

ADEL

NOVEMBER 2022

# Living

MAGAZINE

## The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

**Meet Gage Harden**  
EDUCATION

**Honoring those who served**  
SALUTE TO VETERANS

**Sweet potato foil packet tacos**  
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WELCOME

## IN HIS EYES and in his handshake

A few years back, I attended a Memorial Day service at a cemetery in Grimes. I was taking photos when an elderly man walked over to me and asked who I was. I told him my name and what I was doing, and he thanked me immensely for providing coverage of the event and the local veterans. I could see in his eyes and in the firmness of his handshake that he truly meant it.

Our discussion then steered toward the status of veterans' organizations in Iowa communities and the struggle to attract members, especially younger ones.

As most of you who are involved in community groups know, that struggle isn't unique to veterans' organizations. Time is the greatest commodity for most of us, and we guard it closely. In this regard, veterans are no different than the rest of us. What I heard from my conversation was that the desire to have these young veterans be part of the organizations is as much about helping the older folks as it is the younger ones. We all need each other — young and old — to share our stories and better understand our differences. Veterans do, too.

I recall going into the VFW Hall in my hometown as a child and seeing photos of my father and my uncle on the wall as past commanders. I was certainly proud of them both for serving our country, and that respect deepened when I saw how they served their fellow veterans, too. That day at the cemetery made me think about veterans' organizations and what we could do to help. The first step is to do something we should be doing every day, and that is to simply thank our veterans for their service with the same gratitude that the elderly man gave me. And from where I am sitting, we need to do more to share the stories of our veterans and to help their organizations prosper.

With that in mind, we are saluting our veterans in this issue of your Living magazine, and we are profiling the local veterans' organizations and sharing how you — whether you are a veteran or not — can help, too.

I hope you enjoy these stories as much as I have.

As always, but especially with this issue, I thank you 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



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# The state of VETERANS' ORGANIZATIONS

Veterans share how times are changing

By Chantel Boyd

While Veterans Day falls on Friday, Nov. 11, each day of the year can present an opportunity to celebrate our veterans and to recognize the contributions they have made — and continue to make — to their country and community.

Regardless of the military branch of service, peacetime or wartime, those who have served our country have made sacrifices, and, for those, we salute them and the organizations they represent. While World War I and World War II veterans shaped the veterans' organizations we know today, it is the veterans of subsequent generations who will determine the future of those groups.

Members of the Adel American Legion Auxiliary place the wreath at the Memorial Day service.



## FEATURE

### The American Legion and its Auxiliaries

The American Legion, the nation's largest wartime service organization, is committed to: mentoring youth and sponsoring wholesome programs in communities, advocating for patriotism and honor, promoting strong national security, and continuing a devotion to fellow service members and veterans.

Congress chartered the American Legion in 1919 as a patriotic veterans' organization. In the 103 years the Legion and Auxiliary have existed, these organizations have served as a valuable resource for veterans and their families — to support them while they're alive and honor them when they pass away.

The Legion evolved from a group of war-weary veterans of World War I into one of the most influential nonprofit groups in the United States. Today, membership stands at nearly 2 million with more than 13,000 posts worldwide.

In Minburn, Scott Potter is the post commander and Don Richardson is the vice commander for American Legion Post No. 99. Nearby, Legion Post No. 464 in Adel is led by

President Kent McAdon. The leadership and the members of these posts exemplify their national mission statement: "To enhance the well-being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness."

The American Legion Auxiliary serves side by side with the veterans who belong to the Legion. The members are direct family members of the Legion members. The organizations honor veterans and their families and support the community, influencing social change by advocating for hundreds of thousands of dollars of benefits for veterans and producing many essential programs for children and youth.

Sharon Luellen is the president of the Minburn-area Auxiliary, and Shirley McAdon leads the Adel Auxiliary. The Auxiliary's national mission is "to support The American Legion and to honor the sacrifice of those who serve by enhancing the lives of our veterans, military and their families, both at home and abroad."

The average age of a Legion member is 67 years old, with 20% — 400,000 members —



Flags line the road at Oakdale Cemetery as part of the Memorial Day ceremonies.

over the age of 80. In response, the American Legion is actively recruiting members who are serving or have been honorably discharged.

"It is no secret that veterans' service organization membership has been consistently declining for many years," acknowledges the American Legion national leadership. "That may be changing. The American Legion is on track to reverse that trend in 2022."

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## FEATURE

### Local membership

Minburn Legion membership is at 60. Potter and Richardson share the post has received the Legion Roadrunner award for increased membership in the past two years. The Auxiliary for Minburn also has 60 members, doubling its membership in the last few years. Both the Legion and Auxiliary leaders say the future looks bright.

"We have increased membership rates for the past two years at or above 105%, but we know we cannot rest on past accomplishments," says Potter.

The Minburn Legion's membership varies with veterans from World War II, the Korean War, Vietnam War, War on Terror and Cold War who served in combat and peacetime. Some Minburn Post members live locally, while others live throughout Iowa and even across the U.S., representing the Army, Navy, Marines, Air Force, and their components: Active, Reserve and National Guard.

"When people see the good we do — and how much fun we have doing it — they usually want to be part of it," says Luellen.

The Adel Legion's membership is vibrant



Members of the Minburn American Legion Auxiliary support Legion programs as well as their own with fundraisers and volunteerism.

and consists of 102 members, ranging in age from 30 to 90, with most being from the Vietnam era and later.

"We understand young veterans often have families and must focus on family and work matters, but we encourage them to join to benefit from the camaraderie," says Kent McAdon of the Adel Legion.

### Serving others

Richardson says the Minburn post is "meeting the needs of veterans in the Minburn area.

Post No. 99 American Legion has monthly meetings with a full schedule with our ongoing operations and numerous new business projects." The Legion donates time, money



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Dr. Eric Anderson, DDS • Dr. Rachel Reis, DDS

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## FEATURE

and resources to various veterans' projects locally and to the Iowa Veterans Home in Marshalltown.

In 2022, "We have conducted 22 services to honor veterans one last time. We celebrated veterans from World War II and the Korean conflict. In 2023, we will celebrate Vietnam veterans," he said.

The Minburn Legion sponsors active, guard and reserve service members, who then support the Legion in their activities. They provide an Honor Guard or Rifle Detail for funerals in the area. If veterans haven't applied for or claimed veterans' benefits, they provide information and connect them with the right resources.

"The sense of continuing duty in taking care of your fellow service members is why most of us join the service and this organization," Potter says. "In addition, being a member generates a strong sense of accomplishment for giving back to your community by stepping up when others don't."

"The veterans' legacy will continue infinitely," says Richardson. "As the years pass, our nation will continue to send our best off to defend our freedoms, and those who have already served must be there to welcome them back to their community and support them."

The Minburn Auxiliary supports the activities of its post and hosts its own activities that include helping fellow Auxiliary members experiencing personal and natural disasters and focusing their planned holiday giving toward veterans' facilities, struggling veterans and their families, and deployed service members. Recently, a voter drive resulted in 100 high school students becoming voter ready.

The Adel American Legion Post offers Color Guards for parades and flag-raising at football games and holidays, Honor Guards for funerals, Memorial Day ceremonies at Oakdale Cemetery that include the Avenue of Flags and grave markers, and a medical equipment loaning program. The Post also offers sponsorships for Boys State.

They sponsor weekly coffee meetings and monthly meetings, send updates via social media and a newsletter, send sympathy and get-well cards, contribute to community projects, maintain their membership in the Adel Partners Chamber of Commerce, support the Adel American Legion Auxiliary Unit 464 and work with the Scouts on projects.

The Middle School hosts the Adel Legion to speak to students and provides lunch and a Quilt-of-Valor Ceremony on Veterans Day.



Members of the Adel American Legion perform many ceremonial duties in the community including serving as the Color Guard in parades.

The Auxiliary places signs around town on Veterans Day, noting the day and thanking veterans for their service. Veterans are honored as Hometown Heroes at football games.

The Adel Auxiliary collects needed items and makes contributions to the Des Moines Veterans Administration Hospital and Community Resource and Referral Center, sponsors Girls State attendees, and honors the children of military families.

### Memorializing veterans

More than 4 million Americans are buried in national cemeteries, with veterans from every war and conflict. One of these 155 veteran cemeteries operated by the Veterans Administration is near Adel. Throughout the year, the Adel Legion highlights the Veterans Plaza at Oakdale Cemetery and maintains the Flag Retirement Burn Pit at the Dallas County Fairgrounds.

The Minburn Legion initiated and sponsored the Dallas County Freedom Rock in Minburn. The Post planned, designed and fundraised for the monument that honors all veterans in Dallas County.

The Minburn Legion recently, in partnership with the city council and many citizens, raised funds to develop Freedom Park.

"Freedom Park is an opportunity for

families to honor those who have served and memorialize those who died in service to our country," says Richardson.

The Minburn Auxiliary also sounds off a "roll call" during the annual Memorial Day ceremony at Minburn Elmwood Cemetery to honor veterans who passed away during the previous 12 months.

For information on Legion and Auxiliary membership or assisting veterans and their organizations, contact:

- **Kent McAdon**

Adel American Legion President  
515-993-4862

- **Shirley McAdon**

Adel American Legion Auxiliary President  
skmcdon@centurylink.net

- **Scott Potter**

Minburn American Legion Post Commander  
scottpotter1970@gmail.com

- **Don Richardson**

Minburn American Legion Vice Commander  
07sgmrich@gmail.com

- **Sharon Luellen**

Minburn American Legion Auxiliary President  
luellensharon@gmail.com

- **Veterans Cemetery**

34024 Veterans Memorial Drive  
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515-996-9048 ■



## A LIEN for mechanics

It might be assumed by many that a “mechanic’s lien” would be a remedy a traditional mechanic would use to pursue unpaid claims on work they have performed. However, in Iowa, this is not the case.



A person entitled to a mechanic’s lien, as defined by Iowa Code Chapter 572.2, is every person who furnishes any material or labor for any building or land for improvements, alterations or repairs. Therefore, a mechanic’s lien would only be a legal remedy available to any owner-builder contractors, general contractors, subcontractors, and to those engaged in the

following: grading, sodding, installing nursery stock, landscaping, sidewalk building and fencing on any land or lot.

As a result, what remedy do mechanics have in Iowa, if not a mechanic’s lien? Such a remedy would be referred to as an “artisan’s lien.” While the servicers providing the service may be a mechanic, when a customer does not pay their bill, the servicer has the ability to acquire an artisan’s lien on the specified equipment, as long as said equipment remains in their possession.

Stated another way, the servicer would be forfeiting their rights to an artisan lien if the equipment leaves the premises. By maintaining possession of the equipment, the servicer has now perfected their lien. Once such a lien has been perfected, the servicers have a few options on

what they can do moving forward to recoup their costs.

It is at this point that the knowledge of a competent attorney is necessary due to the intricacies of this type of lien. This is due to the fact there can be multiple individuals who hold an interest in the equipment being withheld. It is important third-party rights are not being overlooked, as this could have significant consequences for the servicer and their business moving forward.

If you have questions about artisan’s liens and how they can affect you and your business or wish to know more about these liens, contact an attorney in your area. ■

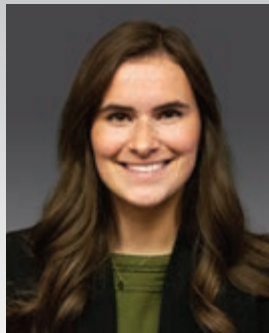
Information provided by Tori Reese, Hopkins & Huebner P.C., 1009 Main St., Adel.

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**Max H.**

I've been to many doctors over the last few years and Dr. Brian Waggoner is by far the nicest most compassionate doctor I've ever been too. He's also been my primary doctor my whole life and he's the only reason I've been able to progress and understand all about my health. He has the nicest nurses I've ever met and I've never had a bad experience at his place of work. I would highly recommend going to him if you're looking for a professional pediatrician who cares about his patients.

★★★★★

**Gretchen D.**

My son was born with a tracheoesophageal fistula that led him to have multiple issues with breathing and eating and numerous surgeries. We have seen Dr. Waggoner and Andrea Dettmann Spurgeon for a lot of his care and have had nothing but great experiences. The small clinic setting makes it possible for them to actually know their patients by name and history when they walk in the door before even looking at a charts. It feels as if you are "part of the family". My son is always asking for Dr. Brian. We now have a daughter and couldn't imagine ever going anywhere else!

★★★★★

**Nicole**

Dr. Waggoner and his staff are excellent! We have always had great experiences at our appointments. They are professional and respectful. I highly recommend this clinic!

★★★★★

**Shawna L.**

Dr. Waggoner is so patient with me every appointment and truly listens to my concerns and helps me come up with a solution! you're missing out if you don't give his team a try!



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VETERANS DAY IS FRIDAY, NOVEMBER 11

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**FRANK PASCO**

Master Sergeant

**U.S. AIR FORCE**

1963-1969, 1973-1999; 29 deployments, 13 overseas

*How can the public best honor veterans?*

Remember them. Just say hi." — Frank Pasco



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*How can the public best honor veterans?*

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— Samuel Lee Saveraid



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## JOSEPH R. SCHUSTER

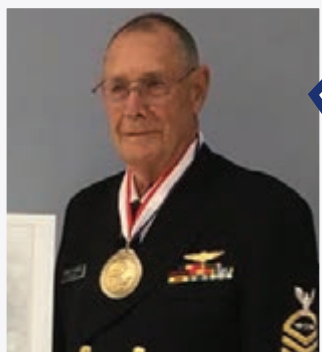
Sergeant

### U.S. ARMY

State-side during Vietnam era.

**How can the public best honor veterans?**

"The public can best honor veterans with respect." — Joseph R. Schuster



## JAMES MARSHALL

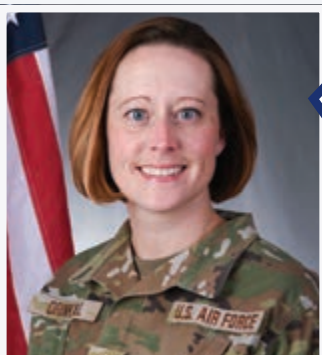
E-7 Chief Petty Officer

### U.S. NAVY

Six deployments in Air Patrol Squadrons during Vietnam era

**How can the public best honor veterans?**

"By thanking each veteran for their service. If you have a chance, ask them about their time in the service, especially the older veterans so their history is never lost for future generations." — James Marshall



## CHARISSE J. DRINKALL

Master Sergeant

### IOWA AIR NATIONAL GUARD, 132D WING

22 years of service; Deployed 2005: Al Udeid Air Base, Qatar; 2007: Al Dahfra Air Base, United Arab Emirates; 2022: Prince Sultan Air Base, Saudi Arabia

**How can the public best honor veterans?**

"By supporting veterans and their families — even if you don't agree with the current state of politics or the government. Most veterans joined the military to protect our country's freedoms and citizens." — Charisse J. Drinkall

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## FINANCE

By Kelsey Hughes

# SAVE MORE and stress less this holiday season



November is here, which means Thanksgiving is coming right up, and Christmas is just around the corner. Ah, the holidays — a festive and joyous time of year. The time of year we should be feeling peace and happiness, we can't deny feeling pressure to buy the perfect gifts, host the finest parties and have the grandest decorations. It's easy to feel overwhelmed with a mix of joy and anxiety around this time. If you are feeling the pressure, we're here to offer these financial tips to ensure you stress less this holiday season.

- **Strategize your gift purchases.** The best way to avoid stress is to be organized. Before you head out to buy, take the time to create a list that includes who you are shopping for and what you think they would like. If you are struggling with ideas, try browsing holiday catalogs or websites for possible gifts.

- **Aim to shop in one day.** It may seem like a long shot, but if you have your list, try to purchase the items in one day. This will actually save time and money by sticking to the list and avoiding buying items you do not need.

- **Prepare for credit usage.** Purchasing with credit cards can be advantageous, as long as you know your limit. Budget your money wisely so you can afford gifts without burying yourself in debt. By arranging a budget ahead of time, you can make sure you're able to pay off your statement balance and reap the rewards.

- **Purchase what you can online.** Online shopping carts can help us avoid excessive purchases. Before completing your checkout, review the items in your basket and delete any unnecessary items. Also check for coupons or promo codes you can use to save money.

- **Cut back.** You don't need to say yes to everything. If you feel you don't have the time, money or energy to host a holiday party, ask someone else in the family or group of friends to do it. Sometimes, we just need to say no and be OK with it.

We hope you find these tips helpful when preparing for the season. Here's to a stress-free, joyous holiday. ■

Information provided by Kelsey Hughes, marketing officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes and Perry, 515-465-3521.



## RECIPE

# A FOIL PACKET meal for sweet fall simplicity

*(Family Features)* Fall provides almost endless opportunities to gather friends and family around great food. From tailgates and family events to those precious last outdoor meals before winter sets in, the scenery of autumn is a perfect backdrop for sharing meals together.

Those favorite fall foods are often best when they're delicious without complications. Taking the guesswork out of cool-weather classics can be as easy as these sweet potato foil packet tacos, which are loaded with flavor and can be customized to fit everyone's taste buds with personalized toppings.

As the key ingredient, sweet potatoes show off their versatility as an ideal addition to simple or elevated sweet or savory dishes. Because you can cook and prepare them multiple ways — such as baked, microwaved, grilled, slow cooked or on the stove — they're easy to use in a wide array of recipes.

Plus, according to the American Diabetes Association, sweet potatoes are a “diabetes superfood” because they're rich in vitamins, minerals, antioxidants and fiber.

Find more recipes at [ncsweetpotatoes.com](http://ncsweetpotatoes.com). ■

## Sweet potato foil packet tacos

Recipe courtesy of the North Carolina SweetPotato Commission. Servings: 6

- 1/2 pound ground turkey
- 3 tablespoons taco seasoning
- 1/2 cup tomato sauce
- 1 can (15 ounces) black beans, rinsed and drained
- nonstick cooking spray
- 2 pounds North Carolina sweet potatoes, peeled and cut into 1/2-inch cubes
- 2 tablespoons butter
- 3/4 teaspoon salt
- 1 1/2 cups fresh chopped spinach
- 1 1/2 cups shredded cheddar cheese
- sour cream and guacamole (optional)
- Preheat oven to 425 F.
- In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
- Lay out six 12-inch aluminum foil pieces;



- spray each with nonstick cooking spray.
- In center of each foil piece, place 1 cup sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
- Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.
- Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
- Serve with sour cream or guacamole, if desired.

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## A RECESSION doesn't have to ruin your retirement

You've seen the reports and likely felt the impact of soaring inflation, rising interest rates, and a stock market slump. It's a recipe for a recession, and some experts predict that this economic storm could last well into next year.

Many people have asked me if our phones have been ringing off the hook with people worried about their retirement. The answer is no. The families and individuals we work with have a retirement plan built with times like this in mind. Their customized retirement plans are built to withstand recessions and include action steps they can take in times like these. The goal is to help people live out their retirement vision, no matter what is going on with the economy.

If you don't have a customized retirement plan, you might be worried about the impact a recession will have on your retirement. If you've logged on to your 401(k) and seen your account balances drop, it may feel like a recession could ruin your retirement plans. You can't control these economic conditions, but there are some things you can do to take control of your retirement. You may realize you can still retire during a recession or come through it in a better position to retire.



If you don't like what's happening with your retirement accounts, consider reevaluating your risk. As you near retirement, it's important to understand how your portfolio will react to stock market swings and to make sure your investments reflect your risk appetite. Another action step to consider during a recession is a Roth conversion. A Roth conversion involves transferring funds from a traditional IRA or 401(k) into a Roth account. The year you make the conversion, you pay income tax on the amount transferred over, but you never pay taxes on the money again. Not the growth or the qualified distributions. If your IRA or 401(k) account balance is down, you'll pay taxes on less money and enjoy tax-free growth on the market upside. For some with cash on the sidelines, a recession is the right time to get into the market, taking advantage of when stocks are on sale. Another strategy to consider is Dollar Cost Averaging. This is a systematic long-term approach to investing a portion of your portfolio into the stock market.

These are just a few ways to take control of your retirement during a recession. If you want to talk more about these strategies or any other questions you have about retirement, schedule a visit with your financial advisor. ■

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

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## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations



### HARVEST DINNER

Faith Lutheran Church and Preschool, 602 S. 14th St., Adel, is holding its annual Harvest Dinner on Nov. 4 from 5-7 p.m. Enjoy turkey, ham and all the trimmings. You can either eat at the church or order take-out. Tickets are \$12 for adults and \$5 for kids ages 3-10. All proceeds will go to the family of Ryan Hougham for expenses related to a fatal car accident in August.

### Parks & Recreation activities

- Third through sixth grade girls and boys basketball leagues. Visit [adel.activityreg.com](http://adel.activityreg.com) for more information and to register.
- Turkey Toss: Enjoy a Thanksgiving free-throw contest. Teams consist of one parent and one child ages 8-18. No fee or pre-registration. Located at the ADM District Administration Center Gym on Nov. 19 at 2 p.m.
- Open Gym: The ADM District Administration Center gym will be available Monday, Wednesday and Friday from 9-11 a.m. November through March. Walk, run, play basketball, socialize, etc. No cost.

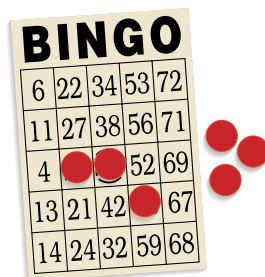


### Notes from the North Pole

Sign up to receive a letter from Santa. A unique idea for your children, nieces, nephews or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation by the deadline of Friday, Dec. 9 to ensure your child receives their letter before Christmas. Cost is \$6 per letter with a maximum fee of \$18 per family.

### Third Monday Bingo

Enjoy Bingo on Monday, Nov. 21, 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.



### Holiday cheer

Step into the spirit of Christmas in Adel on Friday, Dec. 2, from 5-7:30 p.m. On your tour around town, don't miss the magical Festival of Trees at Adel First Christian Church at the corner of Highway 169 and Rapids Street. Then, on Sunday, Dec. 4, also at Adel First Christian Church, enjoy a hearty bowl of soup from 11 a.m. to 1:30 p.m., and a fancy dessert from 11 a.m. to 3:30 p.m. amid the twinkling lights and sparkling decorations of the Festival of Trees. Next, head upstairs between 11:30 a.m. and 3 p.m. to see a quilt show by local seamstresses. And, don't forget, the Adel Historical Museum will be open for guided tours from noon to 4 p.m. on Sunday as well.

### Sip & Sample Holiday Fun

- Adel Public Library is hosting Mrs. Claus and Crafts with drinks and cookies provided by the City of Adel on Friday, Dec. 2, 2:30-4:30 p.m.
- Tree and Wreath Lighting is at 4:45 p.m. Dec. 2 on the northeast corner of the square. Music provided by the Boy and Girl Scouts.
- Sip and sample your way around Adel from 5-7 p.m. Enjoy festive dishes and drinks available at many Adel businesses and shop locally for your holiday gifts. Find the poster in their windows to enjoy samples.
- Hometown Holiday Bingo is Saturday, Dec. 3 from 10 a.m. to 3 p.m. Shop and bingo your way through Adel as businesses host holiday sales and specials. Bingo cards will be turned in for a drawing of gift baskets.

Activities presented by the Adel Partners Chamber and powered by the This Is Adel committee.

### Dallas County Conservation Board activities

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

• **Voas Volunteer Day: Saturday, Nov. 5, 9 a.m. to noon.** Have you ever asked yourself if there was a good way you could help wildlife? Not just temporarily picking up trash but something that had a long-lasting impact? For the last five summers, DCCB has had 14 volunteers 10-14 years of age to help clear an oak-savanna area at Voas Nature Area, 19286 Lexington Road, Minburn. The public is invited to continue to clear the understory at this site. Summer is hot with mosquitos and poison ivy, but fall is crisp with no bugs or foliage. Hand saws and loppers will be used to clear honeysuckle, multiflora rose, and small trees. Registration is required.

• **Nature Adapts to Winter: Monday, Nov. 21, 10-11:30 a.m.** at Kuehn Conservation Area, 32849 Houston Trail, Earlham. Chill out with Naturalist Erica (Bearica) on a hike through Kuehn to learn about how plants and animals survive Iowa winters. Dress for the weather — snow will play a role if we have any. Register to be notified of weather cancellation.



## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations



### Election-related dates

Make sure you are registered to vote at [www.sos.iowa.gov/elections/voterreg/regtovote](http://www.sos.iowa.gov/elections/voterreg/regtovote).

- Saturday, Nov. 5 - County auditor's office will be open for absentee voting
- Monday, Nov. 7 - Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Dallas County Auditor's Office closes at 4:30 p.m.

Tuesday, Nov. 8 - General Election polls are open from 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m. Find your polling location (it may have changed) at [www.voterready.iowa.gov/](http://www.voterready.iowa.gov/).

### Elks Pancake Breakfast Buffet

Nov. 13, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The event is held the second Sunday of each month. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



### Breakfast with Santa and Mrs. Claus

Dec. 11, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Claus, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



### Tallgrass Theatre Co. production

Fridays - Sundays, Nov. 4-21  
Tallgrass Theatre, 2019 Grand Ave. Suite 100, West Des Moines

"Miss Bennett: Christmas at Pemberley," will be performed. Go to [tallgrasstheatre.org](http://tallgrasstheatre.org) for more information or to buy tickets.

### 'She Loves Me'

Dec. 2-11

Ankeny Community Theatre,  
1932 S.W. Third St.

This charming musical is about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at [ankenycommunitytheatre.com](http://ankenycommunitytheatre.com)

### Holiday Market

Nov. 5, 9 a.m. to 3 p.m.

Edgewater, 9225 Cascade Ave.,  
West Des Moines

Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists.



### Medicare Advantage Seminars

Wellmark Advantage Health Plan is offering in-person seminars for individuals who have questions or are looking to enroll in Medicare Advantage during the annual enrollment period, which occurs from Oct. 15 through Dec. 7. Medicare Advantage seminars are free to attend and are offered to anyone considering their Medicare options. Topics covered include: Medicare basics, how Medicare Advantage plans work, questions to consider before choosing a plan, and how to enroll. To register for a seminar, visit [Wellmark.com/Attend](http://Wellmark.com/Attend).

Seminar dates and locations include:

- Tuesday, Nov. 8, 10-11 a.m., Smokey Row, 1530 S.W. Vintage Parkway, Ankeny
- Thursday, Nov. 10, 11 a.m. to noon, Destination Grille, 2491 E. First St., Grimes
- Tuesday, Nov. 15, 5-6 p.m., Waukee Community Center, 675 Walnut St., Waukee
- Wednesday, Nov. 16, 9-10 a.m., Holiday Inn Hotel & Suites, 4800 Merle Hay Road, Urbandale
- Tuesday, Nov. 29, 9-10 a.m., West48, 1601 48th St. No. 100, West Des Moines
- Wednesday, Nov. 30, 3-4 p.m., Smokey Row, 1910 Cottage Grove Ave., Des Moines
- Thursday, Dec. 1, 11 a.m. to noon, DoubleTree by Hilton, 6800 Fleur Drive, Des Moines

For accommodation of persons with special needs at meetings, call 800-213-3771 (TTY: 711), 8 a.m. to 8 p.m., Monday through Friday and some weekend hours. Interested individuals can get personalized support and walk through the options by contacting their authorized independent agent or by contacting Wellmark at the above number and hours. To learn more, visit [Wellmark.com/Medicare/Advantage](http://Wellmark.com/Medicare/Advantage).



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# DANCE



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# DO YOU have control issues?

Do you have a favorite verse in the Bible? Can I share with you one of my least favorite? To be clear, it's a good verse, but it's one I've wrestled with more than once. Here it is: "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord" (Isaiah 55:8).

This verse teaches us the Lord does not think like us or do things like we think they should be done — and that's a good thing. But it can come into direct conflict with our desire to be in control. So, let me ask you: Who gets to be in control of your life? You or the Lord? How you answer this question is central to your experience as a follower of Jesus.



In Mark 4:35-41, there is an account where Jesus requests He and His disciples row to the other side of the Sea of Galilee. During the trip, a furious squall hit the crew, and the boat was nearly swamped with water. Amazingly, Jesus slept soundly in the back of the boat. Finally, the disciples woke Jesus with the protest, "Teacher, don't you care if we drown?" (v. 36)

In that moment of panic, the disciples lost sight of something important: Jesus can allow a "storm" in your life and still love you. Do you believe this to be true? Too often we define God's goodness by our circumstances. We float prayer memos to the Lord that politely request He keep us out of life storms. Then, when life gets hard, too often we turn our nose to His leadership and take back control.

This explains, in part, why some (all?) of us have control issues. But I want to encourage you

to surrender — not to give up, but to give over to the Lord the plans, people or circumstances you are looking to control. Remember, control is an idol that is fueled by your fear. As you take this step, choose to trust Jesus and His good leadership over your life. When we learn to let go of control, especially in a life storm, only then are we able to grab hold of Jesus.

Jesus calmed the storm for the disciples, and they learned an important lesson that night. The Lord also wants to work in your life and help you learn that His ways and thoughts are not only different, but better (see Isaiah 55:9). For this, we should all be very thankful. ■

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

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## WELLNESS

By Lacie Navin

# DIFFERENCES between Delta-8 and Delta-9

Delta-8 has been newly legalized in Iowa and is a hot item in the cannabis market.

Delta-9 THC is the product we've known, heard of, or maybe experienced. Molecularly speaking, Delta-8 is an isomer to Delta-9, or they have the same formula but a different arrangement of atoms. Delta-8 THC's double bonds are on the eighth carbon atom, while Delta-9 THC's double bonds are on the ninth.

The double-bond placement determines how it interacts with CB1 receptors in the body's central nervous system. To simplify, it means, although similar, they interact with the body differently than one another.

Let's generalize: Delta-9 products tend to be a bit more intense in the mind, more euphoric, and help with depressive and sleeping issues. Delta-8 is less intense in the mind; it doesn't create anxieties or paranoias but is said to have an uplifting euphoria overall.

Remember, both cannabinoids (Delta-8 and 9) are beneficial, so you can't go wrong. As always, look for labs, QR codes and compliance with licenses when buying any cannabis product, but especially these newer Delta-8 products. ■

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



## EDUCATION

By T.K. West

# MEET Gage Harden

Teaching special education at the middle school.

Originally from Missouri, Gage Harden moved to Iowa with his wife, an Adel-DeSoto-Minburn alumni. When he first relocated to the state in 2013, he took a job as an associate working with special needs students at Adel Elementary School. He then completed his education degree and returned to the Adel-DeSoto-Minburn Community School District to teach special education.

"ADM has amazing staff members. From the administrative team to the teachers and associates, the staff truly cares about each kid and each other. ADM is who they are because of a team that collaborates well together and brings learning to all," Harden says.

As a middle school special education teacher, Harden says his students are beginning to find out who they are as a person but are still so eager to work in a classroom. He also says that it is fun to begin developing lasting relationships with his students as well as help them discover who they are and what they wish to do with their lives.

"I have had the privilege of working with some amazing educators (new and old) in my short time as a teacher. I have made lasting friendships that I am so grateful for. I have made lasting relationships with students, watched them grow, and helped them learn skills that will transfer out of the classroom and into their everyday life," Harden says.

In his free time, Harden likes to spend time outdoors with his wife and two sons. He also enjoys brewing great coffee, playing disc golf with friends, and serving many roles in his local church. In addition, both of Harden's sons attend Adel Elementary School.

"It's so great to be a part of the same district they go to school in and to know that what we do, as educators at ADM, truly makes a difference in each child's life. I'm grateful to the teachers who work with my children and love to see them grow and learn from some amazing educators," Harden says. ■



Gage Harden says, "I have made lasting friendships that I am so grateful for," since joining the ADM School District.

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You can vote in one or every category, or anywhere in between.

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| 13. Favorite Dallas County Veterinarian (person) | 30. Favorite Dallas County Daycare                               | 56. Favorite Dallas County Home Improvement Retail Store              |
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[www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll)

## BEHIND the scenes: Faith in Action

Pat Hartley has an email address that begins with “faith,” and her strong faith leads her to live a life of caring. Even a walk around the park can be an act of caring when you wear gloves, bring a small trash bag and pick up any litter along the way.

“Bob and I love sharing our time and resources, and we are hopeful that others will know that someone loves and cares for them, no matter what their circumstances may be,” says Pat.

Pat was raised in Holstein and came to Adel with her first husband, William Banwart. She and Bill met at Morningside College where they both graduated. While he went on to dental school, she taught kindergarten and has continued that love of children throughout her life.

During the early years she lived in Adel, Pat co-taught at Noah’s Ark Preschool at the United Methodist Church. She has also taught piano through the years.

“I have loved teaching students and seeing them grow in their abilities and understanding,” says Pat. “One of my eighth-grade piano students is now starting to teach a beginning piano student, and I am so proud of him.”

Pat also teaches 17 2-year-olds in a non-denominational program called Bible Study Fellowship at Valley Church in Des Moines.

“I hope to see more and more people loving their neighbors and having a personal relationship with Jesus with this ongoing study,” says Pat.

Reaching out to “neighbors” who may not be known to you is something that Pat has



done for decades. She has been involved in her church and in service organizations. She and a group of women initiated a group called OBETA (Our Best Efforts Towards Adel). “We tried to bridge the gaps we might see in the community and, once a month, would work on a project together that would fill a need in Adel,” says Pat.

Some examples of activities were collecting car seats for distribution, answering phones for telethons, and making items for children to buy for pennies at “Christmas Bazaar” to give to parents and loved ones.

In 1996, Bill Banwart died suddenly at the age of 45. Pat continued to stay active in the community and finished raising their two children, Bart and Amy. Pat married Bob Hartley in 2014 and, together, they continue to use their faith to reach out to their nearby neighbors.

“Bob and I have especially enjoyed sharing with our neighborhood during the time of the pandemic,” says Pat. “We would prepare some little items about once a month and bring them around to our neighbors, sharing and visiting a short time with them at their front door. Mostly they were little treat items with a silly verse, like a bag of trail mix and a note: ‘Don’t go nuts!’ For Halloween, we hollowed out pumpkins and put the ingredients and



Dylan Book, owner of BigDeal Car Care, presents Pat Hartley with her Good Neighbor certificate.

instructions to make a pumpkin volcano.”

Recently, they have started a JOY project at Christmastime with 12 of their neighbors encouraging each family to share a donation with someone who has touched their lives or a service organization that means a lot to them.

“It has been amazing to hear about where they have shared their donations and about the reasons for that particular sharing,” says Pat. “Some examples are giving gift cards to people they meet at the grocery store, buying items to share with patients at the VA Hospital, donating to pet rescue homes, giving gift cards to a single mom and her family and a donation to the hospice that had served the family’s dying father.

“We plan to continue this year and maybe expand the perimeter of people,” says Pat. “It’s wonderful to see people loving their ‘neighbors’ in a specific way that fills a need.” ■

Do you know a Good Neighbor who deserves recognition? Nominate someone by emailing [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

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**NOVEMBER 2022**

## UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, November 8th, 2022 at 6pm**  
[www.adeliowa.org](http://www.adeliowa.org).

*\*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:

- Adel City Hall will be closed on Friday, November 11th in honor of Veterans Day.
- Adel City Hall will be closed on Thursday, November 24th and Friday, November 25th in honor of Thanksgiving.

## NEW CITY HALL HOURS:

To better serve our residents, City Hall will be open an hour earlier during the week. We hope this gives an opportunity for you to stop in and see us on your way to work. The new City Hall hours are:

- Mondays – Thursdays:  
7:30 a.m. – 4:30 p.m.
- Fridays: 7:30 a.m. – 12:00 p.m.

## GET TO KNOW...

**What is your title?**  
Streets Superintendent

**What is your past work experience?** Lawn care and snow removal services as well as equipment operator.

**How long have you been working for City of Adel?**

Since January 2nd of 2019

**What are you excited about for your department's future plans?** To continue to provide adequate roadways throughout the city. I'm also excited to facilitate and encourage the learning experience for my staff.

**What is a hobby you enjoy?** Camping, ice fishing, hunting and hanging out with my daughter and fiancé.

**Anything else Adel should know about you?** I was born and raised in Adel and have since graduated and lived in town. I love cheering on the Iowa State Cyclones and watching football. My family and I are happy to reside in such a wonderful community and can't wait to see what the future brings!



**JUSTIN ZIKA**

## PARKS & RECREATION ACTIVITIES:

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

- **3rd-6th Grade Basketball:** Both girls and boys leagues. Visit [adel.activityreg.com](http://adel.activityreg.com) for more information and to register.

- **Turkey Toss:** Join us for a thanksgiving free-throw contest. Teams consist of one parent and 1 child ages 8-18. No fee or pre-registration. Located at the ADM District Administration Center Gym on November 19 at 2:00pm.

- **Open Gym:** The ADM District Administration Center gym will be available Mon/Wed/Fri from 9:00-11:00am starting November through March. Walk, run, play basketball, socialize, etc. Cost: FREE

### NOTES FROM THE NORTH POLE:

Sign up to receive a letter from Santa! A unique idea for your children, nieces, nephews, or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation by the deadline to ensure your child receives their letter before Christmas.

- **Deadline:** Friday, December 9th, 2022
- **Fee:** \$6.00 per letter (Maximum fee of \$18.00 per family)



## ASH TREE REMOVAL:

The City of Adel is aware of the declining health of Ash trees in our community due to the Emerald Ash Borer bug. City Staff has begun to remove some Ash trees in poor health that are in the City right of way (between curbs and sidewalks). The City plans to begin a large-scale removal process in 2022 for those infected Ash trees located in the right of way. Residents with infected or poor health Ash trees located on their property are encouraged to have the trees removed as the infected trees can become hazardous to homes and vehicles should they lose branches, etc. Please call Adel Parks and Recreation with any questions at 515-993-4525.

## CITY EMPLOYEE CONGRATULATIONS:

Steve Nichols, Code Compliance & Building Inspector, has served the City of Adel for 15 years! Thank you, Steve!



## SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

Here's the "snowdown" on some helpful tips to remember in the coming months. (For more information please visit the City of Adel website at [www.adeliowa.org](http://www.adeliowa.org) to view a FAQ flyer)

- **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.

## YARD WASTE:

- Yard waste pick up is every Tuesday from April through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or paper bag. Tree limbs need to be bundled and no longer than 4 ft.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is unlawful to blow grass clippings onto City streets. Please be a good neighbor and take pride in keeping our City streets clean.

## PAPERLESS BILLING & AUTOMATIC PAYMENTS:

Would you like to get your bill delivered directly to your email inbox as soon as it is ready? Visit <https://adeliowa.org/permits-and-forms/paperless-billing-sign-up/> to set up that service. Also, avoid processing fees from online payments by setting up automatic withdrawal directly from your checking account. This service can also be set up by visiting [adeliowa.org/permits-and-forms/automatic-withdrawal-authorization/](http://adeliowa.org/permits-and-forms/automatic-withdrawal-authorization/).

## 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)



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## HEALTH

### HOW TO choose an eye doctor

If your vision is not as sharp as it once was, or if things look just a bit fuzzy sometimes, that's a signal that it's time to see an eye doctor. Getting your eyes checked often makes it possible to discover vision issues early. It can also help you identify vision problems you may not have even known you had. And catching and treating eye problems early will likely lead to better outcomes.

Choosing a right optometrist or ophthalmologist can be a challenge. Consider these factors when doing your research.


**Insurance:** If you have health or vision insurance, check the list of doctors who are covered by your plan.

**Types of doctors:** While optometrists do not have medical degrees, they do have specialized training in diagnosing and treating vision and eye health-related problems. Ophthalmologists are medical doctors who treat eye diseases. They have medical degrees along with their specialized training for eye treatment.

**References:** Your family doctor or general practitioner may know the good eye doctors in your area. Doctors often refer patients to an eye care specialist that has the most experience treating specific needs.


**Selection:** Many people are particular about their eyeglass frames, lenses or contacts. If you already know what you need — such as glasses from a particular designer — look for an eye doctor who has access to that brand. ■

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



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## HEALTH

By Alicia Fisher, PT, DPT

### IS REGULAR stretching of my hamstrings really necessary?

Hamstring strains are a common cause of recurring sport injury for both the sports enthusiast and professional athlete. Stretching improves hamstring flexibility and helps to minimize the risk of injury.

There are three groups of stretching exercises. The first group is called static. The muscle is stretched slowly to tolerance and held in position of maximal stretch for a defined period of time. Static routines are the more traditional type of stretches and are commonly used in most training regimens. The second group is called dynamic. This type of stretching has been shown to improve agility, speed and strength. The muscle is stretched by moving from resting position to maximal stretch and returned to resting position; motion continues for a defined period of time. Static stretching combined with dynamic stretching may provide the optimal balance of both improved performance and flexibility. The third and final group is called proprioceptive. Proprioceptive stretching is done when the muscle is contracted directly prior to static stretch of the same muscle. The proprioceptive stretch requires expertise to perform correctly.

Lasting improvements in flexibility are related to duration of the stretch. Benefits usually fade once stretching regimens are discontinued. ■

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





## HEALTH

By Leslie Herron

# MEDICARE Part D for dummies

Part D is Medicare's prescription drug program. There are four phases, and coverage fluctuates throughout the year:

- **Annual deductible:** If your Part D plan has a deductible, drugs are full price until the cost reaches a limit (\$505 in 2023). Then drug coverage begins.
- **Initial coverage:** This stage begins when you've met any plan deductible. (Jan. 1 if the deductible is zero). You pay co-payments set by your plan for each prescription; the plan pays the rest. This period ends when the total cost of your drugs — what you've paid plus what your plan paid — reaches a limit (\$4,660 in 2023).
- **Coverage gap:** AKA the doughnut hole — begins when you hit the initial coverage limit and ends if/when the amount you've spent on drugs since Jan. 1 hits another dollar limit (\$7,400 in 2023).
- **Catastrophic coverage:** If drug costs exceed the gap limit, coverage starts again. Now your share of the costs drops to no more than 5% of the price of each prescription. Catastrophic coverage ends on Dec. 31, and the cycle starts over with the new year.

Plans change yearly. Be sure to review yours with help from your pharmacy. ■

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



## HEALTH

By Andrea Gustafson

# THE CHANGE of seasons

A change in mood?

Fall is a time of transition. The weather is changing; it's getting darker and cooler. Some find this time of year exciting and full of joy. Others find it challenging and notice a change in their mood and motivation. Some experience symptoms similar to depression. This may be due to Seasonal Affective Disorder (SAD). So, what can you do if you struggle this time of year?

- **Get more vitamin D.** Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.
  - **Use a light therapy lamp.** To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.
  - **Be intentional about doing things you enjoy.** It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.
- If this time of year is consistently a struggle for you, develop a plan now. You may not be able to completely stop the winter blues or SAD, but planning now can help lessen the impact. And don't be afraid to ask for help. Whether it is a trusted friend or it's time to talk to a professional, ask for help. ■

Information provided by Andrea Gustafson, LISW, JMG Therapy and Counseling Services, associated with SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, andrea@jmgtherapy.com, 515-777-1209.



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# BUILD a relationship with your pharmacist

You may become a healthier person.

Do you think of your pharmacist as the busy person behind a window or counter? Someone who simply prepares and dispenses medications? We've long been more than just drug experts, but our role continues to expand and change. Building a relationship with patients to enhance their health has become a vital part of our profession.



You, too, are likely to benefit from working closely with a pharmacist who knows you well. That's someone who knows your health concerns, recalls your medication history, and can help you stay on track. And all of this can only help when it comes to advising you about:

- Potential drug, supplement or food interactions.
- Possible allergies or side effects.
- What to avoid while taking a medication

or if you miss a dose.

- When to call the doctor.

Who benefits? These are examples of people who may benefit the most:

- Those with chronic or complex conditions who are likely to take more than one medication.
- Older individuals, who often value a personal touch tailored to their unique needs.
- Patients recently discharged from the hospital who may need extra help managing their prescriptions and care.

Let's work together. Building a trusting, long-term relationship with a pharmacist is no less important than it is with your doctor. Shared knowledge may not only make you less anxious, but also really pay off in terms of health outcomes. For one thing, you're more likely to reap the benefits of your medicine while having fewer problems.

Why is that so? Research shows that, if you trust your pharmacist, you're more likely

to take your medicines the right way and to stay watchful for side effects. If you value this relationship, you are more likely to:

- Feel comfortable asking questions.
- Request information about adverse effects and drug interactions.
- Understand instructions.
- Share information, which can help the pharmacist better guide you in decision making.
- Follow up if you have a problem.

A ready resource: With longer hours and no appointment needed, community pharmacists are more accessible than many health care professionals. That makes it easier to get answers when you need them. Why not take advantage of all we have to offer? I, for one, am ready and willing to be an ally in your quest for better health. Come talk to me, and let's have a conversation. ■

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

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# MAKING new memories with grandkids

Paula and Dan James' time in Adel spans decades.

Paula James and her husband, Dan, are long-time residents of Adel. Paula moved to town when she was a freshman in high school after her father got a job at the Redfield Brick and Tile Company. Dan, who is retired from the Air National Guard in Des Moines, grew up in De Soto and moved to Adel after the couple married in 1977. They've remained in town ever since.

The couple's home, which they bought in 1986, is only their second one. It's a place filled with years of memories.

"We raised three boys in this home," Paula says. "We are making new memories with seven grandsons."

She shares a funny story about what one grandkid said about their home when he was 6 years old.

"He said to me, 'Are you telling me my dad, Uncle Aaron and Uncle Alex grew up in this house with only one bathroom?'" she recalls. "I said yes, and he just couldn't believe it. We like that it is an older spacious home because I collect antiques, and it is full of them."

Her husband's favorite part of the home is the three-car garage they had built in 2010.

"He loves his man cave," Paula says.

For her, the home's history is extra special. It was built in 1900, and the only original part left are the red oak wood floors in two of the rooms.

"They are beautiful," she says. "I probably like my kitchen the most even though I am not a very good cook. It is a spacious room."

The couple also greatly appreciates the neighborhood they've become so deeply embedded in.

"Our neighborhood hasn't changed much, and we like that," Paula says. "We have great neighbors. We are excited about our new neighbor right across the street from us: Hazel Mae Floral. I can walk to most places, and I like that, too."

And many folks in the community have probably encountered Paula at one point or another, as she was a long-time employee of the Adel Public Library.

"I love the library because I worked there for over 20 years," she says. "I am a big reader, too, so even though I am retired, I need to go look for new books."

James is also a member of the Adel Women's Club and Adel American Legion Auxiliary. She has two part-time jobs as well because she likes to stay busy. ■



Paula and Dan James enjoy making memories with their seven grandsons — and Dan's spacious man cave in the garage provides a ample room for visiting.



Paula James says her favorite room in their home is the kitchen.



# 'BEE' POSITIVE: a huge harvest of honey

Geadelmanns learn from area resources.

Two local beekeepers, Scott Geadelmann and his twin brother, Steve, recently harvested 200 pounds of honey from hives kept on 70 acres of Conservation Reserve Program (CRP) land south of Adel. The hives were established a few years ago when Steve came to Scott with the idea of starting a hive of bees on the land where their dad, Wayne, had planted many varieties of trees.

"He wanted to go to a seminar in Minnesota in January, and there was a snowstorm," says Scott. "The trip ended up being a bust, but we read books, have used resources from the local area beekeepers and the local association and attended seminars from the University of Nebraska to get started."

The Central Iowa Beekeepers Association (CIBA) sends out a quarterly newsletter with items of interest, notes of upcoming meetings with speakers, and other hands-on learning opportunities. People from the association are also willing to help beginning beekeepers as they get their hives started.

"Arvin Foell, from Kelley, Iowa, helps newcomers to the craft. He inspects hives for mites and helps with any problems or questions," says Scott. The web page for the CIBA is [www.centraliowabeekeepersassoc.org](http://www.centraliowabeekeepersassoc.org).

Beekeeping is one of the fastest growing hobbies in the United States. The benefits include getting in touch with the rhythms of the seasons, recognizing the intricate workings of bee society and its rituals,

encouraging the growth of a falling bee population — a pollinator which benefits our environment, and — of course, the natural, organic honey.

Scott made a new label for his honey jars this year, because Lori, his wife, entered a baking contest at the Iowa State Fair using honey as the sweetener and won a blue ribbon.

"I entered my honey almond scones in the Foods Made with Honey category, and I won the Queen Bee award as the top entry in the entire category," says Lori. "I think it was the Gemini Honey (the name Scott and Steve have for their hobbyist honey) that tipped the scales. It is delicious."

Honey is flavored by the different blossoms from which the bees collect nectar they bring back to the hive.

"This depends on the season of the year," says Scott. "In the spring, it's clover, soy blossoms and willow tree pollen. Later, it's lavender, and then, in the fall, the flavor of goldenrod comes into play."

The seasons, especially first frost, also influence the harvesting of the honey.

"We want to harvest the honey about six weeks before the first freeze to give the hive time to restock for the winter," says Scott.

The Geadelmanns check the hives about every 10 days. They pull out a frame to check on the well-being of the hive and the queen. Bees in Iowa are sometimes susceptible to mites and other parasites. The key to protecting honey bee colonies from harmful diseases, parasites and other fungi is to identify problems early. Checking the queen bee is important for the life of the hive, as she is the only one to lay eggs for future worker bees and drones. Queen bees live approximately two to three years, and, without a queen, "bees get mean," notes Scott.

"Hives have different personalities depending on the personality of the queen."

The complex society of the bee hive is intriguing. There is only one queen, which lays all the eggs for the hive, and worker bees. The worker



Scott Geadelmann with two jars of his 2022 harvest of honey. Photo by Marsha Fisher



Lori Geadelmann with her prize ribbon. Photo by Marsha Fisher

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bees have a variety of roles, from tending the nursery of larvae, to foraging for pollen and nectar, to quickly clearing the hive of their dead comrades. Worker bees also make honey, guard the hive and build wax.

"The drone's only job is to fertilize the eggs of the queen," says Scott. "They just kind of 'hang out,' but, in the winter, when the hive is in hibernation mode, the workers kick them out of the hive; they're evicted. Then, in the spring, they raise new drones."

For more information about beekeeping, Scott Geadelmann suggests reading about beekeeping online, referring to the CIBA, and exploring the many local resources available. ■

## Lori Gaedelmann's Blue Ribbon Recipe: **Honey Almond Scones**

Makes about 12

- 2 cups flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 7 tablespoons cold or frozen butter (see comment below)
- 3/4 cup heavy cream, plus 1 tablespoon
- 1/4 cup sour cream
- 1/4 cup honey
- 1 teaspoon almond extract
- Topping (see recipe below)
- Sliced almonds

### DIRECTIONS

- Preheat oven to 425 degrees. Line large baking sheet with parchment paper. In a large bowl, whisk together flour, salt and baking powder. Cut the cold butter into small pieces and scatter butter pieces over flour mixture. With a pastry cutter or fork, work the butter into the flour until it

is incorporated into a mealy texture. Alternately, use frozen butter as described below.

- Next, reserve 1 tablespoon of heavy cream, then in a separate small bowl or measuring cup, stir together remaining cream, sour cream, honey and almond extract. Pour the cream mixture on top of the flour mixture and gently stir with a fork until no dry flour is visible.
- Refrigerate dough for 15 minutes. Pour dough onto a floured counter and gather dough into a uniform ball, turning ball until it is smooth and slightly coated with flour.
- Line an 8-inch round cake pan with plastic wrap and place the dough ball in the center of the pan. Press the dough gently until it fills the pan. Flip the pan over onto the parchment-lined baking sheet,

remove the pan and plastic wrap, then use a knife or dough scraper to cut the dough into 12 wedges. Separate the slices on the baking sheet, brush with reserved heavy cream, and bake until light golden, about 12-15 minutes.

- Cool scones on a wire rack, then, when completely cool, spread topping over scones and sprinkle with sliced almonds.

### Frozen butter method:

Grate frozen butter by hand or with food processor into shreds. Stir the shreds into the flour mixture until uniformly combined.

### TOPPING:

- 4 tablespoons softened butter
- 1 1/2 tablespoons honey
- 1/8 teaspoon almond extract
- Beat all ingredients together until smooth.

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515-993-5472  
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## CHAMBER NEWS

By Jackie Wilson

### SDC Landfill

Award-winning service



Shirley McAdon, fourth from the left, with the SDC Landfill Agency staff. SDC Landfill Agency has been nominated for Adel Chamber of Commerce's Business of the Year in 2022.

A mix of retail businesses, manufacturers, small companies and professional services are vital for a small town to thrive. Yet, one overlooked entity is just as important — the local landfill.

The South Dallas County (SDC) Landfill Agency was recently nominated for Adel Chamber of Commerce's Business of the Year in 2022.

The SDC Landfill also recently won an award from the Iowa Society of Waste Operations because of its soil and air space reclamation and environmental improvements. This project extends the life of the landfill for 20 years, providing stability for Adel.

Over the years, many residents have believed the SDC Landfill is a county agency, but it's not. Shirley McAdon, Adel City Council member, says it's never been a county landfill, although the name contains the word "county."

"It was created under Iowa's statute that allows cities and counties to band together for a public purpose. It's not as efficient or economical to accomplish this individually — in this case, the disposal of garbage," she explains.

Adel was one of the founding members, charging the agency to be efficient, to be environmentally responsible and to maintain local control. The landfill, located near the brick company, was originally in an old clay mining pit. Over time, the landfill has gained more space.

"SDC Landfill has taken pains to make sure they are responsible neighbors," says McAdon. "They have a vested interest to run efficiently and protect creeks that run on either side of the landfill."

SDC Landfill joined the Adel Chamber to ensure they continue support for city initiatives, for both businesses and residents.

The Chamber has assisted in promoting landfill news and events. For example, the Chamber has listed tips about recycling batteries and waste oil, which both can be disposed of at no charge at the landfill.

The SDC Landfill has offered support and sponsorships for Celebrate Adel and contributed to the Trail Improvement Project, Trail Cleanup Days and Pedal Plaza. They've partnered with companies, such as Ankeny Sanitation and Metro Waste Authority Regional Collection Center for household hazardous waste disposal events. Adel Boy and Girl Scout troops affixed 1,400 stickers on recycling bin lids.

Shirley appreciates the support the Chamber offers, saying, "The Chamber helps tell the story of the landfill and its importance in the community." ■

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



## OUT & ABOUT



The Adel Partners Chamber of Commerce hosted a ribbon cutting for the Raccoon River Preschool on Oct. 9.



Adel Kiwanis member Jim Marshall presented Kendal Book and Alexa Seidl certificates for being chosen Adel Kiwanis Students of the Month at the Oct. 11 club meeting.



Abby Ritchie performed during the varsity football game in Adel on Oct.14.



Hannah Harbison performed during the varsity football game in Adel on Oct.14.



Kayden Triste performed during the varsity football game in Adel on Oct.14.



Tanner Spoelstra performed during the varsity football game in Adel on Oct.14.



Jacob Dugan performed during the varsity football game in Adel on Oct.14.



Jocelyn Strunk performed during the varsity football game in Adel on Oct.14.



Sydney Kuhse performed during the varsity football game in Adel on Oct.14.



Kennedy Metzger performed during the varsity football game in Adel on Oct.14.



Michael Vandermark and Liz Dirksen performed during the varsity football game in Adel on Oct.14.

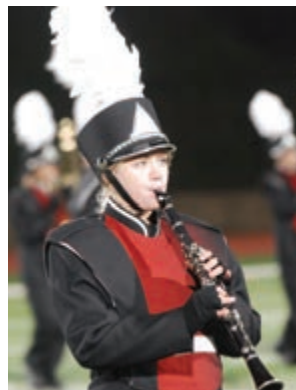


# MARCHING Tigers

The ADM Marching Tigers performed during the varsity football game in Adel on Oct. 14.



Aidan Lippincott



Taylor Braun



Kelsey Dalen



Caitlyn Nemechek



Emma Schippers



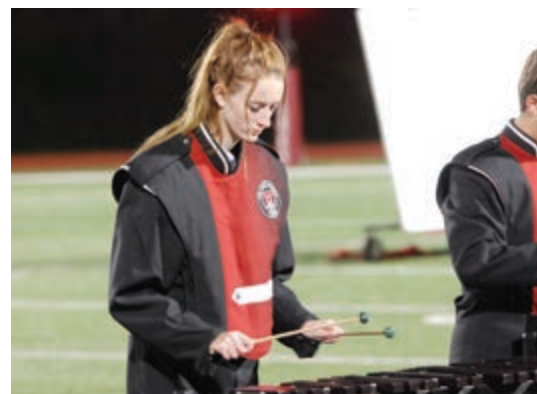
Sariah Scott



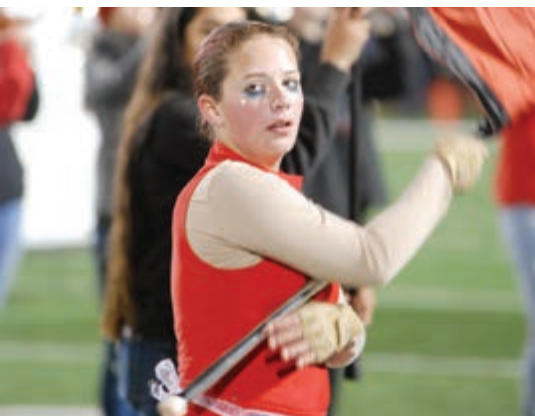
Claire Roorda



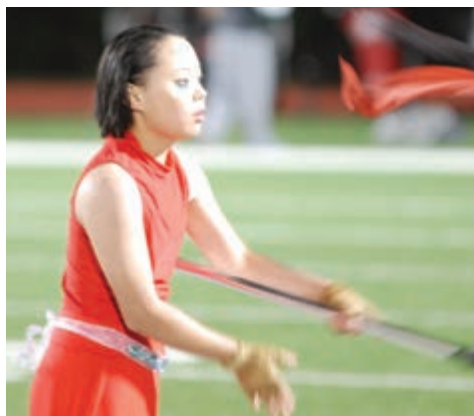
Ayayna Freeman



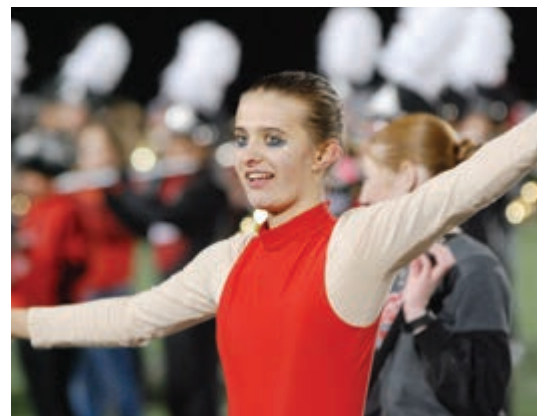
Sara Carolyn



Hailey Lensch



Isabel Carlson



Ella Greer



# David Young

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