

# Living

## A wedding to remember

**Couple shares how they made their day special.**

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# WELCOME

## AN OLD RV, a friendly farmer and a moose head

Jolene and I were married in Clive on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.

Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun — until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremony featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaahhh, the memories. Happy 30th anniversary, Jolene! ■

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# A wedding to remember

**Couple shares how they made their day special.**

**By Rachel Harrington**

Few milestones are as momentous as a wedding. Family and friends often gather from near and far, the preparations may take months, and every detail is given thought. From the wedding attire to the decorations, music and venue, the couple makes countless decisions with one goal in mind: for theirs to be a wedding to remember. This month, one couple shares the scrupulous planning they did so their special day would be exactly as they envisioned. If a wedding is in your future, we hope you find inspiration from their story. Or, perhaps, their journey will spark memories of your own.

Before going to their wedding venue, Meghan and Luke Cavanaugh prepared for the ceremony at Hotel Fort Des Moines, where they also had wedding photos taken. Photos by Peridot and Lace

# FEATURE

Meghan and Luke Cavanaugh's relationship demonstrates that, when something is meant to be, it will span distance and time. Their story began when Meghan visited her mom at Lake of the Ozarks, Missouri.

"Luke was in the area then, and we first met at a bar and grill during the COVID pandemic in Osage Beach, Missouri. He asked for my number," Meghan says. "We maintained a long-distance relationship over four years, traveling back and forth because he was active duty Air Force and stationed at Hurlburt Field, Florida."

Their relationship progressed to the next level New Year's Eve 2023. Meghan was visiting Luke in Florida. He planned a lunch picnic for the two of them on the beach, and, during their picnic, he proposed.

"It was totally unexpected," Meghan says. "I kind of had a feeling that it might happen, though. We had spent the Christmas holiday together, and I thought that, if it was going to happen,

it'd be then. So, when it didn't, I thought, 'Oh well.' So, it was a surprise."

Luke gave Meghan an engagement ring he had designed by a jeweler in Pensacola, Florida. It is an emerald-cut diamond set in yellow gold with two baguette diamonds on each side.

Luke retired medically from the Air Force in March 2024 and decided he wanted to move close to Meghan. In June 2024, they bought a house in Adel. By then, the wedding planning was in full swing. Meghan, a wedding vendor herself and a licensed esthetician and professional makeup artist for more than

Meghan and Luke Cavanaugh's wedding party was simple, including only Meghan's daughter as flower girl. The bride wore a trumpet style gown made of ivory satin fabric with off-the-shoulder sleeves and a chapel-length veil from David's Bridal, which also had the matching flower girl's dress. Photo by Peridot and Lace



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13 years, has spent a lot of time with brides and seen the various services and unique styles of a variety of vendors.

“I kind of had an idea of what I wanted for my wedding,” Meghan states. Luke had shared what he wanted with her and yielded the majority of the planning to her. Meghan made up a spreadsheet to keep track of what needed to be done and the vendors she wanted to use.

“I knew right off the bat that I wanted Peridot and Lace to be my photographers. Their style sealed the deal, and I’d seen their work for other brides. Aryn and Shawna are co-founders of the company itself, and they are very down-to-earth people, and I liked that they are small business owners in Adel.”

Meghan says one of the biggest challenges was picking an officiant. Though they both attend a local church, they had chosen a different venue and needed to find an officiant who would work with their wedding dream and agreed with their values.

“We had Zooms with several people, and we ended up going with a man named Clark Ford, a retired professor from Iowa State University,” Meghan says.

Luke and Meghan were married at the Greater Des Moines Botanical Garden in Des Moines on Aug. 8, 2024.

“I knew it would be peak weather, and the gardens would be in full bloom. We both wanted a peaceful garden setting for our big day. Also, having the wedding in a blooming garden meant I didn’t have to do as much decorating for the event. Besides the floral arrangements we chose for our wedding, we didn’t use any other décor.”

Meghan says planning a Botanical Garden wedding was easy. She contacted the venue’s event coordinator to set everything up, and, since she had visited the gardens several times in the past, she didn’t even have to take a tour. Besides help from the venue’s coordinator, Meghan and Luke did the rest of the leg work themselves.

Picking her wedding dress was next on the agenda. Meghan knew what she wanted, and the first place she looked in April 2024, David’s Bridal, was where she said “yes” to the dress.

“I wanted a simple, classic dress without a lot of frills,” she explains. “I had tried on several before I found ‘the one,’ but once I tried it on, I

was reassured in my choice.”

She describes the dress as almost floor length, not quite a mermaid style, but a trumpet style made of ivory satin fabric with off-the-shoulder sleeves. She had a chapel-length veil, which is slightly shorter than a cathedral-length veil, with floral designs toward the bottom.

The couple chose not to have a wedding party other than a flower girl, who is Meghan’s daughter.

“She was very excited,” Meghan shares. “David’s Bridal offered flower girl dresses that matched the wedding dresses. My daughter’s dress was almost identical to mine except that hers had an A-line skirt instead of a trumpet style. It was nice that they had matching dresses.”

For her wedding dress alterations, Meghan chose to employ Gloria Butler of Glorious Alterations in Ankeny. Luke picked out his own attire. He bought a black suit from Von Maur, and his Ted Baker shirt had a floral pattern that was similar to Meghan’s floral pattern.

The English Rose, a floral designer in Ankeny, was chosen to put together the floral

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Meghan's bouquet was a cascade mix of white hydrangeas, white orchids and white roses with some greenery. Luke wore a matching corsage. Photos by Peridot and Lace

arrangements.

"I had seen Clare Oleson's work and some of her shoots for other brides, and I absolutely knew I wanted to have her design the floral."

Meghan's bouquet was a cascade mix of white hydrangeas, white orchids and white roses with some greenery. For Luke and her daughter, Meghan had Clare design a corsage and a complementary mini bouquet that matched her own. The couple picked out their wedding bands together. They purchased Luke's ring locally at Jared's, and Meghan's band was almost a basket design to complement her engagement ring.

On their wedding day, the group got ready for the event at Hotel Fort Des Moines. Meghan had Chelsea D. from Talking Heads Salon in Ames do her hair on location. Meghan wanted "old Hollywood glam" waves.

"That's how I have always liked wearing my hair, and I feel my best when it is down. I was a little nervous to wear it down since it was August, but, on my wedding day, it ended up being a rare 67-degree day."

Upon their first look at Hotel Fort Des Moines, the couple took a lot of wedding photos, and they shared several private vows with each other there.

"During the 'first look' time, Luke surprised my daughter by giving her a gift of a diamond bracelet that he had made with my engagement ring," Meghan shares. "He told her he wanted her to have a special day, too."

Afterward, the group made their way to the Botanical Gardens for the wedding ceremony.

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Meghan and Luke Cavanaugh were married at the Greater Des Moines Botanical Garden. Photos by Peridot and Lace

The ceremony itself was small in nature with fewer than 30 people in attendance. They wanted a more intimate, personal setting.

“We’re both older, and this is each of our second marriage,” Meghan explains.

Those in attendance were mostly close family and friends. Afterward, the group returned to Hotel Fort Des Moines for cocktail hour at the hotel’s restaurant, Proudfoot and Bird.

A reception was held later that evening at 801 Chophouse in the Wine Room.

“It is both of our favorite restaurant. We knew that’s where we wanted our reception,” Meghan says. “We didn’t have any music vendors since it was in the Wine Room. Luke picked out the menu.”

The event coordinator worked with them to create a custom menu in which the guests could choose from pork chop, ribeye and filet mignon. There were also numerous side options served family style including mac and cheese, baked potatoes and various desserts.

“They made us a classic wedding cheesecake. We like cheesecake,” Meghan laughs.

The Cavanaughs honeymooned in Hawaii where many of Meghan’s favorite flowers, such as orchids, which she included in her wedding bouquet, grow.

“We knew we wanted to go to Hawaii, and it just tied together with the Botanical Garden and our flower choices,” Meghan says. “Everything was designed to be a reflection of both of us, not just one or the other.” ■

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# WATSON to run across Iowa

To benefit Iowa Masonic Charities.

Every July, thousands of people cycle across Iowa during RAGBRAI, which is a very challenging week of bicycling. Skylar Watson of Adel is creating his own challenge — to cross the entire state in only five days, without a bicycle.



“It’ll just be me running across the state. There will be another person driving nearby in the support vehicle, and there are a few others who are interested in running segments of the state with me,” Watson says.

If this sounds reminiscent of an iconic scene in the movie Forrest Gump, that is an apt comparison. The main difference is that this challenge is being done as a fundraiser to benefit Iowa Masonic Charities.

“I am a Freemason,” Watson says. “I’ve been active in that for a few years.”

During his time as a member of the local Masonic lodge, Watson has heard many stories of individuals helped through Iowa Masonic Charities, including scholarships, funding for individuals facing major medical needs, and providing needed adaptive equipment.

One might assume that, in order to take on such a lengthy challenge, 33-year-old Watson must be a lifelong runner, but he’s actually been running for less than a year. However, he has taken to it quickly.



Robert Grove of Edward Jones presents the Neighbor Spotlight certificate to Skylar Watson.

“Last March, for the first time, I ran more than a mile, but, since then, I have run over 15 ultra marathons,” Watson says.

For perspective, an ultra marathon is any running event longer than a “mere” marathon of 26.2 miles. The total distance Watson aims to run is 311 miles, following Highway 20 from Sioux City to Dubuque. That means he’ll need to average 62 miles daily. The journey is scheduled for May 7-11.

Watson believes in setting lofty goals, then working to achieve them. Besides the goal of crossing the Hawkeye State, he also has a fundraising goal.

I set the goal at \$50,000,” Watson says. “We’ll see if we get there.”

Anyone interested can visit [donorbox.com/run-for-iowa](http://donorbox.com/run-for-iowa) to see more information, or to make a donation. All donor names will be printed on a commemorative T-shirt, and anyone donating \$150 or more will get one of the shirts.

Through his prior experiences in running long distances, Watson has learned what works best for him.

“My intention, at least for the first day or two, is to run for about 16 or 18 hours, then take a nap for about four hours and get back out there.”

Obviously, many factors could pose additional challenges (rain, wind, blisters, muscle cramps, etc.) but Watson has experienced them all before and is set on reaching the finish line. For safety, Watson will wear reflective gear and a headlamp.

“Rain or shine, I’m going to be running,” Watson says. “If five days of running doesn’t get me across the state, I’ll carry over to a sixth day. I’m pretty confident I can do it in the five days, but, if I need the extra time, I’ll take it.”

Always the optimist, Watson notes that the elevation of Sioux City is 1201 feet, while Dubuque is 617 feet, so, overall, his journey will be ever-so-slightly downhill. Besides optimism, he’s also putting in the work to prepare for such an undertaking. Starting in March, he logged more than 3,000 miles in 2024. But despite many long days and nights on the roads and trails, Watson said one reward still eludes him.

“I’m still waiting for that runner’s high that everybody talks about,” Watson says.

However, if Watson succeeds in his journey and raises thousands of dollars for a great cause, he just may experience the runner’s high of a lifetime. ■

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# THE RIALTO Theater

In the early morning hours of May 27, 1956, a raging fire in downtown Adel brought an end to an era. The Rialto Theater, formerly the Adel Opera House, was lost in a blazing inferno.

Construction on the Adel Opera House was started in 1903 by Adel Mayor T. R. North. Located at 911 Court, across the street west of the Arlington Hotel, plans were for a modern brick building to have a seating capacity of at least 600 at a cost of \$8,000-\$10,000. The doors first opened on March 21, 1904, for the showing of "A Runaway Match," a live comedy.

For a time, there were two movie houses in Adel. When the Palace Theater, located on Main Street, launched as a movie house in 1914, the competition forced the Adel Opera House to turn to films. The Palace advertised first-rate films such as "Sin on the Sabbath" and "Blackmail in a Hospital" for 10 cents admission. The Palace was closed in 1916. In 1921, The Opera House switched to full-time movies and became the Rialto Theater.

During the Depression, the Rialto had a popular feature called Bank Night. Anyone could enter his or her name in a book kept by the theater manager, and, on Bank Night, a name would be drawn at random. The person selected had to reach the stage within a set amount of time (usually a few minutes) to claim the prize. They were not required to purchase a ticket to enter the theater, thus circumventing the numerous local lottery laws of the time. Bank Night had the effect of drawing people to theaters, many of whom bought tickets anyway. It soon became the subject of a lawsuit, however.

In 1937, the Rialto was upgraded by adding steel beams to strengthen the balcony, 115 new seats (the comfortable leather-upholstered kind) and a new façade and marquee.

"The Tender Trap" was still on the marquee when the fire whistle sounded at 2:20 on that Monday morning, marking the end of the Rialto. More than 500 people turned out to watch the losing battle to save the old theater. Flames leaped 50 feet in the air, walls collapsed, and smoke covered the north side of Adel. At first, it was feared that the nearby Arlington Hotel and Ethan Myers Garage were in danger, but, with the help of men and equipment from Waukee, Redfield and Van Meter, the blaze was confined to just the theater. Thankfully, no one was injured.

Some of my fondest memories growing up in Adel were of the Rialto and the Saturday Matinees ... Gene Autry, "Tarzan," "Tom and Jerry" cartoons and features such as "Invasion of the Body Snatchers" and "Radar Men from the Moon." Boys never sat with girls. We threw popcorn at each other, drank Grapette, and it was noisy. Admission was 10 cents, and only the bigger kids were allowed to sit in the balcony. ■

# DIRKSEN finds his passion in car shows

## Enjoys his fixed-up first car, a 1985 Trans Am

Ray Dirksen, a sergeant with the Dallas County Sheriff's Office, regularly attended car shows while growing up. His dad took him to shows in his hometown of Danbury, and he had fun going to events like Corn Days. He had a passion for cars. When he was 10, he spotted a white 1985 Trans Am in his church parking lot.

"That's the kind of car I want," he told his dad.

Every weekend, he would remind his dad how much he wanted that car. He got his chance when he was a junior in high school. The price tag was \$3,600. He had been saving money from various farm jobs and from a part-time job at Bomgaars cleaning floors. However, because the insurance was more than the car payment, he had to get financing.

"I cruised as many loops as I could," Dirksen says. "I drove it everywhere I could, because, obviously, cruising the loop was big back then, so we cruised many miles on the loops."

"Kind of a funny story, just dealing with law enforcement. I always wanted to be the guy that got the kid like me, basically. I was a typical teenage kid, had run-ins with the law and decided to become a law enforcement officer."

His experiences with law enforcement inspired him.

"That's how I fell in love with law enforcement," he said. "I just love dealing with people, but I think the original thing that drew my love is I've seen how law enforcement officers work. I like how every day is different. No two days are the same, and I love being outdoors."

Dirksen took his Trans Am to college as he earned a degree in criminal justice. While in college, he volunteered in the Woodbury County Sheriff's Reserve, where they taught him valuable skills.

After college, he got his first job with the Altoona Police Department, which was about an hour from where he lived. He left his Trans Am at his dad's and forgot about it for years. He decided it was time for a newer vehicle since the Trans Am had almost 200,000 miles on it.

"It was old and getting worn out," Dirksen laughed.

In 2007, he started at the Dallas County



Ray Dirksen still has his first car, a 1985 white Trans Am, which he has kept since high school. Photo by Deborah Mikelson

Sheriff's department.

In 2015, he decided to put money into fixing up his first car. He paid for a new paint job, new motor, transmission, and he did some of the interior work and put in new seats. He watched some YouTube to help get it ready.

"I wanted a nice Saturday night cruiser if I want to go for a drive. I take it to car shows," he says.

One of Dirksen's favorite events is one that retired sheriff Chad Leonard started shortly after Dirksen started working with him. Sgt. Dirksen is now the event coordinator for the annual Dallas County Sheriff All-Wheel Car Show. This year it will be held on June 7.

"We started out with approximately 60 cars, and we have grown to an average of 130 cars, sometimes more, sometimes less. But, more importantly, the quality of cars we have are excellent," he says. "The good thing about the car show is that all proceeds go to Special Olympics Iowa."

The athletes come to the event, hand out trophies and get to pick their favorite car.

"Seeing the faces of the athletes that come,

the happiness and pure love that they show for the event is so pure," he says.

"One of my best memories is walking with my daughters through the car show. My daughters love the car show. They always have," Dirksen says.

Current Sheriff Adam Infante keeps the tradition going.

"Sheriff Adam Infante believes in the cause and kept it going as well," Dirksen says. "Sheriff Infante and I are so thankful for the community coming together to support this cause."

Another fundraiser is the annual fall Cruise for a Cause. Participants cruise around Dallas County, escorted by the Dallas County Sheriff's office.

"Proceeds for that go toward Shop with a Cop, so kids can have a good Christmas if their parents may not be able to afford it," he says.

Sgt. Dirksen and his wife, Carrie, have been married since June 2003 and have two daughters. They moved to Adel in 2009 after Carrie started teaching at Maple Grove in Waukee. ■

# HOW TO lick your tongue

Ever said something you regret? The answer for us all is a strong “yes.” It is hard to manage our mouth. It is hard not to say the wrong thing (see James 3:1-12). But, in this, we still know our words matter.



Statements like, “I love you,” “You’re ugly,” “I’m proud of you,” “I want to break up” are words with incredible power. Many of us have seen how careless words have destroyed marriages, careers, reputations, churches and more.

Here’s the truth: We shape our words and then our words shape us. Proverbs 18:20 says, “You have to live with the consequences of everything you say.” This is true for the words we use to destroy and the words we use to build others up.

Here’s something else that’s true: It is not

humanly possible to tame your tongue. You need the Lord for this. The reason is that your tongue reveals the sickness in your heart due to sin. For example, when you go to the doctor, one of the first things they say is, “Stick out your tongue.” Why? Because your tongue shows what’s going on inside you physically. In the same way, your tongue (words) also shows what’s going on inside you spiritually.

Jesus talked about this, too, when He said (Matthew 12:34), “For out of the overflow of the heart the mouth speaks.” Your mouth is the spigot for your heart. A person with a harsh tongue has an angry heart. A person with a negative tongue has a fearful heart. A person with a boasting tongue has an insecure heart. A person with a filthy tongue has an impure heart. On the other hand, a person who is always encouraging has a happy heart. A person who speaks gently has a loving heart. A person who speaks truthfully has an honest heart.

What does your speech reveal about you? Let me encourage you to ask God for help in this area. You can pray Scripture such as Psalm 141:3, “Set a guard over my mouth, O Lord; keep watch over the door of my lips.” Ask the Lord to help you not be judgmental, hurtful or gossip with your words. Also, strive to be slow to open your mouth. Think before you speak (see James 1:19). Ask yourself before you talk: Will this build up or tear down? Is this for their benefit or mine? Would Jesus say the words I’m about to say? We are accountable for each word we speak, write, text or post. A spiritually mature person knows they need the Lord to help control their tongue. What steps will you take today? ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).

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# USING a home equity line to consolidate debt wisely

A Home Equity Line of Credit (HELOC) can be a smart financial tool for consolidating debt, but it requires careful planning and disciplined budgeting. By leveraging the equity in your home, you can potentially lower your interest rates and simplify multiple payments into one manageable monthly obligation. However, it's important to approach this strategy with caution and a clear repayment plan.



**Understanding a HELOC:** A HELOC is a revolving line of credit that allows homeowners to borrow against the equity in their home. Unlike a traditional loan, a HELOC functions like a credit card, providing access to funds as needed. Interest rates on HELOCs are generally lower than those on credit cards and personal loans, making them an attractive option for debt consolidation.

**Benefits of using a HELOC for debt consolidation:**

- **Lower interest rates** – HELOCs typically have lower interest rates compared to high-interest credit cards and unsecured loans.
- **Single monthly payment** – Consolidating multiple debts into one payment simplifies budgeting and reduces financial stress.
- **Potential tax advantages** – Interest paid on a HELOC may be tax-deductible if the funds are used to improve the home (consult a tax professional for details).
- **Flexible access to funds** – A HELOC allows for withdrawals as needed, providing financial flexibility.

**Risks and considerations:**

- **Your home as collateral** – A HELOC is secured by your home, meaning failure to make payments could result in foreclosure.
- **Variable interest rates** – Most HELOCs have variable interest rates, which can rise over time and increase your monthly payments.
- **Discipline is key** – Without a structured repayment plan, you risk accumulating more debt rather than reducing it.

**Smart budgeting for success:** To effectively use a HELOC for debt consolidation, follow these steps:

- **Create a budget** – Outline income, expenses and debt obligations to ensure you can afford repayments.
- **Limit new debt** – Avoid accumulating additional high-interest debt while paying down your HELOC.
- **Make extra payments** – If possible, pay more than the minimum to reduce the principal faster and minimize interest costs.
- **Monitor your spending** – Track expenses to prevent unnecessary financial strain.

**Conclusion:** Using a HELOC to consolidate debt can be a smart financial move if done responsibly. By leveraging lower interest rates, simplifying payments, and committing to a solid budget, homeowners can regain control of their finances while protecting their most valuable asset — their home. ■

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



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## EDUCATION

# STUDENTS of the Month

**Attention:** All students in the senior class at ADM High School planning to go on to post-secondary education should complete an application for a scholarship from the ADM Scholarship Foundation. The instructions and application can be found on the school website, or you can obtain information from the high school counselor. All applications must be submitted by the date specified. The scholarship winners will be announced at the commencement ceremonies in May. All contributions given to the foundation are invested, and the income is used to provide the scholarships. The amount of \$947,500 has been given in scholarships to 967 students since the foundation's inception in 1985.

Each month, the teachers and/or coaches designate students that have achieved recognition in their specific category. The Students of the Month for January and February are listed below.

### January:

- Student of the Month: Evelyn Horgen — Raccoon Valley Bank
- Kiwanis: Ella Greer and Olivia Gehring
- Fine Arts: Alayna Freeman (Choir) and Patrick Lee (Band) — Lincoln Savings Bank
- Girls Bowling: McKynna Beemer — Iowa Spring Manufacturing
- Boys Bowling: Owen Evans — Azalea Lane Boutique
- Wrestling: Landon Moorhead — Adel Lions Club
- Boys Basketball: Hudson Lorensen — Adel TV and Appliance
- Girls Basketball: Lauren Hagedorn — Cullen Howe Real Estate-RE/MAX Precision
- Dance: Cordy Piepmeier — Adel Rotary Club
- Wrestling Cheer: Marley Akey — Adel Vision Clinic

### February:

- Student of the Month: Ella Goodrich — Raccoon Valley Bank
- Kiwanis: Tate Truitt and Aniston Tollari
- Fine Arts: Ac Dec — Nic Carmichael and Caleb Klassen — Lincoln Savings Bank
- Girls Bowling: Alabama Astley — Cullen Howe Real Estate-RE/MAX Precision
- Boys Bowling: Jaxson Book — Adel Dentistry
- Wrestling: Ethan Johnson — Adel HealthMart
- Boys Basketball: Reid Kluesner — Fareway Stores
- Girls Basketball: Ellis Smith — Iowa Spring Manufacturing
- Dance: Jordan Crannell — Adel TV and Appliance
- Wrestling Cheer: Claire Roorda — Patrick's Restaurant
- eSports: Cadence Hougham (Rocket League) and Isaac Hatchitt (Overwatch 2)

A special thank you to the local businesses that sponsor the Student of the Month program. These businesses contribute annually to maintain the program through the ADM Scholarship Foundation. More information on the Scholarship Foundation program can be found online at [www.admscholarshipfoundation.com](http://www.admscholarshipfoundation.com). ■



# WILSON appointed food pantry executive director

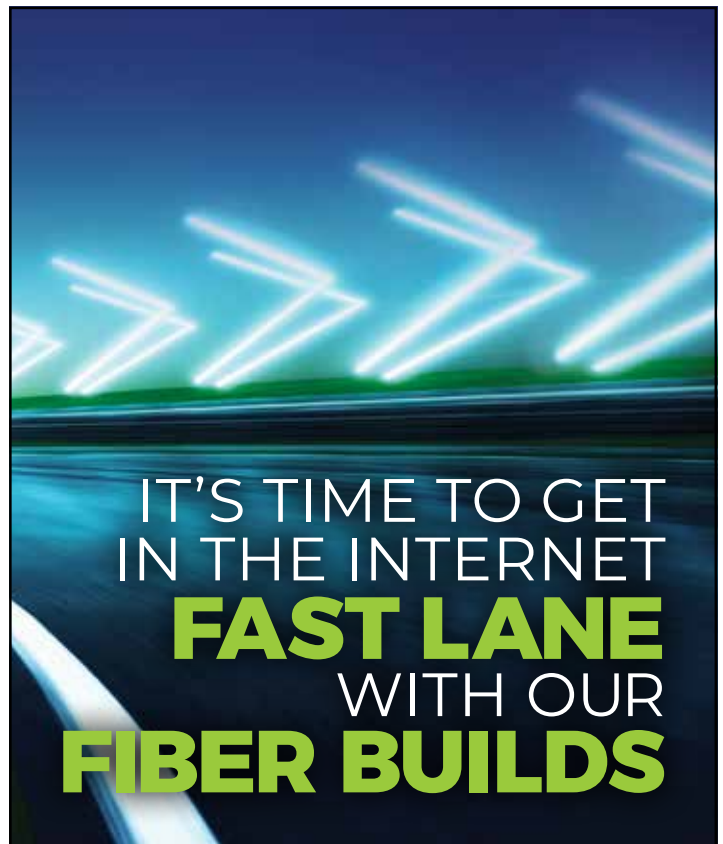
The Board of Directors of the Good Samaritan Food Pantry in Adel announced the appointment of Brandie Willson as the new executive director.

Brandie brings a wealth of experience to this role, having a background in nonprofit work, volunteer recruitment and management, and community outreach. In addition, Brandie has years of experience in the food service industry including events and catering. She has successfully led initiatives that directly address the needs of the communities she serves.

“We are excited to have her expertise guiding our food pantry as we move into the next chapter of our mission,” said a statement released by the board. “Having previously worked with Central Iowa Shelter and Services, Brandie brings a deep understanding of community engagement and a passion for service. We are confident that her leadership will continue to strengthen our ability to support those in need.

“Brandie will be instrumental in strengthening our internal operations, building lasting community partnerships, and enhancing our capacity to deliver essential services to those in need,” the statement continued. “We are confident that her leadership will inspire new levels of success and collaboration within our organization and the broader community.”

The Good Samaritan Food Pantry (GSFP) is a 501(c)(3) tax-exempt, non-profit organization that serves the residents of the ADM School District, the Van Meter School District, and the communities of Dexter, Linden and Redfield. The organization partners with the Adel Ministerial Alliance, local churches and businesses, civic organizations, Food Bank of Iowa, DMARC, and area residents to provide supplemental food and personal care items for those with need. ■



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## RECIPE

# SAVORY pork chili fresh from the slow cooker

*(Family Features)* If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit [Culinary.net](http://Culinary.net) to find more family-friendly dinner inspiration and step-by-step recipe videos. ■

## Barbecue chili

Recipe courtesy of "Cookin' Savvy"  
Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for serving
- corn chips, for serving

### Directions

- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.



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## PEACE of mind while you unwind

Planning a nice getaway vacation to escape the cold weather and have some time away from the kids? I've got something for you to add to the pre-vacation check list. For those parents who love getting some "me time" but worry about the kids at home, Iowa has a very simple Power of Attorney (POA) form to put your mind at ease.



Many people have heard of a Power of Attorney — generally when they start estate planning or when a parent designates a child to be the appointed agent over their financial or medical decisions. What is less well known is the Power of Attorney for temporary delegation of child custody. This form allows parents of a minor child to authorize a caregiver to act and make necessary decisions in the parent's absence. The parents determine when the POA starts and ends, so regardless of plans

for a short weekend getaway or a monthlong excursion, you can feel safe knowing that, while you're out snorkeling or simply sleeping on the beach, everything is taken care of at home.

Unlike a guardianship, completing the POA for temporary custody does not require the court's involvement. All you will need is the signature of a notary public. Once the form is complete, it can be given to schools, doctors, dentists and your caregiver for safekeeping. It is important to note that, even though almost all providers will accept this form as valid, there is no specific Iowa law supporting it. Although this form is similar to a guardianship, it is not intended to replace the legal process of assigning a permanent guardian for a long period of time. If you have any questions about this POA form and whether it is right for you and your situation, please ask your favorite attorney. ■

Information provided by Dawnelle R. Schlagel, Hopkins & Huebner P.C., 1009 Main St., Adel, 515-993-4545

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# MARCHING for awareness

## The importance of Colorectal Cancer Awareness Month

Colorectal Cancer Awareness Month, observed every March, serves as a crucial reminder of the importance of early detection, education and prevention strategies related to one of the most common cancers



worldwide. Colorectal cancer, which includes cancers of the colon and rectum, represents a significant health concern, affecting both men and women across various demographics.

The observance of this month aims to raise awareness about the risk factors associated with colorectal cancer, including age, family history, lifestyle choices and certain medical conditions. It is particularly crucial for individuals over the age of 45, as this population is at a higher risk. Factors such as a diet high in red or processed meats, physical inactivity, obesity, smoking and heavy alcohol use can increase the likelihood of

developing this disease.

Awareness efforts during March emphasize the importance of regular screenings, which can lead to the early detection of precancerous polyps and colorectal cancer itself. Screening methods, such as colonoscopies, allow healthcare providers to identify and remove polyps before they progress into cancer. The American Cancer Society recommends that individuals at average risk begin screening at age 45. However, those with a family history of colorectal cancer or other risk factors may need to start earlier, highlighting the importance of personalized medical advice.

In addition to promoting screenings, Colorectal Cancer Awareness Month encourages healthy lifestyle choices. Maintaining a balanced diet rich in fruits, vegetables and whole grains, along with regular physical activity, can significantly reduce the risk of developing colorectal cancer. Furthermore, avoiding tobacco and limiting alcohol consumption can contribute to overall health and well-being.

Organizations across the globe participate in various activities during this month, including educational campaigns, community events and fundraising initiatives. These efforts not only aim to increase awareness but also support research for better treatments and potential cures.

As we observe Colorectal Cancer Awareness Month, it is essential for individuals to take proactive steps in their health management. This includes discussing family health history with healthcare providers, scheduling regular screenings, and adopting healthier lifestyle habits. By raising awareness and promoting education, we can empower each other to take charge of our health, ultimately reducing the incidence and mortality associated with colorectal cancer. Together, we can make strides toward a future where colorectal cancer is detected early, effectively treated and, ultimately, prevented. ■

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

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## HEALTH

By Alicia Fisher, PT, DPT

### Q: What is a tension headache?

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



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

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

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

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## HEALTH

By Leslie Herron

### BENEFITS of companion care — not just for seniors

Companion care offers a lifeline to individuals who may struggle with day-to-day activities due to aging, disability or illness. It goes beyond mere assistance with chores, providing emotional and social support that enhances overall well-being. Companions help with tasks such as meal preparation, medication reminders, and light housekeeping, but their role extends to fostering meaningful relationships.



Many seniors live alone, and regular interaction with a companion can significantly improve their mental health and quality of life. Engaging in conversations, playing games and participating in hobbies together provides mental stimulation and emotional connection that are crucial for cognitive health.

Companion care also promotes independence. By assisting with daily activities, companions enable individuals to maintain their autonomy and remain in their homes longer. This sense of independence can boost self-esteem and enhance the overall quality of life.

Furthermore, companions can monitor the individual's health and address potential issues early before they escalate.

In summary, companion care offers a multifaceted approach to support, enhancing emotional, mental and physical health while promoting independence and reducing loneliness. ■

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



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Be sure to check for cancelations

## Coming up in 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](mailto:tammy@iowalivingmagazines.com) to be included in the April issue.



## Adel Fireman's Dance

April 5 • Country Lane Lodge, 29300 Prospect Circle, Adel

The Adel Fireman's Dance will feature special guest Suede. Doors and silent auction open at 5 p.m. Dinner, catered by DM Bacon and Meat Company, will be served at 6 p.m. The band plays from 7:30-11 p.m. All proceeds go to the Adel Fire Association to help purchase needed equipment. Tickets are \$40 and available from any Adel volunteer firefighter or message the group on Facebook, [Facebook.com/AFD25](https://www.facebook.com/AFD25).

## 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 three 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 anyone 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.

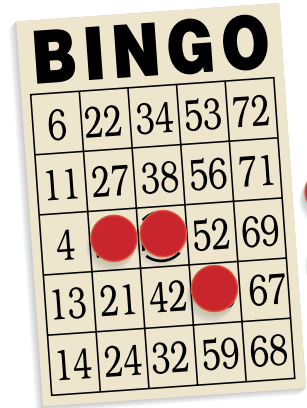
March 18, noon: Prescription and over-the-counter drugs for seniors.

## Third Monday Bingo

March 17, 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.



## Adel Masonic Breakfast

March 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.



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Be sure to check for cancelations

## Dallas County Conservation events

To register for events, visit [www.dallascountyiowa.gov/conservation](http://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.



• **Early Spring Ephemeral Hike, Sportsman Park, Friday, March 14, 10-11 a.m.** No registration required. Enjoy a naturalist-led hike in search of the delicate flowers that are beginning to emerge.

• **2025 Phenology Series: Part 2, Kuehn Conservation Area, Monday, March 17, 1-2 p.m.** Registration required. Phenology is the study of cycles, patterns and observations over time in the natural world. Learn some mindfulness and observation techniques, take a short walk to put them into practice, then record observations from the season in your own nature journal. Return to the same place for future programs in this series to add new entries to your journal throughout the year.

• **Reptiles! Forest Park Museum, Tuesday, March 18, 9 a.m.** Registration required. What is a reptile? Which kinds of reptiles live in Iowa? How does a turtle shell work? Do snakes actually feel slimy? Come find out and learn more with a naturalist and a couple of reptile ambassadors. Bring your own chairs to sit outside. In case of bad weather, the program will be held inside.

• **March Bird Hike, Voas Nature Area, Wednesday, March 19, 8:30-10:30 a.m.** Registration required. Bring the family and explore the diverse habitats at Voas Nature Area to view early migrants. There is usually a diversity of waterfowl at this time of year. Beginners and seasoned veterans are welcome. Binoculars and books will be provided.

• **Spring Equinox, Hanging Rock, Thursday, March 20, 7-8 p.m.** Registration required. Join DCCB naturalists at the astronomical clock atop the ridge at Hanging Rock to observe and celebrate the sunset of Spring Equinox. This is a time of equal light and dark, waking from winter and the renewal of spring. Consider an intentional gesture at this historic site to recognize the changing of the seasons as people have done for thousands of years.

## Mobile Food Bank

Fourth Wednesdays of the month  
New Hope Church, 25712 Highway 6, Adel

Adel Mobile Food Bank is now the fourth Wednesday of the month at New Hope Church in Adel from 5-6:30 p.m. or until the food is gone. This is a drive-thru pickup for free groceries.

## Iowa Home Expo

March 7-9  
Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines  
[iowahomeexpo.com](http://iowahomeexpo.com)

All things home will be on display at the Iowa Home Expo, with local and national vendors in attendance giving tips, demonstrations and a showcase of products that best serve your home improvement needs.

## St. Paddy's Marathon, Half Marathon and 5K

March 8  
Iowa State Capitol, E. Locust Street and Pennsylvania Avenue, Des Moines  
[iowaruns.com/desmoinesstpaddys5k](http://iowaruns.com/desmoinesstpaddys5k)

Don your best green-colored athletic gear to avoid a pinch and take part in the St. Paddy's Marathon, Half Marathon and 5K. There are several finish-line goodies for the participants including medals, beer steins, beer itself and more.

## Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information. ■



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# GLEN-GERY invests locally

Brick making since 1904

In 1904, Dallas County Brick and Tile Works was established by William McKissick. In 1958, it became Sioux City Brick, owned by the Hill and Mahoney families. The families built the Adel brick plant into the modern facility that operates today. In 2019, it was purchased by Glen-Gery Brick, a brand of Brickworks, out of Australia.

As one of only two brick manufacturing facilities in Iowa, the Adel facility has the capacity to produce 110 million bricks a year. The company has invested more than \$10 million at the Adel location for updates.

Plant manager Phil Bazan began working at the Adel site in 1995. Early on, Glen-Gery managers, including Bazan, joined the Adel Partners Chamber of Commerce. He says it was important to support the community, helping both the business and community grow. “The Chamber helps us connect with other business in the community. These associations help us with hiring strategies, city infrastructure and sourcing of local services.”

Glen-Gery consists of a local workforce of 70 employees from Adel and nearby Dallas County residents.

The business has experienced challenges, as the brick industry is cyclical in nature. Bazan says, “Interest rates and housing starts strongly affect demand for our products. We must continually innovate and become more efficient to stay competitive. We have been fortunate to have a great clay supply and ownership that invests and innovates.”

He cites Glen-Gery’s success as having a sound relationship with both the city of Adel and the chamber. “The city has provided the infrastructure and manpower for the plant to continue to develop. The community, along with the brick plant, have grown together over the years,” he says. “We are fortunate to have great employees as well.”

Additionally, Glen-Gery (and formerly the Hill and Mahoney families) are passionate about giving back to the community. They’ve donated brick for the Adel Public Library construction, contributed to the Adel Museum and assisted with improvements to the Raccoon River Bike Trail. “These donations help provide for a better community,” says Bazan. “A strong community provides support for the company and its employees.”

Bazan recommends other local businesses join the Adel Chamber. “It provides networking and resources to improve your business,” he says.

Glen-Gery continues to acquire the latest equipment and is invested in building the Adel location. “We’re happy to operate and do business in Adel.” ■

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



Plant Manager Phil Bazan at Glen-Gery Brick.

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**New Local Shows**



**The Texas Tenors: Faith & Inspiration**  
March 2025



**Dogs of Service**  
March 2025



**Shift: The RAGBRAI Documentary**  
Jan 2025

**INTRODUCING Casey Wheeler**  
 Communications & Membership Engagement Coordinator

**Casey graduated from ADM in 2012 and has a degree in Communication Studies and Interactive Digital Studies from the University of Northern Iowa.**



Join the Adel Chamber of Commerce and find out how we can help you grow your business in 2025.

**Connect with Chamber members. Connect with your community.**

Contact Casey Wheeler today for membership details.  
[chamber@adelpartners.org](mailto:chamber@adelpartners.org)  
 515-993-5472  
[adelpartners.org](http://adelpartners.org)



**Adel** PARTNERS CHAMBER OF COMMERCE



# PEP Band

The ADM Pep Band performed during the varsity basketball games in Adel on Jan. 24.



Kylie Van and Cade Huskey



Patrick Lee, Sariah Scott and Lea Harbison



Savannah Morey



Avery Marple



Robbie Hall



Meredith Maddy and Keegan Holdmeyer



Christian McAdon and Austin Ireland



Lexi Clegghorn and Brody Huntoon



Taylor Braun, Ashton Gabler and Jack Leistikow



Andrew Nelson and William Beebe



Urban Uthe and Everett Trygstad

# PEP BAND & Dance Team

The ADM Pep Band and the ADM Dance Team performed during the varsity basketball games in Adel on Jan. 24.



Amanda Gustafson and Natalie Lensch



Kayla Van and Alexa Williams



Patrick Lee and Sariah Scott



Zuri Moss



Ty Landphair



Emmy and Avery Garrity



Genevieve Book



Scott and Jordan Crannell



Clare Garrity



Alicia and Brenna Garrity



**MARCH 2025**

**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](http://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**

**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](http://www.adelpl.org)

**UTILITY PHONE PAYMENTS**

866-229-7831

**OTHER NUMBERS**

Aquatic Center  
515-993-5246

Ankeny Sanitation  
515-964-5229

S. Dallas Co. Landfill  
515-993-3148

**ADEL CITY COUNCIL**

Mayor James F. Peters  
515-993-4436

Mayor Pro Tem  
Shirley McAdon  
515-993-4862

Bob Ockerman  
515-238-9835

Jodi Selby  
515-657-1315

Rob Christensen  
515-478-3260

James West  
515-402-9378

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

**UPCOMING CITY COUNCIL MEETINGS:**

- **Tuesday, March 11th, 2025 at 6:00 pm**
- **Monday, March 24th, 2025 at 6:00 p.m.**

For additional meeting dates/times, or meeting information; please visit our website [www.adeliowa.gov](http://www.adeliowa.gov) or visit our Facebook page.

**REMINDERS & CLOSURES:**

- **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.

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

**2025 GOLF CART PERMITS**

Forms are available online at [www.adelia.rja.revize.com/forms/9929](http://www.adelia.rja.revize.com/forms/9929). When a golf cart permit request is submitted online, payment & proof of insurance must be received before the permit can be issued.

**Golf Cart Permit Cost: \$50**

**ADEL POLICE NEWS**

Help us congratulate **Officer Monte Keller**, as he received his 25 years of service award at the City Council meeting on February 11th. Thank you for your service, Monte!



**PARKS & RECREATION**

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

**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: \$45. Deadline: March 14



**ADEL FAMILY AQUATIC CENTER:** Swim lesson registration begins Friday, April 4 @ 8:30am. Visit registration website for session dates and details. Season passes, private pool rentals, and the birthday party packages registration begins Friday, April 11 @ 8:30am.

**HIRING:** The City of Adel is now hiring for spring and summer seasonal positions including: softball umpires, ballfield concessions, parks maintenance, recreation supervisor, and lifeguards, admissions, and concessions staff for the Adel Family Aquatic Center. Visit Employment/ Volunteer for more information and to apply.

**LIFEGUARD CLASSES:** Held at Adel Family Aquatic Center and Dallas County Sheriff's office. Lifeguard certification class (tentative) May 16 - 19. Recertification class week of May 19th, date TBD based on student availability. Email [rdillinger@adeliowa.gov](mailto:rdillinger@adeliowa.gov) with questions and to sign up.

**OAKDALE CEMETERY POLICY:**

Visit [www.adeliowa.gov/departments/parks\\_recreation/cemetery.php](http://www.adeliowa.gov/departments/parks_recreation/cemetery.php) to view the full Oakdale Cemetery Policies as well as any fees that would be assessed.

- The Cemetery hours are as follows:  
7:00 a.m. – 8:00 p.m., April-October. 7:00 a.m. – 6:00 p.m., November-March.
- City Hall must be informed of all burials. Preparation and closure of any burial sites must be performed by City staff unless permission is received in writing.
- Graves may be decorated between November 15 and March 1, and from the Friday before the observance of Memorial Day until the Monday following Memorial Day of each year. Urns that are a part of the headstones may be decorated at any time.
- Approved decorations include live and artificial flowers and wreaths, flags, and holiday decorations, and must be in-line with the headstones.
- Annuals and perennials may be planted adjacent to, and in-line with, the stone if tended by the lot owner. No other sod displacement will be allowed.
- Permanent plantings (trees, bushes, etc.) must be approved by the Park Board.
- No glass or metal containers, planters, or ornaments are allowed for any purpose.
- All headstones must be placed in line with existing headstones. In the absence of adjacent stones, headstones must be placed at the head of grave at the end of the cemetery space.
- All foot stones and commemorative plaques must be mounted flush with the ground.
- No dogs allowed.
- No fishing from the cemetery.



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Dishwasher with Stainless Steel Tub, 3 Rack, Fingerprint Resistant Stainless Steel

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3.8 Cu ft. Capacity, Stainless Steel Wash Basket, Quick Wash cycle

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