alone.

There are many reasons teenagers are lacking relational connection. For example, the addictive nature of technology and the effect of social media are powerful influences. In addition, many teens experience the struggle

that comes with the breakdown of traditional families. Then there is the high amount of stress placed on students with sports, classes, jobs, homework and packed schedules. But, ultimately, one of the biggest reasons teenagers are struggling to connect is a lack of genuine community. Let me explain what I mean.

In Genesis 2:18, it says, "It is not good for the man to be alone." While the context of this verse is about marriage, it also speaks to God's design for people to form healthy relationships with one another. We are not meant to journey through this life alone. This is why the student ministries at New Hope Church are small-group based. We have found when students meet with the same group of friends week after week, trust is built. We know when you have an adult leader who is caring, safe, and willing to share their own life stories, that connection is built. We also know that being able to share your struggles with a group of people who will pray for you, care for you, and offer supportive

advice is something most students don't have but desperately long for.

Allow me to share with you an example of a group of high school girls who have met together weekly for the past two years. When they gather, they laugh, learn together, talk about family, school, faith, and, of course, boys. They also serve together in the community, and all of this has helped them form the connections they both long for and need to navigate the challenges of the teen years.

The teenagers in your life are longing to connect with others, with their parents, with friends, trusted adults and more. While it may seem the teen in your life is not listening and cares more about what's happening on their mobile device than what's happening in your life, never stop pursuing a loving connection. Just like you long for this, so do they. ■

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

electrify
5TH-8TH GRADES
6:30-8PM

magnify
9TH-12TH GRADES
6:30-8PM

**FOAM ARCHERY FUN
NIGHT ON MARCH 22**



NEWHOPECHURCH
Helping People Find and Follow Jesus

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

FIND US ON FACEBOOK, INSTAGRAM AND SPOTIFY

WHEN YOU BUY
\$25 IN FRESH MEAT



GET
\$1.99

**FAREWAY
WHITE MILK**

1 gal



DURING THE MONTH OF MARCH

2/27/23-4/1/23

VOTED FAVORITE GROCERY STORE IN DALLAS COUNTY!

FAREWAY®
MEAT & GROCERY

804 NILE KINNICK DRIVE S, ADEL
STORE 515-993-3660

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

Find our weekly ad, promotions, recipes and more at www.Fareway.com



EVENTS IN THE AREA

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

Be sure to check for cancellations



Community Fish Fries

The Knights of Columbus invite the public to the Fish Fries offered Feb. 17, Feb. 24, March 3, March 24 and March 31, 5-7 p.m. at St. John's Catholic Church, 24043 302nd Place, Adel. Dine in and carry out are offered. Menu is hand-battered fish, grilled cheese sandwich, fries and coleslaw with their famous tartar sauce on the side. Cost is \$12 per plate.



ADM kindergarten registration

ADM kindergarten registration for the 2023-2024 school year is open. If you have a child who will be 5 years of age on or before Sept. 15, 2023, plan to begin the kindergarten registration process today. Complete the online registration process during January and February to ensure you receive all communication related to kindergarten screening in preparation for your child to attend kindergarten at ADM. Visit www.admschools.org to get started with the online registration process. Contact Rikki Kuhns at rikki.kuhns@admschools.org or 515-993-4283 ext. 1041 with questions about the online registration process or to set up an appointment to complete the online registration in person.

TOPS meetings

Tuesday mornings, 10 a.m.

Adel Public Library, 303 S. 10th St.

Are you feeling like the holidays got the best of you and now you want to lose a few pounds? You can find support at TOPS (Take Pounds Off Sensibly). There is no obligation for the first meeting. You can come, check it out and decide after your visit if TOPS is right for you. For more information, visit www.tops.org.



Vietnam-era veterans recognition

An event to honor and thank Dallas County veterans who served during the Vietnam era will be held Saturday, March 25, 9-10 a.m. at the Van Meter Veterans Reception Center, 910 Main St. A light breakfast will be provided, and there will be drawings for door prizes. RSVP by March 1 by emailing kenyonmargie67@gmail.com.



Youth Baseball and Softball registration open

Registration for the Adel Parks & Recreation Youth Baseball and Softball leagues is now open. Levels are Little Sluggers, 3-4 years old; T-Ball, 5-6; Rookie (8U), 7-8; Minor (10U), 9-10; and Major (12U), 11-12. Volunteer coaches are needed. Register at adel.activityreg.com.

Adel Women's Club Salad Luncheon

The Adel Women's Club Salad Luncheon, April 3, 11 a.m. to 1 p.m., features salads, sandwiches, desserts and drink. The event is held at First Christian Church, 218 N. Ninth St. Cost is \$10 at the door. The club distributes money to a variety of organizations and programs in the community.

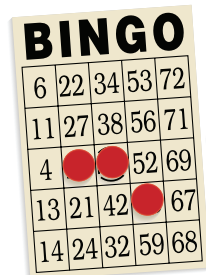
50s-Plus Senior Group meets

The 50s-plus senior group meets at the Adel Public Library Community Room on the first and third Tuesday each month from 10 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.

Third Monday Bingo

Enjoy Bingo on Monday, March 20, 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.



Kiddie Kickers registration open

Registration for the Adel Parks & Recreation Kiddie Kickers 3- and 4-year-old soccer program is open. Soccer will be Monday nights April 10 through May 15. Register at adel.activityreg.com.



YOUR property and adverse possession

As properties get sold and land transfers hands, it can become difficult to ascertain where boundaries are without official surveys. This can lead to people believing property is theirs when, in fact, it is not. In Iowa, there is a doctrine known as “adverse possession” which occurs when a person occupies land to which another person has title with the intention of possessing it as one’s own. If a person openly inhabits and improves property, or even a small portion of said property, for a determined amount of time, he or she may gain legal title to the property. In Iowa, the individual must occupy the land for at least ten years before the possibility of ownership.

However, and fortunately for landowners, this minimum time of occupation is not the only requirement under Iowa law for adverse possession. Additionally, in order to have a legitimate claim to the



land, one must show that their claim is “hostile.” They must be in actual possession that is open and notorious, and there must be exclusive and continuous possession. Hostile possession can occur when someone is with OR without knowledge that they are occupying private property and are aware of their trespassing. Moreover, the person must be physically present on the land, in essence treating it as their own. This cannot be done in secret, and they cannot share the possession of the land with others for an uninterrupted period of time. If you believe, or have reason to believe, someone might be using your land as their own, it is imperative you speak with a properly educated attorney on the matter. Time is of the essence with these matters, and knowing your rights can help avoid costly litigation and the possibility of losing title to some or all of your property. ■

Information provided by Tori R. Reese, Hopkins & Huebner P.C., 1009 Main St., Adel.

SERVING OUR NEIGHBORS IN ADEL

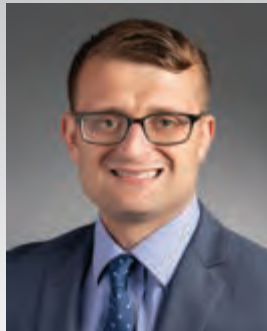
A full service law firm with offices in Des Moines, Adel and the Quad Cities



JIM VAN WERDEN



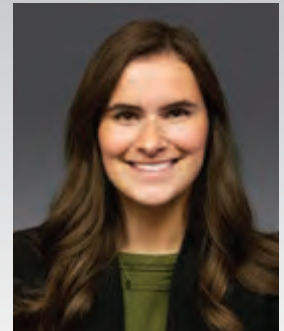
ADAM DOLL



EDWARD FISHMAN



MEGHAN O'MEARA



TORI REESE

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

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

515-993-4545
1-800-383-0111
www.hhlawpc.com

**NEED
NEU
BLINDS?**

**CONVENIENT
CONSULTING IN YOUR
HOME WITH SAMPLES**

**WE WILL
BEAT ANY
COMPETITOR'S
PRICE BY 10%!**

**Neu
Blinds**

**CALL TODAY!
515-250-5543**

GRABER. | DELIGHT IN
EVERY DETAIL

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many styles & brands to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**



**It's about your
life, not just
your money.**

DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES

 **Retirement Solutions of Iowa LLC.**

www.rsiowa.com | 515-215-7114

105 W Salem Avenue, Indianola

Andrei Murphy
President

**Securities offered through Brokers International Financial Services, LLC, Member SIPC.
Brokers International Financial Services, LLC, is not an affiliated company.

EDUCATION

By T.K. West

MEET Angela Wambold

Teaching computer science to elementary students



Angela Wambold says it is rewarding to introduce computer science to young students. She and her husband spend much of their free time at their girls' activities.

Originally from Clarion, Angela Wambold received a bachelor's degree in education and a reading endorsement from Waldorf University before teaching third grade at the Dallas Center-Grimes Community School District for 18 years. Then, as someone with a passion for technology, she decided to get a master's degree in instructional technology in 2021. Today, Wambold teaches computer science for the Adel-DeSoto-Minburn Community School District. For her, the best thing about working with the district is that there is a clear vision and goal in mind.

"I love how everyone works together to do what is best for all of our students and staff," Wambold says.

As a second-through-fourth-grade computer science teacher, Wambold has had fun finding seasonal and holiday activities for her students to complete using Dash Robot. During these activities, her students enjoy dressing up Dash Robot along with completing the challenging, seasonal obstacles.

Another favorite classroom activity is when Wambold challenged her students to use littleBits Circuit Kits to build an invention that would reduce pollution.

"The best thing about teaching computer science is that I get to watch kids use their creativity and problem-solving skills to plan, create and test programs and inventions," she says, adding she is also looking forward to seeing her students' final projects come together. She is excited to see what they have learned and what creative things they come up with.

"Computer science is new to the elementary-level classroom but so important in the world today and future. It has been so much fun discovering and creating curriculum to teach the Computer Science Core standards. It is also very rewarding to be a part of the first experience and introducing computer science to young students and helping shape them for the future," Wambold says.

When not teaching, Wambold spends most of her free time watching her daughters participate in what they love most. This includes performing in music, competing in figure skating and showing horses and goats in the arena at the fairgrounds. Together, Wambold and her family enjoy spending time at the beach, camping, boating and swimming. ■

ARE YOU purchase mortgage ready?

I have had the pleasure of helping many new homeowners over the years, and all of them come into the mortgage process with the same questions. "Am I OK to buy a home? Do we qualify? What can we afford?" Let's break it down to four basics your lender is going to look at to determine if you are mortgage ready.



1. Income

You need enough monthly gross income to cover your mortgage payment, but also enough to support paying your other creditors... student loans, credit cards, auto payment, etc. Your lender will want to keep your monthly overall debts in check with your monthly income to determine the payment you can afford.

2. Savings

Also known as reserves. Your accounts will not only need to have enough funds to close but also have enough saved up should an emergency arise. Even if you don't have to bring money to closing, a lender will normally look for two to three months (reserves) in mortgage payments.

3. Credit

What is the minimum credit score you need to qualify for a mortgage? The quick and dirty answer, per industry norm, is 620. The score isn't the most important though — it's the history. History of any late payments, collections or judgments can put a stop to any mortgage, even with a higher credit score. Maintaining low credit card balances and paying bills on time shows.

4. Collateral

Once you have been pre-approved, then it's time to shop for a home. The type and condition of a home plays a huge part with mortgage qualification. Sometimes particular homes may not qualify for certain mortgages, though. Odd properties like Morton buildings, manufactured homes and log cabins are hard to appraise; therefore, they can become unqualified if a value can't be made. A fixer upper home isn't as hard to appraise but may need a different kind of mortgage, like a construction loan.

There are other variables that your lender may look at, such as type of income or employment history. Whatever your situation may be, though, it is never a bad idea to sit down and hash through a pre-approval application with your lender. This way, even if you are not ready to take on a mortgage, you can learn what steps are needed to do it right in the future. ■

Information provided by Randi Gustafson, Mortgage Loan Officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.

MORTGAGES Just Right FOR YOU

...customized to your specific needs by your hometown banker!



Our mortgage experts are here to make your home-buying experience easy and stress-free.

CONTACT US TODAY!



Timothy Gootee

NMLS #541743

515-993-4581



Raccoon Valley Bank

www.raccoonvalleybank.com

ADEL

1009 Court Street
515-993-4581

PERRY

1202 2nd Street
515-465-3521

DALLAS CENTER

590 Sugar Grove Ave
515-992-9200

GRIMES

1051 NE Gateway Drive
515-452-0812



Member
FDIC

RECIPE

KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort.

Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a “diabetes superfood” according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas. ■

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission
Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.

Congratulations to Dr. Eric Anderson

for being voted one of the top three dentists in Dallas County!

“Thank you to my wonderful staff and colleagues for everything you do for our patients.”

Dr. Eric Anderson



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

Adel
DENTAL GROUP
Eric Anderson, DDS • Rachel Reis, DDS

**WE LOVE TO
SEE YOU SMILE!**

(515) 993-4333

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



A LIFE of volunteerism

Since his school days and for decades after, Crannell has helped others.

Larry Crannell has lived in Dallas County all of his life.

"I was raised on a farm northeast of Minburn and attended Central Dallas High School," says Larry. "I believe I learned to help others at an early age while living on the farm. My parents and neighbors were always helping each other, not only with farm work, but whenever someone was in need; I just learned that it was the right thing to do."

In high school, Larry started volunteering by helping with various activities connected with the school.

"Since most of the students in our small high school were involved with everything: band, chorus, sports; we were always helping to set up chairs for programs, assisting in prepping the sports fields, and so on," says Larry. "It was just part of the culture. In the summer, I took part in the very popular August event in Minburn called the 'Singing Wheels.'"

During 1948, Minburn was one of the first communities in the area to build an outdoor skating rink. Roller skating was very popular with the youth in the community, and, on public skating nights, stores stayed open and organizations had food stands. In the '50s and early '60s, the Minburn Roller Club presented a production that was practiced throughout the summer. With costumes, a cast of 150, and three nights of performances, it is estimated that upwards of 10,000 people came to the "Small Town with a Big Heart."

"The show lasted about an hour and a half and people came from all over Iowa," says Larry. "It was fun participating and volunteering to



help with this impressive local show back when roller skating was popular."

Soon after Larry and his wife, Linda, were married, they moved to Adel and have lived here ever since. Since Larry's career was spent in the banking industry in Des Moines, he became involved in volunteering in both locations.

"With my job responsibilities, I was in a position to help employees and also to make sure we helped customers reach their goals," says Larry. "With the job, I became involved with the downtown Des Moines Jaycees and Savings and Loan League, as well as the United Way."

Although the majority of his career involved working in Des Moines, Larry has lived most of his life in Adel.

"This is where I met a lot of friends and coached our boys, Kevin, Brian and Tim, in Little League for several years," says Coach Crannell. "And I was an official for Adel High School track for 45 years and a Drake relays official for 50 years. I joined the Adel Lions Club and, with the Lions, it was easy getting involved with many community projects."

As an adult, Larry Crannell also continued to volunteer for the school, serving on the Adel De Soto School Board. "One of the proudest moments in my years of volunteering was when I was asked by the ADM school superintendent



Paula James, BigDeal Care Care office assistant, presents the Good Neighbor Certificate to Larry Crannell.

to organize and manage a study committee to build a new high school," says Larry. "The bond issue had been defeated a number of times previously. With the help of others, I divided the town into districts, and each district had a leader for a 'town hall' meeting to answer questions and dispel rumors or incorrect ideas. Basically, with the right information, the people of Adel saw the need and voted for the new school, which was constructed in 1986."

Currently, Larry has not been involved with major projects, except in his faith community of First Christian Church.

"At the age of 80, I have slowed down a great deal and have even resigned from projects for the church," says Larry, "but I would suggest to any young person to get involved with your community. It is not only rewarding, but you are helping people and the community for the good of everyone. As my parents said, 'It is the right thing to do.' " ■

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

**Conveniently located in Adel
with pick-up and delivery service.**

That's a BIG DEAL!

BigDeal
CAR CARE

Book your appointment online today.

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



EXPERIENCE THE DIFFERENCE OF CUSTOMIZED FINANCIAL PLANNING

- ✓ Plain, Easy to Understand Language
- ✓ Transparent & Straightforward Fees
- ✓ Adjustable Planning You can Touch & Use

Locally owned and located **IN ADEL**



Chris Uglum, President

PIVOT

WEALTH STRATEGIES

Independently owned IN ADEL

pivotwealth.com

516 Nile Kinnick Dr. S Suite A • Adel
515-447-0559 • chris@pivotwealth.com

Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC.

YES!

We install and repair water heaters.

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

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



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

LIBRARY

By Library Staff

ADEL Public Library news

March in Iowa can certainly be gloomy, so we have all kinds of entertainment for those snowy days. Stop by to find a new book, let your little ones play, enjoy a change of scenery while you work, or attend a program.

We have early education programs three mornings a week. Join in for stories, movement and fun.

- Move & Groove Storytime – every Tuesday at 10 a.m.
- Read & Play – every Wednesday at 10 a.m.
- Preschool Storytime – every Thursday at 10 a.m.

Elementary Builder Club

Are your kids bored after school? Our Elementary Builder Club is great if they enjoy hands-on activities, our Teen Advisory Board is a wonderful opportunity for teens to learn leadership skills and earn volunteer hours, and the Comics & Cookies club is perfect for second-through fifth-graders interested in reading and being creative.

- Teen Advisory Board – March 2 at 4 p.m.
- Therapy Pets – March 2 at 4:30 p.m.
- Teen Nerf Battle – March 3 at 2 p.m.
- Teen Trivia – March 9 at 4 p.m.
- Elementary Builder Club – March 21 at 4 p.m.
- Teen Origami – March 23 at 4 p.m.
- Comics & Cookies – March 28 at 4 p.m.

Spring break activities

We have big plans for spring break; make sure you stop by for our special events.

- Spring Break Movie – March 10 at 10 a.m.
- Spring Break: Fairy Tale Bash – March 14 at 10 a.m.
- Spring Break Crafternoon – March 15 at 2 p.m.
- Blank Park Zoo Program – March 16 at 10 a.m.

Programs for adults

If you're an adult looking to get out of the house, we have plenty of options for you, too. There's no registration for our book clubs. Just pick up the current book at the front desk and join in. We also have some active programs, like the morning exercise group that exercises to easy walking videos, or our yoga program on Wednesday nights for some relaxation in the middle of the work week.

- Yoga at the Library – Every Wednesday at 5:45 p.m.
- Exercise Group – Monday through Thursday at 9 a.m.
- 50's+ Senior Gathering – first and third Tuesday of the month at 10 a.m.

- Brown Bag Book Club – March 9 at noon
- Cook Book Club – March 15 at 11 a.m.
- Evening Book Club – March 30 at 6 p.m.

We're excited to see you in the library, whether you're just stopping in to grab a book or to attend a program. Our community brings life into the library. ■

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 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 you 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 to 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.

Are your prescriptions to blame?

While most medications that are 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. A 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.

If you are aware of the potential risks, you can avoid complications by taking supplements. Talk to your doctor and your pharmacist about nutrient depletion. Before reaching for the nearest supplement, ask your pharmacist which ones might best benefit you. ■

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

WHY Adel HealthMart?

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



VOTED
FAVORITE
PHARMACY
IN DALLAS
COUNTY!



Adel HealthMart
PHARMACY

ON THE SQUARE! Locally Owned & Operated!

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



New Primary Care Clinic

NOW OPEN IN ADEL

Independent Primary Care Family Practice

Including:

- Annual Exams
- Sports Physicals
- Chronic Care Management
- Wellness Counseling



Scan to schedule an appointment!



Triune
HEALTH & WELLNESS
Delecia Crannell, ARNP, FNP-BC

715 Cottage Street, Adel
515-478-9660
Located next to Athletico Physical Therapy

ACCEPTING MOST MAJOR INSURANCE PLANS

HEALTH

By Delecia Crannell

BENEFITS of taking a walk

These little teaser “warm,” sunny days are starting to give me spring fever. I am so happy that March 20, the first day of spring, is coming soon. If you are like me, this time of year starts the itch to get out of the house and into the budding beauty outside. This makes it a great time to start working on our wellness. Did you know that 20 minutes of daily walking can reduce your risk of heart disease by up to 30%? A good, brisk walk five days a week has been shown reduce cholesterol, diabetes and blood pressure, which are significant risk factors in the development of heart disease.



There has also been evidence that a daily walk can improve the part of your brain which governs memory. Additionally, exercise releases endorphins which helps to improve our mood. And finally, exercise can promote a more restful night's sleep at the end of the day — all things that help us to be healthier.

So, when you start getting the “get outside” itch, go! Get out there and walk around the neighborhood or local park. Say “Hi!” to someone, enjoy those beautiful signs of impending spring, and start this year's wellness journey. ■

Information provided by Delecia Crannell, ARNP, FNP-BC, Triune Health and Wellness, 715 Cottage St., Adel, 515-478-9660.



Sumpter PHARMACY *Locally Owned, Locally Loved*

AVOID TRIPS TO WALK-IN CLINICS!

RAPID TESTING

**STREP* | FLU*
RSV | COVID-19**

**WALK-IN BASIS
NO APPOINTMENT NEEDED!**

**Immediate treatment available if positive*



Protecting & Treating the Community.
Come see how we make a difference.

Living RESIDENTS' CHOICE AWARD
DALLAS COUNTY RUNNER-UP

www.sumpterpharmacy.com

628 Nile Kinnick Drive South, Adel • 515-993-1119
Monday–Friday 9am–6pm • Saturday 9am–1pm

HEALTH

By Leslie Herron

PHARMACY facts

- The world's oldest prescriptions were etched into tablets around 2100 B.C.

- A 1240 A.D. edict put professional regulations in place that separated pharmacy from medicine.

- The first pharmacopeia was created in 1618. It contained a master list of known medications, their uses and effects.

- A pharmacist invented Coca-Cola in 1886 as a treatment for common ailments. The drink was based on cocaine from the coca leaf and caffeinated extracts from a kola nut. Cocaine was removed from the recipes in 1903.

- The most expensive drug, Myalept, costs over \$70,000 per month. It's used to treat a rare disease called generalized lipodystrophy.

- Listerine is named after Joseph Lister who promoted using antiseptics at hospitals. This inspired a product that could kill germs in your mouth the same way.

- The first commercial drug was mass-produced in 1883. Antipyrine is still used today for pain from ear infections.

- America's first licensed pharmacist opened his pharmacy in 1823. He offered traditional medications as well as Voodoo remedies, opium, leeches and a soda fountain.

- Agatha Christie was a pharmacy technician and volunteer nurse during World Wars I and II. Her experiences were inspirations for many mysteries where poison was the weapon of choice. ■



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

HEALTH

By Alicia Fisher, PT, DPT

WHAT IS benign paroxysmal positional vertigo?

Benign paroxysmal positional vertigo (BPPV) is a problem in the inner ear that gives the sensation of the room spinning when a person changes their head or body position. Often, BPPV is accompanied by nausea and/or vomiting. One of the most common complaints is dizziness with rolling over, sitting up, bending forward or looking up. However, BPPV symptoms can occur with any motion of the head or a change in body position. The dizziness “spells” usually last for a minute or less, but they can also be persistent. BPPV stems from a problem of floating “debris” in one or more of the three canals that are located in the inner ear. A physical therapist is able to diagnose which canal is problematic and then treat the dizziness with a series of repositioning movements to rid the inner ear of the floating debris. If repositioning is successful, dizziness can be fully resolved. The longer the vertigo is present without treatment, the more treatments may be needed to improve the symptoms, and once a person has had one episode of BPPV, they are 30% more likely to have a reoccurrence. ■

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



CORE
Physical Therapy

Proudly serving the Adel community and surrounding area since 2004!

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

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

HEALTH

By Lance Andersen

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of “deaths of despair,” either from suicide or overdose. Women report more mental health issues, but men are 3.5 times more likely to die by suicide. Women now earn more bachelor’s degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as “oppressive,” it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy. ■

Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.



SS Therapy and Consulting

IMMEDIATE OPENINGS AVAILABLE! CALL TODAY!

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

www.sstherapyandconsulting.com

Accept Most Insurances
Offer Free Services Through Interns

Therapy for All Ages
Most insurances accepted.

Neurofeedback
Brain Maps and Training Available.

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

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

LAWN CARE By Kevin Johnson

STARTING your lawn off on the right foot in 2023

Now that winter is just about over, you may be thinking about how to improve your lawn this year. Whether you use a lawn care professional who has the expertise and specialized equipment to provide the best results or you decide to tackle the lawn yourself, the first steps towards improving your lawn is determining the size of your property and assessing the current condition of your lawn.

The size of your lawn determines the proper amounts of fertilizer and herbicides needed to obtain the best results. Using just your lot measurement doesn't take into account the property easements and deductions for areas that will not be treated. Utilizing your county assessor's website can guide you in determining the correct area that will be treated. Many of these sites have tools that can assist in the measurement process.

Are you thinking about seeding your lawn this spring? The majority of homeowners are usually most concerned about crabgrass and dandelion control. The products used to control these weeds will be detrimental to seeding. Don't despair. Seed your lawn in the fall.

Always consult with a lawn care professional or county extension specialist if you have questions. ■

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



COMMUNITY By Marsha Fisher

THE SPIRIT of the Adel Fire Department: Part 1

Fundraisers helping to equip two new vehicles.

In 1856, nine years after Adel was established, Adel Fire was started as a volunteer department to protect about 25 houses and three stores. From that time through today, the city has grown at a fast rate, while the department remains an all-volunteer division, with currently 23 members protecting many more houses and stores. On March 25, the Adel Volunteer Fire and Rescue will be hosting their First Annual Fireman's Dance at Country Lane Lodge to help purchase equipment for two new fire trucks.

"One of the trucks will be a rescue engine to replace our second-out fire engine and will also be our primary rescue apparatus," says Tim Knipper, assistant chief. "The other truck will replace a tender, which we use to transport water to rural fires where we don't have access to fire hydrants. Both of the old trucks are now more than 20 years old, which is beyond the NFPA (National Fire Protection Association) recommended lifespan for fire apparatus."

The Adel Fire Department has been looking for an opportunity to connect with the community in a more meaningful way while also raising needed funds to offset some of the costs that the City of Adel will incur to outfit each new truck with needed equipment.

"The First Annual Fireman's Dance is a way to be involved with the community in an enjoyable setting," says Knipper. The dance is "in addition to a few other community events we do each year, such as the BBQ at the Dallas County Sheriff's Car Show in June and the Sweet Corn Festival in August."

Since the outfitting of the two new trucks will cost around \$100,000, the firefighters wanted to find a way to help raise some of the funds so the City doesn't have to use all tax dollars to purchase the equipment.

"The best part of being a firefighter is being involved with our community," says Justin Kitzinger, another volunteer Adel firefighter. "It may be responding to a 911 call, working with kids during Fire Safety week, or being involved in fundraising — it's all rewarding for our group." ■



The firefighters have training sessions throughout the year including on responding to a down firefighter.

Adel Fireman's Dance

March 25, 5-11 p.m.

Country Lane Lodge, 29300 Prospect Circle, Adel

Doors and silent auction open at 5 p.m. Dinner, catered by Lidderdale, begins at 6 p.m. with the band Trainwreck performing from 7:30-11 p.m. All proceeds help purchase needed equipment for two new fire trucks.

If You've Tried The Rest...

NOW TRY THE BEST!

Best Fertilizer. Best Weed Control. Guaranteed Results.

ALL AMERICAN TURF BEAUTY INC.

FREE

First Application

with a Seasonal Program

Valid only with a 5 or 6 step program. Valid on lawns up to 15,000 square feet. Not good with any other offer. New Clients Only. Expires 5/1/2023

CALL FOR YOUR FREE ESTIMATE!

515-279-4008 www.allamericanturf.com



MARCH 2023

UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, March 14th at 6:00 p.m.**

For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

REMINDERS & CLOSURES:

- Friday, April 7th, City Hall will be closed to the public. Payments may be made online, by phone, or by dropping off payments in our dropbox that is to the left of the front door.
- Yard Waste Pickup starts up again in April. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

GET TO KNOW...

What is your title?
Parks Laborer

What is your past work experience?

My past work experience includes Luke's Lawn and Landscaping, City of Adel seasonal help, and Firestone

How long have you been working for City of Adel? I have been with the City of Adel for around 7 months

What are you excited about for your department's future plans? I am excited about the future of the parks department as Adel continues to grow and we add more outdoor features and activities for people to enjoy.

What is a hobby you enjoy? I enjoy watching football, hunting, and anything else outdoors.



KADE BARCUS

OAKDALE CEMETERY POLICY:

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

- The Cemetery hours are as follows:
7:00 a.m. – 8:00 p.m., April through October.
7:00 a.m. – 6:00 p.m., November through March.
- City Hall must be informed of all burials. Preparation and closure of any burial sites must be performed by City staff unless permission is received in writing.
- Graves may be decorated between November 15 and March 1, and from the Friday before the observance of Memorial Day until the Monday following Memorial Day of each year. Urns that are a part of the headstones may be decorated at any time.
- Approved decorations include live and artificial flowers and wreaths, flags, and holiday decorations, and must be in-line with the headstones.

PARKS & RECREATION ACTIVITIES:

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

- **KIDDIE KICKERS:** Introductory soccer program for 3 and 4 year olds. Parent/adult participation required. Two sessions offered on Mondays 5:30-6:15pm & 6:30 – 7:15 pm, April 10-May 15; \$40. Deadline: March 24
- **ADEL FAMILY AQUATIC CENTER:** Swim lesson registration begins Friday, April 7 @ 8:30am. Visit registration website for session dates and details. Season passes, private pool rentals, and the birthday party packages registration begins Friday, April 14 @ 8:30am.
- **HIRING:** The City of Adel is now hiring for spring and summer seasonal positions including: softball umpires, ballfield concessions, parks maintenance, recreation supervisor, and lifeguards, admissions, and concessions staff for the Adel Family Aquatic Center. Visit adeliowa.org/employment-volunteer-opportunities/ for more information and to apply.
- **LIFEGUARD CLASSES:** Held at Adel Family Aquatic Center and Dallas County Sheriffs office. Lifeguard certification class May 19 – 21. Recertification class in June, date TBD based on student availability. Email rdillinger@adeliowa.org with questions and to sign up.



APRIL 15 – CITY WIDE GARAGE SALES:

To place an ad in the Garage Sales Flyer, please contact the Adel Public Library at 515-993-3512 or email apuck@adeliowa.org. Information must be received by Monday, April 11th.

APRIL 22 – SPRING CLEANUP & HAZARDOUS WASTE DROP OFF:

- **Spring Cleanup:**
Items must be out at the curb by 7:00 a.m. Large household appliances still require a \$15.00 sticker (TVs 24 inches and over require 2 stickers, projection or console TVs require 3 stickers).
- **Household Hazardous Waste Drop Off**
South Dallas County Landfill will sponsor the Hazardous Waste pickup at Kinnick-Feller park from 10:00 a.m. to noon that day.

HONOR THE CALL TO SERVE:

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Applications are available online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>. The openings for terms starting July 1, 2023 are:

- 2 Planning & Zoning Board positions
- 2 Board of Adjustment positions
- 3 Park Board positions
- 1 Historic Preservation Commission position

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

2023 PET LICENSES & GOLF CART REGISTRATIONS:

Forms are available online at www.adeliowa.org/permits-and-forms/. When a pet license request is submitted online, payment & proof of rabies vaccination must be received before the license can be issued. When a golf cart permit request is submitted online, payment & proof of insurance must be received before the permit can be issued.

- **Pet License Cost:** \$10 for altered animals, \$20 for unaltered animals
- **Golf Cart Permit Cost:** \$50

- Annuals and perennials may be planted adjacent to, and in-line with, the stone if tended by the lot owner. No other sod displacement will be allowed.
- Permanent plantings (trees, bushes, etc.) must be approved by the Park Board.
- No glass or metal containers, planters, or ornaments are allowed for any purpose.
- All headstones must be placed in line with existing headstones. In the absence of adjacent stones, headstones must be placed at the head of grave at the end of the cemetery space.
- All foot stones and commemorative plaques must be mounted flush with the ground.
- No dogs allowed.
- No fishing from the cemetery.

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

PUBLIC SAFETY

Police and Fire Depts.

102 S. 10th St.

P.O. Box 127

515-993-6723

M – F 8:30 a.m. – noon and

12:30 p.m. – 4:30 p.m.

EMERGENCY – DIAL 911

LIBRARY

303 S. 10th St.

515-993-3512

M-Th 9 a.m. – 6 p.m.

F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.

www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center

515-993-5246

Ankeny Sanitation

515-964-5229

S. Dallas Co. Landfill

515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters

515-993-4436

Mayor Pro Tem

Shirley McAdon

515-993-4862

Bob Ockerman

515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

Dan Miller

515-979-6119

www.adeliowa.org



Styles the entire family will LOVE.



SCHEDULE YOUR EYE EXAM TODAY!

Adel Vision Clinic

Quality Eye Care on the Square

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

Adel *Grow your business here.*

"WE CHOSE ADEL TO GROW our pediatric practice, and our family, around other young families in the comfort of a small town."

Taylor and Bryce Miller
Specialized Health Chiropractic



Adel PARTNERS CHAMBER OF COMMERCE

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

ANYTIME Fitness Adel

When people want to get in better physical shape, the first thing they might do is purchase a new pair of tennis shoes and start out small, by walking or joining a health club.

But not for Lynda Clayton. Instead of joining a gym, she bought a gym.

"I've always been athletic and loved working out, but had gotten lazy, so I decided to buy a gym to get back to working out."

Since her first purchase of Anytime Fitness in Knoxville, she expanded, purchasing several Iowa Anytime Fitness clubs. In 2012, she took over Anytime Fitness Adel at 215 S. Sixth St. Shortly after, she joined the Adel Chamber of Commerce. She says her membership in the Chamber helps with her business.

"I bought this club in 2012 — which was failing. It only had 100 members," she explains. "After moving to a larger location, we now have 600 members and have expanded the services at the gym."

The Chamber assists by posting business promotions on their website.

"The Chamber provides me with resources for any needs that I might have in my business."

Clayton is invested in bettering the lives and health in her community. Anytime Fitness Adel is open 24 hours and offers a variety of fitness classes, support, plans and apps for workouts.

"At Anytime Fitness Adel, the support is real, and it starts the moment we meet. Our coaches don't have one plan that fits everyone. They develop a plan that fits you — a total fitness experience designed around your abilities, your body and your goals."

As she wanted to expand her involvement and promote the community, Clayton has served on the Adel Chamber Board.

"I always like to keep my business shopping local, as I live here and like the community. Serving on the board made sense to help build our community and awareness."

Clayton's contribution to Adel includes a variety of assistance. The business frequently collects items for the Adel Pantry. They've sponsored and helped with the Sweet Corn Festival 5k at the start/finish line. To support other businesses, she attends ribbon cuttings and economic committee meetings.

She says there are strengths of doing business in Adel.

"It's a smaller, less competitive market, which allows me to get to know the majority of my clients and be more personal because I live there."

Clayton recommends business owners join the chamber.

"I've always been involved with the chamber with all of my business, as it allows folks to be aware of businesses that may not be visible to all." ■



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

OUT & ABOUT



Susie Latusek and Amanda Winter at Real Deals Adel accept the business' Residents' Choice certificates.



Dr. Jennifer Hoffelmeyer, The Animal Hospital of Adel, accepts her Residents' Choice certificate.



Alicia Fisher, Core Physical Therapy, accepts the business' Residents' Choice certificates.



Mark Behr, Behr Construction, accepts the business' Residents' Choice certificate.



Nathan Shanks, Baldon Plumbing and Heating, accepts the business' Residents' Choice certificate.



Kristie Anderson at Azalea Lane Boutique accepts the business' Residents' Choice certificates.



Angie Mague, Patrick's Restaurant, accepts the business' Residents' Choice certificates.



Deb Gay, John Wright, Norm Bennett and Valerie Suttan, Harvey's Greenhouse, accept the business' Residents' Choice certificates.



Terry Chapman and Chris Johansen, Winterset and Adel TV and Appliance, accept the business' Residents' Choice certificate.



Bryce Smith, Adel Family Fun Center, accepts the business' Residents' Choice certificates.



Derek Garrett, Heartland Handcrafted, accepts the business' Residents' Choice certificates.



Ryan Whitson, New Hope Church, accepts the church's Residents' Choice certificate.

OUT & ABOUT



Adel City Council member Jodi Selby attended the Feb. 14 Adel Kiwanis meeting to discuss upcoming city projects. Pictured are Kiwanis members, Wes Krenz, Mark Hantsbarger and Scott Hall.



Adel Kiwanis member Scott Hall presents ADM seniors Ela Bjork and Kelsey Dalen with certificates on Feb. 14 at the weekly club meeting. The two were named Adel Kiwanis Students of the Month.



Nicolee Rasmussen, Marie Hansen and Valerie Suttan, Adel Flowers, accept the business' Residents' Choice certificate.



Alexis Seidl, Celia Kreifels and Avery Miller gave a presentation to the Adel Kiwanis Club on Feb. 21 regarding the upcoming Wellness Week at ADM High School.



Amy Puck, Adel Public Library, accepts the library's Residents' Choice certificate.



Micah Moyer, Archer Home Center, accepts the business' Residents' Choice certificate.



Bre Forret, Hazel Mae Floral Events, accepts the business' Residents' Choice certificate.



Jeff Whipple and Cory Johnson, Adel Fareway, accept the business' Residents' Choice certificate.



Anika Blum, Little Tigers Learning Center, accepts the business' Residents' Choice certificate.



Leslie Herron, Sumpter Pharmacy, accepts the business' Residents' Choice certificate.

8 winter skin care rules for young children



1. Turn home temperature down and moisture up. Hot dry air is hard on skin, sinuses and nasal passages. Turn the furnace down a few degrees and use a vaporizer to add moisture to the air.

2. Moisture is not good everywhere. Wet bums and drooly chins can cause irritation. Use barrier cream, such as diaper cream within the diaper but not on the face.

3. Seal the skin following a bath. Pat, not rub, the skin. While still just a bit wet, add lotion to seal in the moisture.

4. Hydrate and eat right. Drink lots of water and eat foods high in fatty acids such as beans, olive oil, walnuts and winter squash, that help their skin to stay naturally moisturized.

5. Teach good habits early. Add moisturizer to their hands after washing with soap or using hand sanitizer. Encourage the use of lip balms. Have these things readily available, including in backpacks at school.

6. Keep baths short. Hot water causes drying so keep the temperature lukewarm. A quick bath 3 times a week for newborns is plenty.

7. Get smart about soap. Children don't need fragrant soaps. Formulations that are fragrant-free and soap-free are best. Body washes should not need to be scrubbed. Wash gently and pat dry.

8. Sunscreen is still needed in winter. The sun can be harmful no matter what the temperature is outside. And, 85 percent of the sun's rays can be reflected by the snow. Protect young skin with a 30 to 50 SPF baby-safe sunscreen 30 minutes before heading outside.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpeditrics.org



SAVE SOME GREEN THIS MONTH!

SALE PRICES GOOD MARCH 1-MARCH 31, 2023

Whirlpool® \$1,499



Smart freestanding electric range

- 6.4 cu ft
- Frozen bake technology
- True convection

WFE975H0HZ

Whirlpool® \$899 EACH



7.0 Cu.Ft. Capacity Electric Dryer
Hamper Door
WED5010LW

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

Whirlpool® \$879



Dishwasher with stainless steel tub

- 3 rack
- Adjustable middle rack
- 47DBA
- Fingerprint resistant

WDTA50SAKZ



MAYTAG® \$799



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

MAYTAG® \$1,049 EACH



Smart top load washer with extra power button. 5.2 cu ft.
MVW7230HW

Smart electric dryer with extra power button. 7.4 cu ft.
MED7230HW



30" Wide, 5.3 cu ft Self Clean Oven. Air Fry Mode. Five Element Cooktop. Convection Oven. Fingerprint Resistant Stainless Steel.
MER7700LZ

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

ADEL & WINTerset
T.V. & APPLIANCE • HEATING & COOLING
Est. 1960

www.adelwintersettv.com

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