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FEBRUARY 2025

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites



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Residents' Choice. Those two simple words have a lot of meaning to those who are recognized and those who seek out the people, businesses, places and events that are honored.

Yes, we have once again compiled the results of our local Residents' Choice poll, the only one of its kind. It is truly unique in two significant ways.

First, our poll is mailed to every residential household in the pages of this magazine with a link to an open website. That makes the poll available to every single resident. No exclusions.

Second, our poll has open-ended questions, which means we don't load the ballots with pre-determined answers to try to sway it in a certain way. The results are what they are. You will likely agree with some of them, and you will disagree with others — kind of like political elections. But, in this poll, all who are recognized are winners, and the end result is a great positive for all involved.

Readers of this publication have proven to seek out the winners and spend their time, energy and money with them. The poll results have become a customized search engine of sorts, providing valuable information on the choices of local residents in a variety of categories that are important to them.

Those who have been chosen tell me how much of an impact this directly has on them, their businesses and their organizations. Being recognized for positive contributions is seemingly always great, but when it helps create commerce, it is even better — and this Residents' Choice poll is a commerce-creating machine.

I explain this next point each year, but it is worth noting again. Those recognized in this poll are the choices of our readers — local residents. Although we agree with many of you on your choices, we do not pick them, and we have no impact on the results. I wouldn't have it any other way.

Other organizations are continuing to try to implement polls like ours, but none have the reach and credibility that ours has. You can't blame others for trying to imitate what we do, but you can question how they implement their polls and how many people actually vote in them.

Meanwhile, I thank all of you who took the time to vote in this year's Residents' Choice poll. Your votes do make an incredible difference. And, if you didn't vote, well, there is always next year.

Thanks for reading. ■

SHANE GOODMAN

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RESIDENTS' CHOICE AWARDS

Dallas County residents share their favorites

Laura Juffer, Handsome Hounds, is a repeat winner for residents' choice for Favorite Dallas County Groomer and has now garnered residents' choice for Favorite Dallas County Pet Care.



Residents of Dallas County have again weighed in on their favorite businesses, people, events and places in the latest Residents' Choice poll. The poll results share residents' top three choices in dozens of categories, many of which are extremely competitive with a handful of votes separating the winner from the runners up. Consequently, we view them all as winners. They have captured the favor of people who live in Dallas County and who know the businesses, people, events and places of the area best.

Some winners are now going on three or more years at the top of their categories. Their supporters have proven to be a loyal bunch. Others are new to the awards list, showing they have made a good impression over the last year and are building up a strong following as well.

Adel residents won't have far to go to enjoy

many of the winners and runners up. Stop in at Fiesta Mexican Restaurant, Patrick's Restaurant, Billy's Ice Cream Store and Casey's for some of residents' choices for favorite eats and treats. Enjoy what residents call their favorite festival, Adel Sweet Corn Festival, and shop at favorites such as Azalea Lane Boutique and Fareway. And, when it comes to health care, favorites such as Adel Family Dentistry, Luellen Chiropractic and Core Physical Therapy are just a hop, skip and jump away. These are only a few of the Adel top three. Read on for the others.

If you aren't familiar with some of the winners, give those businesses, events and places a visit and find out why they are residents' favorites. And, if you didn't vote this year, be sure to do so next time. It may be your vote that makes a difference and lifts one of your favorites into the top tier of the Residents' Choice poll.

FEATURE

Dallas County Residents' Choice for Favorite...

(Runners up in alphabetical order; *indicates repeat winner.)

Restaurant

Fiesta Mexican Restaurant

Runners up: Ambro's Roadhouse; Patrick's Restaurant

Restaurant for breakfast

* Patrick's Restaurant

Runners up: Early Bird Brunch; Waveland Cafe West

Restaurant for lunch

Fiesta Mexican Restaurant

Runners up: Ambro's Roadhouse; Patrick's Restaurant

Restaurant for dinner

Fiesta Mexican Restaurant

Runners up: Ambro's Roadhouse; Mickey's Irish Pub

Restaurant for dessert

* Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Patrick's Restaurant

Place for ice cream

Billy's Ice Cream Store

Runners up: Home Sweet Cone Ice Cream; Waukee Ice Cream Shoppe

Pizza establishment

* Casey's

Runners up: 7 Stone Pizzeria; Patrick's Restaurant

Bar

The Kee

Runners up: Ambro's Roadhouse; Mickey's Irish Pub

Coffee shop

* The Morning Grind

Runners up: The Coffeesmith; Scooter's Coffee



Catering company

* Hy-Vee Catering

Runners up: Kue'd Smokehouse; Snappy's Stick Fire Barbecue

Server/bartender

Samantha Tonelli, The Kee

Runners up: Brent Kolk, Corner Tap; Miranda Broeker, Ambro's Roadhouse

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FEATURE

Auto service

* **Alley Auto Sales**

Runners up: Adel Tire & Service; Lund Motors

Auto body shop

* **Modern Motors**

Runners up: Graham Collision; Olson's Body & Paint

Car dealership

* **Shottenkirk Chevrolet**

Runners up: Stivers Ford Lincoln; Willis Automotive

Preschool/daycare

* **Raccoon River Preschool**

Runners up: Faith's Flock Preschool; University Kids

Nonprofit

* **Waukee Area Christian Services**

Runners up: Adel Good Samaritan Food Pantry; AHeinz57 Pet Rescue & Transport



Azalea Lane Boutique, owned by Kristie Anderson, has been residents' choice for Favorite Dallas County Boutique four years running and has been chosen Favorite Retail Store and Favorite Place to Purchase a Gift for a Woman.

School

* **Meadow View Elementary**

Runners up: Adel Elementary; ADM High School

Park

* **Triumph Park**

Runners up: Centennial Park; Evans Park

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FEATURE

Community festival

* **Adel Sweet Corn Festival**

Runners up: Dallas County Fair; Waukee Arts Festival

Church

* **Lutheran Church of Hope**

Runners up: New Hope Church; St. John's Catholic Church

Pastor

* **Mike Housholder**

Runners up: Matt Krause; Ryan Whitson

Chamber of commerce

* **Waukee Area Chamber of Commerce**

Runners up: Adel Partners Chamber of Commerce; Perry Chamber of Commerce

Library

* **Adel Public Library**

Runners up: Van Meter Public Library; Waukee Public Library

Camping spot

* **Des Moines KOA West Holiday**

Runners up: Dallas County Fair Campgrounds; Timberline Campground

Grocery store

* **Fareway Meat & Grocery**

Runners up: Aldi; Hy-Vee

Boutique

* **Azalea Lane Boutique**

Runners up: Mainstream Boutique; Real Deals

Retail store

* **Azalea Lane Boutique**

Runners up: Real Deals; The Tiger Shop by Iconic

Thrift Store

* **Goodwill of Central Iowa**

Runners up: Many Hands Thrift Market; The Salvation Army Thrift Store

Home improvement retail store

* **Waukee Hardware & Rent-It Center**

Runners up: Baldon Hardware; Lowe's

Liquor store

* **World Liquor & Tobacco + Vapors**

Runners up: Hy-Vee Wine & Spirits; University Liquors

Nursery or garden center

* **Harvey's Greenhouse**

Runners up: Bentley Ridge Tree Farm & Nursery; Earl May Garden Center

Place to purchase a gift for a man

* **Old Station Craft Meats**

Runners up: Baldon Hardware; The Tiger Shop by Iconic

Place to purchase a gift for a woman

* **Azalea Lane Boutique**

Runners up: Real Deals; Adel Flowers & Gifts

Bakery

* **River to River Bakery & Pizza**

Runners up: 5 Borough Bakery; Black Water Bakery

Florist

* **Adel Flowers & Gifts**

Runners up: Hazel Mae Floral Events; Hy-Vee

Dad/child date spot

* **Adel Family Fun Center**

Runners up: The Palms Theatre & IMAX; Warrior Lanes

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FEATURE

Mom/child date spot

* **Adel Family Fun Center**

Runners up: The Morning Grind; The Palms Theatre & IMAX

Place to take your mom and dad

* **Fiesta Mexican Restaurant**

Runners up: The Brenton Arboretum; Early Bird Brunch

Place to take your kids or grandkids

* **Triumph Park**

Runners up: Adel Family Fun Center; The Palms Theatre & IMAX

Children's birthday party spot

* **Adel Family Fun Center**

Runners up: Tigers' Den; Warrior Lanes

Golf course

* **Sugar Creek Golf Course**

Runners up: Hillcrest Country Club; River Valley Golf Course

Hair salon

* **Texture Salon**

Runners up: Hairs2You; Studio 10

Physician's clinic

* **The Iowa Clinic**

Runners up: MercyOne; UnityPoint Health

Dental office

* **Adel Family Dentistry**

Runners up: Adel Dental Group; Lush Family Dental

Orthodontics office

* **Johnson Orthodontics**

Runners up: Bernhardt and Smith Orthodontics; Central Iowa Orthodontics

Mental health services

* **Lifetime Therapy Services PLLC**

Runners up: Lambertsen Therapeutic Services; Optima LifeServices

Chiropractic office

* **Luellen Chiropractic**

Runners up: Key Potential Chiropractic; Waukee Wellness & Chiropractic



Julianna Cullen, RE/MAX Precision, was residents' choice for Favorite Dallas County Realtor.

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Vision care

* Elite Eye Care

Runners up: Adel Vision Clinic; Wolfe Eye Clinic

Health club or gym

* Waukee Family YMCA

Runners up: Fit & Fierce 515; SOULSHINE yoga + fitness

Pharmacy

Sumpter Pharmacy

Runners up: Adel HealthMart; Medicap

Cosmetic services

The Kissed Peach Integrative Aesthetics & Wellness

Runners up: Chelsis Skin Therapy; Reese Hood Lash and Brow

Physical therapy

* Core Physical Therapy

Runners up: Athletico Physical Therapy; Maximum Physical Therapy

Dance studio

Let's Dance

Runners up: Adel Tumbling & Dance Club; Premiere Dance Project

Gymnastics and/or tumbling studio

Adel Tumbling & Dance Club

Runners up: Jacobs Gymnastics; Sapphire Gymnastics Academy

Audiologist/hearing clinic

The Iowa Clinic

Runners up: MercyOne Clive ENT Care Clinic; Wolfe Audiology

CBD Store

* CBD American Shaman

Runners up: CIV Plus; Sumpter Pharmacy

Financial planner

* Travis Gaule, Edward Jones

Runners up: Bob Grove, Edward Jones; Brad Heyer, Edward Jones

Law firm

Bergkamp, Hemphill & McClure, P.C.

Runners up: Brown, Fagen & Rouse; Hopkins & Huebner, P.C.

Accounting firm

* Banwart Tax & Accounting

Runners up: Meriwether, Wilson & Company, PLLC; Peter M. Comito, CPA

Veterinarian

* Adel Veterinary Clinic

Runners up: Broderick Animal Clinic; The Animal Hospital of Adel

Dog groomer

* Handsome Hounds Boarding and Grooming

Runners up: Perry Paw Spa; Stylin' Paws

Pet care

* Handsome Hounds Boarding and Grooming

Runners up: Adel Veterinary Clinic; Dogtopia

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FEATURE

Lawn care business

Grassy Knoll Lawn Care, LLC

Runners up: Innovative Lawn Solutions, LLC; Luke's Lawn & Landscaping

Landscaping company

* Executive Outdoor Solutions

Runners up: Ripke Outdoor; RJ Lawn & Landscape

Heating and cooling business

* Adel & Winterset TV & Appliance

Runners up: Baldon Plumbing, Heating & Cooling; Tigges Comfort Services

Electrical business

* Elite Electric & Utility Contractors

Runners up: Slycord Electric Co.; Webster Electric Inc.

Plumbing company

Home Run Plumbing

Runners up: Baldon Plumbing, Heating & Cooling; Lenhart Plumbing

Senior living establishment

Edgewater Senior Living Community

Runners up: Attivo Trail - Waukee; Village Cooperative of West Des Moines

Insurance Agency

* Eric Schepers Insurance

Runners up: Luellen Richardson Insurance Inc.; Valor Insurance Services

Realtor

* Julianna Cullen, RE/MAX Precision

Runners up: Donna Stall, RE/MAX Concepts; Kevin Howe, RE/MAX Precision

Bank/credit union

Lincoln Savings Bank

Runners up: Racoon Valley Bank; Veridian Credit Union

Photographer

* DKay Photography - Danielle Hawkins

Runners up: Kelsey Arganbright Photography; LE Photo Design - Lori Mortensen

Place for guests to stay

* Big Blue Bed & Breakfast

Runners up: Aloft Waukee; Hotel Pattee

Home builder/remodeling contractor

RCI Builders

Runners up: Cody Bailey Construction & Remodel; NexGen Baths

Outdoor lawn equipment store

* Waukee Power Equipment

Runners up: Baldon Hardware; Waukee Hardware & Rent-It Center

Pest Control

* Paul's AAA Pest Control

Runner up: Central Iowa Pest Control; Fenix Pest Control, Inc. ■

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TOP small business opportunities in 2025

In 2025, the small business landscape continues to evolve, with exciting new opportunities driven by shifting consumer behaviors, technological advancements, and changing market needs. Community banks,



with their personalized service and local knowledge, play a pivotal role in nurturing these opportunities. By offering tailored financial products, loans and guidance, community banks empower entrepreneurs to pursue growth and success. Below are some of the top small business opportunities in 2025 and how community banks can support these ventures.

Health and wellness industry

- **Opportunity:** As health consciousness increases, the demand for fitness studios, wellness products, mental health services, and nutritional products continues to grow.

- **Support from community banks:** specialized health loans: Community banks may offer loans for opening gyms, wellness clinics, or health-focused food and beverage businesses.

Home renovation and improvement

- **Opportunity:** As real estate markets fluctuate and homeowners seek to improve their properties rather than buy new, home renovation services (e.g., remodeling, landscaping, interior design) are in high demand.

- **Support from community banks:** business expansion loans: Small home renovation businesses can secure funding to purchase new equipment, hire staff, or increase their marketing reach.

Localized agriculture and food production

- **Opportunity:** The farm-to-table movement continues to thrive as consumers seek out locally sourced food. Opportunities exist for small-scale farmers, food processors, local food markets, and food delivery services.

- **Support from community banks:** supply chain financing: Banks can help food producers by offering loans or lines of credit to manage inventory and cash flow, especially when working with local restaurants or grocery stores.

Education and tutoring services

- **Opportunity:** The demand for personalized

education services, both academic and extracurricular, is increasing. Tutoring services, educational apps, and online learning platforms continue to gain popularity.

- **Support from community banks:** startup loans for education businesses: Community banks offer loans for entrepreneurs looking to establish or expand tutoring centers, educational consultants or online learning platforms.

The year 2025 presents exciting opportunities for small businesses, and community banks are integral in supporting the entrepreneurs who are driving these industries forward. Whether it's through financing, specialized loan programs, or local networks, community banks provide small businesses with the tools they need to grow and thrive. By nurturing these relationships and supporting emerging sectors, community banks play a critical role in helping businesses achieve long-term success. ■

Information provided by Tim Canney, Business Development Officer, Sr. Mortgage Lender, Lincoln Savings Bank, 312 Nile Kinnick Drive, Adel, 515-993-5663, timc@mylsb.com, www.mylsb.com/adel.

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HOW TO win against temptation

A few years back, a team of divers and scientists examined the Titanic resting on the ocean floor. To their shock, there wasn't a huge gash from hitting an iceberg but only six narrow slits, each no wider than your hand. In other words, it didn't take much to sink the unsinkable Titanic. It doesn't take much to sink our lives as well.



and fishing terms meant to explain that our evil desires trap and lure us. Of course, traps are hidden, and fishing hooks have bait. A good hunter knows where to set a trap, and a good fisherman knows the right kind of bait to attract the fish he wants.

I think it's helpful to ask: What kind of bait gets you to bite? What kind of traps do you keep stepping into over and over again?

Next, when we are deceived, we always move toward disobedience to the Lord (this is called sin). James 1:15 says, "Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death." It is good to remember that, the longer sin is allowed to grow, the harder it is to stop. Finally, the end zone for disobedience is always death, which includes spiritual and relational separation from God.

If you are in a place in life where temptation always wins, I want to encourage

you to bounce your focus off what tempts you and place it on the Lord. The more your focus is on Jesus (in worship, reading the Bible, and prayer), the more you may experience temptation, but the easier it will be to resist.

One more thing... Refocusing from temptation to the Lord may also mean physically removing yourself from a situation. If you don't want to get stung, get away from the bees. The intersection of desire and opportunity is where sin blooms. Maybe you need to change the channel, get off that website, walk out of that movie, or change jobs. Be smart; put yourself in situations you know will help you to not be tempted. It is my hope that applying even just one thing from this article will give you the tools and encouragement to experience victory over temptation and sin. ■

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

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6 Car Seat Safety Rules



- 1. Proper Installation:** Ensure that the car seat is installed correctly according to both the car seat manufacturer's instructions and the vehicle's manual.
- 2. Rear-Facing for Infants & Toddlers:** Keep infants and toddlers in a rear-facing car seat until they reach the maximum weight or height allowed by the seat. This provides optimal protection for their head, neck, and spine.
- 3. Forward-Facing Harness Seats:** Transition to a forward-facing harness seat with a five-point harness once your child outgrows the rear-facing seat. Make sure the harness is snug and positioned at or slightly above the child's shoulders.
- 4. Booster Seats:** Use a booster seat for older children who have outgrown the forward-facing seat. A booster seat helps position the seat belt correctly over the child's body, providing better protection.
- 5. Seat Belt Fit:** When transitioning to a seat belt, ensure that it fits properly. The lap belt should lie snugly across the upper thighs, not the stomach, and the shoulder belt should cross the chest and shoulder, not the neck or face.
- 6. Avoid Bulky Clothing:** Remove bulky clothing, such as winter coats, before securing a child in a car seat. Bulky clothing can compress in a crash, creating slack in the harness and reducing its effectiveness.



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MEET Ellie Roquet

Inspiring balance and personal growth through music



Ellie Roquet has spearheaded growth in the middle school vocal music program.

In the bustling halls of ADM Middle School, Ellie Roquet’s passion for teaching and connecting with students is impossible to miss.

A 2021 graduate of Wartburg College, Roquet began her teaching career splitting her time between DeSoto Intermediate and ADM Middle School. She taught one period of seventh-grade girls’ choir at the middle school and spent the rest of her day teaching fifth- and sixth-grade general music and choir at DeSoto. Those early years sparked a realization about the growing needs of the district’s music program.

Roquet advocated for a full-time middle school choir position, citing the enthusiasm of younger students and the district’s growth. By her third year, she transitioned to the middle school fulltime, where she now teaches seventh- and eighth-grade choirs.

Roquet’s commitment to growth didn’t stop there. In her second year, she launched ADM’s first middle school show choir — a non-audition group in which any seventh or eighth grader could participate.

“Show choir was such a huge part of my life growing up, and it’s what made me want to be a choir teacher,” Roquet says.

Starting a program from scratch wasn’t easy, but she embraced the challenge.

“It’s a big task to take on, especially when you look at the other metro schools and see their show choir programs have been around quite a while,” Roquet says. “Starting it up has been a challenge, but the students have been willing to move forward and get it going with me.”

Even with the hurdles, the show choir program has flourished, with risers purchased by the district and jackets funded by a donation from the Kiwanis Club. Last year, the group participated in its first competition and earned a Division II ranking, just one point shy of Division I.

“It sparked them a little bit, and they’re ready for this next season when we go to two competitions,” Roquet says.

Teaching has always been in Roquet’s DNA, inspired by her mother, an elementary PE teacher. While Roquet initially considered careers in math or admissions counseling, music ultimately became her calling.

Middle school, in particular, holds a special place in Roquet’s heart.

“They’re just so ready to learn, even though they don’t want to admit it sometimes,” she says. “They’re soaking up all that information, and I hope they learn that there is a balance. There is a balance between fine arts and athletics and all the other activities and academics, and it can be really overwhelming sometimes to do all of those things, but it’s possible to do.”

Beyond music, Roquet is also a coach for middle school volleyball and track, allowing her to connect with students in various capacities.

At the core of her teaching philosophy is a belief in balance. She encourages her students to pursue their passions across fine arts, athletics, academics and friendships.

A sticky note in her binder serves as her daily reminder: “I want every student to have the opportunity to be an athlete, a musician, a student, a friend, a teacher, a son or daughter, and a great person while getting 100% out of it.” ■

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

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- ADM Athletics
- ADM FFA
- Iowa Lions Foundation
- Leader Dog program
- Iowa Kids Sight
- International Lions Club Foundation
- Adel Boy Scouts
- Adel Girl Scouts
- DeSoto Betterment
- ADM Youth Softball
- ADM Strength and Conditioning
- ADM Scholarship Foundation
- ADM Student of the Month
- ADM Vision Fund
- Camp Hertko
- Tori's Angels
- Camp Courageous
- Iowa Lions Youth Exchange
- 9SW Care and Share
- ADM Student Council
- Adel Elementary
- Dallas County Conservation Scholarship
- Adel Sweet Corn Festival
- ADM After Prom
- Boy Scout Eagle projects
- Girl Scout Gold projects
- Adel Partner Chamber
- ADM school parking
- Adel Thanksgiving dinner
- ADM Boys Basketball
- ADM Giles Basketball
- ADM Band
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- ADM Dance
- ADM Cheerleading
- Adel Good Samaritan pantry
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For information on joining the Adel Lions Club, contact:
Josh Shull at 515-577-5642 | adellionsclub.org

FIBER coming to rural Adel

Fast and reliable internet will soon be available to underserved and unserved Iowans. Panora Fiber, an independent communications company, located in Panora and Guthrie Center, that provides internet, TV and voice services to the surrounding areas, finished its Bagley fiber build in 2024, and service installations have begun for new customers from the rural Linden to Redfield fiber build. In spring 2025, construction will start in rural Redfield to Adel/Earlham, and, in summer 2025, in rural Madison County.

“There are now limited internet options in these rural areas. In some places, including wooded and hilly sections, the internet service is not very good,” Panora Fiber General Manager Andy Randol said. “Residents deserve fiber optic internet, and Panora Fiber can’t wait to bring it to them. As we complete segments of the construction in 2025, we hope to begin service installations in phases, barring

major weather issues or other disruptions.”

New Panora Fiber customers will be able to select from Fiber Internet+ plans ranging from 200 Mbps to 2 Gig (2,000 Mbps) — all providing unmatched reliability and the best connections for streaming, gaming, work from home and more.

The fiber builds in rural Redfield to Adel/Earlham and rural Madison County are partially funded by an award from the State of Iowa’s Empower Rural Iowa Broadband Grant Program, which helps bring ultra-fast internet to underserved and unserved areas. By the end of the project, Panora Fiber will have installed hundreds of miles of fiber optic cables and extended network connections to roughly 1,000 locations in Dallas and Madison counties.

“It’s important to note that this award won’t cover all of our fiber build expenses. Panora Fiber has a lot of skin in the game,”

Randol said.

Residents of rural Redfield to Adel/Earlham or rural Madison County can visit panorafiber.com/fiber-build for details. Completion of forms is the initial step in the process and provides Panora Fiber with the contact information required to move toward service installation. Those interested can also call 641-755-2424 to learn more about service availability.

“Due to rising construction costs, Panora Fiber will only do fiber drops in 2025 to households that have filled out an Application for Service Form with us and committed to becoming one of our internet customers,” Randol said. “There’s no charge to customers for these fiber drops.”

To introduce fiber internet service to residents in these fiber build areas, Panora Fiber staff members will be going door to door in selected sections prior to construction. ■

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TACKLE wellness goals by adding a touch of green

Better-for-you recipes inspired by savory salad kits

(Family Features) Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

Visit freshexpress.com to discover more than 380 fresh recipes and find a store near you. ■

Italian crusted salmon with creamy truffle Caesar salad

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

DIRECTIONS

- Heat oven to 425 F. Line sheet pan with parchment paper.
- In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small bowl, combine breadcrumbs, walnuts and olive oil.



- Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.
- Bake 12-15 minutes, or until fish flakes easily with fork.
- Place greens from salad kit in large bowl. Drizzle with dressing; mix well.
- Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

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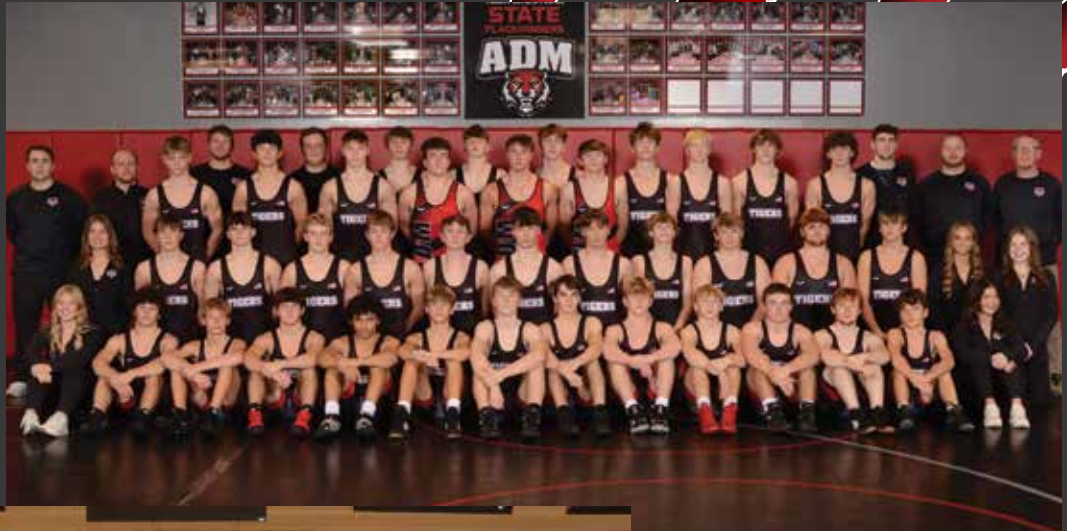
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EVENTS IN THE AREA

Be sure to check for cancelations

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

Upcoming in the April issue of Adel Living magazine:

Foreign Exchange Students: Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email tammy@iowalivingmagazines.com to be included in the April issue.

Valentine's PJ Party

Thursday, Feb. 13, 10-11 a.m.
The Brenton Arboretum Vista Room, 25141 260th St., Dallas Center

Enjoy story time, crafts and games presented by The Brenton Arboretum. Local Author Rachel Prohaska will read her book, "Hearts from Heaven."



50s Plus meetings and events

First and third Tuesdays of the month, 10 a.m. to 1 p.m.
Adel Public Library, 303 S. 10th St.

The 50s Plus Seniors group has been going for the last 3 years, during which the group has played board games and enjoyed lots of conversations, plenty of coffee, and a lot of good food. They invite seniors in Adel and the surrounding area to join. If you have just moved to the area and would like to meet new people, this is a great way to do it. The group now has programs included in its activities. Programs are open to anyone, not just seniors.

Feb. 18: Program on Granny Basketball history.

Feb. 25, 6:30 p.m. (note time change): AI and The Human Future.

March 18, noon: Prescription and over-the-counter drugs for seniors.

Soup Supper

Feb. 8, 4-6:30 p.m.

Peace Lutheran Church, 34128 L Ave., just north of KOA Campground

Peace Lutheran Church will hold its soup supper for a freewill donation.

Adel Masonic Breakfast

Sunday, Feb. 9, 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.



Wednesday Night Meal

Wednesdays

Adel United Methodist Church, 115 S. 10th St.

The Adel United Methodist Church is hosting a weekly meal in the fellowship hall downstairs. Serving is 5-6:30 p.m. This is a freewill donation meal. All are welcome.

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Dallas County Conservation events

To register for events, visit www.dallascountyiowa.gov/conservation, click on "Public Programs" and scroll down to see program descriptions and to register. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577.

• **Adults Valentine Hike, Voas Nature Area, Thursday, Feb. 13, 5 p.m.** Registration required. Love is in the air across the natural world. Discuss how different members of the natural world go through courtship, bonding and the other types of relationships in our ecosystems. Feel free to bring your own headlamps and flashlights.

• **Eyes on Baby Birds, Volunteer Training, Forest Park Museum, Saturday, Feb. 15, 1-3:30 p.m.** Registration required. Each year, DCCB looks for volunteers to monitor bird nests, most in county parks. A short training is provided to help identify the development or behavior of specific birds. Training will be divided by species: 1-1:45 p.m., Eastern Bluebirds; 1:45-2:30 p.m., Osprey; and 2:30-3:15 p.m., Chimney Swifts. No previous experience needed. You will leave

with a place, time and project.

• **Maple Syruping, Kuehn Conservation Area, Saturday, Feb. 22, 10-11:30 a.m.**

Registration required. Get to know your local maple trees. Join a naturalist for a short hike to identify different maple trees, learn to tap and extract sap from the trees and the process it takes to make sweet maple syrup.

• **Eagle Watch, Saylorville Reservoir, Cottonwood Recreation Area, Sunday, Feb. 23, noon to 4 p.m.** Registration required. The return of the Bald Eagle is a conservation success story and a cause for celebration. Gather at the open waters below the Saylorville Reservoir where these birds historically congregate. Spotting scopes or binoculars are recommended. This program is a joint effort between DCCB, Iowa Audubon and Corps of Engineers.

• **Voas Volunteer Day, Voas Nature Area, Saturday, March 1, 9 a.m. to noon.** Registration required. Help clear an oak savanna area that is overgrown. Use loppers and handsaws to clear honeysuckle, cedar trees and autumn olive. Children are welcome.

CITYVIEW'S Chocolate Walk

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines
chocolatewalk.dmcityview.com

Feb. 21

CITYVIEW and West Glen Town Center will once again bring the Chocolate Walk to West Glen Town Center on Friday, Feb. 21 from 5-9 p.m. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Participating establishments are Wellman's, Anna Dolce, Shotgun Betty's, Grimaldi's, The Irish, Tonic, El Fogon, The Breakfast Club, Coach's Pizza and Hurts Donut. ■



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SPRING into action

Don't wait to create your estate plan.

As February unfolds, marking the transition toward the promise of spring, the last thing on most people's minds is confronting the idea of mortality. This natural reluctance can easily lead to overlooking the important matter of estate planning. Creating an estate plan may seem complicated and even unnecessary at this moment in your life. However, these plans are crucial because they establish a clear plan for your loved ones when the inevitable happens. These plans can be relied upon while your family and friends are grieving, lessening the decisions they have to make and ensuring your wishes are followed. A carefully executed estate plan can also alleviate potential stress for your family and prevent disputes and confusion in the future.



The most notable document in an estate plan is the will. Your will specifies how your assets will be distributed and how your debts will be settled. It can also provide guidance on managing any taxes owed, designating guardians for minor children, and establishing rules for when they will receive their inheritance. You have the flexibility to be as detailed as you wish, even including personal items like a stamp collection for a specific beneficiary. Alternatively, you can state that each beneficiary receives a certain percentage of your estate or a specific dollar amount.

In some cases, a trust may be a better tool to handle your assets. A properly funded trust may be beneficial in avoiding probate and creating some cost savings for your beneficiaries. Various types of trusts can provide beneficial safety nets after your passing, with some offering advantages that can be utilized during your lifetime.

A proper estate plan should also include a financial power of attorney, health care power of attorney, and a living will. These documents appoint someone to act on your behalf in the event you become unable to advocate for yourself, providing an extra layer of security for your personal and financial health.

I strongly encourage you to consult with your attorney to ensure that your estate plans are legally sound and accurately reflect your current wishes and circumstances. Let 2025 be the year you prioritize this crucial aspect of your life by committing to get your estate plan in order. Taking this proactive step will secure peace of mind for yourself and offer guidance and support to your loved ones when they need it most. ■

Information provided by Ellie Mendlik, Hopkins & Huebner P.C., 1009 Main St., Adel, 515-993-4545

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HPV can cause 6 types of cancers

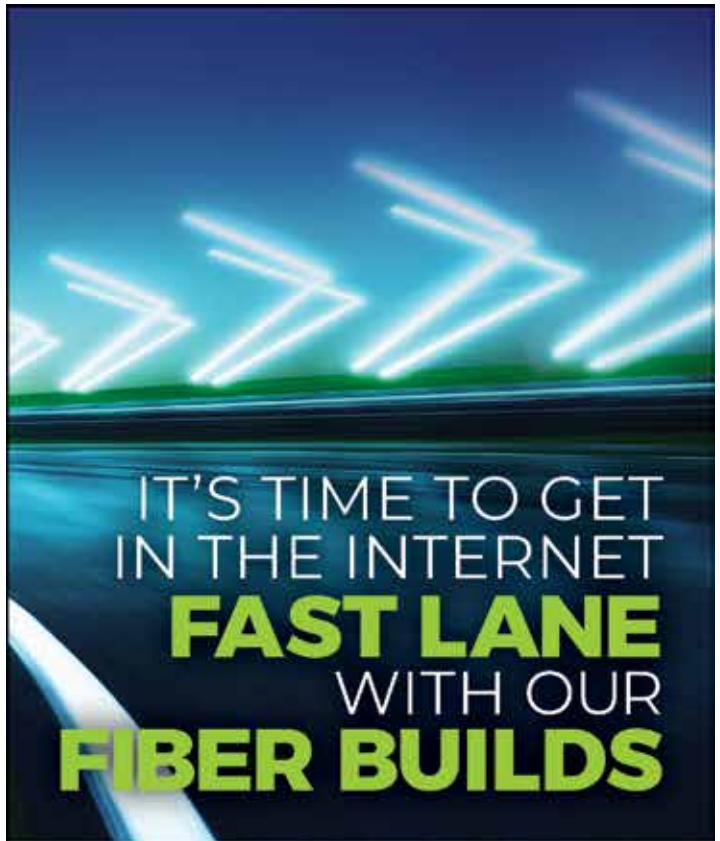
Getting the HPV vaccine is one of the best ways to prevent these cancers.

The CDC recommends the HPV vaccine for children as young as 9 and for people up to age 26 if not vaccinated when younger.

Ask your healthcare provider about the HPV vaccine



Source: National Cancer Institute cancer.gov



Starting in spring 2025, Panora Fiber will invest in the installation of fiber-optic connections— first in Rural Redfield to Adel/Earlham, followed by Rural Madison County. We can't wait to be your new provider and bring you the much-faster fiber internet service you've been wanting. However, it takes time for us to complete the many steps of a fiber build.

Your part of the process is easy and can be done today. Go to panorafiber.com/fiber-build and fill out the **Fiber Interest Form and Permission to Bury Form**. These forms do not commit you to Panora Fiber services. We'll simply schedule an appointment with you for a site visit to determine the best route for bringing underground fiber to your home.

Already completed the forms? Thank you! Follow us on Facebook and visit our website throughout 2025 to see our construction progress and updates.

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HEALTH By Alicia Fisher, PT, DPT

Q: What could be causing knee pain in my child?

A: Osgood-Schlatter disease is a condition that can cause your adolescent son or daughter knee pain. With Osgood-Schlatter disease, the tendon that connects from the knee cap into the top of the shin becomes inflamed and starts to pull away from the bone. This is more prevalent during periods of growth spurts for kids, as they tend to grow faster than the tendon can possibly stretch.



Symptoms usually include pain, tenderness and swelling at the top of the shinbone or below the knee cap. This pain usually will increase with exercise or activity, especially running or jumping activities. They may also have tightness in the surrounding muscles, particularly in the thighs, which can enhance the pull on the tendon. Your doctor will probably perform a thorough physical examination, focusing on your child's knees and hips. X-rays may also be done in order to get a closer look at the knee. If the case is mild, the doctor may recommend rest and ice. With other cases, the doctor may prescribe anti-inflammatories, crutches and, in very extreme situations, surgery.

A physical therapist can help the healing process with interventions to correct muscle imbalances, such as a home exercise program involving stretching of the tightened muscles and tendons. ■

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

GASTROESOPHAGEAL reflux disease (GERD)

Gastroesophageal reflux disease, or GERD, is a chronic digestive condition where stomach acid or bile irritates the food-pipe lining. This occurs due to the weakening or malfunctioning of the lower esophageal sphincter, the muscle ring that closes off the esophagus from the stomach. As a result, stomach contents can flow back into the esophagus, causing discomfort and damage to the esophageal lining.



Common symptoms of GERD include heartburn, regurgitation of food or sour liquid, difficulty swallowing and chest pain, especially when lying down or after eating. Chronic GERD can lead to more serious complications such as esophagitis, Barrett's esophagus or esophageal cancer if left untreated.

Factors contributing to GERD include obesity, pregnancy, smoking, certain medications and consuming large meals or specific foods like fatty or fried items, coffee and alcohol.

Management and treatment of GERD often involve lifestyle changes such as maintaining a healthy weight, eating smaller meals, avoiding trigger foods, and not lying down immediately after eating. Medications like antacids, H2-receptor blockers and proton pump inhibitors can also help. In severe cases, surgery may be considered.

Addressing the causes and symptoms of GERD can prevent long-term health issues. ■

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

ADEL Public Library news

The library will be closed Feb. 17 for President's Day.

February storytimes

- Dallas County Conservation Storytime – Monday, Feb. 10 at 10 a.m.
- Move and Groove Storytime – Every Tuesday at 9:30 a.m.

- My First Storytime – Every Wednesday at 9:30 a.m.
- Preschool Storytime – Every Thursday at 9:30 a.m.

Elementary activities

- Winter Playtime – Every Friday from 9-11 a.m.
- Tail Wagging Readers – Thursday, Feb. 6 at 4:30 p.m.
- Pokémon Club – Tuesday, Feb. 11 at 4 p.m.
- Valentine's Day Escape Room, registration required at adelpl.org – Feb. 14. Time slots till 3 p.m.
- Oreo Taste Test, registration required at adelpl.org – Tuesday, Feb. 18 at 4 p.m.
- Building League – Tuesday, Feb. 25 at 4 p.m.

Teen

- Teen Advisory Board – Thursday, Feb. 6 at 4 p.m.
- Nerf Battle: grades 6-12, registration required at adelpl.org – Friday, Feb. 7 at 2 p.m.
- Teen: Clay Gnomes – Thursday, Feb. 13 at 4 p.m.
- Valentine's Day Escape Room, registration required at adelpl.org – Feb. 14. Time slots till 3 p.m.
- Teen: Oreo Taste Test Challenge – Thursday, Feb. 20 at 4 p.m.
- Teen Hang Out – Thursday, Feb. 27 at 4 p.m.
- Library D&D, registration required at adelpl.org – Friday, Feb. 28 at 1 p.m.

Adults

- Yoga, registration required at adelpl.org – Every Wednesday at 5:45 p.m.
- 50s Plus Senior Group – Feb. 18 at 10 a.m.
- Homeschool Meet-Up – Monday, Feb. 10 at 9-11 a.m.
- Brown Bag Book Club – Thursday, Feb. 13 at 12 p.m.
- Family Puzzle Competition, registration required at adelpl.org – Friday, Feb. 22 at 10 a.m.
- Adult Puzzle Competition, registration required at adelpl.org – Friday, Feb. 22 at 1 p.m.
- AI and the Human Future – Tuesday, Feb. 25 at 6 p.m.
- Evening Book Club – Thursday, Feb. 27 at 5:30 p.m. ■



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

TRAVEL: a prescription for good health

Traveling, often seen as a luxury, is increasingly recognized as a vital component of overall health. It offers a unique blend of physical, mental and emotional benefits.



Physical health benefits: 1. Increased activity: Traveling often involves walking, exploring and other physical activities that can improve cardiovascular health and boost metabolism. 2. Exposure to new foods: Trying diverse cuisines can introduce your body to new nutrients and flavors, promoting a balanced diet. 3. Reduced stress: The change of scenery and the opportunity to disconnect from daily routines can significantly reduce stress levels and lower the risk of stress-related illnesses.

Mental and emotional benefits: 1. Enhanced creativity: Immersing yourself in new cultures and environments can spark creativity and inspire new ideas. 2. Improved mood: Experiencing new sights, sounds and tastes can boost mood and reduce symptoms of depression and anxiety. 3. Increased mindfulness: Traveling can encourage mindfulness, allowing you to focus on the present moment and reduce stress.

Why February? Many destinations offer off-peak deals and fewer crowds, making it a budget-friendly and less stressful experience.

Additionally, some destinations experience mild weather during this time, providing perfect conditions for outdoor activities. So, why not consider a travel adventure this February? It could be just the prescription you need for a healthier and happier you. ■

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



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HEART health awareness

February is Heart Health Month — a time to focus on one of the most vital organs in your body.

As pharmacists, we see firsthand the impact cardiovascular diseases have on individuals and families, and we are here to remind you that prevention and management are within your reach.

Cardiovascular disease is the leading cause of death worldwide, but many risk factors are manageable with simple lifestyle changes and the right medical guidance. High blood pressure, high cholesterol, diabetes, smoking, poor diet, and inactivity are some of the most common contributors to heart disease. The good news? Every step you take toward a healthier lifestyle can make a significant difference.

As your pharmacists, our role goes beyond



dispensing medications. We are key partners in your healthcare team, ensuring you understand how to use medications effectively, manage side effects, and monitor progress. For instance, statins are widely prescribed to lower cholesterol, and blood pressure medications like ACE inhibitors or beta-blockers are critical for heart health. Taking these medications as prescribed can greatly reduce your risk of heart attacks and strokes. If you ever feel overwhelmed or confused about your medications, we are here to help you navigate through them.

Beyond medications, heart health is also about making informed choices. A heart-healthy diet — rich in fruits, vegetables, whole grains, lean proteins and healthy fats — can significantly improve your cardiovascular health. Regular physical activity, such as 30 minutes of moderate exercise most days of the week, strengthens your heart and improves circulation. And don't underestimate the power of stress

management and good sleep — both play critical roles in maintaining heart health.

If you smoke, quitting is one of the most powerful steps you can take for your heart. Smoking damages your blood vessels and raises your risk for heart disease exponentially. There are effective resources and medications to support your quit journey.

During Heart Health Month, take a moment to evaluate your risk factors, get your blood pressure and cholesterol checked, and prioritize your heart health. Small changes today can lead to a healthier tomorrow. Remember, you're not alone — your healthcare team, including your pharmacist, is here to support you every step of the way. Let's work together to keep your heart strong and healthy. ■

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

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FINDING community in Adel

Heathcote finds more than just a house.

After living in a few cities across the Des Moines metro, Julie Heathcote, her husband, Chad, and their young son were searching for something more than just a house. They wanted a community, and, in Adel, they found exactly that.

“We adore the small-town atmosphere of Adel, which offers the perfect blend of tranquility and accessibility,” Heathcote says. “As a small business owner, I am inspired by the chamber here and the community’s enthusiastic backing of locally owned businesses, which makes up a majority here. What’s more, the affordability of homes here is a major draw — we’ve been able to find a beautiful place that fits our budget.”

Their first home purchase was a long time coming, and the Heathcotes couldn’t be happier with the decision. The previous owners left special touches throughout the house, even going as far as leaving a note with their contact information should the family have questions.

The Heathcotes’ neighborhood feels like an extended family. It’s a mix of younger and older families who mesh well. Kids can run around while adults gather annually for a block party that has become a tradition. For Heathcote, who enjoys cooking for others, these moments have been an opportunity to share her passion with others.

“Everyone is genuine and down to earth, making us feel like we’re part of something special,” she says of her neighbors.

Heathcote has also been moved by Adel’s patriotic spirit. Her husband, a veteran, felt welcomed immediately, especially by the Lions Club’s tradition of displaying flags throughout the town.

“It’s a nice tribute to our military and country — and one that resonates deeply with my husband,” she says.

The Lions Club even gifted the family their first year of flags when they moved in.

“It was an extra special touch,” Heathcote says.

As a small business owner, Heathcote has found inspiration in Adel’s support for local businesses. One memorable event, the chamber’s Sip and Sample, gave her a chance to connect with the community while sharing her baking skills.

Ultimately, Adel has become more than Heathcote expected. She appreciates not only its affordability and accessibility but the residents who make it extraordinary.

“Yes, we have a nice home,” Heathcote says, “but it’s really the people who make it worth wanting to stay here.” ■



Julie and Chad Heathcote and son, Hunter.

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CHAMBER NEWS

By Jackie Wilson

McGUIRE Video Production

Drone, video work is a powerful marketing tool.

Andrew McGuire began his professional video career doing video work for the Iowa Cubs and working as a photojournalist for KCCI-TV in Des Moines. There, he gained valuable experience in video production and broadcast work.

He began doing video projects on the side, including filming weddings, making commercials and more. Soon after that, he took a “leap of faith,” and established his home-based McGuire Video Production (MVP) in 2018.

He first joined the Johnston Chamber of Commerce to help promote his business and make connections. He was awarded the Johnston Chamber of Commerce new member of the year in 2020.

When he and his wife, Kyla, moved to the area in 2022, he became involved with the Adel chamber.

“Deb Bengtson has been a phenomenal resource for me since day one of joining the Adel Partners Chamber of Commerce,” he says. “She immediately had ideas for me and my business in the Adel community, from informational update videos on what is happening in Adel, to anyone who thinks video is a good idea to help promote themselves or their business.”

Andrew joined the Chamber’s marketing committee, where he often donates his time and talents to help the community of Adel “look great.” He adds, “This allows me to get an inside scoop on what’s happening around Adel.”

He attends monthly Adel Chamber CHOW events, which has helped him create long-lasting relationships with fellow members. “It’s led me to do immediate work with numerous small businesses around the community.”

He expanded his business to include photo and video drone work. “People love the ability to get content and shots from up high. The unique work is something I take a great deal of pride in,” he explains. “So many businesses can capitalize on having drone work done.”

Andrew credits his success to popularity of video work. “Video is the No. 1 marketing tool out there right now — and it’s pretty obvious it’s not going anywhere anytime soon. Video work, especially from the bird’s eye view of a drone, is typically a great idea.”

Each project MVP takes on is unique, and it’s his goal for everyone to look good and sound their best. “I’m dedicated and committed to helping anyone wanting quality video work done. Video is a powerful advertising and marketing tool to help spread your message,” says Andrew. “It’s a hobby that I really enjoy — and I get paid to do it. You can’t beat that.”

He “highly recommends” local businesses join the chamber. “It’s a group of people who all mutually want the same thing — to see their community thrive and to see others doing business with one another right within their same community.” ■



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DID YOU KNOW?

The Adel Chamber of Commerce organizes the Hometown Holiday events including the tree lighting, business Sip & Sample, breakfast with Santa & other shopping & children’s activities.



Our members work to make Adel a great place to be!



Adel
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CHAMBER OF
COMMERCE

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

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

OUT & ABOUT



Wyatt Schweiger at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Trey Bryte at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Ella Greer and Olivia Gehring were awarded ADM Students of the Month at the Adel Kiwanis Club meeting at Patrick's Restaurant on Jan. 14.



Hudson Lorensen at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Hudson Shull at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Eli Wiebers at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Cade Fisher at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Carter Madison at the ADM boys basketball game against Winterset in Adel on Jan. 24.



Kristie Anderson and Trish Radke at the Adel Chamber lunch at Hollywood Bar and Grill on Dec. 19.



Nick Gillotti and Kandi Peacock at the Adel Chamber lunch at Hollywood Bar and Grill on Dec. 19.



Deb Bengtson and Jodi Draisey at the Adel Chamber lunch at Hollywood Bar and Grill on Dec. 19.



Dan Juffer and Amy Lucht at the Adel Chamber lunch at Hollywood Bar and Grill on Dec. 19.



Robbi and Bobby Culp at the Adel Chamber lunch at Hollywood Bar and Grill on Dec. 19.

GIRLS Basketball

ADM girls basketball played against Winterset in Adel on Jan. 24.



Ellis Smith



Aniston Tollari



Brecken Morse



Ella Subbert



Aubrey Noring and Kelli Storck



Aubrey Noring



Alexis Maxwell



Reese Vande Noord



FEBRUARY 2025

UPCOMING CITY COUNCIL MEETINGS:

• **Tuesday, February 11th, 2025 at 6:00 pm**
For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.gov or visit our Facebook page.

REMINDERS & CLOSURES:

• **Monday February 17th** – City Hall will be closed in honor of Presidents Day.

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.gov to view a FAQ flyer.

PARKS & RECREATION UPCOMING ACTIVITIES

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

2025 SUMMER AQUATIC STAFF: Acceptance of applications for Lifeguards, Concession, and Admission staff has begun. Applications can now be filled out online by visiting https://www.adeliowa.gov/departments/parks_recreation/employment.php. If your son or daughter wishes to become a Lifeguard, he or she MUST have a current lifeguard certification. Contact rdillinger@adeliowa.gov for questions or assistance in locating training sites.



ADULT BASEBALL LEAGUE – Registration going on now through February 23rd. Program is for youth ages 5 to 12 years old. Age is determined on August 31, 2025. Most games will be played at the Adel Little League Fields as well as at surrounding communities. Four divisions of play are offered: T-Ball 5/6 year olds, Rookie (8U) 7/8 year olds, Minor (10U) 9/10 year olds, Major (12U) 11/12 year olds.

YOUTH SOFTBALL LEAGUE – Registration going on now through February 23rd. Program is for youth ages 5 to 12 years old. Age is determined on December 31, 2024. Most games will be played at the Adel Softball Complex in Kinnick-Feller Park as well as at surrounding communities. Four divisions of play are offered: T-Ball 5 /6 year olds, Rookie (8U) 7/8 year olds, Minor (10U) 9/10 year olds, Major (12U) 11/12 year olds.

LITTLE SLUGGERS: Introductory baseball and softball program for boys and girls ages 3 and 4. The purpose is to teach the basics of hitting the ball, run the bases, become familiar with being on the field, and most of all, to have FUN. Players should bring a glove and water bottle. All other equipment is provided. Parent/adult participation is required.

KIDDIE KICKERS: Introductory soccer program for 3- and 4-year-olds. Parent/adult participation required. Two sessions offered on Mondays 5:30-6:15pm & 6:30 – 7:15 pm, April 7-May 12. Players should bring a water bottle. All other equipment is provided Parent/adult participation is required. Deadline: March 14.

SNOWMAN CONTEST: Start thinking of a masterpiece you are wanting to create once the snow falls. Then bundle up and head outside to build your best snowman. Take a picture of your creation and submit it to Ramona at rdillinger@adeliowa.gov. All snowmen will be featured on our Facebook page and a prize will be awarded to the most creative snow sculptor! Deadline is March 5.

2025 RENTALS: PARK SHELTERS, GAZEBO, COMMUNITY STAGE & PAVILION:

There are multiple rentable shelters that serve as a great place for meetings, weddings, birthday parties, family reunions, picnics, or other outdoor events. Additional information, availability, and reservations can be made online at adel.activityreg.com or in person at Adel City Hall.

APRIL 5TH – CITY WIDE GARAGE SALES:

All listings for garage sale items can be posted on the City of Adel Facebook event page for the City Wide Garage Sale. Please include the following in your description:

- Address
- Date/Time
- Items to be sold

APRIL 12TH – SPRING CLEANUP & HAZARDOUS WASTE DROP OFF:

Spring Cleanup : Items must be out at the curb by 7:00 a.m. Large household appliances still require a \$15.00 sticker (TVs 24 inches and over require 2 stickers, projection or console TV's require 3 stickers).

Household Hazardous Waste Drop Off: South Dallas County Landfill will sponsor the Hazardous Waste pickup at Kinnick-Feller Park from 10:00 a.m. to noon that day.

CITY WEBSITE CHANGE: We have updated our website and now our "org" has been changed to "gov". www.adeliowa.gov

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://adeliarja.revize.com/forms/9929>.

Registration Cost: \$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.gov

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

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www.adelpl.org

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515-964-5229
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515-993-4436
Mayor Pro Tem Shirley McAdon
515-993-4862
Bob Ockerman
515-238-9835
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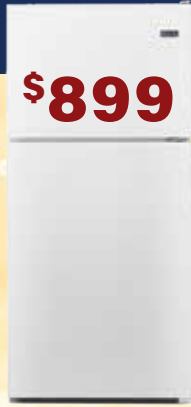
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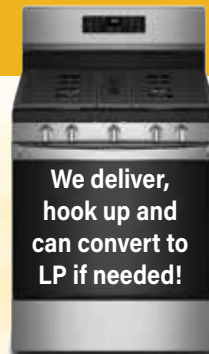


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