

Living



Holiday recipes

Residents share the recipes that make the season bright.

Meet Cassidy Noring
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RECIPE

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WELCOME

PORK favor

We dedicated our cover story this month to holiday recipes, and why not? The Christmas season wouldn't be complete without the treasured family foods that pop up this time of year. From the elaborate five-course dinners to a simple cookie, most all of us have some connection with a family favorite.



Jolene's family introduced me to a family tradition they served each Christmas Eve. Her mother would make oyster soup and Spamwiches. Yes, Spamwiches — a holiday ritual for the Poraths. I would have preferred a ribeye, but nobody asked my opinion. So, I ate oyster soup and Spamwiches with Dean and Lois for a few years.

What exactly was this Spamwich, you ask? Well, to the best of my knowledge, it was chopped-up Spam, pickle relish and cheese toasted on half of a hamburger bun in the oven. At least that was the Porath version. I have to admit, it was delicious. The oyster soup? Not so much.

I recognize some of you may have never tried Spam, and for good reason. My friends who grew up on farms said, if they wanted meat, they got the real thing. For us city kids, though, canned meat was an alternative.

When Jolene and I started our own family, we continued the Spamwich tradition with our kids, and we still serve them each Christmas Eve. The oyster soup has been replaced with a choice of potato soup or broccoli cheese soup, thank goodness.

I wrote about this Spam tradition more than a decade ago in this column, and my email in-box was full the next day with favorite Spam recipes from readers. One person even mailed me a Spam coin bank. It was then when I began to understand the Spam-lovers cult. In a conversation with a local Hy-Vee manager about Spam, my eyes were opened even more. Just to put this in perspective, more than 44,000 cans of Spam are produced every hour. Hawaiians alone consume approximately 7 million cans of Spam per year. Barack Obama even admitted he likes it.

Truth be told, I won't be rushing to the grocery store to buy Spam anytime soon, but I will continue to enjoy our Spamwiches on Christmas Eve, and I hope you can enjoy a few of your family favorites, too.

Merry Christmas, and thanks for reading. ■

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HOLIDAY GREETINGS

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Holiday recipes

Residents share the recipes that make the season bright.

Three generations of Janet Hircock's family gather for holiday baking, including her daughter, daughters-in-law and granddaughters.

By Rachel Harrington

Favorite dishes are often at the heart of holiday gatherings. Their aromas wafting through the house signal it's time to join family and friends in celebration, reminiscing and gratitude. Their tastes spark memories and conversation. For many, certain recipes are a holiday must. They are inextricably woven into the fabric of the season, and the festivities wouldn't feel complete without them.

Grandma's Fruit Salad

"My grandma McAleer's fruit salad recipe was passed to my mom and then to me," Laura Krejchi says. "My mom gave me a very vague recipe card with it on there. Very little instructions. But I have made it a few times now and have tweaked it so it works and tastes like I remember. I remember having this at almost every holiday at my grandparents' growing up. Once my mom took over the holidays, she would make it, too. I make it at Thanksgiving and sometimes at Christmas and/or Easter depending on the meal. My grandparents had a set of china they used at every holiday. It was a very large set. When my grandma passed away, I inherited the set, and it reminds me of spending all those holidays with them. We still use the set today for holidays."

GRANDMA'S FRUIT SALAD

INGREDIENTS

- 14.5 ounce can of chunk pineapple (reserve liquid)
- 1-2 cups grapes cut up
- 2 bananas
- 1-2 cups mini marshmallows (colorful ones look festive)
- Small bag chopped walnuts
- 2 cups whipping cream
- 1 cup sugar
- 1 tablespoon flour
- 1 egg (well beaten)
- pinch of salt

DIRECTIONS

Drain the reserved liquid from the pineapple and mix it with the sugar, flour, the egg and salt. Cook over medium heat until thick. Cool. Using a chilled mixing bowl and beater, whip the whipping cream until thick. Add the remaining ingredients. Well drained Maraschino cherries also are a nice addition. I like to leave the walnuts out, but my dad would complain it didn't taste right without them.



Laura Krejchi's family enjoys her Grandma McAleer's fruit salad during the holidays.

Grandma Bette's Ginger Cookies

"When my daughter, Molly, was just out of college, we started having a baking day every year at Christmas," Janet Hircock says. "It was so fun that we made it an annual event. As my sons got married, we included their wives and have since added three granddaughters to the annual girls-only event (even though I also have two grandsons). Everyone comes to my house with mixers, plastic containers, recipes and ingredients for what we have decided ahead of time to make. I made Molly an apron to match the one I had, and, as we added people, I had to keep making aprons. The photo attached is from last year. I have another daughter-in-law, Ainslie, who has lived in various far-away places with our son, who is in the Space Force so isn't usually able to participate, but we have been known to save some cookies for her to frost on the holidays when she is able to come back. This event is a precious time for all of us. One required recipe is one passed down in Marcie's family."

GRANDMA BETTE'S GINGER COOKIES

INGREDIENTS

- 1 1/2 cup oleo (or butter)
- 2 teaspoons cloves
- 2 cups sugar
- 2 teaspoons cinnamon
- 1/2 cup molasses
- 2 teaspoons ginger
- 2 eggs
- 4 cups flour
- 4 teaspoons soda
- 1/8 teaspoons baking powder

DIRECTIONS

Mix. Chill. Make into balls and roll in sugar. Bake at 350 for 7 1/2 minutes.



Overnight butter rolls are a staple at holiday meals for the Fisher family. Marsha Fisher turned over the baking duties to her daughter, who now makes them.

Overnight butter rolls

"I just think this is a nice recipe because it can be used for every holiday," Marsha Fisher says. "It was originally my mother-in-law's, Faye Fisher, who was a wonderful pastry pie maker and baker. She made these rolls even up to when she was about 90. She always made them for the holidays when they were home, and the whole family loved them — especially the grandchildren. For Easter, she made them in the shapes of little bunny rabbits. For the other holidays, they were crescent rolls.

"When Bob and Faye started going to Texas for the winter, I became the roll maker and holiday hostess along with my husband, Mike. It took a while for me to get the hang of her brief directions, so my recipe has a few tweaks as I think most recipes that go through a family do.

"This will be the first Thanksgiving that I haven't made overnight butter rolls, forever. My daughter, Katie, is going to take on the role of being the baker. We have a few gluten-free people in our family, and she has the expertise to also make those rolls special, too."

OVERNIGHT BUTTER ROLLS

INGREDIENTS

- 1 tablespoon (1 package) yeast
- 1/4 cup warm water
- 3 eggs
- 1/2 cup sugar
- 3/4 teaspoon salt
- 1/2 cup butter
- 3/4 cup milk
- 5 cups flour
- 6 tablespoons butter for rolling out

DIRECTIONS

Mixing the dough

Stir the yeast into the lukewarm water (110 to 115 degrees). Set aside. In the bowl of an electric mixer fitted with a paddle attachment, add the eggs and mix until frothy. With the mixer still running, add sugar and salt. Continue to mix on low speed until well blended, then set aside.

In a small saucepan, melt the butter. When the butter has completely melted and starts to bubble, add the milk all at once. Immediately take off the heat. Don't let the milk mixture get too hot. The temperature should not exceed 113 degrees. With the mixer on low, add the warm milk/butter mixture. Mix well. Stir in the dissolved yeast.

Add the flour 1 cup at a time until you have added 4 cups of flour. Mix well after each addition. Mix for 3-5 minutes. Add additional flour 1/4 cup at a time until the dough starts to pull away from the sides. I rarely add the full 5 cups of flour. Continue to mix for 5-8 minutes. You don't want a stiff dough. It needs to be quite sticky. Scrape the dough away from the sides of the bowl and form a ball of dough. No need to oil the bowl. Cover with plastic wrap and refrigerate the dough overnight.

ROLLING OUT THE DOUGH

When ready to bake, remove dough from the refrigerator. Place the dough onto a lightly floured surface. Cut the dough in half. Shape each half into a ball of dough. Roll out each ball into a 14-inch circle. Lightly butter the middle of each circle. Spread butter to within one inch of the edge. Cut into fourths. Cut each fourth into thirds. Each circle should be cut into 16 triangles. Beginning at the wide edge of the triangle, roll the dough towards the tip of the dough. Place the crescent-shaped rolls onto a greased or parchment-lined baking sheet, point down. Place 12 rolls per baking sheet. Cover and allow to rise for 3-4 hours or until the dough feels like a marshmallow when gently pressed. Bake in a preheated 360 degree oven and bake for 10-11 minutes or until golden. Makes 32 rolls.

Scandinavian Almond Cake

"I make a Scandinavian cake that used to be sampled at the Atherton House here in Adel," says Teresa Wichtendahl. "It is made in a special pan and is a big hit with my neighbors as I slide one into their mailboxes every year for Christmas. One neighbor told me her daughter ran back into the house with it and told her mom, 'It's the best time of the year.'"



Teresa Wichtendahl makes a Scandinavian cake that used to be sampled at the Atherton House in Adel.

The pan used traditionally for Scandinavian Almond Cake is a loaf pan with a curved shape and corrugated ridges.

SCANDINAVIAN ALMOND CAKE

INGREDIENTS

1 1/4 cup sugar
 1 egg
 1 1/2 teaspoons of almond extract
 2/3 cup of milk
 1 1/4 cup flour
 1/2 teaspoon baking powder
 1 stick melted margarine
 Powdered sugar

DIRECTIONS

Spray the pan with cooking spray. Beat well the sugar, egg, almond extract and milk. Add in the flour and baking powder. Add in the margarine. Mix well. Bake at 350 degrees for 40-50 minutes. Edges must be golden brown. Cool in the pan before removing. Cake will break if removed too soon. Sprinkle with powdered sugar. Variation: Before putting batter in pan, sprinkle sliced almonds on the bottom.

Ribbon cookies

"My husband's Aunt Esther used to make these colorful and yummy cookies every year at the Knutzen family Christmas," Susan Knutzen says. "It was one of the family's favorite cookies. Now, I carry on the tradition for our family and friends. I usually make three batches at a time, dividing the dough between three bread pans: poppy seeds first, cherry next, and the chocolate layer last. Don't overbake or put too close together on a baking pan, as they expand while cooking. These are such a favorite that I usually make two to three triple batches each Christmas to share."



Susan Knutzen has taken over the duty of baking the ribbon cookies that her husband's Aunt Esther made part of the family's holiday traditions.



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RIBBON COOKIES

INGREDIENTS

- 1 1/2 cup sugar
- 1 cup butter
- 1 egg
- 1 teaspoon vanilla
- 2 1/2 cups flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 cup chopped candied cherries
- 1/4 cup chopped pecans
- 1 ounce German sweet chocolate, melted
- 2 tablespoon poppy seeds

DIRECTIONS

Mix flour, baking powder and salt. Cream butter and sugar until light; add egg and vanilla. Beat. Add flour mixture, a small amount at a time. Divide into three portions. Add poppy seeds to one part. cherries to one part. and nuts and chocolate to the other. Line a loaf bread pan with waxed paper. Put poppy seed mixture on bottom, then the cherry mixture and, last, chocolate on top. Cover and chill overnight. Next day, slice thin (about 1/4-inch) and cut in half lengthwise. Bake at 325 degrees for about 10 minutes, or until brown.

Charcu-tree (charcuterie tree)

“I made this recipe last year because I wanted to make something unique for my holiday party that I host each year for our neighborhood along with our customers,” Julie Heathcote of Sunflower Chef Catering says. “It can be time consuming to put together but worth it for all the compliments and enjoyment.” ■



Julie Heathcote of Sunflower Chef Catering makes a charcuterie tree for a unique touch to holiday parties.

CHARCU-TREE (CHARCUTERIE TREE)

INGREDIENTS AND SUPPLIES

- 300 toothpicks
- 1 18-inch Styrofoam cone
- Metal star-shaped cookie cutter
- Metal angel-shaped cookie cutter
- 1 8 ounce block marble cheese
- 1 8 ounce block Swiss cheese
- 2 jars stuffed olives
- 2 jars gherkin pickles
- 1 small bag red grapes
- 2 packages salami
- 2 pints cherry tomatoes
- 1 package of rosemary for garnish
- Assorted crackers to serve on the side

INSTRUCTIONS

Use a permanent marker to create a spiral design on the cone by drawing a continuous line from top to bottom, rotating the cone as you draw, to serve as a guide for toothpick placement with alternating diagonal lines.

Use star and angel-shaped cookie cutters to craft cheese shapes from cheddar and Swiss cheese, reserving the star cutter for the tree topper.

Toothpick charcuterie items onto toothpicks, either singly or in combinations such as salami and cheese. Attach the skewers to the cone, working from top to bottom, using rosemary to fill the gaps.

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NAVIGATING retirement: strategies for tackling inflation

Inflation erodes the purchasing power of your hard-earned savings during retirement, making it a significant concern for nearly every pre-retiree we encounter. It's crucial not to overlook this factor when planning for a retirement that may last 20 to 30 years. Developing a robust strategy to address inflation is essential to maintain the lifestyle you desire.



Inflation plays a major role in the everyday expenses retirees face, whether at the grocery store, gas station or during leisure activities. Many families are surprised to see how much their costs can rise over a 25-year period. For instance, if a family plans to spend \$7,500 a month in retirement, they will need about \$12,300 per month in 25 years to sustain the same lifestyle, assuming a modest 2% inflation rate. This highlights the critical importance of factoring in inflation when developing your

retirement income strategy.

Maximizing guaranteed income sources, such as Social Security and pensions, can significantly aid in planning for inflation. A reliable income stream provides retirees with a sense of security and allows for confident spending. If you don't have a pension, you're not alone, but creating a personal pension or maximizing Social Security benefits through strategic planning can make a world of difference.

Inflation impacts your retirement savings. \$500,000 saved today, will only be worth about \$300,000 in 25 years, using 2% inflation. It's crucial to balance the need for growth with the need to preserve capital. As you transition into retirement, your investment strategy will likely need to change. The market risks you took when building your retirement savings may not be appropriate for managing those savings through retirement. This security allows you to withstand market downturns without impacting your day-to-day living expenses.

Having a forward-thinking strategy is

another important way to combat inflation.

Understanding how taxable, tax-deferred and tax-free income sources will impact your overall tax burden can create significant advantages. One strategy to consider is a Roth conversion, which involves converting pre-tax money from a traditional IRA or 401(k) to a Roth IRA. This offers tax-free growth and qualified distributions. While the converted amount is taxed as ordinary income in the year of conversion, a Roth IRA is not subject to Required Minimum Distributions (RMDs), providing flexibility that can reduce your retirement tax bill.

Taking proactive steps now can help you create a secure and enjoyable retirement. This approach will allow you to focus on living out your retirement vision without the worry that inflation could force you to change your lifestyle. ■

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



Learn how to combat inflation for a secure retirement lifestyle in this episode of *Retiring Today with Loren Merkle*. Scan the QR code to watch now.



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MUSEUM hosts Holiday Tour of Historic Homes

The Adel Historical Museum's Holiday Tour of Historic Homes is Dec. 13.



Aubrey Dunbar (pictured) collaborated with Nadine Law in the "hanging of the greens" in the Adel Historical Museum.

Sponsored by the Adel Historical Museum, the Holiday Tour of Historic Homes will take place on Friday evening, Dec. 13. This event is a progressive tour beginning at the home of Bob and Nadine Law, then to the beautifully decorated museum, and concluding at the home of Gov. George Washington Clark, hosted by Lisa Fleming and Tom Hagen. The homes on the tour are each only a few blocks from the museum. This tour is being offered by the board of the museum as a fundraiser for needed repairs, to purchase more shutters for the building, and to help improve a garden shed to share historical garden tools on site.

Only 50 tickets, at a cost of \$25 each, will be available, with two separate reservation times, 4-6 p.m. and 6-8 p.m., offered. Tickets will be on sale at the museum on Dec. 7 from 1-3 p.m. and at Adel Flowers and Gifts on the Square. (Luminaries by the Adel Women's Club will also be available at the museum and Adel Flowers.)

At the Nadine and Bob Law home, participants can enjoy appetizers and wine while they browse through the many decorated rooms. This will include seeing Nadine's tree of 2,400 lights and almost that many decorations. The second stop will be the museum, where you will be in awe at the beauty and intricacies of the decorations created by Aubrey Dunbar and Nadine Law. Each room has been decorated to enhance and emphasize the room's historical theme of items on display. There will be people available to answer questions during the tour of the museum. The last stop of the tour will be the charming Clark House, home of Iowa's 21st governor, George Washington Clark. Lisa Fleming and Tom Hagen will welcome you to their beautifully decorated home, which has undergone many restorations through the years. Enjoy dessert and coffee while Tom tells you a little history of the home and the famous people who lived there.

The museum board received an allocation



from the city to repair foundational issues and a grant from the Dallas County Foundation for a new front door and other glass works needed. The members hope to see more people come and enjoy the renovations and the reorganization of the historical items in our hometown Adel Museum.

The Adel Historical Museum will be open to the public, decorated for the holidays, on Saturday, Dec. 14 and Sunday, Dec. 15. Free admission. ■

WISE spending at Christmas

Focusing on what truly matters

Christmas is a time for joy, family and celebration, but it's also easy to get caught up in the pressure to spend — especially with the constant barrage of advertisements, sales and expectations. In the rush to give the perfect



gift or create a picture-perfect holiday, we can sometimes lose sight of what Christmas is really about. Wise spending during the holidays isn't just about sticking to a budget; it's about aligning our spending with the values of love, generosity and togetherness that the season represents.

Setting a practical gift budget

One of the simplest ways to practice wise spending is by creating a gift budget. It can be tempting to go overboard, trying to give expensive gifts to show how much you care. But the true value of a gift isn't in its price tag — it's in the thought and effort behind it. By setting a realistic budget, such as \$20 or \$50 per person,

you encourage yourself to be more intentional with your choices. This might mean choosing a meaningful, handmade gift, a heartfelt letter, or a shared experience like a fun outing. Thoughtful gifts can be just as meaningful as expensive ones, if not more so, because they reflect your attention to the recipient's personality and needs.

The true meaning of Christmas

Christmas is about far more than shopping for the latest gadgets or stocking up on decorations. At its heart, Christmas celebrates the birth of Jesus Christ — a time of peace, love and goodwill toward others. The holiday invites us to focus on kindness, generosity and the spirit of giving without expecting anything in return. When we remember the true meaning of Christmas, it becomes clear that the most valuable gifts are often those that can't be bought: time with family, acts of service, and the love we share with others.

Rather than overspending on gifts, consider giving your time or talents. Volunteering at a local shelter, donating to those in need, or simply being present for someone who may be struggling can

make a world of difference. These acts of love and compassion embody the spirit of the season far more than material presents.

Cherishing experiences over material goods

One of the best ways to celebrate Christmas without overindulging in spending is to focus on experiences. Instead of buying more things, create memories with your loved ones — bake cookies together, watch a Christmas movie, or take a walk to admire the holiday lights. These moments don't cost much but create lasting bonds and bring the joy of the season to life.

In the end, Christmas isn't about how much we spend, but about how much we give — from the heart. By practicing wise spending and remembering what really matters, we can enjoy a more meaningful and fulfilling holiday season. ■

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A REASON to celebrate this Christmas

Do these words ring a bell: “Joy to the world, the Lord is come! Let earth receive her king.”

Maybe while reading those words you began to hear the hymn in your mind. These are the opening lyrics to “Joy to the World,” the No. 1 most published Christmas song over the past 100 years.

This song was written in 1719 by Isaac Watts based on Psalm 98. Watts was brilliant, opinionated and passionate for the Lord. Once, as a young boy, he complained the worship songs at church were boring, so his dad challenged him to do something about it. He accepted the challenge and ended up writing more than 600 songs over his lifetime.

As you know, “Joy to the World” is a song of celebration for the birth of Jesus... and



Christmas should be a time of celebration, but plenty of times it’s not. For any number of reasons, this time of year can be difficult. Maybe for you it’s easy to assume the writer of this carol had a good life with lots of reasons to be joyful.

Not exactly...

Watts grew up in an unstable home because his father was in and out of jail for his faith. He worked hard to be a pastor only to have to resign due to bad health. He fell in love, proposed and was rejected. His music was dismissed by most during his lifetime, and his overall life was marked by suffering. How in the world did this guy write “Joy to the World”?

Here’s how... It was his way of reminding himself of the gospel — the good news about Jesus. It was his way of lifting his eyes above circumstantial hardships, real as they are, and fixing his eyes on Jesus. When he did this, he came to understand that, with the Lord, there is

always a reason to celebrate.

Will this Christmas season be a hard time of year for you? Maybe this past year you’ve lost a loved one or an important relationship fell apart, and it hurts. This past year has brought pain to all of us in various ways. The good news is Christmas is a reason to celebrate because it is God’s greatest display of His love for you. He sent His Son Jesus to be Emmanuel... God with us. This is why, in suffering, you and I can worship and celebrate.

One more thing... If you don’t have a church home and are looking for a place to worship this Christmas season, you are welcome at New Hope Church. We are offering four Candlelight Christmas services filled with hope, celebration and joy for the whole family. We would love to see you there. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.

CANDLELIGHT CHRISTMAS

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SPORTS SCHEDULE

WINTER 2024-25

V BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 3	7:30PM	Dallas Center-Grimes	ADM High School
Dec 6	7:30PM	North Polk	ADM High School
Dec 10	7:30PM	Carroll	Carroll High School
Dec 13	7:30PM	Winterset	Winterset High School.
Dec 17	7:30PM	Bondurant-Farrar	ADM High School
Dec 20	7:30PM	Ballard	ADM High School
Jan 3	8:30PM	Clear Lake	Wells Fargo Arena - Des Moines
Jan 4	1:00PM	Van Meter	Van Meter High School
Jan 7	7:30PM	Gilbert	Gilbert High School
Jan 10	7:30PM	Boone	ADM High School
Jan 14	7:30PM	Carlisle	Carlisle High School
Jan 17	7:30PM	North Polk	North Polk High School
Jan 21	7:30PM	Carroll	ADM High School
Jan 24	7:30PM	Winterset	ADM High School
Jan 28	7:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Jan 31	7:30PM	Ballard	Ballard High School
Feb 4	7:30PM	Indianola	Indianola High School
Feb 7	7:30PM	Gilbert	ADM High School
Feb 11	7:30PM	Boone	Boone High School
Feb 14	7:30PM	Carlisle	ADM High School
Feb 18	7:15PM	Norwalk	Norwalk High School
Feb 20	7:30PM	Newton	ADM High School

V GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 3	6:00PM	Dallas Center-Grimes	ADM High School
Dec 6	6:00PM	North Polk	ADM High School
Dec 10	6:00PM	Carroll	Carroll High School
Dec 13	6:00PM	Winterset	Winterset High School.
Dec 17	6:00PM	Bondurant-Farrar	ADM High School
Dec 20	6:00PM	Ballard	ADM High School
Jan 3	6:30PM	Clear Lake	Wells Fargo Arena - Des Moines
Jan 7	6:00PM	Gilbert	Gilbert High School
Jan 10	6:00PM	Boone	ADM High School
Jan 14	6:00PM	Carlisle	Carlisle High School
Jan 17	6:00PM	North Polk	North Polk High School
Jan 21	6:00PM	Carroll Community School	ADM High School
Jan 24	6:00PM	Winterset	ADM High School
Jan 28	6:00PM	Bondurant-Farrar	Bondurant-Farrar High School
Jan 31	6:00PM	Ballard	Ballard High School
Feb 4	6:00PM	Indianola	Indianola High School
Feb 7	6:00PM	Gilbert	ADM High School
Feb 11	6:00PM	Boone	Boone High School
Feb 14	6:00PM	Carlisle	ADM High School

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V BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 5	5:30PM	Multiple Schools	ADM High School
Dec 7	10:00AM	Multiple Schools	DCG-Meadows Gym
Dec 12	5:30PM	Multiple Schools	ADM High School
Dec 14	9:00AM	Multiple Schools	Ankeny Centennial
Dec 19	5:30PM	Multiple Schools	Bondurant-Farrar High School
Dec 21	10:00AM	Multiple Schools	Glenwood High School
Jan 2	5:30PM	Multiple Schools	Des Moines East High School
Jan 9	5:30PM	Multiple Schools	ADM High School
Jan 11	9:30AM	Multiple Schools	Winterset High School.
Jan 16	5:30PM	Multiple Schools	Boone High School
Jan 18	9:00AM	Multiple Schools	ADM High School
Jan 23	5:30PM	Multiple Schools	Gilbert High School
Jan 25	9:30AM	Interstate 35	Interstate 35 HS
Jan 3	5:30PM	Van Meter	ADM High School

V BOWLING

DATE	TIME	OPPONENT	LOCATION
Dec 2	2:00PM	Oskaloosa	Statesmen Lanes
Dec 9	4:00PM	Waukee	Adel Family Fun Center
Dec 14	11:00AM	Pella	Adel Family Fun Center
Dec 21	1:00PM	Sigourney Junior-Senior	Keokuk County Bowl
Jan 6	4:00PM	Pella Christian	Adel Family Fun Center
Jan 9	4:00PM	Gilbert	Adel Family Fun Center
Jan 18	12:00PM	Knoxville	Statesmen Lanes
Jan 23	4:00PM	Bondurant-Farrar	Adel Family Fun Center
Feb 1	9:00AM	Norwalk	Air Lanes
Feb 8	11:00AM	Newton	Adel Family Fun Center



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EVENTS IN THE AREA

Be sure to check for cancelations

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

Upcoming in Adel Living magazine:

First cars: Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email tammy@iowalivingmagazines.com by Dec. 10 to be included in the January issue.

Holiday Home Tour

Saturday, Dec. 7, 11 a.m. to 3 p.m.
Dallas Center

The Dallas Center chapter of Beta Sigma Phi is hosting its annual Holiday Home Tour. Four homes will be featured in this year's tour. Tickets are \$15 each (\$5 for children) and will be available from any Beta Sigma Phi member and at the Roy R. Estle Memorial Library in Dallas Center. Tickets will also be available on the day of the tour at the Suites on Walnut. Tickets may also be purchased on Venmo – BSPHI-EX5259. Leave your name in the description and how many tickets you want. Tickets purchased by Venmo can be picked up on the day of the tour at the Suites on Walnut. Check out the Facebook page Dallas Center Community Beta Sigma Phi for more information and pictures of this year's homes.

Community Luminary Display

Sunday, Dec. 15 at dusk
Throughout the community

The Adel Women's Club will be selling luminary kits in preparation of a grand display. The kits consist of a white stencil-cut-out bag, an LED tea light and a bag of sand to anchor the luminary. These kits may be purchased individually for \$2 and in sets of five for \$10. The money raised will be distributed throughout the community.

Luminaries will be sold:
Dec. 6: Adel Tree Lighting/Sip and Sample event, north side of the courthouse, 4:30-6 p.m.; Dec. 7: Adel Historical Museum, 1-3 p.m.; and Dec. 13 and 14, Fareway, noon to 3 p.m. For more information, contact adelwomensclub@gmail.com.

Adel Museum's Holiday Tour of Historic Homes

Friday evening, Dec. 13
Around Adel

Sponsored by the Adel Historical Museum, the Holiday Tour of Historic Homes is a progressive tour beginning at the home of Bob and Nadine Law, then to the decorated museum, and concluding at the home of Gov. George Washington Clark, hosted by Lisa Fleming and Tom Hagen. This tour is being offered by the board of the museum as a fundraiser for needed repairs, to purchase more shutters for the building, and to help improve a garden shed to share historical garden tools on site.

Only 50 tickets, at a cost of \$25 each, will be available, with two separate reservation times, 4-6 p.m. and 6-8 p.m., offered. Tickets will be on sale at the museum on Dec. 7 from 1-3 p.m. and at Adel Flowers and Gifts on the Square. (Luminaries by the Adel Women's Club will also be available at the museum and Adel Flowers.)

The Adel Historical Museum will be open to the public, decorated for the holidays, on Saturday, Dec. 14, and Sunday, Dec. 15. Free admission.



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Adel Masonic Breakfast

Sunday, Dec. 8, from 9 a.m. to noon
Masonic Lodge, 411 S. 12th St.

The Adel Masons will be serving a breakfast of biscuits and gravy, pancakes, scrambled eggs, bacon, milk, orange juice and coffee for \$9 per plate.



Third Monday Bingo

Dec. 16, 6-8 p.m.
Masonic Lodge, 411 S. 12th St., Adel

Enjoy 17 games of bingo (\$0.25/card) plus an 18th Progressive Blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available. Bring a dauber if you have one. They will also be for sale. ■



May your heart be full with songs of joy this season!

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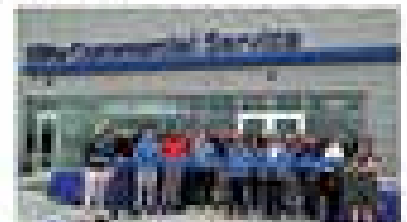
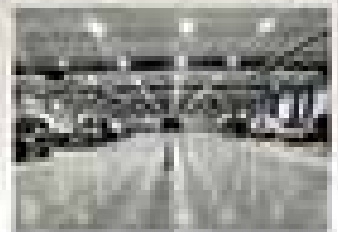
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LIBRARY

By Olivia Osborn

ADEL Public Library news

Hello from the Adel Public Library. Happy winter. We've got programs for everyone this season. Note: We will be closed Dec. 24 - 25 and Dec. 31 - Jan. 1 for the holidays.

Adel Public Library

303 S. 10th St.
adelpl.org • 515-993-3512
Monday-Thursday: 9 a.m. to 6 p.m.
Friday-Saturday: 9 a.m. to 4 p.m.
Sunday: closed

STORYTIMES

- Dallas County Conservation Story Time – Monday, Dec. 9 at 10 a.m.
- Miss Paula's Christmas Story Time – Saturday, Dec. 14 at 10 a.m.
- Celebrate the Light Story Time – Wednesday, Dec. 18 at 10 a.m.

ALL AGES

- Hometown Holiday Celebration – Friday, Dec. 6 at 1-3 p.m.
- Drop-In: Gingerbread Houses – Monday, Dec. 16 at 5:30-7:30 p.m.
- Polar Express Pajama Party – Monday, Dec. 23 at 10 a.m.

ELEMENTARY

- Tail Wagging Readers – Thursday, Dec. 5 at 4:30 p.m.

TEEN

- TAB Holiday Party – Thursday, Dec. 5 at 4 p.m.
- Library D&D – Friday, Dec. 20 at 1-4 p.m. Register at adelpl.org.

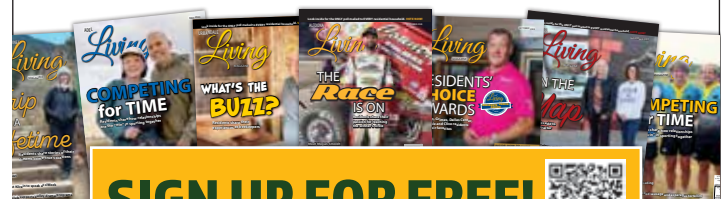
ADULTS

- Yoga – Every Wednesday at 5:45 p.m. Register at adelpl.org.
- 50s+ Senior Gathering – Dec. 3 and 17 at 10 a.m.
- Homeschool Meet-Up – Monday, Dec. 9 at 9-11 a.m.
- Holiday Book Trees – Dec. 10 at 6 p.m. Register at adelpl.org.
- Brown Bag Book Club – Thursday, Dec. 12 at noon
- Friends Foundation Meeting – Dec. 17 at 4:30 p.m.
- Wrap & Yap – Monday, Dec. 23 at 2-6 p.m. ■

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Wishing you a joyful holiday season and a happy, healthy New Year!

-Dr. Waggoner & the Waggoner Pediatrics Team



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QUICK, comforting ways to warm up winter in minutes

(Family Features) After a day battling the cold and fighting the wind, a comforting meal made at home is often just what you crave. Turn those blustery winter conditions into warm, cozy evenings with favorite recipes that offer not only convenience but provide a little kick of spice.

For a quick and delightful meal that's equal parts comforting and unique, try this hot honey chicken and waffle loaded with sweet and spicy flavor, topped with chicken and drizzled with honey. It's a treat that truly satisfies from the inside out in just seven minutes.

The crispness of the gluten-free rice waffle is made possible by Minute Rice's Hot Honey Chicken Seasoned Rice Cup that entices taste buds with a sweet and mildly spicy contrast and playful presentation. Ready in as little as 60 seconds, the rice cup ensures convenience and distinct seasoning, making each waffle perfectly flavored and offering a satisfying crunch with every bite.

Whether you're shaking up your breakfast routine or enjoying a fun and easy dinner, it can be taken to new heights with the combination of honey and a sprinkle of powdered sugar for delicious decadence.

Visit MinuteRice.com to find more family-friendly ways to warm up mealtimes all winter long. ■

Hot honey chicken and waffle

Prep time: 2 minutes
Cook time: 5 minutes
Servings: 1

- 1 Minute Hot Honey Chicken Seasoned Rice Cup
- 1 egg
- nonstick cooking spray
- 2 chicken tenders, cooked
- 2 tablespoons honey, for garnish
- 1 tablespoon powdered sugar, for garnish

DIRECTIONS

- Preheat mini waffle maker. Heat rice according to package directions.
- In medium mixing bowl, combine rice and egg. Mix well.
- Spoon rice mixture into waffle maker. Cook until light goes off.
- Place waffle on plate with cooked chicken tenders on top.
- Drizzle with honey, sprinkle powdered sugar on top and serve.



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REDUCING stress during the holidays

The holiday season can be a joyful time, but it often brings increased stress due to packed schedules, financial pressures and high expectations. From a pharmacy perspective, managing stress is crucial for both mental and physical health. Stress can exacerbate conditions like hypertension, diabetes and anxiety, making it essential to adopt proactive strategies to stay well during the holidays.



Medication management

One key aspect is proper medication adherence. During the holidays, routines often shift, leading to missed doses or incorrect use of prescriptions. We recommend setting daily alarms or using pill organizers to stay consistent. For those traveling, ensure an adequate supply of medications and carry them in original labeled containers. Many pharmacies, like ours, offer refill reminders and synchronization services to avoid running out.

Immune support

Stress can weaken the immune system, increasing vulnerability to seasonal illnesses. We advise maintaining a balanced diet, staying hydrated and supplementing with vitamins like C and D if dietary intake is insufficient. Other over-the-counter stress-reducing herbal supplements, such as ashwagandha or valerian root, are sometimes recommended, although these should always be discussed with a healthcare provider to avoid interactions with existing medications.

Lifestyle recommendations

Certain lifestyle modifications can also help to manage stress. Regular physical activity, even a 15-minute walk, helps reduce stress hormones like cortisol. Mindfulness practices, such as meditation or deep breathing, also help regulate mood. For those overwhelmed by holiday demands, setting boundaries and learning to say no can reduce feelings of burnout.

Sleep support

Poor sleep exacerbates stress, and the excitement

or anxiety of the holidays can disrupt sleep patterns. There are over-the-counter options like melatonin or antihistamines for short-term relief, but, more importantly, we emphasize good sleep hygiene — consistent bedtimes, limiting caffeine, and reducing screen time before bed.

When to seek help

If stress feels unmanageable, it is important to consult a healthcare provider. We can help identify symptoms of chronic stress or anxiety that may require medical intervention and direct you to mental health resources and support groups.

This holiday season, remember that managing stress is essential for enjoying the festivities. Your pharmacist is your trusted partner in promoting health and wellbeing, ready to guide you through the holidays with expert advice and care. We wish you all the best this holiday season and good health in the new year. ■

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

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HEALTH

By Christopher Baltzell, PA-C, MPAS

PRIMARY care, urgent care or ER?

Sick and not sure where you should go? You never know when you'll get sick or hurt. But knowing where you should go when you do suffer a health setback will help eliminate the stress and get you the right treatment for your needs.




Your primary care physician should be your first choice. Having a primary care provider who knows you is important. They're the point person for your overall health and the starting point for your medical care. Schedule an appointment with your primary care provider for preventive care, common illnesses and injuries, management of health conditions and mental health. If your health issue can wait a day or so for an appointment, primary care is the best option.

Use urgent care when your health just can't wait. Urgent care clinics offer extended hours — helpful when your health problem happens outside normal business hours or on a weekend. Many urgent care locations offer things you might normally think only a hospital can do — taking X-rays, running lab tests or bloodwork and treating minor trauma.


Only go to the ER when it's an absolute emergency. This is where the decision gets hard for many people. What exactly is an emergency health issue? The words "life-threatening" should be your guide. The emergency room is meant to treat true emergencies and life-threatening situations such as broken bones, chest pain, continuous bleeding and large open wounds, severe shortness of breath, sudden weakness or pain in a leg or arm or suspected heart attack or stroke. ■

Information provided by Christopher Baltzell, PA-C, MPAS, the Iowa Clinic, 710 Common Place, Adel, IA, 50003, www.iowaclinic.com.



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HEALTH

By Alicia Fisher, PT, DPT

Q: What is plantar fasciitis?

A: The plantar fascia is a band of connective tissue that starts at the heel, runs through the arch of the foot, and connects into the ball of the foot. Plantar fasciitis occurs when this tissue becomes inflamed and painful. Inflammation of the plantar fascia is diagnosed by the classic symptoms of pain over the heel on the bottom of the foot. The pain is most severe when you first stand on your feet in the morning and subsides after walking for a few minutes, but then returns after prolonged episodes of standing or walking.



The plantar fascia can become irritated due to the small joints in the foot and ankle not moving as freely as they should or from tight muscles in the calf causing strain on the plantar fascia. When the foot moves freely and has good mobility, the arch acts as a spring to provide a cushion while walking. However, when the foot doesn't move, the spring no longer absorbs the forces, and the plantar fascia becomes irritated.

At times, anti-inflammatory medication or injections may be needed to decrease the inflammation, but the overall cause of the increased strain on the plantar fascia must be addressed as well. ■

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

MEET Cassidy Noring

Finding joy in music and sharing it with students

For nearly two decades, Cassidy Noring has been a fixture in the ADM community, sharing her love of music and dedication to education with students and families.

As the seventh- and eighth-grade band teacher at ADM Middle School, Noring has embraced every opportunity to help her students thrive — both as musicians and as young adults.

“This is my 19th year at ADM, and I’ve taught a variety of positions within the music department,” Noring says. “It’s been so fun.”

Her connection to music started early, with piano lessons and participation in school bands. But it was her middle and high school band teachers who inspired her to consider teaching as a career.

“Their passion and love for their jobs and music were contagious,” she recalls. “I knew I always loved music, but I didn’t consider teaching it until my high school band teacher encouraged me to try out for leadership positions within the high school band. After I experienced these opportunities, I knew being a music teacher was the right thing to do.”

After earning her undergraduate degree at the University of Northern Iowa, Noring took a position at ADM and has never looked back.

“I have been ridiculously blessed and fortunate to be at ADM my entire teaching career,” she says. “No matter the building or the role I had as a music teacher, I knew that ADM was the place for me because of the passionate educators and administrators. My music team, my middle school team, the administrators — my goodness. I am so fortunate to work with people that make me want to be a better teacher and support me along the way.”

That sense of support extends to her students, who bring her daily joy through their hard work and performances, Noring says.

“Music brings me joy, and performing music brings me even more,” she says. “Sharing that joy with children and helping them prepare for a performance to share with others is what I love the most about my job. Celebrating with students their successes as musicians is awesome.”

While Noring loves her role, she acknowledges that balancing work and family life can sometimes be a challenge.

“I want to be there every moment for my students, but also for my husband and children,” she admits. “That balance can be tricky at times.”

Some of her most cherished memories at ADM are tied to moments of perseverance and growth. Noring fondly recalls the 2020-21 school year, when her students navigated pandemic challenges to keep making music.

“We were wearing special masks for playing, sitting six feet apart in the auditorium, and running loud air filters during class, but we were making music,” she says. “This year’s graduating seniors performed one of my favorite concerts, not because it was better than any of the others, but because they persevered through so many obstacles and still shared an amazing performance. It was a reminder that we can do hard things during hard times, and music can bring us joy through it all.” ■



Cassidy Noring has taught music at ADM her entire career as an educator. She is currently seventh- and eighth-grade band teacher at ADM Middle School.

THE SUNSHINE vitamin

Vitamin D is known as the “sunshine vitamin” because our bodies produce it when our skin is exposed to sunlight. Vitamin D is important for our health because it helps keep our bones strong and our immune system working well. During winter, we need to pay extra attention to it for a few reasons:



- **Less sunlight:** Our bodies make Vitamin D when our skin is exposed to sunlight. In winter, the days are shorter, and we spend more time indoors, so we get less sunlight.

- **Weak sunlight:** When we do get outside, the sun’s rays are weaker in winter, especially in places far from the equator, making it harder for our skin to produce Vitamin D.

- **Immune support:** Vitamin D helps our immune system fight infections. In winter, we’re more likely to catch colds and flu, so having enough Vitamin D can help keep us healthier.

- **Mood boost:** Vitamin D can help improve our mood, which is important during the darker, colder months when some people feel more down.

To ensure you get enough Vitamin D in winter, you can eat foods rich in it, like fatty fish (salmon for example), fortified milk or orange juice and eggs. You can also take supplements, but it’s best to talk to a healthcare provider first. ■

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

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Under the direction of the Chamber Executive Director, the Communications/Marketing Coordinator will complete administrative tasks and operations which includes overseeing communication efforts through all platforms (print, website, e-communications, social media) and will maintain interpersonal contact with local media, businesses, community organizations, and residents.

THIS IS NOT A REMOTE POSITION. The Coordinator will welcome and assist members and visitors and field incoming calls at our office within Adel City Hall. The Coordinator will answer telephone calls/emails and respond to inquiries, serving as the primary point of contact for member inquiries and requests. The Coordinate will promote Chamber events such as ribbon cuttings and yearly membership events

This role plays a vital part in fostering strong relationships with current Chamber members and attracting new members to enhance the Chamber's community impact and growth.

Schedule: Part-time - 20-25 hours per week

Type: Hourly Pay - \$20-\$25 per hour

For a complete job description, email chamber@adelpartners.org



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CHAMBER NEWS By Jackie Wilson

SCOOTER'S Coffee

Loyal customer support

For a lot of people, a cup of hot or iced coffee is the perfect pick-me-up. And Adel offers the perfect place to get that fix — Scooter's Coffee, 708 Greene St.

Patrons can drive through to get their lattes, hot chocolates and cappuccinos, plus grab a cookie or order a quick breakfast to go.

Scooter's opened in 2022 with owners Chuck and Julie Gross.

Chuck was a paramedic for 30 years and a flight medic on a helicopter in Omaha for 22 years. Yet, his career ended abruptly when he was diagnosed with multiple sclerosis.

As he searched for another career path, he noticed a Scooter's Coffee opening in Atlantic, 12 miles from his home town of Walnut. As coffee lovers, Chuck and Julie thought it would be an ideal business opportunity, and they bought the Atlantic store in 2020.

Due to the success in Atlantic, they branched out, opening a franchise in Clarinda and Adel.

"Adel stood out for us because of the friendliness of the community and the rapid growth of the area," Chuck says.

Before he opened up the Adel location, he reached out to Deb at the Adel Chamber.

"Deb was involved early in our process of starting a business in Adel," Chuck says. "She was very helpful in many aspects and was great helping to promote the store. She promoted the grand opening in December. It was a bit chilly, but we had a great turnout from the community."

The business has grown since opening.

"We have some very loyal customers who come through almost daily. Sometimes our baristas begin making their drink even before the customer places the order. We can't thank our customers enough for supporting us."

He cites his positive, "stick-to-it" attitude as a bonus.

"Our business is successful because of a good store manager, Quincy Carey, along with our amazing crew," Chuck adds.

One highlight of doing business in Adel is offering employment to high school kids. "For some, we've been their first job. We try to make it a positive experience for them. High schoolers are busy, and we schedule around their events. We've had some really great kids work for us."

Scooter's gives back to the community by donating coffee and cookies for various meetings, Sweetcorn Festival's 5K run, prom and other fundraisers. They recognize local teachers, nurses and veterans throughout the year.

Chuck recommends local businesses become involved in the chamber.

"They've been very helpful in promoting our business and becoming more involved in the community. Deb has always been very easy to work with. She truly wants your business to succeed." ■



Chuck and Julie Gross own the Adel Scooter's Coffee franchise.

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

FOOTBALL Game

The ADM football game vs. Indianola was held in Adel on Oct. 18.



Sophia Novelli, Annika Hillmer and Ella Goodrich



Ella Campbell



Joseph Kitzinger



Travis Jacoby



Hudson Shull



Ethan Asche



Brooklyn Beebe



Marley Akey



Zuri Moss



Maddox McCullough



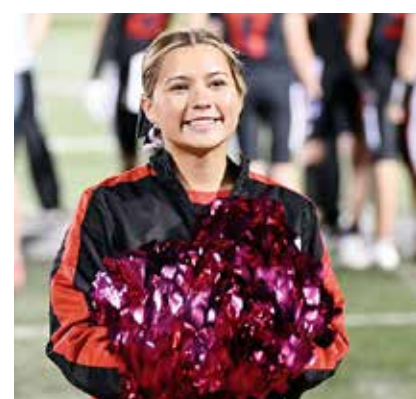
Angel Lin



Claire Roorda



Brenna Lucht



Natalie Brose

BAND Night

ADM Band Night was held at Tiger Stadium on Oct. 18.



Alayna Freeman and Donnie Westendorf



Andrew Nelson



Ashton Gabler



Brian McDermott



Devin Morey



Melody Koons



Jack Leistikow



Kayleigh Wills



Ryland Moss



Keegan Clinton



Kylie McKean



Lily Benham



DECEMBER 2024

UPCOMING CITY COUNCIL MEETINGS:

- **Tuesday, December 10th at 6:00 pm**
For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org. *please note meeting location is subject to change as needed*

REMINDERS & CLOSURES:

- **Tuesday Dec. 24 and Wednesday Dec. 25, 2024:** All City facilities will be closed in observance of Christmas. Garbage and recycling services WILL be delayed the week of Dec. 23.
- **Tuesday Dec. 31 and Wednesday Jan. 1, 2025:** All City facilities will be closed in observance of New Year's Day. Garbage and recycling services WILL be delayed the week of Dec. 30.
- **Tuesday Jan. 7 and Tuesday Jan. 14, 2025:** Christmas Tree Collection - Please remember to remove everything from your tree before setting it out at the curb. Wreaths and garland should be thrown away.

ADEL POLICE NEWS

Please welcome **Officer Caleb Nelson** to the Adel Police Department. He took his Oath of Office during the November 12th City Council Meeting. Congratulations to Officer Caleb Nelson and thank you for your service to the City of Adel!



CITY OF ADEL'S CODE PERTAINING TO HOLIDAY FIREWORKS:

As a reminder, the use of consumer fireworks and novelties within Adel's city limits is prohibited by ordinance. For more details, please visit our website and enter "fireworks" in the search bar.

PARKS & RECREATION UPCOMING ACTIVITIES

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

ADULT COED INDOOR VOLLEYBALL LEAGUE:
Deadline: Friday, Dec. 13th, 2024
Fee: \$210 per team
Season Begins: Jan. 5th, 2025.

Games will be played on Sunday nights between 4 p.m. and 9 p.m. in the south gym at ADM High School. Teams must have equal number of men and women. *Please Note: Children are welcome and babysitting services are available for \$1 per child while you play your games.

NOTES FROM THE NORTH POLE:

Deadline: Friday, December 6th, 2024
Fee: \$6.00 (Maximum fee of \$18.00 per family)
Sign up to receive a letter from Santa! A unique idea for your children, nieces, nephews, or grandchildren no matter where they live. It will come in an envelope with Santa's name and return address in the corner. Place your orders with the Adel Parks & Recreation through December 6th, 2024, to ensure your child receives their letter before Christmas.



SNOW AND ICE CONTROL – SNOW REMOVAL POLICY:

Here's the "snowdown" on some helpful tips to remember in the coming months:

- Snow parking:** It is unlawful to park any vehicle on any street or alley during a snow removal period. The ban continues from the beginning of snowfall until 24 hours after the snowfall ends. Residents should be aware of weather conditions and not park on City streets if there is a possibility of overnight snow.
- Sidewalks:** Snow removal from sidewalks is the responsibility of the property owner. You have 24 hours after the snowfall to clear your sidewalk. Please pile the snow on your yard and not in the City street. (A helpful hint for residents: clear your sidewalks after the snowplows have finished plowing to the curb. If you fail to clear your sidewalk, the City may do so and bill you.)
- Snowmobiles:** From November through March, snowmobiles may be operated on the Raccoon River Valley Trail between 7:00 a.m. and 10:30 p.m. The speed limit is 10 mph.
- Mailboxes/Fire Hydrants:** Residents are responsible for clearing snow around their mailbox to assure delivery of mail and that their mailbox is properly installed behind the curb line. The Fire Department requests property owners who have a hydrant to clear snow away for easier access.

For more information please visit the City of Adel website at www.adeliowa.org to view a FAQ flyer

2025 GOLF CART REGISTRATIONS:

Golf Cart Registrations are effective for the current calendar year and will be open on January 1st, 2025. Forms are available online at <https://adeliowa.org/permits-and-forms/>.

Cost: Golf Cart Registrations are \$50.

Receiving Registration Stickers: Golf Cart Registration stickers will not be mailed out until payment is received.

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-Th:-7:30 a.m.-noon;
12:30-4:30 p.m.
Fri: 7:30 a.m.-noon
EMERGENCY – DIAL 911

LIBRARY

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

M-Th 9 a.m. – 6 p.m.
F-Sat 9 a.m. – 4 p.m.
www.adelpl.org

UTILITY PHONE PAYMENTS

866-229-7831

OTHER NUMBERS

Aquatic Center
515-993-5246

Ankeny Sanitation
515-964-5229

S. Dallas Co. Landfill
515-993-3148

ADEL CITY COUNCIL

Mayor James F. Peters

515-993-4436

Mayor Pro Tem Shirley McAdon

515-993-4862

Bob Ockerman

515-238-9835

Jodi Selby

515-657-1315

Rob Christensen

515-478-3260

James West

515-402-9378

www.adeliowa.org





BLOOD MAKES YOU RELATED, LOVE MAKES YOU FAMILY.

IN MEMORY OF JACK CHAPMAN.

*THANK YOU WES STANLEY FOR
18 YEARS OF SERVICE. 2005-2023.*



Merry Christmas to All!

CELEBRATING 65 YEARS IN 2025.

LOVE, THE CHAPMANS



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



www.adelwintersettv.com

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