

ADEL

MAY 2025

Living

MAGAZINE

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WELCOME

A LITTLE dog and a pink sweater

My only requirement in searching for a family pet was that it had to be a short-haired, masculine-looking dog. Now, before you start calling me sexist, you should know that I didn't really care if the dog was male or female. In fact, I preferred female dogs. I just didn't want a poodle named Fifi.

After lengthy searches, we eventually adopted a female miniature pinscher named Pudding. She was quite small and quite chubby. As such, Pudding was a fitting name, but it did not match the masculinity thing I was seeking. So, we compromised a bit and renamed her Roxy.

Keep in mind that, at the time, I was the father of three young girls, all who mothered this dog like a newborn child. They showered her with clothes and toys and treats. I wanted to be the dog.

As the dad, I was charged with the doggy duty of taking Roxy out for bathroom breaks and walks, and I was bound and determined to work the pudding off this dog. What I didn't expect was the harassment from my neighbor, Robert, as he mocked me and my little dog in her pink sweater.

"Hey, Goodman," he yelled at me one morning after one of our first walks. "You are looking tough with that little dog in the pink sweater!"

It clearly was not a macho moment. I got over it, eventually. But that pink sweater quietly disappeared.

Two decades and three dogs later, we were still pampering a pet. More clothes. More toys. More treats. And now for dogs of all sizes.

Today, we no longer have a dog, but we continue to hang on to much of the dog "stuff," apparently just in case we opt to pamper one again someday.

Time will tell. Meanwhile, the royal treatment we gave our dogs pales in comparison to how some residents spoil theirs. Whether you are a pet lover or not, you will certainly be amused by these stories.

Have a great month, and thanks for reading. ■



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Pampered Pets

Residents share how they go the extra mile to spoil their critters



By Rachel Harrington

Many pet owners view their animal companions as part of the family — deserving of the best care, lots of attention, and at least a few perks. Besides the usual walks, pet beds and toys, some of these pampered pets get extra special treatment: pup cups from drive-throughs, birthday parties, paw soaks and a special place in those important days of their owners' lives — as well as in their hearts.

Aryn Book enjoys a moment with her Yorkies.

FEATURE

Goose, Koa and Maverick

Chelsea Johnson's family started their journey pampering pets with a Yorkie. It was followed by a chihuahua that lived to 13 years old.

"We went two years without a dog before we got our first Brittany, a male named Goose," Chelsea says. "He will be 4 in mid-April. Brittany spaniels are bird hunters, and my husband wanted Goose for pheasant hunting, so we sent him to Colorado for three months to be trained. While he was gone, we felt the need for another dog, so I got a female Brittany, Koa. She is very petite, almost a lap dog, and she has recently turned 3 years old."

The Johnsons initially thought they would breed the two dogs but changed their minds. However, Goose and Koa made the decision for them. The family soon welcomed a litter of five puppies.

"One of them wasn't doing well, so I fed it with a little syringe," Chelsea shares. "I got him to good health then couldn't part with him. So, we have a third Brittany — a 7-month-old male named Maverick.



Maverick enjoys a pup cup.

The three dogs are lovingly spoiled by their family. They receive two Bark Boxes every month that include treats and several toys.

"They know the sound of the UPS truck since we own a business and have packages delivered regularly. The UPS driver knows the dogs, too, and brings three bones each time for them."

They go to Paws and Pints monthly for grooming, blowouts, pedicures and baths. They



The Johnson family with Goose, Koa and their pups

wear bandanas and sweaters themed for the latest holiday. They also go to Paws and Pints when the family travels to be kenneled and get extras like lick mats and special walks while there. At home, they get treats galore, have their own elevated beds, their own fuzzy blankets, and a large bucket of toys. When he needs to go outside, Goose uses a doorbell just for him to let his family know what he wants.

The dogs enjoy going everywhere they can

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FEATURE

with their family. They ride along to school pickups, Fleet Farm, Bass Pro Shop and Petco. Maverick even has his own car seat.

“They love going to Starbucks and Scooters for pup cups and to Billy’s for ice cream,” Chelsea says. “We live up against the walking trails, and they like to go on the trails for walks. During the holidays, each pup gets his/her own Christmas gifts and Easter baskets, and we celebrate their birthdays. The birthday dog gets a pup cup or pup cake from a dog bakery while wearing the birthday crown, and the others get a tiny pup cake to celebrate. They keep the crown on the whole time they eat their treat and know to sit still for photos on their birthdays.”

The entire Johnson clan dotes on their fur babies and considers them part of the family.

“I couldn’t imagine life without them. They are like three more kids to me,” Chelsea admits. “It was hard to say goodbye to Maverick’s littermates, even though they were going to good homes.”

Chelsea’s favorite activity is to cuddle with her pups and enjoy every minute with her pampered pets.



Karla McDowell makes sure the family’s six dogs receive the medical care they need to be healthy and happy.

Keeping them healthy

When thinking about pampered pets, one might envision frills, ribbons, pup cups and spa days. Yet, pampering pets can take other forms. Sometimes it simply means going all out to make sure they have the best care possible.

Karla McDowell sees pampering pets in this light.

“We have six dogs, ages 2.5 to 8,” she shares. “The oldest is a Boston terrier, then there are four French bulldogs and a boxer. For me, pampering them isn’t things like pup cups and extra long walks, but in taking the absolute best care of them.”

The McDowell pups have two large yards with invisible fencing to run around in. Her boxer, Mazey, is her main walking buddy. Two

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of the dogs get to go on trips with Karla and her family.

“Our Boston terrier, Jax, is usually in the car before we are, and, if we open a suitcase, he’s in it quickly,” Karla explains. “The pups also have an array of toys, each with their own favorites, and they are allowed to snuggle with us and are on the furniture all the time. We can’t sit down without one of them joining us.”

They are indoor/outdoor dogs and go to and from the house when they please through a doggie door. Karla’s house is littered with toys, chews and yak sticks (dog treats made from yak and cow milk) for her dogs to enjoy. The dogs have custom-made kennels containing deep beds with bolsters for neck support around the edges.

“Frenchies are prone to neurological issues in their spine and neck, so they have to keep their necks up when they sleep,” Karla explains.

Karla makes sure to feed her pups with the best food she can as recommended by her vet, but, for her dogs, not everything is universal. One of her French bulldogs, Dottie, is allergic to all grains, so she must eat hydrolyzed protein and gets separate treats. Karla must stay on

top of reading labels so they don’t trigger Dottie’s allergies. Three of the other dogs have other allergies, and, in the spring, their paws get bothered to the point they chew on them constantly.

“We have to give them oatmeal foot soaks, and I put Aveeno (a moisturizer) in the water,” she explains. “They stay still for the soaks. I think they know it makes their feet feel so much better.”

A couple of her dogs have undergone major surgeries. Her Boston terrier, Jax, has had surgery on his eyes and on one knee. He will also need surgery on another knee. Dottie had surgery on her nares (nostrils) because she only had tiny slits and couldn’t breathe well. But Karla sees the investment in her pups worthwhile because of her goal of giving them the best care possible.

“I’m at the vet all the time, about once a week,” Karla shares. “She’s excellent and knows that, when I call with a concern, it really is something wrong.”

Karla and her family, especially her grandkids, dote on her dogs.

“It seems like each dog has a favorite

grandkid out of my nine grandkids,” she chuckles. More than anything, Karla likes to love on her dogs, pet them and make them happy.

Special times include pets

Some special life events are made even more so when your favorite people — or pets — are part of the experiences. Aryn Book and Daniel Hilsabeck have shared many such memorable moments with their pups.

“Daniel had always had a Yorkie (Zipper) growing up,” Aryn recalls. “We got Benny, a Yorkie, about seven years ago, a few years after Zipper passed away. I had a chihuahua growing up and always liked the idea of two dogs, so we got another Yorkie, Sammy, who is 4 months old.”

Benny goes everywhere with the couple. He is most often seen with Daniel at work at his racecar shop.

“He goes to work with him every morning,” Aryn shares. “It’s super cute.”

Daniel’s dad had a farm behind the racecar shop, and the couple often takes Benny on

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FEATURE

walks there. This past Halloween, they were out for a walk on the property when Daniel had a surprise.

"I thought we were just taking a normal walk, but Daniel had a photographer hidden up there, and he proposed to me — and Benny was with us."

Benny's favorite food is Texas Roadhouse fillets.

"They are definitely pampered. Benny and Sammy get steak any time we eat it, and chicken, too," Daniel shares. "They sleep under the covers with us. They get treated like humans, like our little babies."

When Daniel and Aryn dine at Culvers, the dogs get to eat with them.

"Benny eats a lot of my ice cream," Daniel laughs. "I tear off any cheeseburger that sticks out past the bun, and I'll give it to him. If my food has bacon on it, I'll give him at least half of the bacon. He eats mostly what I eat, and not a lot of dog food."

Aryn adds that Benny will eat the food in order, too, eating the savory foods before the desserts.

Like most dogs, Benny and Sammy love

chasing squirrels, kitties and geese. Despite his 6-pound size, Benny loves going on walks anywhere new, and Daniel and Aryn take him to the backwoods and more natural areas for hikes. They ride four-wheelers together while the dogs hold their noses in the air. They have toys all over their home, and Benny's favorite toy is a Babbie Ball.

"He likes things that talk back and move," Aryn explains.

The pups even have special stairs to help them get on the furniture to snuggle with their favorite people. Sammy is still young, so he has a little bit to go with learning and training before he can do everything that Benny does, but Daniel and Aryn are confident he will get there.

"Sammy reminds me a lot of Benny," Daniel says.

Aryn, a photographer, loves to dress up her pups for photo sessions.

"I do themed pictures with them for holidays like Easter and Valentine's Day," she says. "They're also in our family pictures and were on our 'Save the Date' announcements."

Aryn and Daniel will get married on



Aryn Book and Daniel Hilsabeck include their pets in the special moments of their lives.

Halloween this year, and their dogs will again be a part of a special time in their lives. Custom black suits will be made for both pups to match Daniel because they will serve as the ring-bearers. ■



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RECIPE

By Jolene Goodman

ASIAN ground turkey bowl is healthy and flavorful

When our girls were younger, and we were running from one activity to the next seemingly every night, we treated ourselves, often to Chinese take-out. Shane and the girls loved the sweet sauce on orange chicken. My choice was cashew chicken, and we all devoured the fried rice.

We like Asian food, but, it has not been something I cook at home. This recipe caught my eye the other day, so I thought I would test it out. My family loved it!

I appreciate this Asian ground turkey bowl recipe for its perfect balance of flavors and textures. The savory turkey, cooked with garlic, ginger, hoisin sauce and soy sauce, brings a rich base that pairs well with the freshness of crunchy vegetables. It is a healthy yet satisfying dish with lean ground turkey providing a great source of protein.

I also appreciate how customizable it is. You may choose to add a little spice with sriracha or keep it mild. Adjust the flavors to your taste. The rice gives it a comforting feel, while the vibrant toppings — like cucumbers and lettuce — add just the right amount of crunch. It is one of those meals that feels indulgent but is actually good for you with only 366 calories and 32 grams of protein per serving.

Enjoy and let me know what you think. ■

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



Asian ground turkey bowl

Ingredients

- 2 pounds lean ground turkey
- 2 tablespoons olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- 4 green onions, chopped
- 1.5 cups carrots, shredded
- .5 cup water chestnuts, chopped
- 4 teaspoons minced ginger
- 4 teaspoons minced garlic
- 4 tablespoons low sodium soy sauce
- .75 cup hoisin sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 4 cups rice (any variety – I use Jasmine)
- 1-2 cups lettuce, finely chopped
- 1-2 cups cucumbers, diced

Directions

- Make sauce by combining hoisin sauce, soy sauce, rice vinegar and sesame oil. Save for later.
- Heat olive oil over medium high heat. Add turkey once hot and brown for



3-5 minutes. Push the turkey to the sides of the pan. Add red and green bell peppers, green onions, water chestnuts, garlic and ginger. Stir together and cook for 4-7 minutes. Cook until turkey is cooked. The vegetables should be tender-crisp.

- Add sauce and cook 2-3 minutes. Sauce will thicken and coat the turkey and vegetables nicely. Serve turkey and vegetables on top of a bed of rice. Top with lettuce and cucumbers. You can add additional carrots and green onions if desired. Serves eight.

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PRICHARD goes the distance for Saint Jude

Runner gives through marathons.

A common phrase in fundraising is “Give until it hurts.” Cole Prichard of Adel has developed a habit of pushing himself physically while giving to charitable causes, and he encourages others to pitch in as well.

“I’ve been running half-marathons and marathons for about 10 years now. I try to do one or two every year, and, each time, I pick a different organization and try to raise money for it,” Prichard says. “One year, I did Iowa Children’s Hospital; one year I did breast cancer because my mom had breast cancer.”

In 2024, Prichard selected Saint Jude Children’s Research Hospital in Memphis, Tennessee, as the organization he wanted to support, so he signed up for the marathon that organization held on Dec. 7, 2024, in Memphis.

“For last year, I got my brother into it as well and decided to raise money for Saint Jude, so I made a Facebook post asking if people would be willing to donate, and it just took off like crazy, and I ended up raising over \$3,000 from all the people that supported it,” Prichard says.

The Saint Jude Children’s Hospital offers other race distances as well. Beside the marathon, a half-marathon, 10K and 5K race are held on the same day. Overall, the events raised more than \$15 million for the cause.

As a seasoned long-distance runner, Prichard often pushes himself hard to complete the 26.2 miles in under three hours, but, for the Saint Jude Marathon, he chose to relax (if running 26 miles can ever really be called “relaxing”).

“I ended up with a 3:40 (three hours and 40 minutes) time. I didn’t have a goal in mind; I just wanted to run and soak it all in. I just put it on cruise control and relaxed. We got to run through the Saint Jude’s campus around the 10-mile mark, and all of the kids were down there. Some of them had their IV bags next to them. It was very touching,” Prichard says.

Prichard’s passion for running and fundraising is contagious, as he and his wife now have several running/fundraising events scheduled for 2025, and they have no plans to stop. The Saint Jude Marathon was so rewarding that Prichard plans a return trip to Memphis this December.


“I’m going to do it again this year at Saint Jude,” Prichard says. “I enjoy running, and I like giving back, so if I can do those two things at once, even better.” ■




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MEET Nathan Horgen

Horgen teaches with heart.

Why does Nathan Horgen enjoy teaching?

"I think, for many teachers, this question shifts over time from, 'Why did you want to become a teacher?' to 'Why do you continue to return to the profession?' " he says. "The answer for me is consistent in that it's exciting to be part of young people's lives as they learn and grow."



Nathan and Anne Horgen and their children enjoy being part of the Adel community.

Horgen says it's a great feeling to work in a profession with a community of people who are committed to supporting kids through all their successes, challenges, mistakes and talents.

"It would be difficult to find an occupation more genuine than that," he says.

Horgen earned his bachelor's degree in elementary education from the University of Northern Iowa in 2001 and his master of education from Drake University in 2013.

Though he and his wife, Anne, have been members of the Adel community since 2003, this is Horgen's first year teaching STEM/science at Adel Middle School. He spent the previous 18 years at Perry Community School District.

"I appreciated all the experiences and opportunities the school district has afforded both of my kids, who currently attend school at ADM," he explains. "I knew this was a great school district full of caring people from my personal experience as a parent and was excited to join the staff."

Horgen says it is exciting to talk with students about their ideas on designing and engineering because it allows for so much creativity.

"This is what attracted me to the position most," he says. "I am still new to the role and want to continue to develop this class to make students' learning experiences beneficial."

Working with middle school students means there is never a dull moment, so Horgen has had many entertaining experiences throughout his career. Yet his favorite moments are visiting with former students when they are older and getting the chance to learn about their adult lives and future plans.

Horgen says he is especially appreciative of the support he feels from the community.

"Parents are consistently involved in supporting teachers, whether it is providing meals for staff at conference time, volunteering to share about their careers and experiences in classes, or providing teachers with the little extra supplies when needed," he says. "The community does a great job of supporting us."

Outside of teaching, Horgen spends most of his time with his family, including attending his kids' activities with his wife, a fellow educator who is a school counselor at Central Campus for Des Moines Public Schools. He also enjoys hiking, kayaking, fishing and bicycling. ■

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ROOTED in Adel

A place the Wheelers proudly call home

Casey Wheeler has hometown roots in Dallas County.

She grew up in De Soto and graduated from ADM in 2012. Years later, in 2019, she and her husband, John, moved to Adel to be closer to family.

The Wheelers purchased their home in the spring of 2020, in the midst of the uncertainty surrounding the COVID-19 pandemic.

"This house checked all of our boxes to fit our family of five, including a quiet neighborhood and a short distance from Adel Elementary, Meadowview Elementary and Evans Park," Wheeler explains. "We adore our three-seasons porch that has turned into our children's play area. We love that they have their own space, but it is right off the kitchen, so they are easily supervised."

An added bonus: The Wheelers' home is on a dead-end street with little traffic.

"We love the fact that we can go outside and throw a ball around or the kids can safely ride their bikes up and down the block," Wheeler says. "We have made great friends with our neighbors. We wouldn't trade it for anything."

The community as a whole is a great fit for the Wheeler family, too. They appreciate that Adel strikes the perfect balance between a small-town vibe and an urban feel.

"We have plenty of delicious spots in town to eat, a variety of parks to keep us active, and shops where we can support small businesses," Wheeler says.



Casey and John Wheeler find Adel to be ideal for their family.

The Wheelers are active in the community. They attend Restoration Church in Adel, where Wheeler serves as the communications director and her husband, John, serves as a deacon. He's coached several parks and rec teams for both basketball and baseball as well.

"You can also find John working at Billy's Ice Cream Store in the summers," Wheeler shares. "Our three kids thoroughly enjoy attending the programs put on by the Adel Public Library, visiting the vendors at the Farmers Market, and going to Tiger football games."

Wheeler says it's been rewarding to witness the growth of Adel in recent years.

"With more businesses and residents coming in, we get an amazing opportunity to meet new people and build lasting relationships," she says. "We're grateful to live in this community." ■

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Enjoy board games, conversation, coffee and food at the 50s Plus gatherings. 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.



Zenith Chamber Music Festival

Tuesday, June 3, through Saturday, June 7

Various locations

The Zenith Chamber Music Festival will return this June for its 11th season, presenting a week-long festival packed with an outstanding lineup of musicians in venues across Central Iowa. Concerts are free of charge.

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- **June 4, 7 p.m.,** Oleg Timofeyev and Dan Caraway, "Seven-String Guitar Museum on Wheels," Mainframe Studios, 900 Keosauqua Way, Des Moines
- **June 5, 7 p.m.,** saxophonist Damani Phillips, The Simpson Barn, 6169 Northglenn Drive, Johnston
- **June 6, 7 p.m.,** Indianapolis Quartet, Iowa Theater, 121 N. John Wayne Drive, Winterset
- **June 7, 7 p.m.,** Indianapolis Quartet joined by students from the Zenith Virtuosi Young Artist Festival, Sheslow Auditorium, 2507 University Ave., Des Moines

Wednesday Night Meal

Wednesdays

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

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



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.

Cinco De Mayo

Monday, May 5, noon to 5 p.m.
Madison County Winery, 3021 St. Charles Road, St. Charles

Enjoy homemade salsa, guacamole and chips.
Music by Drew Brumbaugh from 1-3 p.m.



Bands, Brews and Bikes

Every Sunday, May through October, 1-3 p.m.

Water Works Park, 2201 George Flagg Parkway, Des Moines

Bike, family and pet-friendly,
Bands, Brews and Bikes returns to the biergarten this summer. Ride your bike, grab a cold brew and enjoy live music. Full lineup announcement coming soon.

Summer Series

Various dates

Country Lane Lodge, 29300 Prospect Circle, Adel

Enjoy live music, yard games, food trucks and full bar. Admission is free. Entertainment and food trucks for the various dates are:

- **May 21:** Corey Jamison, Snappy's Stick Fire & BBQ, Whip Delight
- **May 28:** Brian Herrin, Harrington's Dining Car, Totally Rolled Ice Cream
- **June 4:** Brian Allen, Zipp's Pizza, Outside Scoop
- **June 11:** Lucas Beebe, Pho Wheels & Sushi, Totally Rolled Ice Cream
- **June 18:** Josh Sinclair, Harrington's Dining Car, Whip Delight
- **June 25:** Luke Fox, Zipp's Pizza, Outside Scoop
- **July 2:** Dustin Baird, Snappy's Stick Fire BBQ, Totally Rolled Ice Cream
- **July 9:** Neal Simmons, Pho Wheels & Sushi, Totally Rolled Ice Cream
- **July 16:** Eliana Grace Music, Chick-fil-A, Totally Rolled Ice Cream
- **July 23:** Luke Fox, Harrington's Dining Car, Outside Scoop
- **July 30:** David Watson Live, Snappy's Stick Fire BBQ, Totally Rolled Ice Cream
- **Aug. 6:** Brian Herrin, Zipp's Pizzeria, Totally Rolled Ice Cream
- **Aug. 13:** JeNNi & NoNo, Chick-fil-A, Totally Rolled Ice Cream
- **Aug. 20:** Brian Allen, Zipp's Pizzeria, Totally Rolled Ice Cream
- **Aug. 27:** Jake Schrodte, Pho Wheels & Sushi, Totally Rolled Ice

Emerald City Make A Wish Gala

Saturday, May 17, 5:30 p.m.

Iowa Events Center, 730 Third St., Des Moines

Experience the magic of a wish. Currently more than 300 wishes are waiting to be granted — and you can help ensure these children receive their wish when they need it most. Bring hope and joy to Iowa kids waiting for their wish. Guests will enjoy dinner, live and silent auctions, after party, plus wish stories that will touch your heart and inspire you. Tickets are available at <https://wish.org/iowa/32nd-annual-des-moines-gala>.

EVENTS IN THE AREA

Be sure to check for cancelations

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

DMPA Free Outdoor Family Events

Various dates and parks

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost.

- **May 2-26:** OPTIK, Cowles Commons
- **June 14-17:** Bindlestiff Family Circus, parks across the metro
- **July 21-22:** Dupont Brass, parks across the metro
- **June 11, July 9, Aug. 13:** Storytime Under the Green Umbrella, Cowles Commons
- **June 21, July 12, Aug. 23:** Dancing on Cowles Commons

For more information including times and park locations, visit www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events.

Safe in the Sun 5K/10K Run

Saturday, May 3, 9 a.m.

Ada Hayden Heritage Park, 5205 Grand Ave., Ames

Come together to raise awareness and funds for melanoma research with the Safe in the Sun 5K/10K Run, hosted by the Cancer Bucket Foundation. Whether you're a runner, a walker or a supporter of the cause, the Safe in the Sun Run offers a meaningful opportunity to help in the fight against melanoma and skin cancer. To register, visit cancerbucket.org/events.

Live Music Trivia

Sunday, May 4, 3 p.m.

Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines

Enjoy thrilling music, test your knowledge with interactive trivia, and participate in fun contests for prizes. Featured performers include Dr. Mei-Hsuan Huang on piano performing Gershwin's Rhapsody in Blue and Carson Menke on marimba. Admission is free, but tickets are required and available at www.ciwe.org.



Downtown Farmers' Market opens

Saturday, May 3, 7 a.m. to noon
Historic Court District in Downtown Des Moines

Opening day for the 50th season of the Downtown Farmers' Market, presented by UnityPoint Health, is May 3. The Market offers a variety of attractions and activities, including shopping for fresh produce, seasonal flowers, farm fresh eggs and cheese, locally produced wine and fresh baked goods as well as a variety of Iowa-raised meat. Patrons can also eat breakfast, enjoy the atmosphere, meet with family and friends and enjoy live entertainment. This year, The Market will feature 49 new vendors of all types and expand its footprint to 12 city blocks in the Historic Court District of Downtown DSM. ■

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FINDING wonder in the smallest of things

Have you ever seen the sunrise or sunset and just been in awe of how beautiful it is? From the vastness of the night sky to the delicate wings of a butterfly, creation is filled with beauty that surpasses our understanding. We often overlook these details, yet they remind us of something greater: an intentional Creator who reveals Himself in the magnificent and the seemingly insignificant.

The same God who paints vibrant sunsets and made the tallest mountains also made tiny insects and delicate flowers. And, He made you and me. In Genesis 1, the Lord created the Earth, He created the stars on the fourth day and He said that it is good. Then, the Lord created sea creatures and birds on the fifth day, and once again said it is good. Yet when He



created Man on the sixth day, He created us in His own image and said it is very good. In the creation account, we see that the Lord is both deeply personal as He created us for relationship and incredibly powerful as we see the marvels of this world. When we recognize His presence and the way He provides, we see His deep love for us.

When we see God's character in creation, it shifts our focus from what we lack to the abundance around us. The warmth of the sun and the beauty of a flower are all reminders of God's goodness. Even in difficult moments, we can find assurance that He is near and working even when we cannot see.

In Psalm 34:3, we read about the Lord's greatness, "Proclaim the Lord's greatness with me; let us exalt his name together." Recognizing God's greatness isn't just about witnessing miracles but noticing His handiwork in the ordinary. When we slow down and observe, we

can see His presence in everything. Yet, like most things, it takes time to learn to slow down and use intentionality in how we structure our days. Training our hearts to see His presence in the ordinary draws us closer to Him. The Lord is not distant but actively involved in His creation and in our lives. Whether in a quiet whisper or a mighty display of power, He reveals Himself in ways both big and small.

I encourage you to take time to step outside and look at the little things. Notice the patterns on a leaf, the vibrant colors of the sunset, or the songs of the birds. In a world that often only recognizes the big, let us not overlook His fingerprints in the ordinary. ■

Information provided by Kara Legleiter, Kids Ministry Coordinator, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.

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BUILDING a strong financial foundation: a guide for graduates

Graduating high school or college is a major life milestone. As students enter the next chapter of life, establishing a solid financial foundation is one of the most important things they can do for their future. A trusted local bank can help young adults navigate financial decisions with confidence and clarity. Here are seven things every graduate should know:



Open your first checking and savings accounts

Choose accounts with no monthly fees and mobile banking options. Set up direct deposit for your paycheck to simplify your finances. Start saving immediately — even small amounts add up over time.

Create a simple budget

Track your income and expenses to see where your money goes. Prioritize needs (like rent and

groceries) before wants (like entertainment). Use budgeting apps linked to your local bank account for easy monitoring.

Understand credit basics

Apply for a starter credit card through your local trusted bank. Use credit responsibly: Pay your full balance on time every month. Know that building good credit early will help you later with loans and renting apartments.

Start an emergency fund

Aim to save at least three to six months' worth of living expenses. Set up automatic transfers from your checking to savings account. Keep this fund separate — only for true emergencies.

Learn about student loan management

Know your loan amounts, interest rates and repayment options. Consider making small payments during any grace period to lower future debt. Talk to a trusted banker for personalized help.

Plan for future goals

Think about short-term goals (like a car) and long-term ones (like retirement). Open a retirement account, even if it's just small contributions at first. Start investing early with guidance from your trusted local bank advisors.

Protect yourself financially

Set strong passwords and monitor your accounts regularly for suspicious activity. Learn about identity theft protection options offered through your local bank. Keep personal financial information private and secure.

Now is a great time for students to meet with a local banker for some personalized consultation to help build smart money habits before they move on to the next adventure. Students have worked hard to earn their diplomas, and now it is time to take the next step to secure their financial future. ■

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



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HEALTH

By Alicia Fisher, PT, DPT

Q: What is your core, and why is it so important?

A: Visualize the core as an abdominal cannister. Your diaphragm is on the top, the pelvic floor is the bottom, and the surrounding walls are made up of the transverse abdominis (TA), internal obliques and multifidi. This system provides central stability for the spine and pelvis and creates a base for every movement you do. Without this stability, the structures above and below are more prone to pain and dysfunction. To have a strong core, these muscles have to work together to provide support as well as to help regulate any pressure within our system. How we manage this pressure will determine the strain that is placed on our abdominal walls as well. The weakest point in this cannister is where pressure can “leak out” and create dysfunction. This is why poor pressure management can lead to certain issues such as prolapse, hernias and diastasis, along with stability issues including back or hip pain. For our core to be strong, the muscles must activate in the correct order, stabilize the spine, and manage the abdominal pressure that we create in our system. ■



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

GUARDIANS of golden years

Imagine spending decades building your nest egg only to have it snatched away by manipulative scammers or even someone you thought you could trust. For many seniors, this nightmare becomes a reality. Financial exploitation has become a silent epidemic, leaving older adults vulnerable and emotionally scarred.

Scammers have evolved into cunning predators, using sophisticated tricks to deceive seniors. From charming phone calls promising lottery winnings to urgent emails claiming unpaid bills, they play on emotions and trust. But it's not just strangers — family members and caregivers can also betray their loved ones, manipulating seniors into handing over their savings.

The consequences are devastating: a lifetime of savings wiped out, leaving seniors struggling to cover basic living expenses. Beyond the financial loss, victims often feel ashamed and isolated, too embarrassed to share their experience.

There's hope, though. Communities are stepping up, spreading awareness about scams and empowering seniors to protect themselves. Workshops, hotlines and financial resources are helping older adults recognize and fight back against exploitation. It's a call to action for all of us to protect our elderly loved ones, ensuring their golden years remain secure, dignified and free from exploitation.

Together, we can be their shield against financial predators. ■



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

UNDERSTANDING sleep deprivation

How your pharmacy can help

Sleep plays a vital role in your overall health. Unfortunately, sleep deprivation is a common issue, affecting millions of Americans each year.

Whether caused by busy schedules, stress, medical conditions or poor sleep habits, a lack of quality rest can significantly impact your physical and mental well-being.

Sleep deprivation occurs when you consistently get less sleep than your body needs. Adults typically require 7–9 hours of sleep per night, but many fall short. Over time, insufficient sleep can lead to serious health problems, including weakened immunity, high blood pressure, weight gain, depression and even an increased risk of heart



disease and diabetes.

Recognizing the signs of sleep deprivation is essential. Symptoms may include difficulty concentrating, mood changes, irritability, memory issues and daytime fatigue. If these issues persist, they can affect your work performance, personal relationships and overall quality of life.

Pharmacists can offer solutions to help you achieve better sleep. They are available to discuss over-the-counter sleep aids, including melatonin supplements, antihistamines and natural sleep support products. However, medication should never be a long-term solution without consulting your healthcare provider. We encourage customers to focus on improving sleep hygiene as a first step.

Sleep hygiene involves creating an environment and set of habits that promote

restful sleep. We recommend establishing a regular sleep schedule, even on weekends. Limit screen time before bed, avoid heavy meals and caffeine late in the day and create a cool, dark and quiet bedroom environment. Exercise during the day can also promote better sleep at night.

If you struggle with persistent sleep issues, pharmacists can also help you connect with local healthcare providers or sleep specialists for further evaluation. Conditions like sleep apnea, restless leg syndrome or chronic insomnia may require specialized treatment.

Remember, sleep is a necessity for good health. Let your pharmacist be your partner in finding the right solutions for better sleep. ■

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

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A MUTUAL decision for a fresh start

Given the large percentage of married couples who divorce, it is likely you have heard of a few divorce horror stories. Fear not. If you or a loved one are considering getting a divorce, depending on the circumstances, an uncontested divorce can provide a quicker, less stressful and less expensive alternative to a traditional divorce. An uncontested divorce in Iowa occurs when both parties agree on all aspects of their divorce, including division of property, division of debts, spousal support, child custody and child support. When coming to an agreement, it is often beneficial to retain a family law mediator for guidance. A family law mediator is a neutral third party who can offer direction in finding an equitable resolution.

To file for an uncontested divorce in Iowa, one spouse must meet the state's residency requirement, mandating that at least one spouse has lived in the state for a minimum of 90 days prior to filing. In cases where minor children are involved, parents must agree on custody and child support arrangements. Iowa law also requires that both spouses agree the marriage is irretrievably broken. It is important to note that Iowa law requires a 90-day waiting period from the time the petition is filed until the divorce can be



finalized. However, it is possible to waive the 90-day waiting period if good cause exists.

The main advantages of an uncontested divorce are speed and cost savings. Eliminating the need for lengthy court hearings and contentious disputes, an uncontested divorce can be finalized more quickly than a traditional divorce. Additionally, the fees associated with filing and attorney representation are typically much lower, making it a more affordable option for many couples.

Although uncontested divorces are simpler than traditional divorces, finding an attorney to help with the filing process can ease the burden on both parties. Due to conflict of interest rules, an attorney can only represent one of the spouses. However, an attorney can enter a "limited appearance," which allows an attorney to assist the non-represented spouse with the filing process. It should be noted that the attorney does not owe the non-represented spouse a legal duty as the attorney does for the represented spouse.

If you find yourself in need of legal representation for a divorce, uncontested or otherwise, retaining a quality family law attorney will be money well spent. ■

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

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ADEL Public Library news



It's a light month for us as we prepare for our Summer Reading programs. Note that we will be closed May 24 and 26 for Memorial Day.

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

Storytimes will end May 8 and resume June 9.

- Preschool Storytime – May 1 and 8 at 9:30 a.m.
- Move and Groove Storytime – May 6 at 9:30 a.m.
- My First Storytime – May 7 at 9:30 a.m.

Elementary

- Tail Wagging Readers – Thursday, May 1 at 4:30 p.m.
- Family Story Time: Cinco De Mayo – Monday, May 5 from 4:30-5:30 p.m.
- Pokémon Club – Tuesday, May 6 at 4 p.m.

Teen

- Teen Advisory Board – Thursday, May 1 at 4 p.m.
- Hunger Games Scavenger Hunt – Thursday, May 8 at 4 p.m. Registration required at adelpl.org.
- Library D&D – Friday, May 23 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 – Tuesdays, May 6 and 20 at 10 a.m.
- Grant Wood: Prairie Rebel – Tuesday, May 6 at 10 a.m.
- Brown Bag Book Club – Thursday, April 10 at noon.
- Evening Book Club – Thursday, April 24 at 5:30 p.m. ■

**May Is Hepatitis Awareness Month**

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

Hepatitis A

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

Hepatitis B

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

Hepatitis C

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

Help Protect Your Liver From Hepatitis

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Ask your healthcare provider about hepatitis vaccines and testing.

Source: cdc.gov 4/25

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CHAMBER NEWS

By Jackie Wilson

WILLSON strives to meet community needs

Good Samaritan Food Pantry provides food and
 personal care items.



Brandie Willson is the new executive director of the Good Samaritan Food Pantry.

The Good Samaritan Food Pantry is a vital resource in the Adel community dedicated to reducing food insecurity and supporting individuals and families in need since 1982. They serve residents of the ADM and Van Meter school districts, as well as Dexter, Linden and Redfield.

The pantry, 215 N. 11th St., provides food and personal care items to an average of 237 individuals each month. The offerings include monthly food allocations and “rescued” food available anytime.

Brandie Willson is the pantry’s new executive director. She oversees daily operations and ensures programs meet the community’s needs. She also gives a voice to raise awareness about food insecurity issues.

She is passionate about fostering a supportive and inclusive environment at the pantry. “I strive to create opportunities for collaboration and innovation that will enhance our services and create positive change,” she says. “My involvement with the food pantry is not just a job; it is a commitment to making a difference in the lives of others.”

One resource assisting in her mission is the pantry’s membership in the Adel Partners Chamber of Commerce. The pantry has established valuable connections with chamber members from local businesses, churches and organizations. “This collaboration enriches our outreach efforts and increases our access to food donations and funding, allowing us to respond effectively to the community needs.”

One of the food pantry’s goals is to enhance its capacity to serve individuals facing food insecurity by expanding its outreach. Willson hopes to secure funds for new equipment, which would boost efficiency and service to those who rely on the pantry.

Willson says the Adel Chamber helps foster connections among local businesses, organizations and community members. “The Chamber plays an invaluable role in supporting local initiatives. We are excited to partner with them in our efforts to combat food insecurity.”

She encourages the public and fellow chamber members to become involved by volunteering, participating in events or spreading the word. “We are grateful for the support of organizations like the Chamber that help us on this journey,” Willson says. “Together, we can make a meaningful difference in the lives of those we serve.” ■

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



The Adel Chamber of Commerce held a ribbon cutting for Superior Exteriors, 416 Greene St., on April 4.



Todd Patterson, Amy Reicks, Ryan Martin and Lori Martin at the Adel Chamber of Commerce ribbon cutting for Superior Exteriors on April 4.



The Adel Partners Chamber of Commerce held a ribbon cutting for Mi Casa Jalisco, 909 Main St., on April 8.



The Adel Partners Chamber of Commerce held a ribbon cutting for Great White Buffalo Public House, 815 Main St., on March 27 in Adel.



Dallas County residents voted Raccoon River Preschool in Adel their favorite preschool in Dallas County. Pictured are Betsi Ausdemore, Megan Knipper, Christine Gschwind and Amanda Kinney.



Barbara Scheetz accepts the Residents' Choice certificate for Adel Vision Clinic.



Adel Chamber Communications Coordinator Casey Wheeler and Chamber President Erin Milroy at the Great White Buffalo Public House on March 27 in Adel.



Jesi Schleidt, Kelly Buckingham, Chasity Davis and Tasia Selby accept the Residents' Choice certificate for Texture Salon.



Judy Schwenneker, Nic Rasmussen and Marie Hansen accept the Residents' Choice certificate for Adel Flowers and Gifts.



Kristie Anderson accepts the Residents' Choice certificates for Azalea Lane Boutique.

EASTER Egg Hunt

The Adel Kiwanis Club organized an Easter Egg Hunt on April 13 at Kinnick-Feller Park in Adel.



ADM student Brooklyn Beebe painting faces.



ADM student, Eden Sedars, paints faces.



Adel Kiwanis members Courtney Goodrich, Jackie Giles and Jodi Draisey



Sgt. Ray Dirksen, Dallas County Sheriff's Office, hands out stickers.



Graham and Kaytie Riley



ADM students Eden Sedars, Leah Chapman, Clare Garrity, Avery Garrity, Brenna Garrity, Annika Hillmer and Brooklyn Beebe volunteer.



Daniel Ossian, Zoey Hagen (dog), Angela Ossian, Wyatt Hagen, Brian Hagen, Macy Hagen and Everett Hagen



Bodie, Mila, Lisa and Brad Stark



Ava, Carter, Jonny and Regan Reel



ADM student Annika Hillmer painting faces.



MAY 2025

UPCOMING CITY COUNCIL MEETING:

- **Tuesday, May 13th, 2025 at 6:00 p.m.**

For additional meeting dates/times, or meeting information; please visit our website www.adeliowa.org.

REMINDERS & CLOSURES:

- **CITY HALL CLOSED:** Monday, May 26th, all City buildings will be closed to the public. Payments may be made online, by phone, or by dropping off payments in our dropbox which is to the left of the front door.

2025 GOLF CART PERMITS

Forms are available online at 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 started on Tuesday April 1st and will continue through November. Please make sure yard waste is either in a garbage can labeled "Yard Waste" or a paper bag. Tree limbs need to be bundled and no longer than 4 ft.

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

OAKDALE CEMETERY POLICY:

Visit 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:** 7am–8pm, April through October. 7am–6pm, 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.
- Permanent plantings (trees, bushes, etc.) must be approved by the Park Board.
- 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.
- 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.

PARKS & RECREATION

Register online at adel.activityreg.com. Majority of activity deadlines are May 16.

Little Sluggers: Introductory baseball and softball program for boys and girls ages 3 & 4. Two sessions offered. \$45/player
Session 1: June 9-25 | Session 2: July 7–3 Mon/Wed 6-6:45pm.

Tennis Clinics: Designed to teach the fundamentals of tennis. Lessons build on one another. Boys and girls ages 5–17. Held on Tues & Thurs mornings between 8am–noon for 1 hour. Three sessions offered. \$60/participant.
Session 1: June 10–19 | Session 2: July 1–10 | Session 3: July 29–Aug. 7

Movie in the Park: Friday, June 27th. Kinnick-Feller Park – movie starts at dusk. **FREE EVENT.**

Dallas County Fair Parks and Recreation Day: Fun and entertaining contests. Thursday, July 10, 3-4pm at the entertainment stage on the fairgrounds. **FREE EVENT.** Adel, Perry, Van Meter & Waukee Parks and Recreation Departments.

Pickleball: Drop in pickleball play May through Aug. Mondays 9-11am and Wednesdays 6-8pm. **FREE.**

Adult Coed Sand Volleyball League: Tues Evenings, June 3-July 15 plus tournament. \$165/team

Adult Coed Slow-Pitch Softball League: Thurs Evenings, June 5-July 31. \$225/team

Women's Tennis League: Mon/Tues Evenings, June 2-Aug 5. \$30/player

Men's Tennis League: Thurs Evenings, June 5-Aug 7. \$30/player

Looking for a team? Email rdillinger@adeliowa.org to connect with other interested players.

Island Park Campground is officially under NEW MANAGEMENT: We're bringing fresh energy, great service, and unforgettable outdoor experiences!! Management is currently getting the campground ready, and we'll post updates on our Facebook page as soon as they are open for the season! CALL TODAY for more information! Don- (515)344-1388.

ADEL FAMILY AQUATIC CENTER

Tentative opening date is set to Saturday, May 24TH. Follow the Adel Family Aquatic Center on Facebook for updates.

Open Swim Hours

- Monday – Thursday 12:30–5pm & 6–8pm
- Friday 12:30 – 5pm
- Saturday & Sunday **Family Swim** Noon – 1pm
- Saturday & Sunday 1pm – 6pm

Swim Lessons: Sign up online at adel.activityreg.com



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

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



Bloomin' Good

MAY SPECIALS

Pricing valid May 1-31, 2025

\$1,299



WFG550S0LZ

5.0 Cu. Ft. Gas 5-in-1 Air Fry Oven. Air Fry Mode. Dishwasher-Safe Air Fry Basket. Fan Convection Cooking. SpeedHeat™ Burner. LP Conversion available for extra cost

\$799

Whirlpool®

\$699

\$2,099



WDT750SAKZ

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



WRT112CZJZ

11.6 CU FT. 24" Top Mount Refrigerator. Fingerprint Resistant.



WRX735SDHV

25 cu ft, 36" wide French door, external crisper drawer, LED lighting, external ice maker/water dispenser. Black stainless, white, black only.

CLOSE-OUT

\$699

\$2,799

MAYTAG® \$999 EACH

\$1,049 EACH



MDB4949SKZ

Maytag® Dishwasher with Stainless Steel Tub with 5 Cycles. Dual Power Filtration. Finger Print Resistant stainless steel.



MFT2772HEZ

27 cu ft. Store-N-Door Ice Dispensing system. Power Cold Feature

5 YEAR PEACE OF MIND • 5 YEARS PARTS + LABOR



MED6230RHW

Washer New 4.7 CU FT. Deep Wash option

Electric dryer 7.4 CU FT. Hamper door



MVWP586GW

3.5 CU FT. Power Wash Cycle. Commercial Grade Residential Washer.



MEDP586KW

7.4 CU FT. Commercial Grade Residential Dryer. Wrinkle Control.

ADEL & Winterset

T.V. & APPLIANCE • HEATING & COOLING

Est. 1960

916 Main Street, Adel

Mon-Fri 8-5, Saturday 8-1

515-993-4287

www.adelwintersettv.com

224 Highway 92, Winterset

Mon-Fri 9-5, Saturday 9-1

515-462-2939