

# Living BAA

MAGAZINE

# Homes

## AWAY FROM HOME

Local families share experiences hosting foreign exchange students

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RECIPE

**Meet Traci Haxton**  
EDUCATION

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# WELCOME

## WHY DO Norwegians have bumps on the backs of their heads?

Imagine being a teenager and spending the bulk of one of your teenage years in another country where you didn't know a single person, had never been to a single place, and could barely speak the language. For most teenagers — including me — that would have been unthinkable. Meanwhile, students from around the globe are foreign exchange students and are thankful for the memorable opportunities and lifelong friendships.



I have been fortunate to know one of them. His name is Jone Helgeson, and he was from Norway. He lived with a family in my hometown, and we spent our senior year of high school together.

I got to know Jone as we both ran on our high school cross country team. He took his running very seriously. I was there mostly to lose a few pounds before wrestling season. As such, he didn't fully appreciate the myriad of practical jokes I played on him during the season, most of which happened in the locker room, and I can't write about them here.

I did share many of my favorite Norwegian jokes with Jone, most of which were simply Pollock jokes I converted. My most favorite, and his least favorite, asked why Norwegians had bumps on the backs of their heads. The answer, of course, was because the toilet lid always hit them on the head when they would get a drink of water. "Stupid American jokes," he would tell me.

I thought Jone should feel what it was like to go 125 mph on a county blacktop. Looking back, this clearly wasn't a wise decision. Fortunately, we made our way through it safely. The look on his face? That was great. Jone having to change his underwear? Not so great.

When the winter season rolled around, Jone decided to join the wrestling team. He had never wrestled before, so this was entertaining in itself. The highlight of the season for him, though, was an exhibition match when he tied up with a foreign exchange student at a nearby school who was from France. It was a back and forth match, but Jone won, and he — and the crowd — went nuts. This was during a time when the "Rocky III" movie was in theaters, and Jone looked and acted the part of Rocky Balboa, at least a Norwegian version.

Jone became a good friend, albeit for a short time. I regret that we have not stayed in touch. I haven't thought about him in years, but writing this column inspired me to reach out. And, of course, I asked, "Do you know why Norwegians have bumps on the backs of their heads?"

I am eagerly awaiting his reply. ■

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# Homes

## AWAY FROM HOME

Local families share experiences  
hosting foreign exchange students



**By Rachel Harrington**

The decision to host a foreign exchange student can come with a myriad of worries. Will the student want to eat the food we make? Will everyone get along? How will we keep the student entertained? Will he or she get homesick? However, many of those who decide to give it a try find their fears to be unfounded as they gain an appreciation of the student's homeland and culture, see their own country from a new perspective and build bonds that endure. Local residents share their stories about the adventure of being a host family.

Sue Caves and her daughter, Emma Heitz, visit Irene in her homeland of Indonesia.

**Learning about Lithuania**

Jackie and Mike Giles have participated in foreign exchange student programs for nine years, but Jackie had experience before that because she was an exchange student in Germany. She decided she wanted to offer the same experience for others. Their family first hosted a student in 2007, and it was a huge learning experience for them, though Mike says that, once they joined as a host family through World Link, Karen Fitzgerald (the regional coordinator) made it easy to get started.

“As a host family, we have to provide a bed, love and three meals a day,” Jackie shares. “Other than that, the students are here to learn how we live and do things. Mike is good about asking questions about their cultures and countries.”

Their son, Paul, enjoys introducing their new family member to all the slang the young people use, and he enjoys learning about the different cultures.

The Giles’ current exchange student, Monika Kudokaite, comes from Lithuania. She shares that the idea of being an exchange student was a self-challenge to grow. Her friend and fellow exchange student, Alexia Manea of Romania, shares that she learned about the program from a friend, and she decided she wanted to experience a part of the American dream. Through the World Link program, exchange students not only get to know their host family and the students in their host school, but they meet with each other and build relationships with each other.

Jackie says the first time they hosted, their own children were young, and they were learning to be parents themselves. That was challenging,



The Jackie and Mike Giles family with foreign exchange student, Monika, from Lithuania.

but now that their children are teens and older, it’s much easier to navigate and understand the teens from other countries that share a year of life in their home. Alexia says the most challenging aspect of being an exchange student was integrating into a new place not knowing the rules.

“I have to learn every day,” she says.

Monika says her greatest challenge was learning to adjust to the differences from home.

The Giles say the greatest joy of hosting students has been watching them grow and learning about the students’ cultures, especially their food.

“It’s great to watch them grow and participate in activities they might



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# FEATURE

not get to do back home,” Jackie shares, adding that the joy continues after the students return home because they still call them and share their life happenings.

“Every Thanksgiving, we try to put together a Zoom call with all of our past students,” Mike says.

Monika enjoys participating in activities like sports, trying new things like Girl Scouts, and building herself up from “ground zero” in a new place. She has participated in volunteering and learning how to give back to others.

Alexia enjoys making connections and keeping in touch with relationships she has developed here.

The girls have shared similar culture shocks.

“People here are outgoing and wave and open doors for people they don’t even know, and they enjoy small talk,” Monika says.

Alexia adds, “People are very laid back. You can come to school in your PJs or brush your hair in class. In Romania, it is a little stricter.”

However, despite the cultural differences, both girls have grown to appreciate the education they have received this year — in and out of the classroom.



Karen Fitzgerald, pictured with three foreign exchange students, is a regional program manager for World Link.

## Involved for 15 years

Karen Fitzgerald first became involved with the foreign exchange student program 15 years ago when she became a host. Now she is the regional program manager.

“I worked full time in IT 15 years ago and did coordinating on the side,” she says. “Six or seven years ago, World Link asked me to

come on full time. I help match students with families who have volunteered to host and who we think will work best for each student.”

Karen became a host largely because her then 14-year-old daughter, Aryn, wanted to help kids affected by a tsunami in Haiti.

“Aryn wanted me to adopt, but we decided to host a foreign exchange student instead,” she explains. “It was cool to have my exchange

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student with other exchange students from five countries in my living room.”

Karen hosted off and on for a time, including students from Russia, North Macedonia, Moldova and Kazakhstan. Most recently, she has served as a welcome family for incoming exchange students.

“I host a student for 90 days or so until a permanent family is found,” she says.

The basic requirements for a host family are that they are a loving family that can provide a family atmosphere, a bed for the student, and a willingness to give of themselves to help feed, emotionally support, and help the student with activities they’d like to participate in.

“We take all kinds of families,” Karen explains. “You aren’t required to have a kid in high school. Families that have young kids work well, too. It’s fun to see how our kids interact with host families’ young kids. You can also be a single person, a couple, married, empty nesters, or retirees.”

Now, as a regional program manager, Karen oversees 10 coordinators in Iowa, Illinois and Ohio, and her region will soon include Michigan.

“A lot goes on behind the scenes, whether it is medical issues, adjustment issues, grades, or just needing additional support,” she shares. “Most recently, I helped Muslim students manage the rules of Ramadan (for example, not eating during daylight hours) and the differences in observing it here versus at their homes, especially if the exchange student is involved in sports.”

Karen holds three conferences a year. World Link manages a leadership program for the exchange students on top of the regular program in which students have tasks to complete each month to gain points, attempting to attain the top 10% of the program.

“Historically, if we have funding left over, we take the kids to New York to the UN Headquarters,” she says. “There, they can see how organizations work with other countries for various supports that they can then help implement in their home countries when they return.”

She says they have many alumni doing amazing things in their home countries.

Karen says becoming an exchange student helps open one’s eyes to become a global citizen.

“The students that come here are a whole different person when they leave, and then it works the other way, too,” she says. “If they really participate, it helps them learn to be global ambassadors, and the students develop their own big global family with each other.”

She is currently working to find host families for 50 students that need to be placed in Iowa, and anyone interested can reach out to her directly or on their website, <https://worldlinkinc.org/about/>.

### Daughter gains “siblings”

Sue Caves and her daughter, Emma Heitz, became involved with foreign exchange students when Karen Fitzgerald, area coordinator for World Link, reached out to them.

“We were asked if we would be an emergency backup for a student who needed somewhere to stay over spring break,” Sue shares. “The next year, we signed up to host for a full year.”

They hosted students each year Emma was in high school. The first year, they hosted two at a time, Sofi from the Republic of Georgia and Iqra from Pakistan. The second year, they hosted a young man from Nigeria (Sule), the third year was Rand, a girl from Palestine, and the





Emma Heitz with foreign exchange students Sofi and Iqra while visiting sites in Iowa.

fourth year was Irene from Indonesia.

The most challenging aspect of hosting was that Emma was an only child, and they had to adjust to having other teens in the house. With their students wanting to be involved in as many activities as possible, figuring out and balancing two to three teens' schedules took some work. Culturally, they adjusted to meet the needs of their two Muslim students who followed a Halal diet.

"We learned where to go to get Halal meat and to work around pork, but it wasn't that hard," Sue shares.

Most students who come to the U.S. through World Link have English-speaking skills, and Sue says the ones who stayed with them were wonderful to host.

They enjoyed getting to know each of the students they hosted and their families, as well as seeing them grow and make friends throughout the year and learning about each of their cultures.

"It was great to watch my daughter have 'siblings' every year of high school," Sue shares. "I consider them my kids. We have even gone to see a few of them in their countries. Now they are graduating college and getting married."

She says hosting really opens your eyes and your acquaintances' eyes to the world in a way nothing else can.

The students who come to the U.S. for a year of education also benefit in many ways.

"When we hosted two the first year, they learned from each other. Our girl from the Republic of Georgia had preconceived notions about Muslims before she came, and by getting to know one personally, she grew immensely from it," Sue recalls. "Irene was able to get into the best college in Indonesia, and her mom attributes that to her time here."

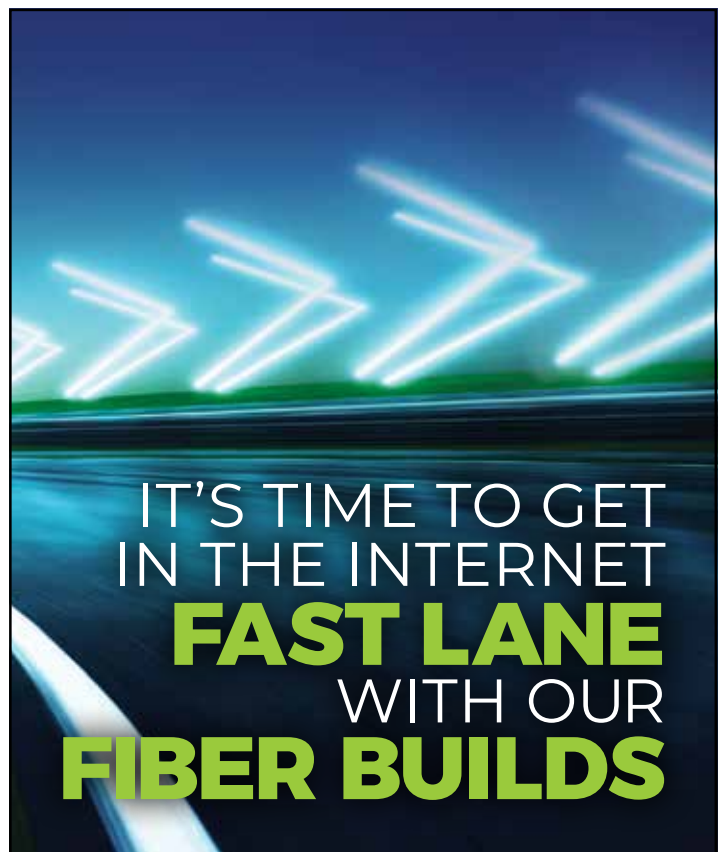
The first day Iqra was here, she met their 2-year-old lab. Iqra had never seen a dog inside before.

"She jumped up on the dining room table and was running in circles trying to get away from him," Sue chuckles. "The dog thought it was a great game. They eventually became great friends, and we always laugh about that memory."

Sue also recalls when Irene would be in play productions and, at the end, would run to her to hug her and called her "Mamacita."

Both Sue and Emma say that hosting a foreign exchange student is the opportunity of a lifetime both for the host family and the student who comes.

"The pros far exceed any reasons not to do it," Sue says, "and it was the highlight of our lives." ■



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# CELEBRATE spring's arrival with a skillet fish fry

I am a fan of fish and seafood in general. Healthy and light, it satisfies my hunger every time. Grilling is typically my preparation method, as it is easy with little clean-up and no "fishy" smell.



This time of year, I look forward to the local fish fries. I must confess, "fried" foods do delight my taste buds. So, when I saw this recipe recently, I wanted to give it a try. The Pan-Fried Catfish recipe is perfect for enjoying flaky fillets without the mess. Because this catfish is pan-fried instead of deep-fried, I recommend using butter and olive oil. The mixture adds a delicious, creamy flavor, and it is easy to work with. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.

## Pan-fried catfish

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6

### Ingredients

- 1/3 cup flour
- 2 tablespoons mesquite seasoning (or seasoning of choice, such as lemon pepper)
- 1 stick butter
- 1/4 cup avocado oil (or oil of choice)
- 1-2 pounds thawed catfish fillets (1/2 pound each)
- cooked rice, for serving

### Directions

- In pie dish, mix flour and seasoning.
- In skillet over medium heat, melt butter and add oil. Coat fish fillets in flour mixture on both sides. Place fish in skillet and fry 5 minutes then flip and fry 5 minutes.
- Place fish on paper towel to drain excess oil then serve with rice.
- Tip: If skillet is large enough, fry two fillets at once. If frying more than four fillets, discard butter and avocado oil then start fresh before frying more.



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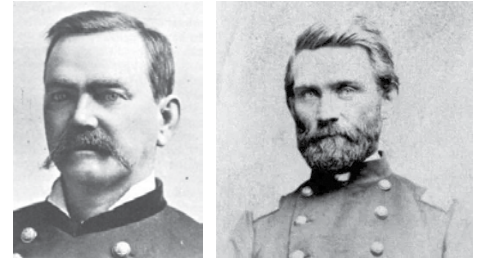
# WHO IS the Highway 6 bridge named after?

You've passed by the big green memorial sign every time you leave or enter Adel over the Highway 6 bridge and probably never paid any attention to it. Brothers Samuel and Elliott Rice, the two men named on the memorial, were Iowa Civil War generals. Samuel was born in New York in 1828. He studied law in Ohio before graduating from Union College in Schenectady, New York. In 1851, he moved to Oskaloosa to practice law and later became Mahaska County attorney. In 1856, he became Iowa's second attorney general. Samuel was mustered into the 33rd Iowa volunteer infantry as a colonel on Oct. 4, 1862. He commanded the Second Brigade 13th Division XII Corps at Helena, Arkansas. In August 1863, he was appointed brigadier general U.S. volunteers. Samuel was badly wounded in battle and returned to Oskaloosa where he died of his wounds on July 6, 1864.

Elliott Warren Rice was born in 1835 in Allegheny, Pennsylvania, and schooled in Virginia and Ohio. In 1855, he moved to Oskaloosa to study law under his brother, Samuel. Elliott's service in the Civil War began before his brother's, having joined the 7th Iowa

Volunteer Infantry Regiment as a corporal in July of 1861. On Aug. 30, 1861, he was promoted to major. In the battle of Belmont, in November of 1861, all of his superior officers became incapacitated, so he was given command of the regiment, proving his mettle. He also received the first of his seven war wounds in this battle. After fighting bravely in the Battle of Shiloh, one of the bloodiest battles of the Civil War, he received another promotion, this time to the rank of colonel. In 1864, he moved with General William Tecumseh Sherman toward Atlanta and fought at Resaca, New Hope Church and Kennesaw Mountain, Georgia. He was a brigade commander and received his promotion to brigadier general of volunteers on June 22, 1864. He then led the second division in the Siege of Atlanta. After helping take Atlanta, he transferred to XV Corps. As a leader in Sherman's March to the sea and the Carolinas campaign, he earned the brevet rank of major general. He had enlisted as a corporal and earned promotions all the way to major general.

Elliott practiced law in Washington, D.C., for many years after the war, finally retiring and



Elliott Warren Rice Samuel Rice

returning to Iowa. He lived out his final days in his sister's home in Sioux City, where he died on June 22, 1887. He is buried in Floyd Cemetery in Sioux City.

The official name of the structure is The Generals Elliott Rice and Samuel Rice Memorial Bridge. The Iowa Department of Transportation will also tell you the following facts: It is located on U.S. Highway 6 at mile post 115.88 over the North Raccoon River. It was memorialized in 2010 by posting a 230-inch by 24-inch sign at both ends of the bridge. Now you know. ■



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# MEET Traci Haxton

Makes journey from elementary to middle school

Spring 2023 brought many new beginnings for Traci Haxton and her family, one of which was taking a leap of faith and moving to Adel from the Quad Cities area.

That fall, Haxton, an educator of 27 years, became a substitute teacher across the district in part because she wanted to ensure her values aligned with her future school community.

This past fall, she took an official role at ADM Middle School as an eighth-grade literacy teacher. In her previous school districts, she served as a classroom teacher for grades K-5, an instructional coach and a reading interventionist. It was this extensive experience in elementary education that gave her the confidence to embrace a new challenge in middle school education.

For Haxton, the best part of teaching is the connections.

“I’ve always loved connecting with students in a personal way,” she says. “Finding out what makes each child unique, noticing little details about their day — including new shoes, a new haircut, if they aren’t acting the way they normally do — these small moments build trust and set students up for success.”

Teaching has been Haxton’s destiny since day one. Even as a young girl, she would play “school” with her siblings and friends, always gravitating toward the teacher’s role.

“I loved being able to help others, and I enjoyed working with children,” she says. “As I grew older, I knew that I wanted to go into the field of education, and, for over 30 years, have not wavered from this early passion.”

Haxton earned her associate’s degree in elementary education from Illinois Central College, her bachelor’s degree from Illinois State University, and later balanced her teaching career and family life while pursuing a master’s degree in teaching and learning technology from Ashford University. In 2016, she added one more achievement — an Instructional Coach certificate from the University of Northern Iowa.

Throughout her career, she’s racked up many memories, but one that stands out took place during her first few years of teaching. During a school Santa’s Secret Shop where students “bought” Christmas presents for their family, Haxton quietly helped a student who could not afford to buy gifts — something she didn’t think twice about.

“Years later, I overheard that same student, then in sixth grade, sharing how meaningful that simple act of kindness had been,” she shares. “It reminded me that it’s the little things that make a big impact.”

As the school year tips toward its end, Haxton is excited to continue watching her students grow and develop, not only in literacy, but their maturity into high schoolers.

“Although the changes aren’t as visible as in younger grades, it’s humbling to see each student’s success,” Haxton says. “I love looking at spreadsheets and data to track the progress of my students with reading and writing. Being able to see their growth on paper is amazing; however, it’s even more amazing to see how they apply that growth in the classroom.” ■



Traci Haxton made the transition from substitute teacher for ADM to eighth-grade literacy teacher.



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# THEIR FUTURES are bright

Harbison, Tucker bring home AAU wrestling titles.



ADM's Tommy Harbison and Wyatt Tucker won their respective weight classes at the AAU Wrestling State Championship held March 1-2 at Wells Fargo Arena in Des Moines.

Wrestling world, watch out. Tommy and Wyatt are on the move.

Adel-DeSoto-Minburn's Tommy Harbison and Wyatt Tucker came out on top of their respective weight classes at the AAU Wrestling State Championship held March 1-2 at Wells Fargo Arena in Des Moines.

Harbison, 14, an eighth-grader at ADM Middle School, rolled through the tournament field, advancing to the championship match, much to the delight of family and friends in attendance who cheered as he used a takedown with 10 seconds left to win the match and the title.

His mother, Laura Harbison, says, while the parental nerves have yet to go away prior to her son's matches, they have at least subsided a bit.

"At first, it was a bit scary being worried he would get hurt, but, every time he wrestles, I feel more confident about it," she says. "He is very strong, and we are so proud of Tommy for all his hard work and also thankful for all his coaches and all their support and all the support of all his friends."

Harbison comes from a family of wrestlers. His dad, Ross Harbison, was a state qualifier in high school. His grandpa loved wrestling as well, Laura says. Sadly, he passed away in September. He was gone but certainly not forgotten.

"Every time Tommy won a match, he would throw both his arms up for his Grandpa," Laura says. "His Grandpa would be so very proud of him."

Tucker, 10, a fourth-grader at Meadowview Elementary, was on a mission from the get-go after barely failing to qualify for state when he placed fifth at districts a season ago.

"That loss gave him the drive to start working harder and set a goal of making state this year," his mother, Jenna Tucker, says.

And it worked. He won his opening match decision 13-0, followed by three equally decisive wins in the ensuing rounds by the scores of 17-1, 11-0 and 10-0 to advance to the title match. Once there, he made quick work of his opponent, pinning him in 1:51 to take the title.

His mother rode the emotional roller coaster, as most moms do.

"I had all the emotions," she says. "Excited, proud and nervous. I was excited because this is a huge accomplishment, and I love watching him wrestle. Proud because he worked so hard all year long, and making it to the top was his goal for the year. And nervous because I knew how bad he wanted this." ■

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# SPORTS SCHEDULE

## SPRING 2025

### V BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
Mar 10	2:00PM	UNI	UNI
Mar 13	9:00AM	Iowa State University	Iowa State University
Mar 20	10:00AM	Central College	Central College
Mar 27	4:30PM	Multiple Schools	A-D-M, Adel
Apr 1	4:30PM	Earlham	Earlham High School
Apr 4	4:30PM	Multiple Schools	Winterset High School.
Apr 8	4:30PM	Hugh Norman Coed Relays	A-D-M, Adel
Apr 10	4:30PM	Multiple Schools	Van Meter High School
Apr 12	8:30AM	Jim Duncan Relays	Drake Stadium
Apr 14	4:30PM	Multiple Schools	Norwalk High School
Apr 17	4:30PM	Multiple Schools	A-D-M, Adel
Apr 24	4:30PM	West Central Valley	West Central Valley High School
Apr 24-26	9:00AM	Drake Relays	Drake Stadium
Apr 29	4:15PM	Multiple Schools	Carlisle High School
May 1	4:15PM	Multiple Schools	Bondurant-Farrar High School

### V GIRLS TRACK

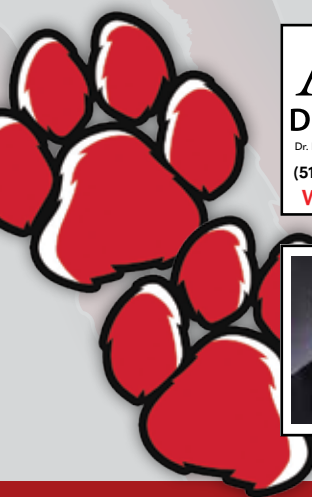
DATE	TIME	OPPONENT	LOCATION
Mar 11	2:00PM	UNI	UNI
Mar 14	3:15PM	Iowa State University	Iowa State University
Mar 21	10:00AM	Central College	Central College
Mar 27	4:30PM	Multiple Schools	A-D-M, Adel
Apr 1	4:00PM	Waukee Northwest	Waukee Northwest High School
Apr 8	4:30PM	Hugh Norman Coed Relays	ADM High School
Apr 10	4:00PM	Northwest Girls' Relays	Waukee Northwest High School
Apr 12	8:30AM	Jim Duncan Relays	Drake Stadium
Apr 15	4:30PM	Dallas Center - Grimes	Dallas Center-Grimes High School
Apr 17	4:15PM	Multiple Schools	Indianola Stadium
Apr 21	4:30PM	Bondurant-Farrar	Bondurant-Farrar High School
Apr 24	4:30PM	Multiple Schools	Newton HA Lynn Stadium
Apr 24-26	9:00AM	Drake Relays	Drake Stadium
Apr 29	4:30PM	Multiple Schools	A-D-M, Adel
May 1	4:15PM	Multiple Schools	Carlisle High School

# LET'S GO TIGERS!

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# TIGERS

## ATHLETICS

### V BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	7:00PM	Perry	ADM High School
Apr 3	7:00PM	North Polk	ADM High School
Apr 11	5:00PM	Multiple Schools	ADM High School
Apr 12	9:00AM	Multiple Schools	ADM High School
Apr 14	7:00PM	Gilbert	Gilbert High School
Apr 18	7:00PM	Dallas Center-Grimes HS	ADM High School
Apr 22	7:00PM	Nevada	ADM High School
Apr 25	7:30PM	Carroll	Carroll Middle School
Apr 26	9:00AM	Multiple Schools	Pella High School
May 1	5:30PM	Winterset	ADM High School
May 5	7:00PM	Bondurant-Farrar	ADM High School
May 8	7:00PM	Boone	Boone Goeppinger Field/Track
May 13	5:30PM	Ballard	ADM High School
May 16	7:00PM	Carlisle	Carlisle High School

### V BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 14	4:00PM	Multiple Schools	River Valley Golf Course
Apr 17	1:00PM	Woodward-Granger	Woodward-Granger
Apr 18	11:00AM	Multiple Schools	Bos Landen Golf Course
Apr 19	9:00AM	Multiple Schools	Bos Landen Golf Course
Apr 21	4:00PM	Gilbert	River Valley Golf Course
Apr 24	4:00PM	Ballard	River Valley Golf Course
May 1	4:00PM	Multiple Schools	Cedar Pointe Golf Club
May 5	4:00PM	Bondurant-Farrar	Terrace Hills Golf Course
May 6	10:00AM	Atlantic CSD	Atlantic Golf and Country Club
May 8	4:00PM	Carroll	Carroll Municipal Golf Course
May 9	9:30AM	Clear Lake	Legacy Golf Course

### V GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 28	7:00PM	Ankeny	Ankeny High School
Mar 31	7:00PM	Norwalk	Norwalk High School
Apr 3	7:00PM	North Polk	North Polk High School
Apr 7	7:00PM	Marshalltown	ADM High School
Apr 10	7:15PM	Des Moines Christian	ADM High School
Apr 14	7:15PM	Gilbert	ADM High School
Apr 19	9:00AM	Multiple Schools	ADM High School
Apr 22	7:00PM	Nevada	S.C.O.R.E. Complex
Apr 25	7:00PM	Carroll	ADM High School
Apr 28	7:15PM	Des Moines Roosevelt	ADM High School
May 1	7:00PM	Winterset	Winterset High School
May 5	7:15PM	Bondurant-Farrar	Bondurant-Farrar High School
May 8	5:30PM	Boone	ADM High School
May 12	7:30PM	Dallas Center - Grimes	Dallas Center-Grimes High School
May 13	7:00PM	Ballard	Ballard Middle School
May 16	7:00PM	Carlisle	ADM High School

### V GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
Apr 7	4:00PM	Gilbert	River Valley Golf Course
Apr 10	4:00PM	Panorama	Lake Panorama Golf Course
Apr 14	2:00PM	Multiple Schools	Winterset Golf Course
Apr 17	4:00PM	Woodward-Granger	River Valley Golf Course
Apr 22	4:00PM	Ballard	Ballard Golf & Country Club
Apr 28	4:00PM	Multiple Schools	Carroll Country Club
Apr 29	11:00AM	Clear Lake	Veterans Memorial Golf Club
May 1	1:00PM	Woodward-Granger	Woodward-Granger
May 6	10:00AM	Atlantic CSD	Atlantic Nishna Hills Golf Course
May 8	4:00PM	Multiple Schools	River Valley Golf Course

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# WHAT IF Jesus said, 'No'?

Ever wonder what your life would be like if you had made different choices? Maybe picked a different career or hadn't gone on that first date. What if you made different friends or didn't let fear stop you from pursuing a dream?



"What if?" We all ask this question from time to time as we are both haunted and intrigued by what life would look like if we made different decisions.

In just a few weeks, Christians around the world will celebrate the most mind-boggling event of all time: The Son of God was murdered on a cruel cross for the sins of all mankind and then, three days later, rose from

the dead. The resurrection of Jesus changed the history of the world and has changed the lives of millions of people to this very day.

But what if Jesus said, "No"?

What if, when He approached the moment of His suffering on the cross, He made a different choice and didn't lay down His life? What if, as He prayed in the Garden of Gethsemane before His arrest and beatings, He changed His mind? In that moment, Jesus prayed these words: "My Father, if it is possible, may this cup (meaning suffering) be taken from me..." (Matthew 26:39). As Jesus approached the crucifixion, He prayed for a pass, a plan B, or any other way to accomplish the mission without hanging on a cross. As heaven held its breath, Jesus finished His prayer... "Yet not as I will, but as you will." Jesus said "Yes" to the cross so you and I could say "Yes" to a restored

relationship with Him.

This Easter, I want to invite you to explore the significance of Easter for your life as we engage the question: "What if Jesus said 'No?' " How would history be different? How would your life be different?

If you do not have a church home, I would like to invite you to check out one of New Hope's four Easter celebration worship gatherings: Saturday (April 19) 5 p.m. and Sunday at 8, 8:45, 9:30 and 11 a.m. As always, New Hope offers upbeat music, teaching straight from the Bible shared with humor and sincerity, and great programs your kids are going to love. ■

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).

**Easter**  
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**SUNDAY 8:00 | 8:45 | 9:30 | 11:00**



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# TIME to purchase a new home?

Purchasing a home in central Iowa this spring presents a unique set of opportunities and challenges. To make an informed decision, it's essential to consider current market conditions, mortgage rate forecasts, and the strategy of refinancing when rates decline. More importantly, you need to determine your own personal homeownership plans.



with a broader selection of homes. Spring traditionally brings more listings to the market, as warmer weather and longer days encourage sellers to list their properties.

### Mortgage rate forecasts

Mortgage rates have been a focal point for potential homeowners. Unfortunately, similar to the stock market, it is difficult for anyone to predict. Some economists anticipate that 30-year fixed mortgage rates may decrease slightly this year and more in 2026. Other forecasts suggest that rates may trend downward, but they are expected to remain above 6% for the next few years. Given these projections, waiting for significantly lower rates might not be practical in the short term.

### Strategy: Buy now and refinance later

One approach to navigating the current mortgage landscape is to purchase a home now and plan to refinance when rates decline. This strategy allows buyers to take advantage of the current housing inventory and prices, securing a

property that meets their needs. When interest rates decrease in the future, refinancing will reduce monthly payments. However, it's crucial to consider the costs associated with refinancing, such as closing fees, and ensure that the potential savings outweigh these expenses.

Deciding to purchase a home in central Iowa this spring requires careful consideration of current housing affordability, mortgage rate forecasts, and personal financial readiness. The state's favorable home prices and increased inventory make it an attractive market for buyers. While mortgage rates are projected to remain relatively stable, the option to refinance in the future provides flexibility. Partnering with a trusted local mortgage expert can offer valuable insights and help navigate the complexities of the home-buying process, ensuring that your decision aligns with both your immediate needs and long-term financial objectives. ■

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](mailto:timc@mylsb.com), [www.mylsb.com/adel](http://www.mylsb.com/adel).

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## HEALTH By Alicia Fisher, PT, DPT

### Q: What could be causing the pain down my leg?

**A:** Piriformis syndrome is a condition in which the piriformis muscle in the buttock irritates the sciatic nerve. When agitated, the sciatic nerve can cause pain in the buttock and all the way down the leg.

The piriformis is a small muscle located deep in the buttocks that helps the hip to rotate. It runs horizontally beneath the gluteal muscles of the buttock, stretching from the lower spine to the thighbone. The sciatic nerve runs vertically and usually passes beneath the piriformis muscle. In about 15% of the population, the sciatic nerve passes directly through the piriformis muscle. These individuals are more prone to piriformis syndrome when the muscle tightens and exerts pressure on the sciatic nerve.

Physical therapy is an effective way to treat piriformis syndrome. A physical therapist can help to decrease the muscle tension in the piriformis muscle by using manual therapy techniques and provide a home stretching regimen to maintain this flexibility. ■

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

### WHAT IS berberine?

Berberine is a natural compound found in plants like barberry and goldenseal. Lately, berberine has been getting a lot of attention as a potential weight-loss helper. One of its key tricks is activating something called AMPK, an enzyme that helps your body manage energy. This can boost fat burning and help keep fat storage in check.

It also helps with insulin sensitivity and keeping your blood sugar levels steady. That means fewer sugar spikes and crashes, which can lead to less snacking and overeating. On top of that, berberine may shrink fat cells and stop new ones from forming. Pretty cool, right?

There's also talk about berberine activating brown fat — a special type of fat that burns calories to produce heat. That could mean even more calorie burning and energy use.

But here's the thing — berberine isn't some magic pill. If you're serious about weight loss, it works best alongside a balanced diet, regular workouts and healthy habits. And, as with any supplement, it's a good idea to check in with your health care provider first to make sure it's safe and a good fit for you. ■

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



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# A PHARMACIST'S guide to a healthier, happier you

As a pharmacist, I see people every day who want to feel better, have more energy and live longer. The good news? Better health isn't about drastic changes or fad diets — it's about small, sustainable habits that add up over time.



Here are a few simple (and fun) ways to take control of your health and feel your best.

## 1. Turn your medicine cabinet into a health hub.

Let's start with the basics: your medications. Whether it's a daily vitamin or a prescription, taking your meds correctly is crucial. Set a reminder on your phone, use a pill organizer, or link your medication routine to an existing habit (like brushing your teeth). And, if you're ever unsure about a medication, ask your pharmacist. We love to help.

## 2. Move more, sit less.

You don't need a gym membership to stay active. Dance while you cook, park farther away or take the stairs instead of the elevator. Even small bursts of movement improve circulation, boost mood and strengthen your heart. If you enjoy what you're doing, you'll stick with it — so find something fun.

## 3. Eat the rainbow (no, not Skittles).

Colorful fruits and vegetables are packed with vitamins, minerals and antioxidants. Try to fill half your plate with vibrant produce at every meal. Berries, leafy greens, carrots and bell peppers don't just look great — they help fight disease and keep your body running smoothly.

## 4. Hydration = happiness.

Water is your body's best friend. It helps with digestion, keeps your skin glowing and even improves brain function. If plain water bores you, try infusing it with lemon, cucumber or

berries. Set a goal to drink a glass of water before each meal. It's a small habit with big rewards.

## 5. Sleep like a champion

Your body heals and recharges while you sleep, so aim for seven to nine hours each night. Create a bedtime routine: dim the lights, put your phone away and relax with a book or calming music. Good sleep improves everything — energy levels, memory and even weight management.

## 6. Laugh, love and let go.

Stress is a silent health killer, so find ways to unwind. Laugh often, spend time with people who make you happy, and don't sweat the small stuff. A positive mindset can do wonders for your overall well-being.

Small changes lead to big results. Start today, and your future self will thank you. ■

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

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## ESTATE planning for special needs

When planning for the financial needs of a disabled or elderly loved one, it is essential to understand how beneficial a legal tool, like a trust, can be. Not only can a trust ensure a loved one is cared for, but a carefully managed trust can also help them continue to access important benefits such as Medicaid or Supplemental Security Income.



There are several different types of trusts to consider. First, a Special Needs Trust is designed to allow individuals with disabilities to remain qualified for government benefits. The assets of this trust may only be used for disability-related needs and not basic living expenses. For example, the trust funds may be used to purchase medical equipment or transportation but cannot be used to pay rent or purchase food.

A Pooled Trust is a type of Special Needs Trust that allows multiple beneficiaries to pool their assets into one account. Each beneficiary has their own sub-account that is funded to benefit themselves. Upon the death of a beneficiary, the outstanding funds can be used for the remaining beneficiaries. The Pooled Trust is an

important tool for people with disabilities who may not have enough assets to fund a traditional Special Needs Trust on their own.

A Discretionary Support Trust provides support for someone with a disability but differs from the previous two trusts in that the trustee maintains discretion in allocating the funds toward care, support, maintenance and education. However, this type of trust is subject to creditor claims and estate recovery.

A Supplemental Needs Trust is designed to work with government benefits and to cover areas where government benefits are lacking. Funds from this trust may be used for living expenses, but only as long as the funds are not used to replace government benefits. The management of this trust is tricky. Mismanagement could result in the assets being considered available for Medicaid eligibility and a loss of benefits.

Each of these trusts must be created and managed carefully to ensure government benefits are not impacted. If you are interested in creating any of the above-described trusts, please consult with a licensed attorney. ■

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

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# ADEL Public Library news



Hello from the Adel Public Library. We'll be taking a short break from programming in May, but we still have lots of fun things planned for April.

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

**Storytimes**

- Easter Storytime and Egg Hunt – April 17 at 4:30 p.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**

- Tail Wagging Readers – Thursday, April 3 at 4:30 p.m.
- Pokémon Club – Tuesday, April 8 at 4 p.m.
- Garden Crafts – Tuesday, April 15 at 4 p.m.
- Crafternoon – Monday, April 21 at 1 p.m.
- Titanic Tea Party – Tuesday, April 22 at 4 p.m.

**Teen**

- Teen Advisory Board – Thursday, April 3 at 4 p.m.
- Teen: Flowerpot Painting – Thursday, April 10 at 4 p.m.
- Nerf Battle: 6th-12th – Friday, April 11 at 2-4 p.m. Registration required at adelpl.org.
- Teen Hang Out – Thursday, April 24 at 4 p.m.
- Library D&D – Friday, April 25 at 1 p.m. Registration required at adelpl.org.

**Adults**

- Yoga – Every Wednesday at 5:45 p.m. Registration required at adelpl.org.
- 50s Plus Senior Group – Tuesday, April 15 at 10 a.m.
- Brown Bag Book Club – Thursday, April 10 at noon
- Evening Book Club – Thursday, April 24 at 5:30 p.m. ■

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## Coming up in Adel Living magazine

**Pampered Pets:** Do you enjoy pampering your pet(s)? We are looking to interview people whose cats, dogs and other animals live a life of luxury. If you are one of those spoiling their critters rotten and proud of it, reach out to be included in our May issue. We want to hear your story. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

**Cancer Survivors:** In June, we will be sharing the stories of cancer survivors. If you would be willing to share your experiences about how overcoming cancer has impacted your life, please email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

### All Things Kids Sale

Sale on Saturday, April 26, 8 a.m. to noon. Donations accepted April 24 and 25 from 3-6 p.m. Faith Flock's Preschool, 602 S. 14th St.

Declutter and make a difference. Donate gently used baby/kid items to Faith's Flock Preschool's All Things Kids Sale. All proceeds fund preschool scholarships. For donations, use the fellowship/gym entrance.

### Salad Luncheon

April 14, 11 a.m. to 1 p.m.  
First Christian Church

Adel Women's Club is sponsoring a salad luncheon on Monday, April 14 from 11 a.m. to 1 p.m. at the First Christian Church in Adel. They will be providing wonderful salads, desserts and drinks. \$10 donation at the door. If anyone wants to purchase tickets in advance, contact Paula Joiner at 515-339-5529. They make great gifts. Adel Women's Club is a member of GFWC (General Federation of Women's Clubs), an international service organization. Members are dedicated to enhancing the lives of others through volunteer service. Donations will support local organizations. For more information, email [adelwomensclub@gmail.com](mailto:adelwomensclub@gmail.com) or find the group on Facebook.

### Celebrate Adel

Thursday, April 24, 5-7 p.m.  
Country Lane Lodge, 29300 Prospect Circle

Adel Partners Chamber of Commerce will host Celebrate Adel. More than 250 attendees meet to network and honor the Business and Citizen of the Year. Meet and connect with business members and experience the Taste of Adel and De Soto. Member restaurants and caterers will be sampling delicious items. Register online at <https://business.adelpartners.org/events/details/celebrate-this-is-adel-3554?calendarMonth=2025-04-01>.



### Adel Masonic Breakfast

Sunday, April 13, 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.



### Raccoon River Preschool Trivia Night

April 24, doors open at 5:30 p.m.  
Country Lane Lodge, 29300 Prospect Circle, Adel

Enjoy an evening out with friends at this fundraising event. Dinner is provided. A cash bar will be available and a live auction held. Registration is \$30 per person or purchase a table. Sign up online at [raccoonriverpreschool.com](http://raccoonriverpreschool.com) under the fundraising tab.



### Third Monday Bingo

April 21, 6-8 p.m.  
Masonic Lodge, 411 S. 12th St., Adel

Enjoy 16 games of bingo (\$5/card) plus a 17th Progressive Blackout (\$1/card). Packaged snacks and non-alcoholic drinks will be available.

### 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.



### Spring Basket Sale

Through April 11  
Adel Public Library

The Friends of the Adel Public Library is holding its Spring Basket Silent Auction. Proceeds benefit scholarships presented by the Friends.

### Kiwanis Easter Egg Hunt

Sunday, April 13

Kinnick Feller Park  
Join the Adel Kiwanis for the group's annual Easter Egg Hunt. Visit with the Easter Bunny, see fire trucks and much more.

The hunt will be divided in age groups: 0-3 years at 3 p.m., 4-6 years at 3:30 p.m. and 7-10 years at 4 p.m. The public is asked to bring a nonperishable food item for the Good Samaritan Food Pantry. ■



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## CHAMBER NEWS

By Jackie Wilson

## WIGES Outdoor Services

Growing business expands over the years.



About 20 years ago, Jesse Wiges started Wiges Outdoor Services with a single John Deere mower, truck and a trailer. Before long, he added more mowers and began growing the business.

Soon after that, Wiges began adding landscaping to the service portfolio. He also hired more employees and equipment along the way.

Jesse and Gina Wiges were living in Waukee at the time. Instead of renting shop space, they wanted to build a home and a shop for all of their equipment. The growing family also wanted a smaller school district for their two daughters.

They looked to nearby Adel and found a perfect spot, with three acres of land just outside of Adel. The family moved into their home in 2017 and built the shop in 2018. The 60- by 90-foot shop became a hub for their employees and day-to-day operations.

Shortly after that, the couple established their pool division and became a fiberglass pool dealer for Latham Pool Products.

With their growing business — mowing, landscaping, snow removal, pools and pool servicing — the company outgrew the shop. The reason for their success? Jesse says, "We try to provide the best possible customer experience no matter how small or large the project is."

Jesse wanted to remain in Adel, as he'd established many business contacts, and he and Gina liked raising their family in the close-knit community.

A few years ago, Wiges purchased a second property, formerly Browns Motor Company, off the interstate on Second Avenue. The property provides ample room for all of their equipment, plus a client reception area. "The best part about the property is the visibility and location, being right off the interstate," Jesse says.

The Wigeses joined the Adel Chamber about five years ago. As members, they've gained valuable information about other local businesses. "The Chamber has helped us connect to other members and potential clients," says Jesse.

Through the Adel Partners Chamber of Commerce, they've immersed themselves in the community, helping out when needed and supporting local businesses. They participated in the Adel Garden Tour. They have also supported the ADM Booster Club and the Iowa Police Officers Association and are active with their daughters' activities in the ADM School District.

Jesse and Gina are happy to have settled in Adel, not only for their business, but for raising their family. "It's a fast-growing community, and we love meeting people and doing business here," Jesse says. "Everyone in the community is very nice, and we have grown many friendships and also business relationships in Adel." ■

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

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

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Connect with your community.

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today for  
membership details.

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



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CHAMBER OF  
COMMERCE



# OUT & ABOUT



The Adel Chamber of Commerce held a ribbon cutting for D&A Nails Salon in Adel on March 12. Pictured are Kelly Tran, Ally Nguen, Don Tran and Bi Ayers.



Adel Kiwanis members Scott Hall and Paul Berkenbosch presented certificates to ADM Students of the Month Aniston Tollari and Tate Truitt at the club meeting at Patrick's Restaurant in Adel.



The Adel Boy Scouts received \$5,250 from the Adel Lions Club for assisting the club with its flag program in 2024.



The Adel Girl Scouts received \$1,200 from the Adel Lions Club for assisting the club with its flag program in 2024.



ADM Boys Basketball received \$1,500 from the Adel Lions Club for assisting the club with its flag program in 2024.



The ADM Drum Line received \$350 from the Adel Lions Club for assisting the club with its flag program in 2024.



The Adel Cub Scouts received \$900 from the Adel Lions Club for assisting the club with its flag program in 2024.



De Soto Community Betterment received \$3,000 from the Adel Lions Club for assisting the club with its flag program in 2024.



The ADM E-sports program received \$1,300 from the Adel Lions Club for assisting the club with its flag program in 2024.



The ADM girls basketball program received \$500 from the Adel Lions Club for assisting the club with its flag program in 2024.

# CHAMBER Lunch

Adel Chamber CHOW was held  
Feb. 20 at Country Lane Lodge.



Stacey Gaidies and Jazmine Martin



Casey Wheeler and Courtney Puls



Pam and Jim Peters



Maria Steele and Josh Markus



Julianna Cullen and Deb Bengtson



Alex Catron, Bob Grove and Jesse Woerdehoff



Anthony Brown and Shirley McAdon



Jodi Draisey and Kip Overton



Doug Clayton, Erin Reyes and Scott Harford



Ann Torbert and Trish Radke



Elizabeth Holland and Kristie Anderson



**APRIL 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

**PUBLIC SAFETY**  
Police and Fire Depts.

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

M-Th:-7:30 a.m.-noon;

12:30-4:30 p.m.

Fri: 7:30 a.m.-noon

**EMERGENCY – DIAL 911**

**LIBRARY**

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

M-Th 9 a.m. – 6 p.m.

F-Sat 9 a.m. – 4 p.m.

www.adelpl.org

**UTILITY PHONE**  
**PAYMENTS**

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**OTHER NUMBERS**

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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



**UPCOMING CITY COUNCIL MEETING:**

• **Tuesday, April 8th, 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. 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.

**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

**YARD WASTE PICKUP**

Yard Waste Pickup will be every Tuesday starting April 1st. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

**HONOR THE CALL TO SERVE**

Serving on a City Board or Commission is a great way to become involved in shaping the direction of your community. Applications are available online: <https://adelia.rja.revize.com/forms/9898>. **The openings for terms starting July 1st, 2025 are:**

- 2 Planning & Zoning Commission positions
- 1 Board of Adjustment position
- 2 Parks & Recreation Board positions
- 2 Historic Preservation Commission positions

**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 Wednesday, April 9 @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 spring and summer seasonal positions including umpires, ballfield concessions, recreation site supervisors, and lifeguards, admissions, and concessions staff for the Adel Family Aquatic Center. Visit [adeliowa.org/employment-volunteer-opportunities/](http://adeliowa.org/employment-volunteer-opportunities/) for more information and to apply.

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

**PARKS & RECREATION RESERVATIONS:**

**PARK SHELTERS** – Fees start at \$40 per 4 hours. No fee for local nonprofit/civic organizations. \*

**BALLFIELDS** – Fees start at \$25 per 1.5 hours. No fee for Adel Parks & Rec teams \*

**PRIVATE POOL RENTALS** – Fees range from \$120/hour to \$270/hour depending on sections of the pool wanted. Held on Saturday/Sunday evenings between 6-8pm and Saturday mornings 10 am – Noon\*

**POOL BIRTHDAY PARTIES** – Hold your child's birthday pool side. Visit our website full details\*  
Book online at [www.adel.activityreg.com](http://www.adel.activityreg.com) or call City Hall at 515-993-4525



**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 through October.
- 7:00 a.m. – 6:00 p.m., November through 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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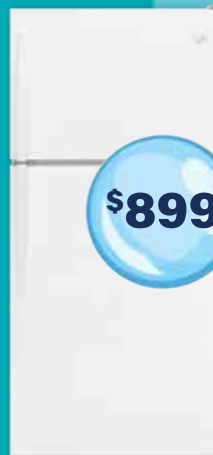
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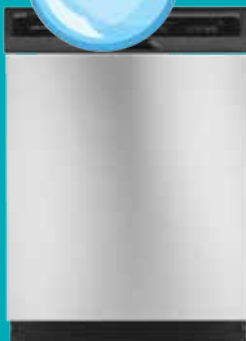
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