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WELCOME

SPOOKY fun

There is a reason why Halloween is one of our most celebrated holidays of the year - it's fun! And not just for kids. We adults seem to have a great time, too. Can you think of another day of the year when you can let your inhibitions run wild and dress up like someone else?

I didn't have the opportunity to do this much as a kid. My costume was the same most years — Frankenstein. I had a rubber mask, some rubber boots and a set of football shoulder pads. It worked,

except for the mask having only two small holes in the nose and none in the mouth. Breathing was a problem.

I made up for my lack of Halloween costume diversity as an adult. Jolene and I had the great idea of dressing up as mummies for a friend's party one year. We started by wearing long underwear tops and bottoms, and then we wrapped each other in old white sheets that we cut up. It was a great look, but we overlooked a very simple feature — there was no way to easily use the restroom.

Other years, we dressed up with friends as characters from "The Wizard of Oz" (I was the lion) and "Gilligan's Island" (I was Mr. Howell). Jolene and I also dressed as a priest and a nun one year, and we were a farmer and a cow another.

Years later, Jolene and I hosted Halloween parties at our home. I relied multiple times on two costumes: Dracula and Michael Jackson. Other than some complicated face painting, the Dracula option was easy. All black clothes. A cape. A fancy medal. Some fangs. The Michael Jackson costume was simple, too, but the hair from the wig kept getting in my face. That took some getting used to, as I haven't had hair that long since 1983.

My all-time favorite costume, though, was The Lone Ranger (and Jolene was Tonto). Finding that light blue shirt and pants was a trick, and threading a leather shoe string in the upper shirt buttons wasn't easy, but the look was spot on. That same year we had a party off site with friends in a rented facility. I set up a fog machine and thought it would add great effects to the party. It did, especially when it set off the smoke detectors and two fire trucks showed up.

Well, hopefully this column gave you a few ideas of what to do for Halloween— and what not to do. Look inside this issue for other great ideas from residents who have spooky fun and go all out for Halloween.

Thanks for reading.



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About 70 students participate in putting on Haunted Hallways each year at the high school. Students come up with their own themes for different stops along

And, while the event was given a new moniker, the goals were the same: to give people a fun scare and raise funds in the process.

So far, the mission has been a complete success.

On the last Saturday of October, a group of students spends hours transforming the school

into what has become one of the go-to stops on Halloween. All of this is done on their own, sans adults, Seidl says.

"It's very student driven. They'll bring everything themselves and create a theme, bring their costumes, create any props needed, decorate the school and create various haunted

scenes in various rooms," Seidl says. "It's fun just to see their creativity go wild."

On the night of the event, tour guides lead participants through the students' elaborate webs of dark creativity inside 10 or so rooms. Seidl recalls one such room in recent years: a restaurant, complete with dining ware, tables



FEATURE

and other things one would typically find at an eatery - sort of.

But, inside the "restaurant," the "diners" often found that, by agreeing to come in, they'd bitten off more than they could chew.

"A girl was positioned between two tables so that, when they lifted the cover off the plate, her head was there instead," Seidl remembers the setting with a laugh. "It was so ingenious. Then, when you went to the backside of the room, there was a doctor who was getting ready for the main course, a person lying on the table. It looked so real and clever."

Even though the event is a fundraiser for the speech and yearbook groups, students don't have to be involved in either to participate, Seidl says. The group will hold a meeting in early October to begin planning the event. The students will pow-wow, generate ideas, then fill out a form stating what they would like to do and what classroom they would like to use.

The performance lasts from 7-9 p.m. As showtime draws near, the line of people wanting to get in grows longer.

"We always tell people that we will shut the doors at 9 so no one else can come in," Seidl says. "But usually we're still performing at 10 p.m. or even 10:30 p.m. It's always a pretty big crowd. The community comes out to support us, that's for sure."

Some of the rooms may feature just two or three students performing. In others, there may be 10-15. Altogether, student participation may reach 75 or more in up to 10 rooms.

"It's so fun to see the people show up and see the students do this that it makes all the hours put into it so worth it," Seidl says. "To see those kids perform for the public and become somebody else for a night is really rewarding and helps me want to dive into our speech season, which doesn't begin until November."

This year, Haunted Hallways will be held Oct. 29 from 7-9 p.m. at the ADM middle/ high school building. Admission is \$5.

Fright aside, Seidl says Haunted Hallways is as much about the students being able to show the community their varying - and scary talents as it is anything else.

"It's crazy how much they can change the atmosphere, and you don't feel like you're in a school," Seidl says. "You forget where you are, because the kids do such an amazing job."

The joy in scary

Seventeen-year-old Sarah Ehrenfried of Adel was born with a rare type of muscular dystrophy called congenital fiber type disproportion (CFTD). She has never walked on her own. Her body simply cannot handle the weight, her mother, Patricia, says.

But Sarah isn't a quitter. Far from it. She's a recent ADM High School graduate with 11 college credits under her belt. She's an online attendee of Southern New Hampshire University, majoring in digital design.

And she's a lover of all that is Halloween.

Each year, Sarah shares that passion for the dark and fun-style macabre with friends and the Adel community alike at Sarah's Haunts at her home at 1409 Chance Court.

"She is fully involved in all of it," Patricia says. "She draws and designs the plans for the haunted house and gives out candy. This is really kind of a dream for her."

For Sarah, it's pure joy.

"It's really nice to see all the kids smile," she says.

And the terrified looks on peoples' faces, of

So much so that Sarah's Haunts has become somewhat of a Halloween tradition in her



Sarah Ehrenfried takes great pride in her annual Halloween event at "Sarah's Haunts" in Adel.

neighborhood.

"Every year, we kind of up the ante a bit, make it a little scarier, a little creepier, and have learned every year how much we can and cannot do," Patricia says. "It's gotten bigger and bigger over the years."

This year will be a mad scientist theme. Last year — witches hanging — was exceptional. The bar may have been set high, but both Patricia and Sarah have more tricks up their sleeves.

"Last year, we had a local beautician donate a bunch of her practice heads, so we were able to paint them and hang them from varying places in the ceiling," Patricia says. "We had a witch's cauldron in the garage with a big pot with green goo boiling over. There was a bride and groom, too. Just a bunch of things."

In order to keep the fear factor high,





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Patricia was somewhat tight-lipped about what Halloween 2022 will hold. If you want to experience a good Ehrenfried haunt, you'll just have to be there.

"The bride and groom will return, but they will be elsewhere," she says. "We'll have all sorts of things sitting on tables and chairs."

The coup de gras may be the metal coffin that was donated to the family years ago. Inside it? Who knows? Maybe a skeleton. Or some rats. Or both. Or neither. Whatever it is, it will be good, hair-raising fun.

Guests will have to navigate their way through a graveyard, too, a tradition they've held on to every year.

"It gets a little more detailed every year," Patricia says. "Our second year in Adel, someone heard about Sarah wanting to do the haunted house and donated some foam headstones to get us started, which was very cool."

A local metal worker forged Sarah a large metal sign that reads, "Sarah's Haunts," and it is now a staple of the festivities, too.

The Adel community, as a whole, has been generous in their support of the Ehrenfrieds'





Many of the Halloween decorations are created by Sarah Ehrenfried and her mother, Patricia.

special night, Patricia says.

"My husband, Eric, is in the military, so he's only been here for one of the Halloweens," she says. "But we have neighbors and friends who come over and help and volunteer. We will usually have one stay inside with Sarah, and the others make sure the kids come down the driveway and make it to the house, and even more volunteers help make some of the haunted

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Upper eyelids

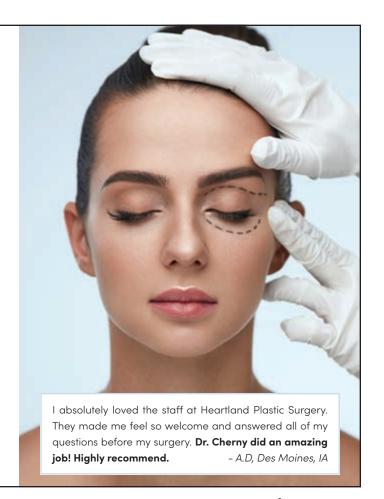
- Excess skin under the natural fold of the upper eyelids
- Loose skin that hangs down from the upper eyelids
- Puffiness in the upper eyelids that creates a tired look

Lower eyelids

- Excess skin and fine wrinkles of the lower eyelids
- Puffy "bags" and, in some cases, dark circles



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The process begins weeks before Halloween. Detailed plans are drawn up, and items are moved to the garage to begin the process of being created and put in place. Many of the props used are created inside their home.

"We make a lot of the stuff ourselves and start making things up to six weeks in advance," Patricia says. "We usually put the graveyard out on Oct. 1 so we can make adjustments or add to it, clear up to Oct. 30."

After having done it for a few years now, the Ehrenfrieds have become somewhat of experts in the art of making kids scream. And while doing so gives them a sense of a "job well done," it's especially satisfying to give the adults a jolt every now and then, too.

"Making the kids scream is pretty much a given," Patricia says. "When we can get an adult — and especially an adult dad — to scream and run out of the garage, that is the best."

What was that sound?

Dallas County Supervisor Mark Hanson is somewhat of a history buff, especially when it comes to the historic and ornate Dallas County Courthouse located on the square.

If there would be a good place for a ghost to hang out, it would be somewhere in the courthouse's thousands of square feet of rooms, nooks, crannies and even the famous clock tower.

While Hanson won't say for certain whether or not ghosts really do exist there, he has heard some stories that make him wonder.

"I've talked to some of the courthouse ladies who worked there 20 or 30 years ago who were there on a late election night and were the only ones around," he says. "They were on the second floor, and they claimed that they heard noises upstairs, and it scared them."

At that time, all four doors of the building had to be kept open. Even though it was late at night, anyone working the precincts needed to have access to the building to deliver the ballot bags. Literally anyone — or thing — could access the courthouse, unlike today, where a much more secure single entrance is used.

The sudden eerie sounds emanating from the floor above them made the women nervous enough that they would pair up and take a look around, Hanson says, just to make sure no one was there.

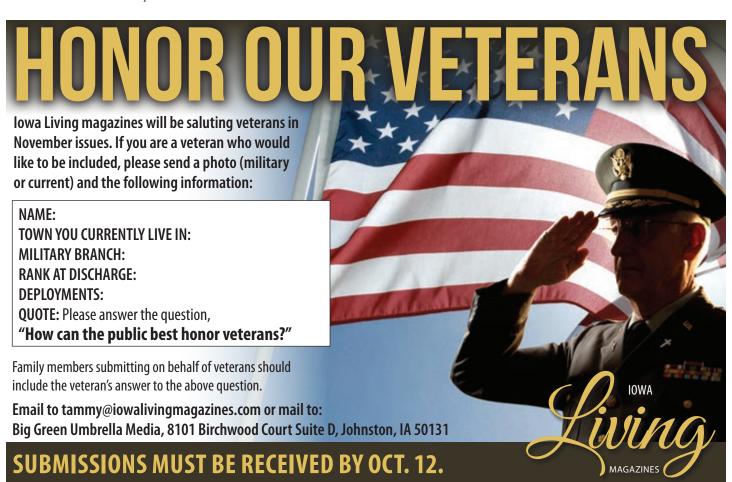
The clocktower at the apex of the building could be prime ghost territory, too, Hanson

"It's a 1903 building, and, during World War II, the citizens watch group would climb up into the tower and would write their names there," he says. "So, it's conceivable that some 'spirit' could occupy that space. No one really goes up there unless there's clock or bell repair that needs to be done."

At one point, a paranormal group wanted to set up their equipment and spend a night in the courthouse to see if they could detect anything, but it didn't happen. What did happen were the strange sounds like those from the lonely, dark election night.

"There were people in the building that night who heard it," Hanson says. "Whether it was the wind, or a tree branch, or who knows what, no one knows. There's plenty of attic space up there, so who is to say if someone who felt they were wronged by a court decision or something years ago came back to inhabit it. Who knows?"

No one. Part and parcel of some good oldfashioned Halloween fun.



UNPACKING unemployment

Updates you should know

Unemployment rates are always a concern for both national and state legislatures; however, those concerns reached new heights during the COVID-19 pandemic. Iowa, like much of the nation, saw a significant



increase in unemployment rates. While still lower than the national average of 11.1%, Iowa's average unemployment rate reached 7.1% in June 2020, according to Iowa Workforce Development.

While Iowa unemployment rates have since decreased to an average of 2.7% as of May 2022, the Iowa state legislature clearly felt the strain of COVID-19. In response to prolonged unemployment, which burdened state resources, the Iowa House and Senate passed House File 2355 in February 2022, a bill which included provisions to decrease unemployment benefits.

This bill was signed into law by Governor Kim Reynolds in June 2022.

The new law will affect all claims filed on or after July 3, 2022. Some notable changes enacted by the recently signed bill will include a 10-week decrease in unemployment benefits, from 26 weeks to 16 weeks, and require claimants to accept lower-paying jobs more quickly. The previous law did not require workers to accept less pay for a job until after their fifth week of unemployment, while the new law will reduce that time period to one week. This is because there are new requirements for what the state calls, "suitable work." As of July 3, 2022, a job will be considered "suitable" - and thus should be accepted by the unemployed person or they could lose their unemployment benefits - if the wages are offered at the following percentages and fall into the specified time period:

• If work is offered in the first week of the claim, a job that offers 100% of your previous

- If work is offered during the second and third week of the claim, a job that offers 90% of your previous wage
- If work is offered during the fourth and fifth week of the claim, a job that offers 80% of your previous wage
- If work is offered during the sixth through the eighth week of the claim, a job that offers 70% of your previous wage
- If work is offered after the eighth week of the claim, a job that offers 60% of your previous

Living through the COVID pandemic the last few years has led to many shifts in the law, with unemployment law being especially impacted. If you have questions about recent changes in your employment status or wish to know more about the changes in Iowa's unemployment law and how it may affect you, please contact an attorney in your area.

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

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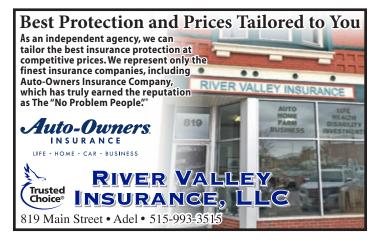
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HISTORY

LESTER C. CHANCE Water Fountain replacement

Editor's note: Larry Crannell and Jerry Bond presented the following information to the Adel Lions Club on June 1, 2022. Information was provided by their spouses, Linda Crannell and Pam Bond, grandchildren of Lester and Gladys Chance.

My presentation tonight is the result of the current condition of the water fountain that is sitting just east of the shelter that the Lions Club use for their meetings in Kinnick-Feller Park, formerly known as Riverside Park. This fountain was built in the mid-1960s as a memorial to Lester C. Chance as the result of contributions from friends who felt his name should always be part of Riverside Park where he spent many of his leisure hours. The fountain has Lester C. Chance's name engraved in a granite block that is embedded in the fountain. Chance was widely known and respected for his many years of work with the youth of the community, particularly in the field of baseball. Mr. Chance coached in the 1930s and 1940s for the Adel American Legion baseball team which received many high honors.

Because of the deteriorating condition of the fountain, two of Mr. Chance's grandchildren and their spouses decided they wanted to continue to honor their grandfather and the wishes of the individuals who originally built the fountain. They wanted to supply a new fountain that would be mobility accessible, friendly to young children, along with having a selfclosing side faucet.

The family met with the Adel Parks and Recreation Department and discussed the fountain and the family's investment and wishes in completing the project. The department was pleased with the proposal, which would not only honor history but add value to the park, and gave the permission to proceed. However, they said, with a new fountain, a new foundation and a sidewalk to the shelter would need to be built, and City officials said they did not have those funds in their budget to totally complete the project this year. They said they could have the fountain and sidewalk completed in June if they had the funds. Consequently, the family wanted to reach out to two prominent and respected organizations to ask if they could help in completing the project. The Adel American Legion Post has agreed to supply the pad for the fountain, and organizers are in hopes that another organization would be interested in supplying a sidewalk from the shelter to the fountain. This project would make a wonderful addition to this recreation area in the city park.

About Lester Chance

Lester Chance was born in 1892 and died in 1960. He attended Adel High School and was active in sports. He then attended Drake University where he also was on the football team. Lester worked for the U.S. Postal Service as a rural mail carrier. He was a veteran of World War I and was a member and a past commander of the Adel American Legion Post. He was a District Lecturer and Past Master of the Adel Masonic Lodge, Past Patron of the Eastern Star, and coached the Adel American Legion baseball team for several years in the 1930s and 1940s, culminating his career as coach of one of the teams that reached the state finals in 1949.

Most notable about Lester was that he coached two well-known young men, Nile Kinnick and Bob Feller, who played on his team for two successive years. Feller characterized Chance as a stocky man, a little on the plump side, with a friendly grin, a fine sense of humor and an easy laugh. When Lester passed away in 1960, his last request was that his ashes be spread on the Adel baseball diamond on a direct line from home plate to center field. His sons-in-law honored this request. Even in death, he wanted to remain close to baseball which had been a major part of his life.



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2022 Dallas County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Adel

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

Mail in this paper ballot or vote online at the link by scanning this QR code, by Dec. 9, 2022. One vote per resident, please.

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- 1. Favorite Dallas County Bakery
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- 5. Favorite Dallas County Bank
- 6. Favorite Dallas County Restaurant
- 7. Favorite Dallas County Hair Salon
- 8. Favorite Dallas County Gymnastics Studio
- 9. Favorite Dallas County Doctor (person)
- 10. Favorite Dallas County Dentist (person)
- 11. Favorite Dallas County Chiropractor (person)
- 12. Favorite Dallas County Eye Doctor (person)
- 13. Favorite Dallas County Veterinarian (person)
- 14. Favorite Dallas County Pastor (person)
- 15. Favorite Dallas County Health Club or Gym
- 16. Favorite Dallas County Boutique
- 17. Favorite Dallas Retail Store

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NATIONAL Cybersecurity **Awareness Month**

Each year, as technology progresses, so have the types of crimes committed by exploiting this technology we use every day. Hearing stories and reading articles about data breaches and new scams can make us feel like we are powerless against it, but there are all kinds of ways to keep our data protected, and it starts with practicing the basics of cybersecurity.



National Cybersecurity Awareness Month, observed in October, was created in 2004 as an effort to ensure Americans have the resources they need to stay safe and secure online. This year, the focus is on four key behaviors:

- 1. Enabling multi-factor authentication. Multi-factor authentication (aka MFA) works by adding an additional step to logging into an account. After entering your password, the second step provides an extra way of proving that you are you. MFA could entail entering a PIN, the answer to a security question, a code that was emailed or texted to your mobile device, a unique number generated by an authenticator app, a token, or a biometric identifier such as facial recognition or a fingerprint. Enabling MFA greatly increases the security of your account.
- 2. Using strong passwords. Passwords are your first line of defense against cybercriminals. When creating your passwords, no matter the account they're protecting, you should make them long, unique and
- **3. Updating software.** Be sure to keep your software updated, as these updates fix general software problems and provide important security patches to prevent criminals from accessing your information. This is one of the easiest ways to keep your information secure, especially when you select the automatic update option on your device.
- 4. Recognizing and reporting phishing. Phishing is when cybercriminals send emails, text messages or phone calls posing as a legitimate institution to lure us into revealing sensitive information such as usernames and passwords. Recognize phishing attempts by asking
 - Are you familiar with the company contacting you?
 - Does it include requests to send personal information?
 - Does it stress urgency or is it threatening or a strange request?

All of above are red flags and indicate phishing. In these cases, do not respond or click on any links and delete the email or text right away.

Your local bank takes the protection of your personal and financial information seriously and want to give you the resources you need to protect it. If you have any questions about security or issues related to your accounts, contact your banker.

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

RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeno bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off." They're perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit FreshCravings.com to find more homegate recipes worthy of the hall of fame.

Jalapeno bacon and salsa biscuit bites

Recipe courtesy of chef George Duran Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style
- nonstick cooking spray
- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



MEDICARE Annual Enrollment

Why you should revisit your plan each year

Medicare is not "set it and forget it" health insurance. You need to revisit your plan each year. A little work can save you money and prevent surprises when you visit the doctor or pick up a prescription. If your plan doesn't meet your needs, you can make changes during the Medicare Annual Enrollment period, which runs from Oct. 15 through Dec. 7.



Each year, you need to check on the three P's: providers, prescriptions and pharmacies to ensure your plan still covers your preferences. Why? Because insurance carriers frequently renegotiate provider contracts, which can change the terms of your supplement plan.

Start with your providers — these are your doctors and specialists. If they are no longer in-network, it might be time to switch to a different plan or provider.

As for prescriptions, I've heard horror stories about people going to the pharmacy to pick up medication and finding out that it's no longer covered or coverage has changed. The out-of-pocket costs can skyrocket.

Make sure your preferred pharmacy is still part of your network, too. I've run the numbers for the individuals and families we work with on this. In one scenario, we found that Meloxicam, an arthritis medicine, costs \$12 for a 90-day refill at an in-network pharmacy and \$1,117.80 at one that is not in-network. That is not the kind of surprise you want to get when you go to pick up your medicine.

Supplement plan changes can also impact your premiums, copays and deductibles, plus other benefits, like X-rays, prosthetic devices and physical therapy. Extra things like gym memberships, chiropractic visits, and meal deliveries are worth checking. These things often get added to — and dropped — from plans. During annual enrollment, you can switch to an Advantage Plan from a traditional Medigap supplement (like Plan F or Plan G). You can also move from one Advantage Plan to another or from one prescription drug plan to another.

Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Source: Medicare.gov.





EVENTS IN THE AREA

Be sure to check for cancelations

Preschool hosts grand opening

Raccoon River Preschool, 28059 Fairground Road, Adel, is holding a grand opening event Sunday, Oct. 9, 4-6 p.m. with a ribbon cutting at 4:30 p.m. Enjoy a dinner of pulled pork, hot dogs, sides, desserts and cider for a freewill donation. Fall games, hayrack rides and face painting will be offered.



'Not-Too-Scary' Halloween party

Oct. 26 from 5:30-7 p.m. Adel First Christian Church, corner of Highway 169 and **Rapids Street**

Adel First Christian Church invites local kids and families to a "Not-Too-Scary" Halloween party. Wear your costumes and trick-or-treat in haunted hallways, chow down "Halloweiners" and chips, play games, decorate a pumpkin/gourd, and listen to ghost stories. Goblins younger than 6 must be accompanied by an adult.

Coat Giveaway is Oct. 8

The Dallas County Coat Giveaway will be held Saturday, Oct. 8, from 9-11 a.m. at Adel First Christian Church, located at the corner of Highway 169 and Rapids Street. Available are new

winter coats in sizes infant to adult and a variety of hats and mittens. The Clothes Closet will be open with gently used clothing and shoes available in all sizes, as well as new underwear and socks. Everyone is welcome. Everything is free.



Third Monday Bingo

Enjoy Bingo on Monday, Oct. 17, 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.

Dallas County Conservation Board activities

To register for events, visit 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.

- High Trestle Hawk Watch: Saturday, Oct. 8, 10 a.m. to 4 p.m. Come to the High Trestle Trail Bridge overlook to join several "hawkers" as they watch raptors move south along the Des Moines River. They will be helping new and experienced birders identify the birds as they pass. Viewing will be on the west overlook on the Woodward side of the HTB. Parking is on the east side, off QF in Boone County. A half-mile walk on level ground is required. No registration required.
- Indigenous Peoples' Day: Sunday, Oct. 9, 1:30-3:30 p.m., Mounds at Kuehn Conservation Area, 32849 Houston Trail, Earlham. DCCB invites you to recognize National Indigenous Peoples' Day by volunteering to work at the burial mounds site at Kuehn. We will help to create a gathering site for celebrations and programming. Participants will assist in the mulching of the mounds trail, assembly of log bench seating, and removal of trees. The program will also include a presentation on the history of the mounds and the mound-builders culture that once called Kuehn home. Registration is required.
- 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 cancelation.

Parks & Recreation Activities

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

- First and Second Grade Basketball: Games will be held on Saturdays, Nov. 5, 12, 19 and Dec. 3, 10, 17. Practices will be held during the week in the evenings starting the week of Oct. 18. There are separate girls and boys divisions. Volunteer coaches are needed. Cost is \$60. Registration deadline is Oct. 7.
- Over 30 Men's Basketball League: Lace up your old sneakers and hit the hardwood. This is a call your own league. Participants will be divided into teams. Kurt Moyer will help facilitate the league, but registration is online at adel.activityreg.com. Fee is \$25 per person and includes a T-shirt. It is held at DAC Gym Sunday evenings, Nov. 6 to Jan. 29. Registration deadline is Oct. 21.
- Third through Sixth Grade Youth Basketball: South Central Sports is back for season No. 3. Both boys and girls youth basketball leagues are offered. Games are played on Saturdays in Adel, Winterset, Perry and Van Meter. Practices are held in the evening during the week beginning the week of Dec. 5. Volunteer coaches are needed. Cost is \$70. Games will be held Jan. 7, 14, 21, 28, and Feb. 4, 11. Registration deadline is Nov. 25.

www.iowalivingmagazines.com

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EVENTS IN THE AREA

Be sure to check for cancelations

Activities offered at 3rd Place

A variety of activities will be held at 3rd Place on the Square in Adel.

- Free Spanish/English conversation is held on Wednesday mornings at 3rd Place. Free ESL classes are from 8:30-9:15 a.m. and Spanish conversation from 9:15-10 a.m. Beginners to advanced levels are invited to practice and improve their fluency.
- Homeschool family hang out time at 3rd Place is on Thursdays from 8:30-11 a.m. Anyone who educates their children at home and would like to meet up with others are welcome.
- The Hangout is back at 3rd Place. Fifth through eighth graders are invited to hang out from 3:30-5:30 p.m. on Wednesdays. Chess, puzzles, board games, art supplies and space to work on group projects is provided. This weekly event is sponsored by Restoration Church and held at 3rd Place.

Truck or Treat

Saturday, Oct. 22, 9 a.m. to noon Waukee Family YMCA, 210 N. Warrior Lane

This event is free and family friendly; everyone is welcome. Fun for all ages is planned, including opportunities to take a peek, touch and explore local community and emergency vehicles and to trick or treat.



Costumes are encouraged. Food trucks will be onsite.

Raccoon River Rally

Saturday, Oct. 8 Raccoon River Park, 2500 Grand Ave., West Des Moines

The Second Annual Raccoon River Rally features The Nadas — Iowa's signature alt-rock-country band at 3 p.m. Prior to that concert, at 11 a.m., Stranger Than Fiction, an Ames-based folk-rock band will kick off the live music. This regional fall festival celebrates West Des Moines' community and outdoor recreation. Attractions for the event include a morning bike ride, live music, cardboard boat races, fun zone, food trucks, beverage tent featuring local craft beer, and business expo featuring WDM businesses and organizations.

ClearJoy Music: An Evening of Celtic Music

Oct. 22, 7 p.m. Windsor Presbyterian Church, 6301 University Ave., Windsor Heights

Crossroads of Iowa presents this fundraising concert. Admission is free, but a freewill donation will be used to support programming related to providing safe housing for women. During the Celtic Concert, the sewing group at Trinity Presbyterian Church, Indianola, is providing a display of comforters. Their comforters go all over the country and world for people in need.



Great Iowa Pet Expo

Saturday, Oct. 15, 10 a.m. to 6 p.m. Sunday, Oct. 16, 10 a.m. to 4 p.m. Iowa State Fair 4-H Building, 3000 E. Grand Ave., Des Moines

The Great Iowa Pet Expo showcases new and unique products and services for pets and offers entertainment, fun contests with free participation, and educational sessions ranging from dog training to health and grooming to nutrition and pressing legislative issues. Admission is \$11 for adults, \$8 for ages 65 and older, and \$6 for military members with ID and kids ages 6-12. Free for kids 5 and younger.



Holiday Market

Nov. 5, 9 a.m. to 3 p.m. Edgewater, 9225 Cascade Ave., West Des Moines

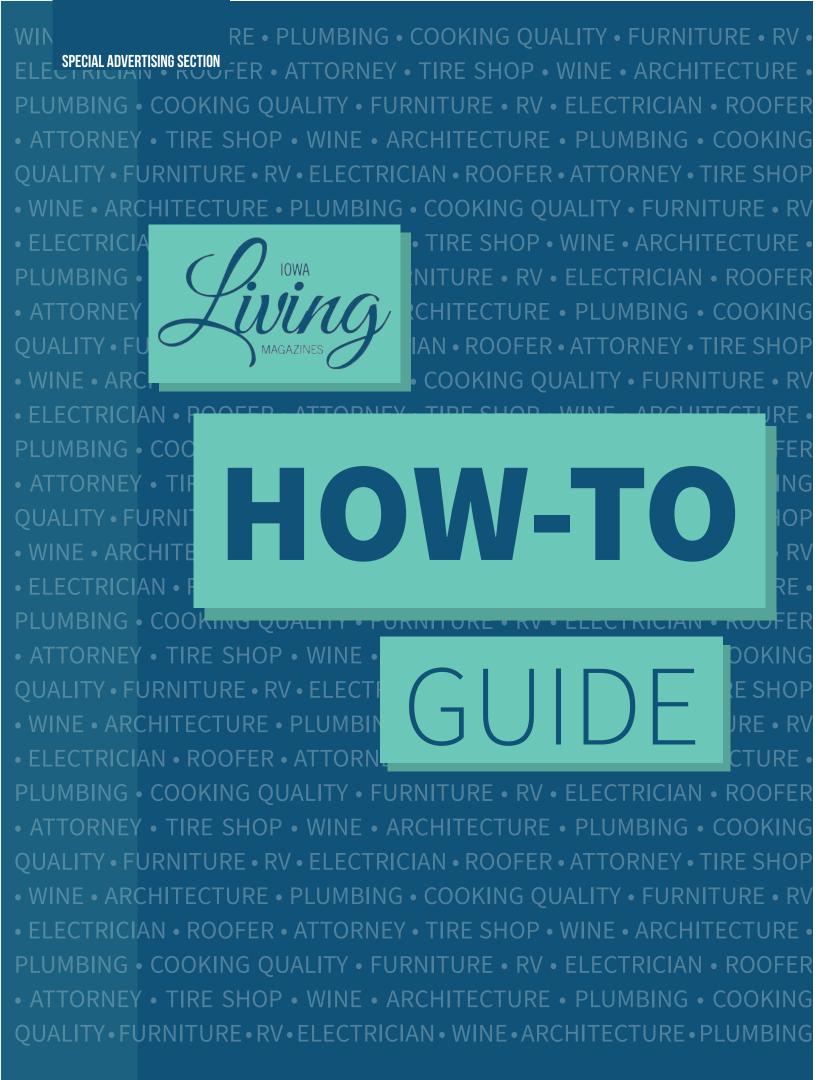
Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists. ■

Veterans Day program

Friday, Nov. 11, 9 a.m. McLaren's Resthaven Chapel, 801 19th St., West Des Moines

All members of the community and local VFW organizations are invited to attend this joint service to honor veterans. The opening ceremony, "Remembering Our Veterans," will begin at 9 a.m. The ceremony will include keynote speaker Capt. Daniel J. Gannon, United States Marine Corps; the presentation of colors by American Legion Highland Park Post 374; a firing detail from American Legion Hispanic Post 731, West Des Moines V.F.W. Post 879; invocation and benediction by Chaplain Jason Pool; and music by Jackie Schmillen. Refreshments will be served following the ceremony.





HOW TO CHOOSE AN INTERNET SERVICE PROVIDER

We're a digitally connected society, so internet service is vital to everyday life. But choosing the right provider can be confusing. Wading through the prices, packages, bandwidth and installation can be tough to find the right speed and plan.

While some communities have little choice in providers, others have many. Either way, it's good to know the basics before you buy. Making the wrong choice can mean the difference between satisfaction and frustration.

Whether you are moving into a new home or dissatisfied with your current service, keep in mind these factors when choosing an Internet service provider.

Cost is an important consideration when selecting a provider. Most companies charge in monthly increments, so decide what price range best fits your budget.

Faster service will cost more money. Compare prices from several different

providers to get the best deal.

You should know the upload and download speeds for each price point.

TYPE OF CONNECTION

Types of connections play an important role in selecting an internet service provider.

Broadband connections are the most popular types of connectivity. It allows you to receive high-speed service by using a modem, mobile phone or a coaxial cable.

Satellite and fiber optic connections are also making headway in some cities.

DSL is another kind of connection that uses a landline phone.

PURPOSE OF CONNECTION

Make a list of what you need to accomplish on the internet.

Do you want to stream movies, study online or telecommute? Or do you simply want access to email or basic websites?

Determining the purpose of your connection will prevent you from being disappointed in the service or your bill. A professional in the industry should assist you in determining the best connection and speed to meet your needs.

CUSTOMER SERVICE

Last but not least in your choice is customer

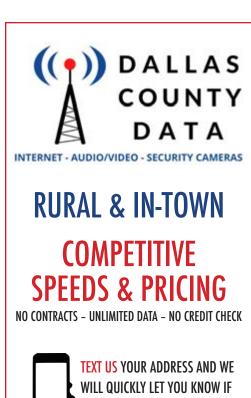
Read reviews of each company. Find out how long each company keeps their customers on hold.

Also, look at how many outages they have. Does the company fix problems on a timely basis? How do they handle defective equipment?

Studying each company will ensure that you will have no surprises.

Once you have conducted the proper research, you will have a better idea of which company will meet your needs.

If possible, sign up for a provider on a trial basis. If you are unsatisfied with the service, connection or products, you can cancel it without paying a penalty. ■



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HOW TO CHOOSE AN AUTO REPAIR SHOP

A reality of auto ownership is that, at some point, the vehicle will need repairs and upkeep. Some car owners may naturally gravitate toward their dealers to follow scheduled maintenance to keep their vehicle in top shape. Older cars will likely need more attention. That's why it pays to develop a relationship with a qualified, reliable and professional auto repair shop.

Developing a relationship with a knowledgable mechanic or auto repair shop early on in your vehicle's life can prove invaluable. Talented, honest mechanics can extend the life of your car and help you avoid costly repairs. And if the unexpected occurs — an accident or a major malfunction — that relationship can be the difference between hundreds and thousands of dollars.

Even if your car is new, at some point it will need tires, oil changes or even a new engine. If you have a relationship with a

good auto repair shop, you won't sweat it when these things come up.

If you haven't had a regular mechanic is recent years, now is the time to find one. Here are a few points to consider:

- Find a shop that gets rave reviews from family and friends, and you'll be in good hands.
- The Better Business Bureau can inform you about the repair shop's performance and reliability.
- Ask about the shop's range of services. They will need the latest technology to diagnose problems with newer cars. For example, can your prospective shop handle brake systems, electrical components and warranty repairs? Does the shop provide a loaner, rental car or shuttle service while your car is being repaired?
- Look for brand names and proper certification. Does the auto repair shop

use brand-name parts? These parts are engineered to meet the manufacturer's specifications and will likely come with a warranty. Shops may use remade or generic brands which your insurance policy may not cover, so be sure to check.

- Compare the services and fees of each shop in the area to find out the average price ranges.
- · Don't pick a shop based on cost; poor repair work will mean higher costs in the long run. You'll also want to ask about the shop's warranty policy. Imagine spending hundreds on a repair only to learn the work isn't guaranteed.

Once you have found a shop you trust, establish a good working relationship and try to use the shop for all of your automotive needs. Your mechanic will come to know you as a dependable customer and will provide you with the highest level of service. ■



HOW TO SELL YOUR HOME FAST

Everyone with a home on the market wants their property to sell fast and for the highest price possible. It not only means money in your pocket, but also speeds up the move into your new home — not to mention the relief of not having to keep your place in tip-top shape every day.

However, the quick sale doesn't always happen due to timing, market fluctuations and the condition and attractiveness of your home.

But there are some time-tested steps you can take that will make it much easier to see a "sold" sign in your front yard quickly.

Pricing: The most important step is to price your home correctly at the outset. Price it too low, and you'll leave money on the table. Price it too high, though, and your home will take longer to sell.

To hit the pricing bull's eye, you've got to know what is comparable in your market.

An appraiser can pull data about recent comps, typically from the last six months, for sales of homes that are similar to yours.

The closer your price is to homes that are actually selling, the more likely you are to get a quick sale.

Staging: Staging your home is sometimes thought of as an elaborate process that involves redecorating and renting beautiful furniture to make your interior look its best, but it doesn't always have to be that intense.

Staging is about presenting your home in the most appealing way possible. The goal is to get buyers to imagine putting their own things in your home, so basic steps like clearing out clutter and removing your personal photos can help their imagination go to work.

Photography: For most buyers, the first impression of your house won't be made in person. It will be made through photos of

your home they see online or in print ads.

That's why it's critical to have good, quality photographs of your home.

In some markets, that might mean having a professional photographer shoot images of your home when it's staged at its best.

The more clear, well-lit pictures that show off the beauty and features of your home, the more buyers are likely to take the next step and schedule a showing.

Fix it up: Finally, you have to pay attention to details to make sure your home is in top shape cosmetically.

You'll want to make sure the gardens, flower beds and other landscaping are neat, clean and free of weeds. You should also make a checklist of simple handyman tasks to complete, like replacing burned-out light bulbs, making sure doors and hinges shut properly, and removing stains from your carpet.



HOW TO CHOOSE FARM EQUIPMENT

Owning a farm or acreage comes with huge responsibilities, not the least of which is upkeep and maintenance. Fields require mowing, fences fixing and large piles moving and disposing. Choosing the right tractors and farm equipment can make these duties less of a chore.

That's why you want to make sure you're getting the highest quality bang for your buck when purchasing tractors and other farm equipment. You want to get a good deal, but remember that cheaper isn't always better. After all, you're making an investment in a valuable asset you'll be using around the farm for decades to come.

Here are a few keys to consider.

Durability: Tractors are engineered to do a very specific task, and their longevity and durability usually — but not always will vary with the cost.

That's why it's important to find the right tractor to fit the job you're doing. Buying equipment that isn't built to last will end up costing you more in the long run.

The brand's reputation should factor into your decision. Visiting a retail location and talking to knowledgeable salespeople will also help you narrow down your choices.

Keep in mind that, while there are plenty of low-end, affordable tractors out there, few have a reputation for durability over the long haul. It's more economical in the long run to choose a well-built model from a reputable manufacturer.

The Right Fit: Tractors and farm equipment come in a wide range of capabilities and price points, from affordable models designed for home use to multimillion-dollar, state-of-the-art automated machines. In between those extremes, you'll find a vast mixture of features and capability.

You can select the right model by asking yourself how you'll use the equipment. The size of your farm or acreage is important, of course. Bigger farms need larger, more capable equipment to operate at the

highest level of efficiency.

Remember, too, that when you buy a tractor, you're committing yourself to a whole line of equipment. Most of today's tractors are designed as flexible platforms that can be used for all kinds of jobs, so check on the accessories and tools that are available with each model, even if you don't plan on purchasing them yet. You may appreciate the choices in the future.

The Dealer: Finally, finding a good farm equipment dealer is an essential part of the shopping process.

Look for an experienced retailer with a long track record of happy customers. The best ones will have lots of positive references in the local farming community, so just ask around for which farm stores people in your area trust.

The best retailers will be interested in building a relationship with you for the long term. You can count on them to deliver great service before and, more importantly, long after the sale is complete. ■



HOW TO CHOOSE THE BEST DAYCARE

Choosing the best care for your child away from home involves many important considerations. Chief among them, according to the American Academy of Pediatrics, is the effect on a growing child.

All of a child's early experiences, whether at home, in child care or in other preschool settings are educational, the AAP reports. When that care is consistent, supportive and geared to the child's age, development and temperament, the association says, it increases the chances for a positive effect on children and families.

Here are a few things to consider:

Staff: The quality of a daycare rests on its employees. The staff must be reliable and responsible. Request information on background checks of the staff. Ask about the ratio of caregivers to children. Adults cannot do their jobs effectively if they have to care for 30 children at once with no extra assistance.

Good hygiene habits are a must:

Sickness is easily spread among children and adults at a daycare. What types of hygiene and protocol do they have and use when dealing with germs or sick children?

Observe how the employees interact with children. They should communicate well and like kids. The best daycare employees do not play favorites. They spend equal time with everyone and make every child feel important.

Facility: The facility should be in a safe and inviting environment. It should have bright colors and fun decor. The lighting needs to be adequate. Inspect the bathrooms, dining areas and nap rooms. Everything should be decorated with children in mind.

Look outside at the play areas. Are they well-maintained? Is there plenty of room for children to run around? Is the play equipment safe?

Every area should be designed with safety in mind. Look for locks on doors, sharp edges and dangerous objects that might be in a child's reach.

Entertainment and activities: No child should be bored at a daycare.
High-quality daycares offer activities to keep your child occupied throughout the day. Make sure they don't only offer fun activities — it should be a learning center as well. A center that incorporates fun into learning is the best type of daycare.

Ask the director what kinds of activities are available for children. It should be a mixture of free play and structured activities. Crafts, music, stories and ageappropriate lessons will help your child grow.

Selecting a daycare is an important decision. Look at each option thoroughly before making a final decision. ■



HOW TO CHOOSE A TREE SERVICE

Trimming or removing trees from your property is difficult work, not something you'd want to attempt yourself. Making sure your trees are healthy while avoiding property damage requires employing a professional tree service.

Follow these tips to find a qualified, professional tree service in your area:

- Ask friends, family and neighbors. You may know someone who has used a tree service in the past. They can tell you who does the best work.
- · Contact at least three tree services. Inform them of the situation and request a site inspection. It gives you the opportunity to ask about issues and get a feel for the experience and expertise of each company. Take notes so you can compare your results afterward.
- Find out how long each company has been in business, their experiences, references and whether they are licensed and insured. Check with the Better Business Bureau for outstanding

complaints. Even reliable companies may have a few problems. It is how they resolve the issue that counts.

- Request estimates. These figures can vary widely. Some companies are better equipped for certain jobs, so they can offer more competitive pricing. Other companies are slow or may be trying to "fill-in" appointment slots with smaller jobs just to keep their crews busy. Don't choose a company strictly by cost. Tree work is dangerous. Proper equipment, well-trained employees and insurance create high operating costs. It is worth paying more for peace of mind and excellent service.
- · Look at a copy of their insurance policy. Coverage should include personal liability, property damage coverage, workers' compensation and damaged vehicles or home coverage.
- Inspect their previous work by looking at their portfolio. Each tree service company has a work style. Verify

that it suits your needs. Photos of past work might also be on their website.

- Get a detailed written estimate of any work to be performed before signing a contract. Responsible companies will provide detailed descriptions, along with the time and cost for your records. This estimate should also offer information about cleanup expectations. Are logs to be cut up or left for firewood? Will the company haul everything away or leave it for you to manage? Will leaves and twigs be raked up or run through a chipper? If they are removing an entire tree, what will happen to the stump?
- Verify the workers wear property safety gear. They should be wearing helmets at all times. In addition, they should use face shields or protective glasses and steel-toe boots. The person who climbs the tree should have arborist climbing ropes, specialized safety and climbing gear, the proper saddle, helmet and safety glasses. ■



HOW TO CHOOSE A CHILDREN'S FITNESS CENTER

Younger children love to be outdoors and physically active. But, as they grow older, other activities replace and sometimes act as deterrents to their physical wellbeing. School, socializing, phones, TV and video games all conspire to eat up a child's day and upset the balance.

Providing that balance is key to kids growing up happy, healthy and welladjusted. And parents should provide that encouragement, because developing a healthy active lifestyle early on can lead to a lifetime of good health.

Unfortunately, parents are busier than ever before, so they may need a little help encouraging activity. Finding a good fitness center that works with children is a smart option. When the kids attend regular fitness sessions with peers, they'll find opportunities for exercise ranging from tumbling, gymnastics and cheerleading to parkour and pre-school fitness.

A good health center will also help your child explore a variety of equipment and

exercise regimens, learning how to take care of their bodies in safe and comfortable environments and under the watchful eye of trainers experienced in working with children. Support and camaraderie from coaches and peers at the health center can also be a big plus. Learning how important it is to be active, to manage nutrition and the best ways to be physically and mentally fit will help your child grow into a successful adult.

Here are some criteria to consider if you think your child could benefit from attending a fitness center.

Coaches and trainers: Coaches and trainers will be a child's mentors. And fitness center staff will ultimately affect how enthusiastic your child is about working out. Make spontaneous visits to fitness centers you are considering to observe staff and available activities at different times of day. Centers will prefer appointments, but any that do not allow unplanned visits should not be considered. Family should be allowed to visit, watch sessions and get a general idea of the center's operations.

Environment: Here are some questions you should ask yourself when you visit a center: Is the fitness center's equipment age-appropriate? While there may be private and group training, what is the ratio of staff to child? Is the fitness center generalized or do they lean toward specific categories of training? Does equipment look well cared for? Are areas clean and maintained? Are mats and padding frayed or flat and unsafe? Are bathrooms clean and well lit? Only parental vigilance can ensure a child walks into a safe and healthy fitness environment.

Other factors include variety of classes and programs, class sizes, location, costs, and if the fitness center has associations with local schools. But don't ignore your instincts. You know your child and, whether it's through referral or research, only you can find the best fit. ■



HOW TO CHOOSE A ROOFER

Notice a leak when it rains? Or perhaps you've seen a stray shingle on the ground near your home. Stepping back to inspect your roof, you might notice even more damage or erosion.

If even just one of these issues is true - or maybe you just want to update and improve the look of your home — it's time to hire a professional roofer for your home's first line of defense against the elements.

Putting a new roof on your home can significantly increase its value. So, it is essential that you pick the right contractor to do this job.

Your first step in finding a reliable roofer is to ask your family, friends and neighbors if they have recommendations or referrals from work they have had done.

You can also look on the internet for roofing contractors in your area. Some websites offer lists of professionals, along with reviews of their work.

Personal recommendations will give you the best information. Be sure to focus on

the quality of work as well as the cleanup process. You don't want scraps of shingles and nails left over after the contractors have gone home. Don't hire professionals who leave debris after they are gone.

Pick someone you connect with and trust. Some contractors travel the country looking for work. If you hire one of them, they may not be able to provide realistic guarantees for their work. After all, they may be on the other side of the country if you begin to experience problems with their

Once you have contact information for several roofing contractors, call them. Inquire about the company's background and how long they have been in business. Generally, a good roofer should offer a material and workmanship warranty.

Be sure to ask questions about time frames and estimates. You should always get a written estimate before proceeding with any work. Communicating with the contractor will let them know that you will be taking a hands-on approach to your

Find out if the roofer's product recommends what they will do if they find damaged decking and when they might be available to start. You should also ask about the warranty and whether you can have it confirmed in writing.

Every professional who works on your property should be licensed and insured. Insurance is particularly important for roofing contractors. They should be able to cover any damages they might cause to your property. It is also essential that workers are covered under their insurance as well, in the event someone is injured during the job.

Before work commences, you should receive a written contract from the roofer. Read it over carefully. It will state the type of materials to be used, what the work will entail and the final cost.

Following these tips will help you find the best roofing contractor in your community.



HOW TO CHOOSE A VENUE

An important event is coming up that requires large space, food and entertainment options. It might be just a party, or a wedding reception or business function. Whatever the function, planning for success means choosing the right venue, a task often left to the last minute.

Here are some things to think about if you're considering finding an event venue.

Less Stress: Event planning is stressful. You will need a venue that lowers your anxiety level before and during the event.

This is especially true of weddings. Whether you or a friend is getting married, you will need an experienced venue staff. The employees should treat you and your guests with respect and grace.

Venues can be very helpful with event planning. Top-quality venues regularly do business with many vendors. They can give you advice on finding other vendors in your area. They might be able to assist

you in the planning phase, which can help you relax as you plan for the big day.

Call the Shots: On the other hand, you should control the entire process. Be sure the details are meeting your expectations. You need people who will work with you, not people who only consider what is easiest for them.

The theme, style and decor of the event should be your choice. Leave the smaller details the venue's staff and management. Doing so will free you to focus on more important aspects of the occasion.

SERVICES

Every venue is different when it comes to services. Some places offer hardly any services, while others help you set up and clean up. Placing tables and chairs is timeconsuming. Taking down decorations and equipment afterward can put a sour ending on a fabulous day.

Read your contract carefully. Unless

you are on a very tight budget, look for a full-service venue that will set up and tear down as part of their pricing package.

TECHNICAL NEEDS

Your event might require special technical

For example, sound and lighting is vital for a musical event. The venue should have the right electrical and audio connections, as well as places to route and hide cables safely.

Weddings can also be a technical challenge. The band or DJ will need to have clear sound and a dance floor. Wedding photographers might have preferences about where backdrops and special lighting will be placed.

The best venues can help you have a successful, stress-free event. Finding the right place to experience your special occasion will be memorable for you and your guests. ■



WE CAN ACCOMODATE ALL ASPECTS OF YOUR CELEBRATION.

HOW TO CHOOSE RENTAL EQUIPMENT

Rental equipment plays a key role in construction projects. That's because even the biggest builders don't have the resources to buy, transport and store every piece of equipment they need. Renting tools for the job is the most efficient way to complete most building projects.

Why is that? Because you can quickly access the perfect equipment to do the job while only paying for the time you're actually using it.

THE RIGHT EQUIPMENT

Always use the right tool for the job. That's one of the first lessons professionals learn in construction, and a good rental company can deliver precisely the right tools to the

A solid rental company will not only have a wide selection of products — from heavy machinery to smaller but important items like traffic cones and barriers — but they also will have expert employees who know the construction industry inside and out.

They also will be able to provide the accessories that can customize the equipment for your needs. Having the correct blades, bits and add-ons can make a major difference in how the equipment works.

SERVICE AND DELIVERY

Hard-working equipment can break down. It's a fact of life, as even the most wellbuilt mechanical devices will still need maintenance and repairs.

You should know up front how the maintenance needs will be handled, especially for long-term projects where the chances of equipment needing to be fixed or replaced goes up substantially.

The best rental companies want to keep their equipment clean and in top shape for both current and future renters. Keep that in mind as you shop for vendors.

Find out about the company's delivery policy, too. Make sure you ask about delivery fees — including extra charges for nights and weekends.

CLEAR BILLS

Like any good service provider, your bills for renting equipment should be easy to understand. The total cost for the rental period, along with any other fees — including delivery and pickup, if needed — should be clearly spelled out in your agreement.

Before you sign the rental agreement, make sure you understand the details about any costs that could be added for damaged equipment.

REPUTATION

Finally, the rental company should have a strong reputation in your industry. The best rental equipment providers will have a long track record of providing good service in your area. They should have lots of satisfied clients and leave a positive impression with the people who have rented from them in the past.

If you can find a company with all these highlights, you've found a rental company worth sticking with for the long haul. ■



www.raccoonriverrental.com

HOW TO CHOOSE A KITCHEN REMODELING COMPANY

Families spend a lot of time in their kitchens — and not simply to eat. It's often the prime entertaining and gathering space. An outdated kitchen can make cooking and gathering less fun for friends and family and make cooking a chore rather than an exciting experience.

Kitchen remodeling is the No. 1 project for many homeowners, but many delay it because the process can seem so expensive and daunting. But hiring an experienced, qualified contractor can spare kitchen nightmares and bring your design dreams to life.

Here's some factors to consider when hiring a kitchen remodeling company.

Contacting kitchen remodeling companies in your community to get a rough idea about cost and scope of the project you have in mind is a good place to start. Your local home improvement store might have information for licensed contractors in the area.

Once you have compiled a list of

professionals, ask them for quotes. They will likely have to visit your home to look at the room. Estimates should be based on the total work that needs to be done.

If you find someone who hesitates to give you a quote in writing, cross them off your list and look for someone who is more forthcoming.

Another aspect of any estimate will be time. Ask each contractor about the time it will take to complete the project. All professionals should be able to finish the project in roughly the same amount of time. If there are any contractors that vary greatly from the average time frame, you should ask them why they differ so greatly.

After narrowing down your list, check each individual's or company's references to ensure their reputation.

If anyone is unable to provide you with references or contact information, you might want to reconsider using them.

Once you have decided on a licensed contractor or kitchen remodeling company,

ask to view the contract. This document should specify any task involved in the project, including its cost and time for completion.

Before signing, request proof of the individual or company's licensure. Be sure that they have current accident insurance coverage. If they do not, you might be liable for any accidents that occur on your property.

When sub-contractors are used, they should be under the umbrella of the head contracting company. If not, separate written contracts may be necessary. Review each sub-contractor just as you would the head contractor: check references, licensure and insurance coverage.

Choosing the people who will remodel your kitchen is an important decision. Finding someone who will stay within a budget and complete the job in a timely manner will go a long way toward giving you satisfaction with the end result.

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WELLNESS By Lacie Navin

HOW CAN you spot good (or bad) CBD?

We've all run across a CBD ad when scrolling on Facebook, at the grocery store or reading a magazine. How do you know if it's a good product, brand, or worth the purchase? This industry has no regulation by the FDA, so the consumer is really left to vet these brands and what they're selling.

Things to look out for:

- No third party testing? Steer clear. This industry is built on labs. The scrutiny and sensitivity put into extraction, manufacturing and quality control ensure a good product. Labs prove purity, presence of cannabinoids (CBD, THC, etc.) and multiple sources checking for anything harmful or misrepresented.
- Price point. A good rule of thumb is, if it seems too good to be true, it probably is. If your product costs far less than a more reputable brand, odds are, it has zero cannabinoids and very little (or no) type of quality control.
- No license to sell. Any person or retailer selling you a CBD product should have a Hemp Retailers license in clear view. This is a green certificate issued by the Department of Inspections & Appeals.

We always recommend a place you can go speak to a person. If shopping online is your only bet, look for labs and read reviews.

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



EDUCATION By T.K. West

FFA qualifies for national contest

ADM chapter returns to National Land & Range Judging Contest.

2022 marked the second time that the Adel-DeSoto-Minburn FFA chapter has qualified for the National Land & Range Judging Contest. This contest is typically held annually



during the first week of May. In order to qualify for the event, participating FFA chapters must first place in the top five of their respective state's Soils Evaluation Career Development Events.

During the contest, participants evaluate four soil pit sites on the soil's slope, texture, structure, permeability and land classification. In addition, the team also recommends various vegetative, mechanical or soil amendments for the pit site. Team members Dustin Barker, Rebecca Beaman and Mitchell Helm placed fourth in Iowa's contest on Oct. 9, 2021, and has recently placed 39th out of more than 100 teams at the national contest this year. Barker was also the eighth overall individual.

"Hands down, the agriculture students/FFA members are some of the hardest working, committed and passionate young students at ADM. I enjoy getting to know them and their families and helping them pursue their future careers in agriculture," says Adel-DeSoto Minburn High School Agriculture Educator and FFA Advisor McKenzie Gettler.

Adel-DeSoto-Minburn created its agriculture program and FFA chapter in 2015. Prior to that, students traveled to Earlham High School if they were interested in taking agricultural courses. The program is open to students interested in a variety of subjects including agribusiness, ag communications, animal science, natural resources, plant systems, ag mechanics and more. To become an ADM FFA member, students just need to take an agricultural class at the high school.

"FFA is a leadership organization so our chapter members work on developing skills in things like public speaking, parliamentary procedure, record keeping, etc. within the context of agriculture — all skills that would greatly benefit all students at ADM," Gettler said.

This school year, Gettler is not only looking forward to starting FFA activities but also prepping for contests such as Meats Evaluation, Livestock Evaluation and Soils Evaluation that will be held this fall. The group will also have more rounds of speaking and skills contests throughout the early spring. For the 2022-2023 school year, the ADM chapter is predicted to have more than 100 in-school FFA members.





UPCOMING CITY COUNCIL MEETINGS

• Tuesday, October 11th, 2022 at 6pm

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

REMINDERS & CLOSURES:

- Adel City Hall will be closed to the public on Monday, October 10th.
- Yard Waste Pickup started Tuesday, April 5th and will continue every Tuesday through mid-November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer that 4 ft.

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? Public Works

Superintendent in Adel, Public Works

How long have you been working

for City of Adel? I started working

for Adel in '85 then went to De Soto from '04-'07 then back to Adel 15

years as Public Works Director, but

What is your past work

experience? Wastewater

Director in De Soto

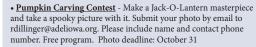
34 years total.

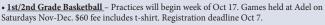
Director

PARKS & RECREATION ACTIVITES:

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







- <u>3rd-6th Grade Basketball</u> Practices will begin week of Dec 5. Games held in Adel and other area towns on Saturdays Jan 7-Feb 18. \$70 fee includes t-shirt. Registration deadline Nov 25.
- Open Gym Recreational open gym time at the ADM District Administration Center Gym. 9-11am Monday, Wednesday, Friday, November - March
- <u>Thanksgiving Free-Throw Turkey Toss</u> Each team must consist of one parent and one child from the same family. Teams will shoot 30 free throws (15 per person) from the free throw line. Competition divided up into 5 age divisions. The winning teams receive a gift certificate for a free turkey! Held at the District Administration Center Gym on November 19 at 2:00 pm. Free drop in program.

POLICE NEWS:

Please welcome Officer Jay Carstens to the

Adel Police Department as he took his Oath of Office during the September 13th, 2022 City Council Meeting. Congratulations to Officer Carstens and

thank you for your service to the City of Adel!

TIME CAPSULE: **OCTOBER 9TH AT 2:00 PM**

(• D • E • I

As Adel continues to celebrate its demi semi sept centennial (175th birthday), the Historic Preservation Commission is collecting items to be placed in an 100-year time capsule to be buried in the southwest corner of Kinnick Feller Park in a presentation led by Mayor Peter on October 9th at 2:00 p.m. Boxes labeled "Time Capsule" are located at City Hall and the Adel Library where citizens and businesses are encouraged to bring items to be included in the capsule that reflect what life is like in Adel in 2022. For a list of suggested items please contact City Hall.



BEGGARS NIGHT 2022:

Thank you to all the residents that participated in the poll to help the City decide what date to hold the annual Beggars Night. Based on the community's responses, Beggars Night 2022 will be held on **Sunday**, **October 30th from 6:00–8:00 p.m**.

OUTSIDE DEDUCT METERS:

All outside deduct meters MUST be brought into City Hall during the month of October for the annual read to receive a credit.

Any meters not read in the month of October will not receive a credit and will be considered discontinued.

HOME FOOTBALL GAMES: During Friday Night Home

Football games, fireworks will be let off as ADM Tigers celebrate victories.



What are you excited about for your department's future plans? The new water treatment plant and the new wastewater treatment plant coming online. I'm also excited to be fully staffed with a group of young, knowledgeable hard workers. I enjoy working with the whole City of Adel team.

KIP OVERTON

What is a hobby you enjoy? Hunting, fishing, training my hunting pup, and becoming a new Grandpa soon!

Anything else Adel should know about you? I'm a Hawkeye fan who's lived in Adel since 1985. I had two children graduate from ADM and my wife and I are enjoying being part of Adel's growth.

PAPERLESS BILLING & AUTOMATIC PAYMENTS

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

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**

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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

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Ankeny Sanitation 515-964-5229

S. Dallas Co. Landfill 515-993-3148

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www.adeliowa.org







'SWEET HOME' Adel

Perrys return to Adel and make a difference.

Just like the Lynyrd Skynyrd song about Alabama, two homegrown ADM alumni who have spent most of their adult lives away from Adel, decided, when the opportunity came, they were coming home — to Adel. Bret and Jessie Perry returned to Adel permanently about two years ago and are glad to raise their four children where they both grew up.

"I'm very proud of my native roots in Adel," says Jessie, "and I enjoy sharing my passion for our community with long-time residents, as well as new families that have moved to our town. I feel that we have something special here in the ADM community, and, the more I share my excitement about Adel, the better."

Jessie, who is now a sixth-grade English/ language arts and social studies teacher for the ADM School District, is fulfilling a life-long dream to teach in the community.

"I was inspired by my first-grade teacher, who was Miss Nuss, at that time," says Jessie. "She is teaching kindergarten today, only she is now Mrs. Erica Lippincott. I am very proud and honored to be an educator in our school district and to teach with Erica. I hope to leave a lifelong impact on my students, as Miss Nuss did on me. Teaching 'fills my bucket!' "

Jessie is the daughter of Scott and Sharon Prunty. Sharon has run a day care and preschool at the intersection of Highway 6 and P58 for more than 30 years. Jessie had decided initially on business as her major at Simpson, but, as she and Bret traveled the world, her job experiences pushed her back toward her first love, teaching. She earned a second bachelor's degree from



Upper Iowa University, with intermittent moves, while managing three children, with help from her mom and a goal in her heart.

Bret is a part of the Harvey family and was raised in De Soto since second grade. His mother is Terri Lightly, who lives near Mason City. Bret joined the Army Airborne in 2006, and after a tour in Afghanistan, being stationed in South Carolina, Washington State, and stints in Adel and Cedar Rapids, he is the First Sergeant (E8) in charge of recruitment for the Army and Reserve Army in Central Iowa. The Perrys have recently expanded their original acreage on Panther Creek Road that they bought in 2013, with their dream of returning to their hometown to raise Haley, 15; Cole, 11; Rilyn, 9; and Lane, 5.

Jessie's volunteer projects center on the school district and children. Last year, she was in charge of organizing the De Soto Intermediate Veterans' Day celebration, and she plans on working on it again. It is a perfect blend of her knowledge and allegiance to the military and the importance of helping children recognize the role and to honor the military personnel and families among us.

She is on the ADM Alumni Board and is currently helping Mayor Jim Peters add to the



Dylan Book, owner of BigDeal Car Care, presents a Good Neighbor certificate to Jessie

list and recognition of Adel and Adel-DeSoto alumni who were also WWII veterans.

"This is a work in progress, so if anyone has a suggestion of a name, please contact Jim or I," says Jessie. "I look forward to getting more involved in volunteering with veterans, especially with the Iowa Veterans Cemetery so close. I hope to help lay wreaths on graves this winter."

While growing up near Adel, Jessie was involved in 4-H with her horses and child development projects.

"When we were in South Carolina and during one of our Iowa assignments, I helped with Clover Kids," says Jessie, "and I plan to be a co-leader for Dallas County Aggies Clover Kids group in the near future. I also was involved with coaching soccer in Washington State and may help in that area here, too." ■

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



A WALL of remembrance

Minburn's Freedom Park pays tribute to all Dallas County veterans.



From left: Paul Snyder, Sharon Luellen, Carolyn Snyder, Craig Van Cleve, Judy Schultze, Margie Kenyon and Don Richardson.

Minburn, one of the smaller towns in Iowa, with a population of approximately 400 people, has one of the strongest groups of patriotic people with a mission. This group of people includes the American Legion Post 99 of Minburn, the City Council, and a wide group of involved citizens who have helped with fundraising and donations to develop Freedom Park in honor of all Dallas County veterans.

"Freedom Park is an opportunity for families to honor those who have served and memorialize those who died in service to our country," says Don Richardson, a long-time Legion member.

The seeds of this grassroots effort were planted in 2014, when the American Legion discussed the possibility of hiring artist Ray "Bubba" Sorensen to paint a "Freedom Rock" in Minburn to honor the veterans of Dallas County. The rock can be found on the curve of Highway 169 just south of the restored Minburn depot. Having it near the Raccoon River Valley bike trail helps encourage people to learn more about the history of the county through the signage, the Freedom Rock, and the proposed Dallas County Veterans Memorial Wall.

"It's a central place where any veteran who is living or deceased can be remembered and honored by family and friends," says Margie Kenyon, a member of the Legion Auxiliary.

With that in mind, the community has coalesced, coming together to make Freedom Park the focal point of Minburn. Money was raised to plant trees; put in a flagpole, sidewalk and benches; and add signage explaining the meaning of the murals featured on the rock. Spaghetti dinners, private donations and support from other Legions and Auxiliaries of Dallas County set in motion the expansion of the park.

Now the group is planning to erect at least one, possibly two, memorial brick walls with commemorative bricks honoring present and past Dallas County veterans. Each engraved brick has the space for the veteran's name, rank, branch and years served. It is also possible to include the branch's emblem. The cost of each personalized brick is \$100, with no limit to the number purchased. Order forms may be picked up at the Minburn City Hall or, if you have questions, contact Paul Snyder at 515-422-4820. Paul is a Legion member leading the group of volunteers. ■



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HEALTH

By Dr. Barbara Scheetz

CHILDREN'S eye care vital

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



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

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

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

HEALTH

By Allison Robbins

BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods,



relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make longterm plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT).

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapy and consulting.com, robbins@sstherapy and consulting.com.



4725 Merle Hay Rd. Ste 205

2675 N. Ankeny Blvd, Ste 105

WHAT IS a tension headache?

One of the most common types of headaches is a tension headache. Tension headaches often start at the back of your head and spread forward. The pain may feel dull, achy, or more like a vice squeezing your head, with pressure across the forehead or sides and back of the head. The tightness may also go into your shoulders, neck and jaw.

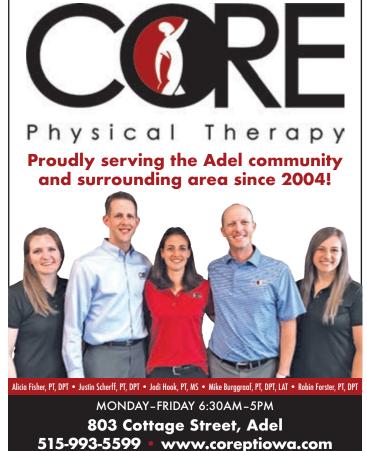


There are two types of tension headaches: episodic and chronic. If you have an episodic tension

headache, they will last 30 minutes for up to a week and occur less than 15 days per month for at least three months. Chronic tension headaches last hours and may be continuous, occurring greater than 15 days per month for at least three months. Tight, contracted muscles in your shoulders, neck, scalp and jaw can lead to tension headaches. This tightness may be related to stress, depression or anxiety. Overworking, not getting enough sleep, and missing meals may make you more susceptible to headaches as well. Holding your head in one position for a long time, poor sleeping positions, overexerting yourself and clenching/grinding your teeth may also cause a tension headache.

If you have tension headaches, relaxation techniques, deep breathing, yoga, muscle relaxation exercises and improved posture may help relieve some symptoms.

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



HEALTH

By Leslie Herron

FEDERAL government cuts pharmacy network access

America's military beneficiaries are currently being notified of pharmacy benefit changes due to the federal government demanding a 33% reduction in pharmacy benefit costs.

The DOD awarded a \$4 billion contract to Express Scripts (ESI), the pharmacy benefit manager that administers the TRICARE pharmacy network, while instructing ESI to eliminate 15,000 pharmacies from their network.

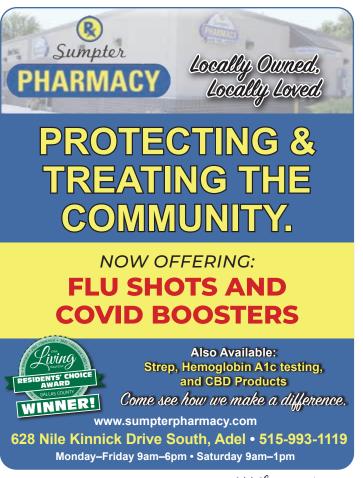


Express Scripts also owns its own mail-order/specialty pharmacy and therefore is a direct competitor to independent pharmacies. They accomplished this reduction by slashing payments to community pharmacies to below the actual cost of the medications. Being expected to care for patients at a financial loss makes it impossible for pharmacies like Sumpter to participate in the network that serves our military.

It is beyond unconscionable for the federal government to target community pharmacies in this severe restriction of provider access. This is a gross misuse of federal tax dollars paid by the very businesses being excluded. This action will take pharmacy choice away from millions of active and retired military and their families.

Can you help? See the Sumpter Pharmacy Facebook page or contact us for more information.

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



SENIOR SAVINGS: Avoiding costly Medicare mistakes

Whether you are already enrolled in Medicare or looking ahead, it is important to understand what Medicare covers and when to enroll. From missing enrollment windows to selecting a prescription plan not suited



to your needs, Medicare mistakes can be costly.

Know when to enroll

Not enrolling at the right time is one of the costliest mistakes you can make. There is a seven-month window for Medicare enrollment that begins three months before your birth month and ends three months after your birth month. Missing this window could result in a late enrollment penalty. Enrolling in a Part D program is optional, but, with a few exceptions (e.g., employer coverage), if you do not enroll when you first become eligible, a lifetime penalty will be added to your premium when you do enroll.

Avoiding Part D mistakes

With as many as 30 options to consider, selecting the right Medicare Part D plan can be overwhelming. Many seniors simply select the plan with the lowest premium. Others enroll in a plan and then never reexamine it to see if it still fits their needs. With prescription costs varying widely between plans, selecting the wrong plan can be costly. Consider your priorities when choosing your plan:

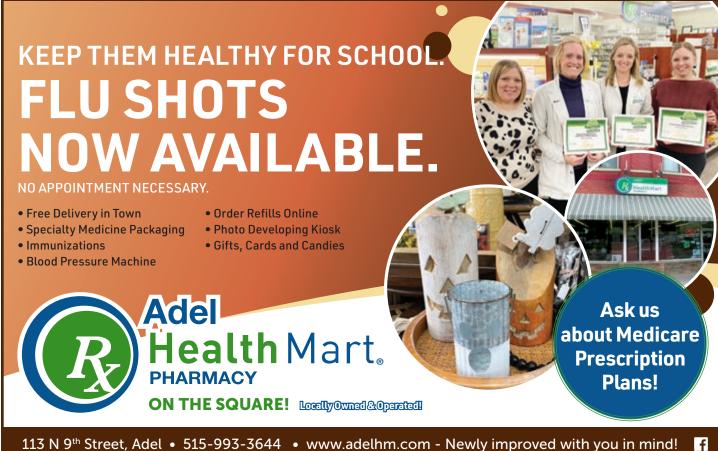
- You currently take medications look for plans that include your medications.
- You want extra protection from high prescription drug costs — look for plans that will offer you coverage in the coverage gap.
- You want drug expenses to be balanced throughout the year - look for plans with a low or no deductible or with additional gap coverage.
- You take a lot of generic prescriptions look for a plan that offers low or no copayments on generics.
- You are a diabetic on insulin Many plans now offer better copays for insulin products. Look for those.

- You don't have many drug costs now (but want peace of mind and to avoid future penalties) - look for a plan with a low monthly premium.
- You prefer the extra benefits and lower costs available by getting your health care and prescription drug coverage from one plan and are willing to accept the plan's restrictions on what doctors, hospitals and other health care providers you can use — look for a Medicare Advantage Plan (Part C) that includes prescription coverage. Part C is available through private insurance companies that contract with

Plan options change, as do your needs. Be sure to reevaluate your coverage annually. Open enrollment for the following year is from Oct. 15 to Dec. 7 every year.

If you are unsure if your current plan is the best one for you, talk to your pharmacist. ■

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



A HIDDEN treasure

Lots of yard work pays off.



Kirk and Mari VanGundy bought their home in the winter. Come spring, they discovered a lot of landscaping was needed, and they dove right in.

Mari VanGundy and her husband, Kirk, have lived on Burr Oak Lane in the River Valley area of town for six years now.

They moved to the community after Kirk and his brother retired and sold their Fort Dodge business. The VanGundys' son, Alan, and his wife, Megan, live in nearby De Soto and had recently adopted a baby boy, so they wanted to be closer to them.

Alan noticed a listing for his parents' future home around Christmas in 2015.

"At that time, the ground was covered in snow, but the lot with country landscape was beautiful," Mari says.

The couple was quickly sold on the property and moved in spring 2016. By that time, the snow had melted, and, while nice, landscaped areas needing work were exposed and so were a number of challenges.

"Many weeds, brush and poison ivy had taken over," Mari recalls. "I had had a large garden before in Fort Dodge and thought it was time for less work, and this new location was totally opposite. Well, the great outdoors has a draw, so a little at a time, both of us have made it into what we enjoy today."

On the flip side, the inside of the VanGundys' home came together easily with minor painting jobs enough to make it their

"Our home has a lived-in look inside with a focus on preservation of family pieces," Mari

Her passion for preservation extends into her involvement with the Adel Questers group, which is an organization dedicated to educating by researching and studying antiques. Members are committed to the preservation



and restoration of existing memorials, historical buildings and landmarks.

Mari appreciates that Adel shares her dedication to those things as well.

"Adel has a rich history and beautiful town square with the historic courthouse as a focal point," Mari says. "I love that it has been restored and refurbished. My hope is that, with community collaboration and spirit, Adel will continue to draw upon city history to move the community forward.

"With qualified people in the right positions, city planners and landscape architects, we can continue to make Adel a very special and unique community well into the future," she adds. ■

CAN I give you a challenge?

I want to introduce vou to a man named Nathanael. He was a studious type of fellow from a small town and could be described as a spiritual seeker. To this end, he pored over the Old Testament,



especially the verses that talked about a coming Messiah. He knew these verses were helpful to spot the coming Savior of the world.

Now, imagine you agree to pick up my sister from the Des Moines airport. Your first question would be, "How will I spot her?" If I told you she will arrive on Tuesday at 11 a.m., you would appreciate the information. If I also shared she is flying in from Sacramento and will be wearing jeans and a red sweatshirt, that would be even better. The more details I give you, the easier it is for you to spot her.

This is how the Old Testament in the Bible

works. Written between 1450 B.C. - 430 B.C., this collection of 39 individual books contains around 320 prophetic statements about the coming Savior. For example, in Genesis 12:3 we learn the Savior will be Jewish, from Genesis 49:10 He will be from the tribe of Judah, from Micah 5:2 He will be born in Bethlehem, and from Isaiah 7:14 He will be born of a virgin. Like spotting my sister at a crowded airport, each prophecy gives us an increasingly focused picture of who the Messiah would be.

Jesus fulfilled hundreds of prophecies when He came around 2,000 years ago. Don't miss this: The chance of one person fulfilling just 8 prophecies is 1 in 100 trillion. To help us understand this big number, 100 trillion silver dollars would cover the state of Texas two feet deep. Now imagine taking one silver dollar, marking it, mixing it up somewhere in Texas with all the other silver dollars and then giving one blindfolded person one chance to pick the marked coin and finding it. That would be

the same odds as one person fulfilling eight prophecies.

Back to Nathanael. When his friend, Philip, shared with Nathanael he met someone who fulfilled the prophecies from the Old Testament, Nathanael was skeptical. Maybe you would be, too. But Philip beautifully responded, "Come and see" (John 1:46). Thankfully, Nathanael did take the challenge and met Jesus... and his life was never the

I would like to give you the same challenge Nathanael received from a friend more than 2,000 years ago: Come and see. I encourage you to find a church that opens the Bible and bring your doubts or curiosity and find out more about who Jesus is. Like Nathanael, your life will never be the same. ■

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





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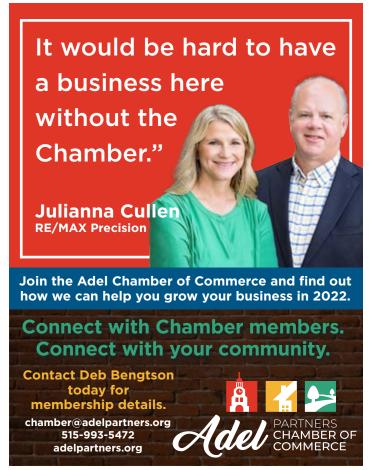
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CULLEN, HOWE located in Adel's hub

RE/MAX Precision Real Estate office on the square

In the midst of a housing market boom and Adel's growth, a real estate brokerage opened up in Adel in 2021.

Realtors Kevin Howe and Julianna Cullen are partners of RE/MAX Precision located



in Adel. The pair have been selling real estate for decades — Kevin for 19 years and Julianna for 23 years.

Their office is located in the heart of Adel on the town's square — an ideal location. "We looked at other locations and realized this would be a good fit for us to be on the square," says Julianna.

Kevin adds, "It's like the hub of Adel, and it's close to other businesses we work with."

The pair live in Adel, and both joined the Adel Chamber about six years ago. They enjoy the connections the chamber offers.

"We both are ingrained into our community. We have a passion for Adel. The chamber facilitates networking with other businesses and a chance to support others," says Julianna.

Kevin says the chamber is valuable in creating marketing opportunities. "Deb from the Chamber is always trying to find a way to support local businesses. She's helped create awareness of our business through social media sites."

The chamber helps facilitate community involvement. The two participate in the annual Garden and Holiday Home tours, as well as the ADM Booster Club. Kevin volunteers at his church, saying, "It's important to give back to the community. I feel fortunate to live and work here."

The brokerage includes 14 agents who also support the ADM Schools, where both Cullen's and Howe's children attended school. Julianna says, "We've been here a long time. I have a deep sense of giving back and a passion about the community as a whole."

The company sells and lists homes in Adel, but also around the Des Moines metro. "As we sell in Adel, we don't take that lightly. People live and work here, just like we do," says Julianna.

The community has been supportive of the business, they say. The Adel Chamber recognizes and gives out yearly awards to businesses that go above and beyond for the community. "We're honored to be nominated as one of the Chamber's businesses of the year," says Julianna.

Julianna says she's blessed to be located at the square. "We appreciate the support we receive from the chamber. The chamber is a pulse of what's going on. It would be hard to have a business here if you didn't have Deb and the chamber." ■

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

OUT & ABOUT



ADM cheerleaders at the Sept. 9 football game. Back row: Kyla Christianson, Brianna McGee, Avery Miller, Ella Goodrich, Taylor Foutch, Vaughn Nardini and Angel Lin. Front row: Marley Akey, Alexa Teckenburg, Ellah Genovese, Addison Kuonen, Natalie Brose and Kiley Bailey.



Jodi Kuhse presented Avery Miller and Geneva Timmerman with the Adel Kiwanis Students of the Month awards on Sept. 13.



Eliana Dohlman performing on the ADM Dance Team on Sept. 9.



Katie Olvier performing on the ADM Dance Team on Sept. 9.



ADM Dance Team, Sept. 9: Front row: Hailey Johnson, Selaha Wilcox, Reagan Wosmansky, Addy Reynolds, Eliana Dohlman and Madi Wicks. Middle row: Aubree Timmer, Katie Olvier, Paisley Sutton and Lenaya Archuleta Sams. Back row: Abby Long, Jordan Crannell, Isabelle Karwal and Genevieve Book.



Madi Wicks performing on the ADM Dance Team on Sept. 9.



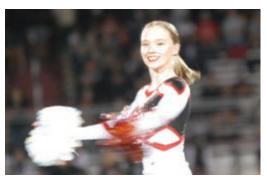
Hailey Johnson performing on the ADM Dance Team on Sept. 9.



Isabelle Karwal performing on the ADM Dance Team on Sept. 9.



Reagan Wosmansky performing on the ADM Dance Team on Sept. 9.



Addy Reynolds performing on the ADM Dance Team on Sept. 9.



Addy Reynolds, Selaha Wilcox and Reagan Wosmansky performing on the ADM Dance Team on Sept. 9.



Selaha Wilcox performing on the ADM Dance Team on Sept. 9.

OUT & ABOUT



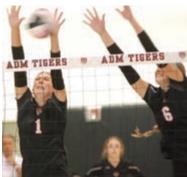
Marissa Gerleman at the ADM Volleyball game on Sept. 1.



Hanna Grossman at the ADM Volleyball game on Sept. 1.



Madi James at the ADM Volleyball game on Sept. 1.



Madison Siefken at the ADM Volleyball game on Sept. 1.



Makayla Crannell at the ADM Volleyball game on Sept. 1.



London Warmuth at the ADM Volleyball game on Sept. 1.



Brylee Person at the ADM Volleyball game on Sept. 1



Dani Person at the ADM Volleyball game on Sept. 1.



Aiden Flora at the ADM Football game on Sept. 9.



Chase Grove at the ADM Football game on Sept. 9.



Caleb Oberhoffer at the ADM Football game on Sept. 9.



Ryan Conrad at the ADM Football game on Sept. 9.



Marley Akey at the ADM Football game on Sept. 9.



Taylor Foutch at the ADM Football game on Sept. 9.



Kyla Christianson at the ADM Football game on Sept. 9.



Ellah Genovese at the ADM Football game on Sept. 9.



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