

ADEL

SEPTEMBER 2022

# Living

MAGAZINE

## A new LOOK

Residents share their home  
improvement projects

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EDUCATION

**Wiges enjoy backyard view**  
WHERE WE LIVE

**Lentil Bolognese with veggie-based penne**  
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# WELCOME

## SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.

In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements. Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading. ■



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## FEATURE

Kurt and Tiffany Weieneth remodeled their kitchen and dining room with a rustic charm that fits in with the lake home's setting.

# A new LOOK

Residents share their home improvement projects

By Marsha Fisher

Looking to enjoy a lake home with their 16-year-old triplets, Elle, Kate and Penn, the Weieneths of Adel found an affordable “fixer-upper” at Lake Diamondhead in Guthrie County.

“It was our dream to own a home on the lake, but with our budget for a weekend home, we knew it would need some work,” Tiffany Weieneth says. “Although, when we bought the run-down 1,000-square-foot house that we did, people thought we were crazy. However, if you have a vision and can see the potential, then you know that remodeling is for you.”

Kurt and Tiffany Weieneth are both handy. They enjoy working on projects together and seeing their vision come to life.

“I would say my favorite part of the remodeling project is designing. When we were in Mexico on vacation, a thought popped in my head that we should also put an addition on the lake house. Throughout the rest of the vacation, we brainstormed from our beach chairs about how we could make it work and what features we would want to make the best out of the addition,” Tiffany says. “And, of course, what the budget would look like.”

Staying within budget is a key component of the remodel process. It is advisable to build in a 15-20% cushion for any unforeseen costs that might arise. Prioritize your remodeling needs into lists of “needs” versus “wants.”

**AFTER**



**BEFORE**



Kurt and Tiffany Weieneth turned a run-down lake home into their own retreat with a total remodel of the home — inside and out.

“For all our project remodel ideas, we sketched out the dimensions and materials list,” Tiffany says. “It is important to include an estimated cost of the materials and labor.”

Being your own project manager can reduce your costs of remodeling. If you need to hire additional subcontractors for your project, interview and select them yourself, she advises.

“We asked friends who have remodeled in the past for referrals,” Tiffany adds. “People are always willing to share their experience and contractors’ information — good or bad.”

In design and planning, inspiration is important.

“Find a picture, a pillow, a napkin, or a painting with color and/or style that you love. It will be a focus that will help guide you through the project and keep your color and material choices on track,” Tiffany says. “Since our lake home was only 1,000 square feet, it was important to keep the color theme similar so your eye travels through the space and gives the illusion that it is larger than it is.”

Keep samples of flooring, paint chips, tile, etc. with you in your car, so you can refer to your choices. Photos and dimensions on your smart phone are also good reference points. Shopping around for supplies saves the money a contractor would charge for their time doing so.

“We are big fans of the Greater Des Moines Habitat for Humanity ReStore, where they sell new and used home improvement materials to the public at discounted prices,” Tiffany says.

“All the proceeds from the ReStore benefit the mission of GDM Habitat. I also purchased several items on social media selling sites. For example, a new fireplace for 75% of original price; the guy just never got around to putting it in. And, we enjoy finding items on clearance and using them in a way you would not think of using them. We found a rolling toolbox with a butcher block top for the island in the kitchen; it was the perfect size, height and even had storage.

“For us, the fun part of remodeling was seeing how amazing we could make the little house look without spending a lot of money,” Tiffany continues. “We used ingenuity to solve some of the problems of the house. We had no entryway or place for hooks, so we used an old door from the ReStore, mounted it between the front door and refrigerator, and added some hooks. Unique and personalized. We made a small, sad ‘fixer-upper’ our own weekend home on the lake.”

## Saving a historic home

Lori and Scott Gadelmann have lived in their historic home on Court Street for almost 23 years.

“We love the character of older houses, but lifestyles change over time, and there are new conveniences and options that can enhance the enjoyment of your home,” Lori says. “In addition, there were changes that we wanted to make to make our space more livable for

**AFTER**



**BEFORE**



The kitchen and dining room were transformed.

our family. For instance, we removed a wall between our kitchen and our TV room to allow our family to hang out together while cooking and watching television.”

Over the years, the Gadelmanns have redesigned and renovated almost every space in their home and, with that, have gained some tips to share with future remodelers.

“My first suggestion is to live in your space for a while before starting a project,” Lori says. “It’s amazing how your ideas change and how you can think of additional improvements when you are actually using the space.”

Lori gave an example of realizing — after a kitchen remodel was done — that the two large table leaves for their dining table had to be stored upstairs due to a lack of a good place to store them on the first floor.

“When we recently remodeled the fireplace with a gas insert, we used the space behind the fireplace, on the dining room side, to make a little storage space with a door to store the leaves and the pads for the table, too,” Lori says.

“My second suggestion is to use a designer, especially for the big projects,” she continues. “When we remodeled our kitchen, the cabinet company had a designer on staff who gave us great suggestions of cabinet combinations for the space. I just wouldn’t have thought of them on my own.”

Lori does spend a lot of time on research, however, before the project begins.

“I spend several months, and sometimes

## FEATURE

years, envisioning the space and finding ideas in magazines and on apps such as Houzz and Pinterest.”

The time to begin a remodeling project is an important consideration also, especially if you are thinking of renovating your kitchen. The convenience of grilling helps when your cooking arrangements are limited, so consider the summer. However, remember that it is not a good idea to remodel under a tight timeframe, Lori says.

“You want to make sure that you double the amount of time estimated for completion of any project,” she says. “You just never know what delays might pop up once the project gets started.”

Consider time, too, when looking for your contractor. Make a list of potential contractors and set up appointments with them. After they survey your proposed remodeling project, they will go back and put together an estimate for the project. If a contractor does not respond in a timely manner, cross their name off the list, Lori says.

“If you can’t get their attention in the estimating stage, you’ll never get their attention



Scott and Lori Geadelmann's historic home in Adel is located on Court Street.

when the project is ongoing or when you have a checklist of items to be revamped at the end,” Lori says. “The only exception is if they let you know that they are very busy and may need extra time to respond. Busy contractors are typically successful contractors.”

Lori points out, although cost is always a consideration, the lowest cost isn’t always the best option. The durability of the material should also be taken into account.

“There have been times when I’ve chosen a lower cost option and regretted it because

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## FEATURE

it ended up not lasting and needed to be replaced,” Lori says. “An example is the linoleum we used in the laundry room, only to have to replace it with tile in time, when it tore and discolored. The tile didn’t really cost that much more for the space.”

The Geadelmanns spend a lot of time planning their remodeling projects before they begin the transformations. They also try to incorporate elements from part of the original house and “make the space our own.” An example is their master bedroom suite, which was the house’s original sleeping porch.

“We have always slept there but have recently added closet space and built-in cabinetry to provide a more formal dressing room,” Lori says. “That, along with refurbishing the large sleeping porch windows, keeping the natural light, increased the warmth in the room.”

When the couple first moved to their home 22 years ago, the heavy curtains in the living room were the first to go; however, the street side of the house needed a filter. Scott found a stained glass store that replicated a simple diamond shape found on a window in

the entry of the home. That rhombus shape was incorporated into a Frank Lloyd Wright-like design for the front window. This unique pattern has been replicated throughout the house in their recent remodeling projects: in the leaded mirrored glass doors above the fireplace that hides their TV space, and in the beautiful wooden insert in the floor as you enter their home. This hardwood inlaid parquet medallion was designed for the Geadelmanns in Winneconne, Wisconsin, by Oshkosh Designs.

Care to keep to the character and classic design elements of their home has helped lead Scott and Lori through their evolving renovation of the home that is nearly 115 years old.

“It was built by the Leach family as a wedding gift to their son and his new wife,” says Scott, a former banker turned history teacher. “It was built in 1907, so in 2007, when she was 100 years old, we had a big birthday party for the house. We regaled her with an open house, a big tent in the backyard, and a band. We are proud to be a part of the history of this house, and of Adel, and want the improvements we’ve made to keep her strong for the future.”



The inlaid wood medallion — a specialty item made for the house — repeats the pattern of the window.

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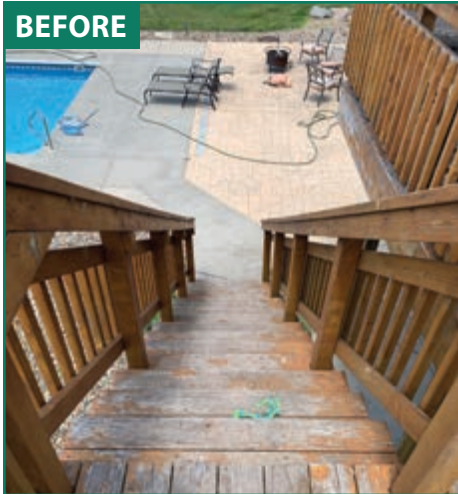
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## BEFORE



Dave and Brandy Jensen's deck was showing its age, so the couple decided it was time for a new one.

## Doing the deck up right

One of the things that's a harbinger of spring around Iowa is the annual cleaning and staining or resealing of the deck. With freezing winters and the heat of the summer sun, regular wood decking often takes the brunt of all that weathering. Dave and Brandy Jensen were tired of redoing their deck every couple of years and decided that it was beyond repair.

"We really needed to replace the deck and needed a larger space for our growing family," Brandy says. The Jensens have three children: Carter, 20, a sophomore at ISU; James, 15, a sophomore at ADM Schools; and Carley, 14, a freshman at ADM.

"We had actually wanted to do this rebuild before Carter's high school graduation, but we couldn't find anyone to do the work or even give us a bid at that time," Brandy says.

She met their current contractor, Ryan Ballman, from Ballman Construction, at the Des Moines Home Show and connected with his Facebook page to review his projects. She then did her background research by checking his reviews.

"We got a couple of other bids, as well, but we liked Ryan's timeliness and his price estimate," Brandy says.

Since they had been considering the remodel for a few years, they had time to think about the possible options for their new deck.

"My favorite part of a remodeling project is searching on Pinterest, YouTube and in magazines for different ideas," she says. "It is even fun to drive around different neighborhoods to look and see what types of materials and designs other people are using."

In addition to increasing the size of the deck, they decided they wanted a railing that didn't block their view of the pond and sloping valley behind their home. They knew they wanted to add some lighting on the deck and steps down to their in-ground pool. So, when they met with their contractor, they had a good list of their needs and wants.

As often happens in rebuilding projects, the timeframe to completion has stretched out through the summer, but it is almost finished.

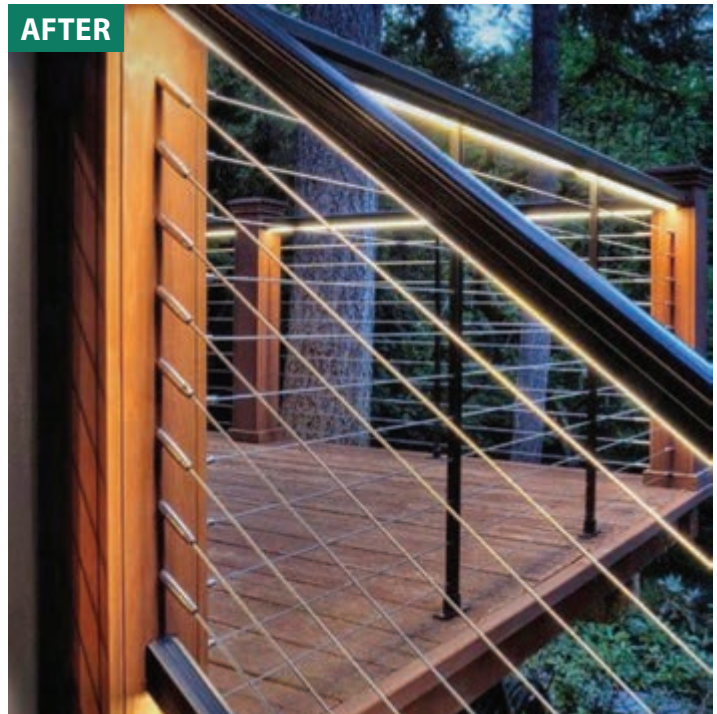
"We are so glad that we are almost finished and glad that we finally

## DURING



Carley, a freshman at ADM Schools, is looking forward to future fun times with family and friends on the family's expanded deck.

## AFTER



The "vision" Brandy Jensen has for her family's new deck.

got it done, especially since we found that our old deck had begun to rot and caused some water damage to our home," she says. "With the Trex, a composite decking, and the lighted cable railing, our new deck will be beautiful and weather-resistant. We are happy we will soon be finished with the project and look forward to using it with our family for years to come." ■

# PREMARITAL agreements

Premarital (aka antenuptial or prenuptial) agreements are seemingly becoming more commonplace in the United States. According to a recent survey taken by the American Academy of Matrimonial Lawyers, 62% of divorce attorneys reported seeing an increase in the total number of clients seeking premarital agreements in recent years. There are likely numerous reasons for the spike in premarital agreements being executed, but experts state two of the main reasons are that many people are getting married later in life (and thus have more assets to protect), and there is less of a stigma in broaching the premarital subject. Asking for a premarital agreement is seemingly not as taboo as it may have been 20 years ago.

Iowa's law on premarital agreements is contained in Iowa Code Chapter 596. At a



whopping two pages in length, you could become a quasi-expert in premarital agreements in a few minutes. In short, a premarital agreement is an agreement voluntarily entered into between two prospective spouses. It must be in writing, signed by both prospective spouses, and only becomes enforceable upon the marriage of the parties. There can be many variations of these agreements, from a simple "what's mine is mine and what's yours is yours" approach to a more complex and nuanced approach in which spouses' financial rights may change over time to acknowledge a long-term marriage. A premarital agreement allows spouses to detail the rights and duties of each party with respect to their property and earnings, management of property, disposition of property through divorce or death, estate planning, and the ownership and beneficiary designations on life insurance. Prospective spouses may also put anything else in a premarital agreement that is not in violation of public policy or in violation of criminal statutes.

Two specific items that expressly cannot be put into a premarital agreement are limiting the right to child support or spousal support. These provisions would be deemed void if they were listed in any premarital agreement in Iowa.

Entering into a premarital agreement is no small detail and should never be taken lightly before signing. This document is something that will be with a person for the duration of their marriage and can significantly change what a spouse would receive financially at divorce or death of their spouse, compared to what a spouse would receive if there was no premarital agreement. Also, it is important to discuss this subject before marriage as, currently in Iowa, spouses are not allowed to enter into agreements like this after marriage, which are called post-nuptial agreements. For these reasons, it is always a good idea to retain professional counsel to guide you through the process. ■

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

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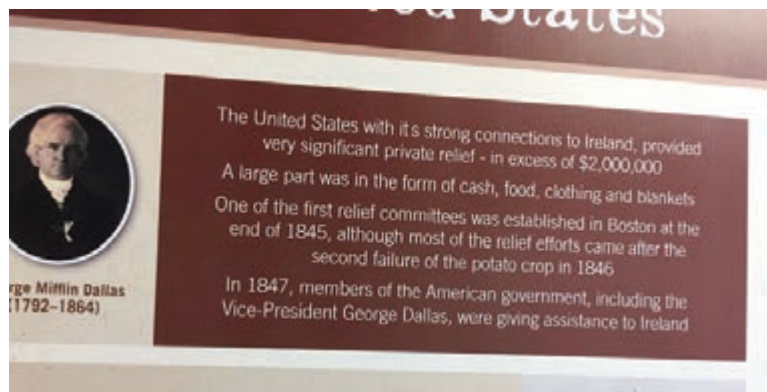


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## HISTORY By Bruce Thorsen

### AN INTERESTING side note about Dallas County



Vice President George Mifflin Dallas is prominently featured in a Dublin exhibit about the Irish Potato Famine.

This year, the City of Adel is celebrating its 175th anniversary and Good Samaritan Food Pantry is celebrating its 40th anniversary, but did you know concern about hunger was actually started by the man Dallas County is named for? George Mifflin Dallas, who was vice president of the United States under President James Polk (who admitted Iowa to the Union in 1846) was a major force in raising funds for the people of Ireland during the Irish Potato Famine while he was in office.

Ireland is currently remembering those terrible years (1846-1849) with a major exhibition on the Famine in Dublin. Vice President Dallas is prominently featured in that exhibit. Dallas, who convened a conference on the Famine in 1847 (same year Adel was founded), led the U.S. effort to raise more than \$2 million (\$168 million in today's dollars) to provide food, clothing and medical supplies for Irish families. That conference was attended by 33 senators and 11 House of Representative members including a young Abe Lincoln. Under Dallas' leadership, the U.S. Congress authorized the use of two U.S. Navy ships to transport more than 800 tons of food to Ireland. This was followed by hundreds of other merchant ships from the U.S. taking food and supplies to the starving Irish during the next three years.

During the 19th century, the poorer Irish residents relied on potatoes as a main staple in their diets. A potato blight caused the crops to fail from 1846 to 1849, leaving many rural Irish people with little or no food. During these four years of the famine, more than 1 million Irish died and more than 2 million fled the country, many coming to the United States, but also to a wide range of other countries around the world. This began a century-long decline in Ireland's population which has never recovered. The English government, which at the time ruled Ireland, did little or nothing to help during the famine. Private groups in England and other countries, like Vice President Dallas' efforts in America, provided substantial relief that prevented more from perishing from starvation.

We residents of Dallas County, who today support Good Samaritan Food Pantry, can be proud of our heritage coming from a leader like George M. Dallas, who cared about the Irish more than 175 years ago and did something about it. ■



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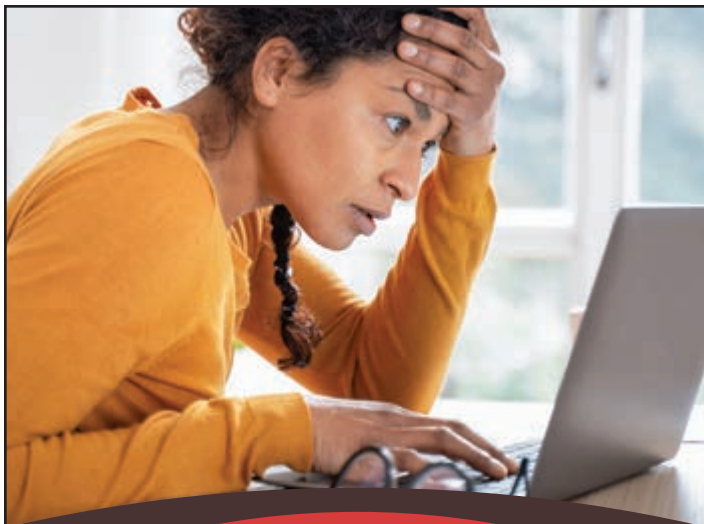
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## FINANCE

By Evan Sinclair

# LOOK for signs of fraud attempts

The staff at your community bank strives to keep your money safe in a quickly evolving world while bringing you the convenience and service you expect from your community bank; however, even we cannot protect you from all fraud and scams bombarding you daily. Financial services institutions are experiencing an industrywide uptick of fraud attempts on our customers which can range from government impersonators demanding you wire money to them in lieu of being arrested to romance scammers asking you to send them photos of Walmart gift cards. If you find yourself in a situation you feel may be a scam, look for these red flags common in fraud schemes.



The first step for almost all scams is to establish rapport with you. This is often done by purporting to be an employee of a real organization like the IRS or Amazon or even your local bank. It is not uncommon for fraudsters to spoof phone numbers, email addresses, or provide other “evidence” to prove they are official. When faced with these calls, your best course of action is to call the organization back at a phone number you know is safe.

After the fraudster has hooked you in conversation, they create either a prize or a problem that needs solved. Common examples of this include telling you that you have won the Publishers Clearing House sweepstakes or that you are in trouble with the government, but once the stage is set, the fraudsters move on to step three.

At this point, the fraudsters need you to act fast and will begin pressuring you to send money. They may tell you that a warrant will be sent for your arrest or you will lose your chance to receive your prize money if you do not immediately send them money. Oftentimes, they will be very specific on how that money needs to be transferred, which may include wire transfers or sending pictures of gift cards. After funds are transferred these ways, the chances of recovery after the fact are very slim.

Many of us think that we would never fall for any of these schemes, but, in the moment, many people forget to look at the red flags either out of fear or excitement. It is important to step back and examine the situation before making major decisions that have real financial consequences. Your community bank has an experienced team of bankers who can help you identify and respond to fraud. Contact them any time you need assistance. ■

Information provided by Evan Sinclair, compliance and audit manager, 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.

# PREPARING for the loss of a spouse

Preparing for the loss of a spouse is not the fun part of retirement planning. It's much more exciting to discuss developing an income plan that allows you to take that trip to Europe, spend winters in Arizona or start a new hobby. I get it, but as retirement planners, we feel that it's our responsibility to help you plan for all the aspects of retirement.



You've probably seen first-hand the burden a spouse is left with when spousal succession plans are not in place or how families can be torn apart when someone's wishes are not clear. Having a plan will take one more thing off the remaining spouse's plate as they grieve the loss of their loved one.

We found that many people don't know how to get started, so we developed a Spousal Succession Plan Checklist. This checklist covers

some of the decisions you can make now to help you get organized and some of the things you will have to do when your spouse passes.

Each retirement plan we help families and individuals create follows six guiding components: lifestyle, income, tax, investment, health care and legacy. The checklist includes action steps within each of these components.

For example, the lifestyle portion of the checklist helps you compile important information that the remaining spouse will need, such as how to contact your CPA, attorney and insurance agent. You also want to help avoid a technology nightmare by ensuring you both know important accounts' passwords.

The investment portion of the checklist includes things you will have to do when your spouse passes, such as change titles on accounts like checking or savings, credit cards and your mortgage. You may also have to call your spouse's insurance company and file a claim.

We are often one of the first phone calls that

the families we work with make when a loved one passes. They are tough conversations but necessary ones as we work to help them execute their spousal succession plan. It's a privilege to help ease their burden and know that the wishes of their loved one are being fulfilled because they made some of these decisions together when we first started putting together their comprehensive retirement plan.

You can download the Spousal Succession Plan Checklist by going to [SuccessionChecklist.com](http://SuccessionChecklist.com). By having open and honest conversations with your partner regarding each of the outlined points, you'll be well on your way to having a purposeful plan that your spouse can turn to in one of life's most stressful and emotional moments. ■

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

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## RECIPE

# A PERFECT pasta for school nights

*(Family Features)* Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit [veggiecraftfarms.com](http://veggiecraftfarms.com) for more information and family-friendly recipes. ■

## Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

### TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

### DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



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Susan Donahue, DO  
Christopher Baltzell, PA-C  
Megan Sanders, PA-C

## EVENTS IN THE AREA

Be sure to check for cancellations

### Friendship and Unity Night

Wednesday, Sept. 14 from 5:30-7 p.m.  
Adel First Christian Church, corner of  
Highway 169 and Rapids Street

Everyone is invited to share in fellowship, games and food. Meet your neighbors, make new friends, and enjoy a picnic. It's all free. Come and join the fun.



### Vintage & Made Fair

Saturday, Sept. 24, 9 a.m. to 4 p.m.  
Dallas County Fairgrounds, Adel

Enjoy live music and local eats while browsing the vendors' handmade and vintage items. Admission is \$10, free for children 12 and younger. For information, visit [www.vintagesandmadefair.com](http://www.vintagesandmadefair.com).



### De Soto Fun Days

Sept. 17

Little Bridge Park, De Soto

Enjoy a variety of activities at De Soto Fun Days. The parade lineup begins at 10 a.m. with the parade at 11 a.m. Featured fun includes bounce houses, Zoomers, stage entertainment, a balloon artist, crafts with the library, a Fire Department water game, bingo from 2-4 p.m., food trucks and a car show from noon to 2 p.m.

### Third Monday Bingo

Monday, Sept. 19, 6-8 p.m.

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

Enjoy playing bingo. 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.



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Good people are doing great things every day in your community. They truly are people who are making a difference, and we will recognize 22 business leaders in central Iowa for their efforts and accomplishments in an upcoming issue of CITYVIEW's Business Journal.

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## EVENTS IN THE AREA

Be sure to check for cancellations

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



### Renaissance Faire

Sept. 3-5, 10-11 and 17-18

Sleepy Hollow, 4051 Dean Ave., Des Moines

Travel back a few centuries at Sleepy Hollow's Renaissance Faire, held annually the first three weekends of September. Explore 18 acres that include a quaint English village, picturesque landscapes, two castles, 30 merchant shops, eight stages of entertainment, a joust arena, blacksmith's forge and pirates' cove. Costumes are optional but encouraged. Grounds are open 10 a.m. to 6 p.m., rain or shine. Admission covers the entire weekend. Purchase tickets and find information, including each weekend's theme, at [sleepyhollowrenfaire.com](http://sleepyhollowrenfaire.com).



### Multicultural Music Festival

Friday and Saturday, Sept. 2-3, 2-10 p.m.

Friday: Raccoon River Nature

Lodge, 2500 Grand Ave.,

West Des Moines

Saturday: Railroad Park, Historic

Valley Junction, West Des Moines

The outdoor festival includes live music, food trucks, arts, culture, crafts and a kid fun zone. For more information, visit [www.tasteofthejunction.org](http://www.tasteofthejunction.org).

### White Eagle Multicultural Powwow

Friday, Sept. 2, 5-8 p.m.

Saturday, Sept. 3,

10 a.m. to 9 p.m.

Sunday, Sept. 4,

10 a.m. to 5 p.m.

Jester Park, 12130 N.W.

28th St., Granger

This is a free, family-friendly outdoors event to celebrate diversity in our community through performances, retail vendors and food vendors.

### Dallas County Conservation Board activities

• **Prairie Awakening - Prairie Awoke Celebration:** No registration is required for the event to be held Saturday, Sept. 10, 3-9 p.m. at the Kuehn Conservation Area at Earlham. The Meskwaki Nation will be featured with a youth drum group and dancers. Dallas Chief Eagle will share his Hoop Dance presentation and bonfire with audience participation. A rehabilitated raptor and tagged migrating monarchs will be released. Several local traditional drums and songs will be accompanied by dancers in regalia and for an opportunity for the public to join the dance. As traditions direct, participants will sit together in the tall grass prairie arena at Kuehn, remembering and visioning a hopeful tomorrow. Bring your lawn chair for seating. The event is free and concessions will be available.

• **Monarch Tagging:** Come to Kuehn Conservation Area, Earlham, and Voas Conservation Area, Minburn, during the weeks of Sept. 12, Sept. 19, and Sept. 26. As the monarch's migration moves through, DCCB will publicize tagging program availability. Past tagging programs have targeted weekday early evenings and weekend mornings. Net in hand, you will wander the prairies of Kuehn and Voas, capture a monarch, record the field data, tag and release a miracle. Registration required.

• **Fall Equinox Sunset Celebration:** Join DCCB naturalists at the astronomical clock atop the ridge at Hanging Rock on Thursday, Sept. 22, 6:30-7:30 p.m. to observe and celebrate the sunset of the Fall Equinox. Participants will be invited to recognize the four directions, share in a song led by the drum and register sol sitting on the clock's equinox stone. No registration required.

To register of events, visit [www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation), click on "Environmental Education" then "Virtual Nature Exploration Hub," and your choice of class. If you do to have computer access or need assistance, call the DCCB office at 515-465-3577.

# VOTE TODAY!



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, Jordan Creek and Waukee editions. You can vote in one or every category, or anywhere in between. One vote per resident, please.

SEE RULES AND VOTE ONLINE AT

[www.iowalivingmagazines.com/dallas-county-now-open](http://www.iowalivingmagazines.com/dallas-county-now-open)

## EVENTS IN THE AREA

Be sure to check for cancellations

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

### An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m.  
Terrace Hill, 2300 Grand Ave.,  
Des Moines

Enjoy this program at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will talk about the life of Grant Wood, the famous Iowa painter, and how he changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: <https://terracehill-grantwood.eventbrite.com>.



### Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.  
West Glen Town Center,  
West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.

### Windsor Heights Fall Festival

Friday - Saturday, Sept. 23-24  
Colby Park, 6900 School St., Windsor Heights

This brand-new festival will offer loads of family fun including live music, a petting zoo and bounce houses. The popular WHAMM 5K race returns at 9 a.m. on Saturday; registration is \$15. A bigger and better-than-ever parade will be Saturday at 1 p.m. Tickets for the Windsor Heights Firefighters Association's pancake breakfast will be available at the door. More details at [windsorheights.org](http://windsorheights.org).



### Latino Heritage Festival

Saturday - Sunday, Sept. 24-25  
Western Gateway Park, 1000 Grand Ave., Des Moines

Experience a "Taste of Latin America" at Iowa's Latino Heritage Festival. Artist displays will showcase local Latino arts and crafts, food vendors will serve a diverse array of cuisine, cultural booths and demonstrations will represent several Latin American countries, and children's activities will keep the little ones entertained. More information at [latinoheritagefestival.org](http://latinoheritagefestival.org).



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## VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 26	7:30PM	Gilbert	Gilbert High School
Sep 2	7:30PM	Ballard	Ballard Middle School
Sep 9	7:00PM	North Polk	ADM High School
Sep 16	7:00PM	Winterset	ADM High School
Sep 23	7:00PM	Atlantic CSD	Atlantic Middle School
Sep 30	7:00PM	Creston Community	ADM High School
Oct 7	7:00PM	Harlan Community	Harlan Community High School
Oct 14	7:00PM	Knoxville	ADM High School
Oct 21	7:00PM	Saydel High School	Saydel High School

## JV FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 29	6:00PM	Gilbert	ADM High School
Sep 5	6:00PM	Ballard	ADM High School
Sep 12	6:00PM	North Polk	North Polk High School
Sep 19	6:00PM	Winterset	Winterset High School
Sep 26	6:00PM	Atlantic CSD	ADM High School
Oct 3	6:00PM	Creston Community	Creston High School
Oct 10	6:00PM	Harlan Community	ADM High School
Oct 17	6:00PM	Carroll	Carroll High School

## VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	4:30PM	Multiple Schools	A-D-M, Adel
Aug 30	7:00PM	Ballard	Ballard High School
Sep 1	4:30PM	Multiple Schools	ADM High School
Sep 6	7:00PM	Gilbert	Adel DeSoto High School
Sep 8	7:00PM	Creston Community	ADM High School
Sep 13	7:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Sep 20	7:00PM	Boone	ADM High School
Sep 27	7:00PM	Carlisle	ADM High School
Sep 29	7:00PM	North Polk	North Polk High School
Oct 1	8:00AM	Council Bluffs	Thomas Jefferson High School
Oct 4	7:00PM	Winterset	Winterset High School
Oct 6	7:00PM	Dallas Center - Grimes	DCG-Meadows Gym
Oct 11	7:00PM	Carroll	DM High School
Oct 15	8:30AM	Multiple Schools	Knoxville High School

## JV VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 25	4:30PM	Multiple Schools	ADM High School
Aug 30	5:30PM	Ballard	Ballard High School
Sep 6	5:30PM	Gilbert	ADM High School
Sep 8	5:30PM	Creston Community	ADM High School
Sep 10	8:00AM	Multiple Schools	ADM High School
Sep 13	5:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Sep 19	4:30PM	Multiple Schools	Atlantic High School
Sep 20	5:30PM	Boone	ADM High School
Sep 27	5:30PM	Carlisle	ADM High School
Sep 29	5:30PM	North Polk	North Polk High School
Oct 3	5:00PM	Multiple Schools	Boone High School
Oct 4	5:30PM	Winterset	Winterset High School
Oct 6	5:30PM	Dallas Center-Grimes HS	DCG-Meadows Gym
Oct 11	5:30PM	Carroll	ADM High School



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# FALL SCHEDULE

2022-2023

## BOYS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 3	10:15AM	Pella	Central College
Sep 8	4:30PM	Gilbert	Iowa State University Cross Country Course
Sep 12	4:30PM	Multiple Schools	Ballard Golf & Country Club - In Huxley
Sep 19	5:45PM	Multiple Schools	Hillcrest Country Club
Sep 29	4:30PM	Southeast Polk	Southeast Polk High School
Oct 6	5:45PM	Multiple Schools	Lakeside Municipal Golf Course
Oct 11	5:00PM	Conference	Hillcrest Country Club - Adel

## GIRLS VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Sep 3	9:30AM	Pella	Central College
Sep 8	4:30PM	Multiple Schools	Iowa State University Cross Country Course
Sep 12	4:30PM	Multiple Schools	Ballard Golf & Country Club - In Huxley
Sep 17	10:00AM	Pella	Central College
Sep 19	5:20PM	Multiple Schools	Hillcrest Country Club
Sep 24	9:00AM	University of Minnesota	Les Bolstad Golf Course
Sep 29	5:00PM	Multiple Schools	Perry Golf & Country Club
Oct 6	5:20PM	Multiple Schools	Lakeside Municipal Golf Course
Oct 11	5:00PM	Conference	Hillcrest Country Club - Adel

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## FOR ALL TIGERS SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.

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## WELLNESS

By Lacie Navin

### CBD and topical pain relief

You've seen all sorts of advertisements, coupons and claims about CBD pain creams and rubs. Can CBD help with pain? Absolutely. How do you know which kind will? The answer has to do with the ingredients, labs and quality.

When a product is made from hemp seed oil, there is zero medicinal value to pain relief, as hemp seeds do not contain any cannabinoids (CBD, THC, or a variety of other parts) that help combat tougher issues, like pain. Another product is pure CBD, or isolate. This means the only part that's taken from the plant is CBD. There are about 113 other parts that work along CBD to fight pain and do a variety of other work. These types can be easily weeded out by the label. It would list "hemp seed" or "hemp isolate or CBD isolate" on the container. If it doesn't list these, run away.

Onto the main two types: full spectrum and broad spectrum. These types contain all the cannabinoids, giving you the best shot at fighting pain. Full spectrum means every part is in the product (including THC). Broad spectrum means all parts are there, except one: THC is extracted out.

All products should contain ingredients and lab information. Quality products are more pricey — quality plants, lab testing, and keeping these sensitive parts intact is expensive. Understand what you are getting. ■

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



## EDUCATION

By T.K. West

### MEET Andrea Pudenz

Enjoying life and teaching in a small town

One of the biggest changes Andrea Pudenz has faced since joining the Adel-DeSoto-Minburn Community School District has been moving her classroom from the DeSoto Intermediate School to Meadow View Elementary School. Her favorite parts of the new facility are the large gym and collaboration spaces for each grade level. Pudenz teaches fourth grade. She has recently entered into her fifth year teaching with the district and 11th year teaching overall.



Andrea Pudenz is in her fifth year with the ADM schools. She is teaching fourth grade at Meadow View Elementary School this year.

"When my husband and I got married, we moved to Adel for a small community. I was so excited when I got a job at DeSoto Intermediate a year later. I love teaching in my own community," Pudenz says.

As a fourth grade teacher, Pudenz says she likes that her students have the ability to be super independent and enjoy a good challenge. She adds, they are great at having conversations and are able to do so many fun projects together.

One of Pudenz's favorite classroom activities is having her students create their own plant or animal. Throughout the project, each student uses supplies from all over the school to build their plant or animal with unique adaptations to survive. Pudenz says this project is a great way to mix art with learning in science.

"Fourth graders grow so much throughout the year. They become more confident and independent. The biggest growth I see each year is in writing. The students start writing real essays. I love to watch this skill develop as they get ready for middle and high school," Pudenz says.

This upcoming school year, Pudenz says she is looking forward to meeting her new students and getting to know them. Each year, her students bring something different to her classroom. Pudenz says they become some of her favorite people, and they all feel like a family.

"I love teaching in a small community. My neighbors are also my coworkers and students. I feel that I am able to connect so quickly to students because we all live in the same town. We bond quickly over Billy's Ice Cream, Tiger Fest and Sweet Corn days," Pudenz says. ■

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# PLANNING for 2023 After Prom underway

Planning for the 2023 ADM Junior/Senior After Prom is underway. ADM juniors and their parents will be hosting a number of fundraising events and invite the community to take part.

- September - ADM Tiger Spirit sign sales
- September - ADM Driveway Tiger Print Painting
- September - Collegiate Spirit Night at an ADM football game
- October - Four-way stop fundraiser during the Shoot the Moon

### Tournament

- November to February - Kiwanis Casino Nights
- January - Concessions at the ADM Booster Club Basketball

### Tournament

- February - Daddy/Daughter Dance and Mother/Son Bowling night

If you would like to make a donation to support the 2023 after prom event, send money via PayPal to [ADMTigersafterprom@gmail.com](mailto:ADMTigersafterprom@gmail.com). If you are a junior class parent and would like to be involved in volunteering for the 2023 event, or a business owner or citizen and have a question on how to participate, email [admafterprom@gmail.com](mailto:admafterprom@gmail.com).

The ADM after prom event is a non-school sponsored event. All money and prizes used to support this event are raised by the junior class, parents and volunteers. Any and all support is appreciated. ■

# ATTORNEYS honored



James Van Werden



Eddie Fishman

Hopkins & Huebner, P.C. announced that 15 of its attorneys have been selected for inclusion in the 28th edition of The Best Lawyers in America. Best Lawyers is the oldest and most respected peer review publication in the legal profession. Recognition is widely regarded by both clients and legal professionals as a significant honor, conferred on a lawyer by his or her peers.

Included were attorneys in the Adel office of Hopkins & Huebner, P.C. James Van Werden was selected to the 2023 Best Lawyers list, and Eddie Fishman was selected to the 2023 Ones to Watch list. ■



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# HORSES helping humans heal

Program provides therapy for all ages.

North of Adel, on a ranch near the Raccoon River, horses and humans of all sizes are connecting on a therapeutic level. Dawn Carlson, the founder and CEO of Rhythms of Grace is a certified therapeutic riding instructor and part of the Professional Association of Therapeutic Horsemanship International (PATH Int'l).

Almost 8,000 horses globally work at PATH, Int'l centers, helping humans in equine-assisted services. Therapeutic riding programs, such as Rhythms of Grace, provide physical and occupational movement therapies, as well as improvement of social and emotional developmental delays.

"My calling in life developed through volunteerism," says Dawn. "I was inspired through families that have come to Cowboy Church to share my horses in order to help others."

Dawn grew up about 90 miles north of Adel on a farm operation that included corn, soybeans and swine. She received her first horse for her 13th birthday, and they have been her passion ever since.

"I went on to own several more horses, showing in FFA, 4-H, open shows and eventually in college at the Iowa Quarter Horse Association," says Dawn. "I have had wonderful mentors along the way, with the horses being the most influential; they taught me patience. There is nowhere else I would rather be than on the back of a horse — or on the ground beside one."

Her career provided her "servant leadership" skills, as she worked for 32 years advocating for



independently owned small fuel and convenience store businesses and farmer-owned cooperatives. During that time, she also helped with fundraising for Camp Courageous, a camp in Jones County with opportunities for individuals with special needs and their families.

"Working for nonprofit organizations and helping individuals survive and thrive sharpened my advocacy awareness and strategic planning," says Dawn.

After "retirement" in 2020, she started Strategic Relations, LLC, offering consulting services to businesses throughout the United States.

Moving to the Adel area about 15 years ago, Dawn served as a 4-H leader locally and became a member of New Hope Church and Right Turn Cowboy Church, which have provided many opportunities to volunteer and meet the needs of others.

Dawn emphasizes the positive effects on humans in need of healing when given the opportunity to ride and develop a relationship with a horse.

"Our horse, Crystal, with a rider with Parkinson's, senses when she's about to lose her balance and shifts her body to keep the rider from falling off," says Dawn, "Pepsi becomes a



McKinzie Wright, shop manager at BigDeal Car Care, presents a Good Neighbor certificate to Dawn Carlson of Rhythms of Grace.

protector and calmly walks with her rider with a spinal cord injury. And Diego, who can be intimidating with typical adults, becomes like a kitten when a child takes the lead rope."

Volunteers are the heart of Rhythms of Grace, Dawn continues. "They willingly donate their time, talents and even treasure to see the smiles and daily accomplishments of their riders. The volunteers make a difference in the lives of others by caring for the horses and getting their 'hands dirty.'"

Currently, there is a waiting list for the physical therapy and therapeutic horsemanship services. Volunteers and resources are needed to continue and to expand the program, including a veterans' program for those with PTSD.

For more information, visit [www.rhythmsofgraceequine.org/volunteer](http://www.rhythmsofgraceequine.org/volunteer). ■

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

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## A SERIOUS CANDIDATE FOR SERIOUS TIMES


Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – [www.frankenforiowa.com](http://www.frankenforiowa.com) – and join the campaign that brings people together to solve problems.




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## HEALTH By Alicia Fisher, PT, DPT

### Q: Do bad discs mean pain forever or do I need surgery?

**A:** Discs are fluid-filled rings of connective tissue that help to improve the motion in our spine, contribute to our height and help absorb force. As we age, these discs will naturally lose hydration, causing shrinkage and breakdown of the connective tissue. Again, this is a natural process. Here are some statistics: In more than 3,000 patients who did not have back pain, 30-37% of people in their 20s had degeneration or bulging of the discs, and this stat increased to 60-80% of people in their 50s. Again, none of the people in this study had pain. Therefore, just because the discs wear out, doesn't mean you have to hurt. Why, then, does your back still hurt? Everyone is a little different, but, generally speaking, there is tightness and dysfunction in the back, pelvis and hips. This tightness causes irritation of the nerves which then generates the pain you experience. We can't change the degeneration process in the discs, but, what we can change is how your tissues move around these discs. As mobility improves, nerve irritation reduces, and the pain takes care of itself, leaving you to enjoy life without pain meds or surgery. ■



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




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## HEALTH By Leslie Herron

### BENEFITS of purchasing CBD at the pharmacy

While buying CBD products online is popular and convenient, it is not always safe. CBD is a potent medicinal compound. It is recommended that a licensed healthcare professional or pharmacist be involved with your CBD use. CBD products sold at pharmacies have been vetted by a professional who can help you select the best companion products to meet your specific needs and assure that no potential drug interaction issues exist. You can feel confident when asking a pharmacist about usage, applications, quality safety and potential side effects.



CBD has been found to provide relief from various conditions. A few include anxiety disorders, post-traumatic stress disorder, arthritic pain, inflammation, seizures and digestive issues. Products are available specifically for women's wellness and better quality sleep as well. Several different forms of CBD are available including oils, creams, lotions, capsules, pills and edibles. Inhaling vaporized CBD is not recommended due to possible damage to lung tissue.

CBD is not a drug; however, it's now legal for pharmacies to sell CBD. Purchasing CBD at your pharmacy is highly recommended. Trust your pharmacist to find your best option and ensure it's safe to take with your other medications and health conditions. ■

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

## HEALTH

By Ellie McDonald

# WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.



Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self-care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same. ■

Information provided by Ellie McDonald, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [mcdonald@sstherapyandconsulting.com](mailto:mcdonald@sstherapyandconsulting.com).

## HEALTH

By Dr. Lucas Bell

# WHAT are floaters, and how are they treated?

This is one of the most common questions we get, so, if you have experienced floaters, you are not alone. The back of your eye is filled with a clear gel called “vitreous.” This gel is composed mostly of water and proteins such as collagen. The vitreous is typically very clear, but, as we age, the gel will typically liquify and the proteins may then begin to clump together. It is the shadow of these protein clusters that we see as floaters. These floaters are almost always harmless, and no treatment is necessary. A sudden onset of several or larger floaters, especially if accompanied by a flash of light, may indicate what we call a “vitreous detachment.” This is when the gel liquifies enough that the vitreous pulls away from the back of the eye. In about 5-10% of cases of vitreous detachment, there occurs a retinal tear which does require repair by a retinal specialist.



While most floaters and even vitreous detachments pose no threat to your vision, if you are experiencing any new or worsening symptoms, the best thing to do is have a dilated eye exam as soon as possible to ensure your eyes are healthy. ■

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

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## SIMPLE tips for managing stress

Stress comes in many forms, from everyday stressors to those caused by a negative change (e.g., losing a job) or traumatic event (e.g., a natural disaster). Left unchecked, chronic stress can negatively impact your health.

- **Learn to calm your body and mind.**

It is normal to feel anxious, sad or even angry when faced with a stressful event. But while we can't always change or control the things that happen in our lives, we can try to better manage stressful events or even triggers.

- **Exercise.** Take a walk, join a gym, look up a new routine on YouTube, or break out the 80s Jazzercise or Tae Bo workouts. Just 30 minutes of physical activity a day can boost your mood.

- **Relax.** Try deep breathing, yoga, meditation, massage, etc. When you feel your stress level rising, take a moment to calm your mind. Never tried yoga or meditation before? Look for a beginner's class online and give it a try.



- **Phone a friend.** Staying connected to people who understand us and know our journey can be a great way to alleviate stress. Sometimes all you need to do is vent or talk it out.

- **Listen to music.** Ever felt lost in a song? Music can affect both your mind and your body. Upbeat music can make you feel more positive while a slower tempo can help quiet your mind and relax your muscles.

- **Sleep.** Do you find it difficult to sleep when you're stressed? Sometimes, the worries of the day interfere with our ability to get a good night's sleep — right at the time when that's what we need the most. Put away the electronics, turn off the TV and try to quiet your mind. Having trouble shutting down your thoughts? Try white noise or a relaxation app on your phone.

- **Find time for fun.** It's OK to put down your worries and responsibilities for a moment and take time for you. Give yourself permission to do the things that put a smile on your face. ■

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

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## OUT & ABOUT

# SWEET CORN Festival

The Adel Sweet Corn Festival parade was Aug. 13.



The Adel Rotary Club sells water at the Adel Sweet Corn Festival each year. Bob Halverson, Kevin Howe, Jane Clausen and Ryan Morford



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# WHERE THERE'S A NEED THERE'S A LION

Are you looking to join a local group of service-minded men and women who volunteer to support the community every day? Become a member of Adel Lions Clubs - a respected international organization, a leader in the Adel community, and friend to people in need.

### Last year the Adel Lions Club donated to the following causes:

- Adel Boy Scouts
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- Adel parks
- Adel Partners Chamber
- Adel Thanksgiving Dinner
- ADM FFA
- ADM Fine Arts Boosters
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- ADM school parking
- ADM Softball Assn.
- ADM Sports Boosters
- ADM Strength and Conditioning
- ADM Vision Fund
- Dallas County Master Gardeners
- DeSoto Betterment Committee
- DeSoto Fire Department
- International Lions Club
- Iowa Lions Foundation
- Kid-sight
- Leader Dog Program

### Did you know?

The Adel Lions Club does the American Flags in Adel on special holidays!



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

# BACKYARD fun

Dream home took shape over the years.



Gina and Jesse Wiges and their daughters enjoy the outdoors and their large property, including the pool they installed.

Gina Wiges and her husband, Jesse, moved to Adel in 2017. Prior to the relocation, the couple lived in Waukeg, where the school system was growing at a rapid pace.

“We decided we wanted a smaller school system for our two daughters, and we knew from friends that Adel was a great school, so we had our eyes set on moving to this area,” Wiges explains.

The family was also outgrowing the home they were in at the time. They wanted more space to entertain, as well as land to build a shop for their landscape and pool company, Wiges Outdoor Services LLC.

Luckily, they saw an ad for land for sale on Craigslist and called about it.

“It was a couple of acres and very close to town, so we thought it was perfect for our home,” Wiges says. “We talked with our builder the next day, and the rest is history. It all happened very quickly.”

After the house was built, the Wiges family



needed to do a lot of work on the landscaping. Over the years, they’ve added many trees, landscaping and retaining walls, along with a lot of dirt work to make it look the way it does now. They also added an in-ground fiberglass pool and shop in 2018.

Today, it’s the home of their dreams. They even shared it with the community this past year as part of the 2022 Adel Home Garden Tour.

“We love our backyard view,” Wiges says. “We overlook the Raccoon River Valley, so it’s very pretty when the trees are in bloom in

the spring, as well as in the fall. We also love having friends and family over to swim on hot summer days.”

The family enjoys how all their neighbors are friendly and down to earth, too.

For both Gina and Jesse, who grew up in a small town, Adel has a similar feel while also being close to Des Moines for more shopping and entertainment options.

And as a way to give back to the community they love, the Wiges are members of the Adel Partners Chamber of Commerce and sponsors for the ADM Booster Club. ■

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# SOME thoughts about being single

Did you know nearly half of adult Americans are single? Sadly, this massive chunk of our population can feel left out, pressured to date and get married, and more. Of course, the worst are the well-intentioned friends who play Cupid and set up awkward dates that rarely go well.



The Bible has a lot to say about being single, and it's all encouraging. For example, in 1 Corinthians 7:7 we learn something interesting: "It is good for a person not to marry." The point of this verse is that, if you are single, that's a good thing. And if you're reading this article and have a ring on your finger, that's a good thing, too (e.g., Genesis 2:18).

In fact, the Bible lays out two life options for us: self-controlled singleness or

monogamous marriage. That's it, two options. Now maybe you're thinking to yourself there are a lot more arrangements out there today: couples living together, living on your own but having friends with benefits, maybe married but having another someone on the side. The list likely goes on and on. But the Lord says there are only two options that are from Him and that are good for you. Other arrangements we come up with will ultimately mess you up. For some people, their sex life is destroying their spiritual life. You live with shame and guilt for what you're into, and you hope you will never be discovered.

If you are single, I want to encourage you: The grass is not greener on the other side of the marriage. What can happen is single people assume life is always better married and married people can assume life would be better single. The truth is that you can find lush green grass and dried-up crunchy brown grass on

either side of the fence. The reality is the grass is always greener where you water. Don't be in a hurry to swap sides. We should always strive to be content where God has placed us (c.f., 1 Corinthians 7:17, 26-27).

One last word: Don't ever assume that, if you find the right person, then you'll be happy or that you need someone to complete you. Rather, a deep abiding and satisfying joy ultimately doesn't come from your marital status but from having a deep abiding and satisfying relationship with the Lord. So, whatever season of life you find yourself, be content in that place (even if you wouldn't choose it) because that is exactly where the Lord can work in and through your life to help you become the person He is calling you to be. ■

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



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# AMBRO'S Roadhouse remodel doubles seating

Provides more music options

Ambro's Roadhouse, a popular bar and restaurant in De Soto, will soon accommodate more patrons.

Amber Broeker opened Ambro's Roadhouse in 2016. The past year, Ambro's has witnessed a flurry of activity as they've undergone a remodeling project that doubles their seating capacity.

In the past, if they've offered live music, it's typically held outside. The new space provides a covered spot for music.

"It will be nice to have live music — rain or shine," says Amber.

When Amber first opened her restaurant, she joined the Adel Chamber, which posts business information on its website.

"The Chamber is doing a good job at putting updates on their site. It helps get people excited for the newly remodeled place," says Amber.

The remodel got off to a slow start because renovations took place in the midst of the pandemic. It's back on track — and just in time, as De Soto continues to grow.

"There's a demand for the remodel to be completed," says Amber. "With the Kwik Star, I honestly think it will help our business. People will ask if there's a place in town to get a drink."

Because of Amber's efforts in the restaurant business, she's been nominated as "40 Women to Watch" in the Iowa Restaurant Industry. "It's been an honor to be nominated. With all the publicity and awards from CITYVIEW and Iowa Living magazines, as well as the Chamber website, it all really helps. It makes my heart feel good," she says.

She says part of her success lies both within the community and her hardworking staff.

"I love it when the community comes together. People come in off the street hungry, and we give them a meal. We love making people happy and seeing a smile on their faces. I could not have made it this far without my wonderful, hardworking and amazing staff," she adds.

Amber continues to help with the Sweet Corn Festival and parades. She says the exposure helps promote her business.

"We still have a lot of people come from Adel who don't even know we're here."

Again, she credits the Chamber for posting Ambro's business information.

"The Chamber has been real helpful. Deb is amazing about getting information out about De Soto," she says.

As soon as the remodel is complete and a few debts are paid off, she's looking to add another deck.

"I want to keep going as big as we possibly can," she says.

Join Ambro's Roadhouse on Sept. 3 for a grand re-opening celebration, featuring live music and karaoke. ■

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



Amber Broeker and Mandy Broeker with the many Residents' Choice certificates presented to Ambro's Roadhouse.

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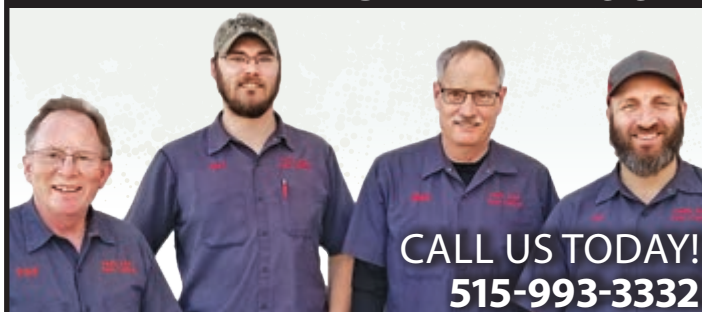


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OUT & ABOUT

# SWEET CORN Festival

The Adel Sweet Corn Festival parade was Aug. 13.



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## OUT & ABOUT



The Adel Partners Chamber of Commerce held a ribbon cutting for A You're Adorable, a children's clothing boutique, on Aug. 4.



Jaycee, Jacob and Jennifer Harrison at the A You're Adorable ribbon cutting on Aug. 4.



Bryce and Dawn Block with Emmet, Megan and Jace Klein at A You're Adorable ribbon cutting on Aug. 4.



Diana and Eric Anderson at A You're Adorable ribbon cutting on Aug. 4.



The staff of Philip Stueve State Farm Insurance agency asked clients for financial donations for backpacks and school supplies. Every dollar donated was matched by another dollar from the agency. Fifty-six backpacks with supplies were purchased for donation to local schools.



Dean Scott with Right Cowboy Church at the Adel Sweet Corn Festival parade on Aug. 13.



Alexis Gill at the Adel Sweet Corn Festival parade on Aug. 13.



Little Tigers Baseball at the Adel Sweet Corn Festival parade on Aug. 13.



Adel Mayor Jim Peters at the Adel Sweet Corn Festival parade on Aug. 13.



Adel Chamber Citizen of the Year, Jason Urban, at the Adel Sweet Corn Festival parade on Aug. 13.



Peoples Bank at the Adel Sweet Corn Festival parade on Aug. 13.

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## FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

## HEALTH & MEDICAL

Attention Viagra users: Generic 100 mg blue pills or generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today 1-877-707-5659. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411.(mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest #6258 (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

VIAGRA or CIALIS Users! Save \$500! Viagra On Call! 40 Pills + 10 FREE for only \$99. 100 Percent Guaranteed Pills. #1 Male Enhancement, Discreet Fast Shipping. Money back guarantee! Call Now 1-833-980-1500 or 1-609-447-2228. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

## MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

NEED NEW FLOORING? Call Empire Today\* to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

Safe Step. North Americas #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

PROTECT YOUR HOME from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-949-4528 (mcn)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. FREE professional installation! Four FREE months of monitoring! Call now to customize your system. 1-855-962-5554(mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit dorranceinfo.com/Midwest (mcn)

## PETS/PUPPIES FOR SALE

PUPPIES FOR SALE: Mini Bernedoodles, ready now, nice markings, mostly tricolor, first come first serve \$200 OBO. 8 to choose from. Also, Australian Shepherd females, come take a look. 20870 Sunnydale Road, Platteville, WI 53818. (mcn)

## WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

All Military Items Wanted: WW1, WW2, Korea, Vietnam. Medals, knives, helmets, daggers, uniforms, all items wanted. Singleitems or collections. Paying cash. 563-581-9568. (mcn)

## HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

(ACP)

## MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-855-364-3948 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-341-5862 (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Vivint. Smart security. Professionally installed. One connected system for total peace of mind. Free professional installation! Four free months of monitoring! Call to customize your system. 1-833-841-0737 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Protect your home from pests safely and affordably. Pest, rodent, termite and mosquito control. Call for a quote or inspection today 844-394-9278 (ACP)

Discount air travel. Call Flight Services for best pricing on domestic & international flights inside & from the US. Serving United, Delta, American & Southwest & many more. Free quote! Have travel dates ready! 844-951-2014 (ACP)



# SEPTEMBER 2022

## UPCOMING CITY COUNCIL MEETINGS

- **Tuesday, September 13, 2022** at 6 pm

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

## REMINDERS & CLOSURES:

- Adel City Hall will be closed on **Monday, September 5th** in honor of Labor Day. Garbage and yard waste services will be delayed by one day that week.
- 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 than 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 you an opportunity to stop in and see us on your way to work. The new City Hall hours (beginning Tuesday, September 6th) 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?** Wastewater Superintendent

**What is your past work experience?** I have worked in this water and wastewater field for the last 24 years

**How long have you been working for City of Adel?** 5 months

**What are you excited about for your department's future plans?** We will be starting up the new wastewater treatment plant in October of this year; I am excited about the challenge to get it operating and meeting the limits set forth by the DNR. My philosophy is if I am doing my job correctly no one knows that I exist. This means that I fix issues before they become issues by performing preventative maintenance.

**What is a hobby you enjoy?** Working, if that is a hobby.

**Anything else Adel should know about you?** I moved here with my family from Dyersville. My wife Jill works from home, my daughter Alexis is a student UNI, my son Brandon is working for a local business in Waukee, and my daughter Carissa will be attending Waukee North.



**MIKE LANSING**

## PARKS & RECREATION ACTIVITIES:

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

- **1st/2nd Grade Basketball** – Practices will begin week of Oct 17. Games held at Adel on Saturdays Nov-Dec. \$65 fee includes t-shirt. Registration deadline Oct 7.

- **3rd-6th Grade Basketball** – Practices will begin week of Dec 5. Games held in Adel and other area towns on Saturdays Jan 7-Feb 18. \$75 fee includes t-shirt. Registration deadline Nov 25.



## PUBLIC WORKS AND PARKS & REC DEPARTMENT NEWS:

Please welcome Cody Werts, Jonny Reel, and Kade Barcus to the City of Adel. At the August 9th, 2022 City Council Meeting Chase Freemyer was honored for his five years of service to the City of Adel. Thank you for your continued service Chase!



## POLICE NEWS:

Please welcome Officer Shawn Randolph to the Adel Police Department as he took his Oath of Office during the August 9th, 2022 City Council Meeting. Congratulations to Officer Randolph and thank you for your service to the City of Adel!



## 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/](http://adeliowa.org/permits-and-forms/automatic-withdrawal-authorization/).

## HONOR THE CALL TO SERVE:

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Board or Commission appointments will be made at a City Council meeting. Current Board or Commission terms began July 1, 2022, yet there is one vacant position available to be filled:

- 1 Planning & Zoning Board vacancy (term ending July 1, 2025)

Applications are available at Adel City Hall or online: <https://adeliowa.org/permits-and-forms/serve-on-a-city-board-or-commission/>. \*Iowa Code 69.16A – Gender Balance requires City boards, commissions, and committees to be gender balanced. After a three-month good faith effort to correct a gender imbalance, all qualified applicants may be considered.

## HOME FOOTBALL GAMES:

During Friday Night Home Football games, fireworks will be let off as ADM Tigers celebrate victories.



## SCHOOL SAFETY REMINDERS:

Now that school is back in session, we wanted to issue a few safety reminders!

- **Walkers:** Students that walk to school should use pedestrian safety practices, such as using sidewalks, designated crosswalks, and the buddy system (walking with others) when walking to school.
- **Bikers:** Students who ride should observe and obey the traffic signs when traveling to and from school. Bikers MUST be off their bikes when crossing crosswalks.
- **Drivers:** Student and adult drivers should keep an extra eye out for students on bikes or on foot.

## 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.

## CITY HALL

Administration  
Public Works  
Compliance Officer  
Parks and Recreation

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

M-Th 7:30 a.m. – 4:30 p.m.

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

## PUBLIC SAFETY Police and Fire Depts.

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

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

EMERGENCY – DIAL 911

## LIBRARY

303 S. 10th St.  
515-993-3512

M-Th 9 a.m. – 6 p.m.

F 9 a.m. – 2 p.m.

Sat. 9 a.m. – 1 p.m.  
[www.adelpl.org](http://www.adelpl.org)

## UTILITY PHONE PAYMENTS

866-229-7831

## OTHER NUMBERS

Aquatic Center  
515-993-5246

Ankeny Sanitation  
515-964-5229

S. Dallas Co. Landfill  
515-993-3148

## ADEL CITY COUNCIL

Mayor James F. Peters  
515-993-4436

Mayor Pro Tem  
Shirley McAdon  
515-993-4862

Bob Ockerman  
515-238-9835

Jodi Selby  
515-657-1315

Rob Christensen  
515-478-3260

Dan Miller  
515-979-6119

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



# Labor Day SPECIALS

Valid September 1-30, 2022

**MAYTAG® \$1,199**



**Maytag®  
33-Inch  
Wide Top  
Freezer  
Refrigerator**  
With  
Evenair™  
Cooling  
Tower- 21  
Cu. Ft.  
MRT711SMFZ

**MAYTAG® \$1,099**



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

**MAYTAG® \$999**



**REFRIGERATOR  
OR FREEZER,  
YOUR CHOICE!**

**Garage Ready in Freezer Mode  
Chest Freezer with Baskets** - 16  
cu. ft. Power loss assist. Heavy-  
duty sliding baskets. Deep basket  
MZC5216LW

**Whirlpool® \$2,899**



**25 cu ft, 36" wide French door** with external  
crisper drawer, LED lighting and external ice  
maker/water dispenser WRX735SDHZ

**Whirlpool® \$899 EACH**



**Washer : 4.7-4.8 cu ft**  
• 2 in 1 Removable Agitator  
• Built-In Water Faucet  
• Deep Water Wash Option  
• Presoak Option

**Dryer: 7.0 cu ft**  
Top load electric  
moisture sensing  
dryer with steam &  
wrinkle shield  
WTW5057LW/WED5050LW

**Whirlpool® \$1,349**



**5.0 cu ft oven** • 5-in-1 Oven • Air  
Fry Mode • Dishwasher-Safe Air Fry  
Basket • Fan Convection Cooking  
WFG550S0LV



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

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

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