

ADEL

JUNE 2025

Living

MAGAZINE

The bell tolls FOR VICTORY

New Victory Bell
revives tradition
and memories

Scotcheroos are a
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WELCOME

DOES this ring a bell?

I wrote a column in the April 30 edition of the Daily Umbrella (www.thedailyumbrella.com) about the significance of a bell. In my case, it was a silver handbell, only 4 or 5 inches tall with a black handle. The bell was small, but it made quite a noise when Mom stepped out onto the front stoop in the evening and rang it for a few seconds with all her might. My siblings and I would be playing in the neighborhood and knew this was her signal for us to get home for supper — and she better not have to ring it twice.



I often thought this was just a tradition Mom inherited from her days growing up on the farm when she said a bell was used to call workers in from the field for meals. In writing that column, I did a little research on bells and found that Mom was not alone in her ringing.

Some of the bells on farms were large and often rung by pulling ropes, alerting those from miles away. They were serious business, and not just to announce that food was ready. They also signaled emergencies and even deaths. This was the sole long-distance communication device of the day. Some families even developed ring patterns to deliver specific messages. They were the first ringtones, you might say. These bells were not to be played with. I have heard those in past generations talk about the temptation to ring the bells as a kid, but they knew better — or they learned the hard way.

The ringing of a bell signifies much more. To many, it also denotes a victory and is a tradition that celebrates achievement and marks a significant moment, often creating a festive atmosphere. It serves as a way to share joy and commemorate success, making the victory memorable for both the winners and the spectators. The losers? Probably not. But that's OK.

Right here in Adel, the victory bell has an even deeper meaning. For 116 years, a victory bell was located on the ADM campus. When the current high school opened in 1986, the bell was disposed of. In our cover story this month, we tell the tale of this 500-pound bell's travels, the fundraising that has allowed for a new one and the overall significance to the school and the community.

I look forward to hearing the victory bell ring, and I am thankful to all who have worked so diligently to bring this tradition back to Adel.

Thanks for reading. ■

SHANE GOODMAN
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305

In the 2025 Community Engagement Guide, a typographical mistake was made in the Inbound Design Partners advertisement. The mistake was made by the publishing company and was no fault of the advertiser.



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Dan Juffer
Senior Advertising Account
Executive
515-953-4822 ext. 303
dan.juffer@dmcityview.com



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The bell tolls **FOR VICTORY**

**New Victory Bell
revives tradition
and memories**

By Rachel Harrington

In 1871, a Victory Bell was commissioned by the Adel School Board through Meneely Bell Foundry in West Troy, New York. The bell itself was cast in the Netherlands. It was installed at the school and remained in the original school bell tower from 1871 to 1914 when the second school was opened, and it was moved to the belfry of the new building. The class of 1946 set the bell permanently outside on the north side of the school building and dedicated it to four students who dropped out of school to join the war effort.

Jim Peters, lifetime Adel resident, longtime mayor and founding board member of the ADM Alumni Association, made it his mission to bring back a Victory Bell to school celebrations.



FEATURE

The class of 1952 saw the bell was getting abused and used leftover class funds to place a fence around it. The Victory Bell remained on school grounds until the new school building was built in 1986 — a total of 115 years. It was decided the bell would not be moved to the new school, and it was either sold or given away. Over the years, it was largely forgotten.

That is, until about three years ago, when Jim Peters, lifetime Adel resident, longtime mayor and founding board member of the ADM Alumni Association, began researching the Victory Bell after many years working on various other community projects. He wished to renew the community's knowledge of the history and significance of the bell. The alumni got together, and John Dawson, a fellow board member, decided to track down the old bell, finally finding it on a farm in northwest Iowa. After decades of sitting outdoors in the elements, the bell was in poor condition. Peters contacted three bell companies and sent pictures of the old bell in hopes that one of them could restore it. Unfortunately, all



The new Victory Bell includes the Tiger mascot and paw prints, the school motto and more.

three companies said the old bell was too far gone. It no longer had a clapper, the rim was compromised, it was cracked, and it had many pockmarks from hammers.

So, Peters got to work imagining a new bell to replace the old one and bring back the



joy of ringing a Victory Bell for the students and community of Adel. In October 2023, he was on the phone with Verdin Bell Company in Cincinnati, Ohio, describing the elements he would like on a new bell. The company provided a design based on the description

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JUNE 25: Luke Fox, Zipp's Pizza, Outside Scoop

JULY 23: Luke Fox, Harrington's Dining Car, Outside Scoop

JULY 2: Dustin Baird, Snappy's Stick Fire BBQ, Totally Rolled Ice Cream

JULY 30: David Watson, Snappy's Stick Fire BBQ, Totally Rolled Ice Cream

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FEATURE

given by Peters. He presented his idea to the board in November 2023.

"They said it's a good idea, because I said I'd raise the money," Peters chuckled.

Based on the company's initial design, Dana Brown created a mock-up of the bell in February 2024 — with a few tweaks per the ADM Alumni's first round of feedback — to return to the bell company. Elements such as the school slogan, "Once a Tiger, Always a Tiger"; the school's name and logo; the year the bell was commissioned; and school motto, "Experiencing Success Today...Achieving Dreams Tomorrow," were important to include. Design features also included tiger prints along the top. After a few rounds of conversation between the ADM alumni, Peters, Brown and the Verdin Bell Company, a final design was agreed upon, and a new Victory Bell was commissioned on April 15, 2024. The bell was delivered 11 months later, in March 2025.

When Peters first discussed the project with Verdin Bell Company, he knew he needed to find a way to finance his vision. Peters worked with the Community Foundation of Greater Des Moines to establish a foundation



The proposed ADM Tiger Pride Plaza would include the Victory Bell, a statue of Nile Kinnick and the ADM Tiger. Pictured are the original bell, the statue and the ADM Tiger.

where funds can be donated for other 501(c)3 foundations, the schools, etc.

"The total cost of the bell was \$47,465. Monarch Materials Group, Inc. said they'd give \$20,000 toward the bell if I'd match it," he says. "McClure Engineering donated \$10,000 and Iowa Spring Manufacturing gave \$10,000. Others kicked in, too. ADM Alumni Association donated \$5,000, Adel Kiwanis gave \$2,500, and the Adel Lions Club donated \$5,000."

The remaining funds will be used to

display/place the bell. Peters and his fellow alumni offer their thanks and deepest gratitude for these donors and their willingness to contribute to the Victory Bell vision. Peters says he would like to place pictures of the bell in front of each of the sponsors' locations.

The new 29-inch diameter Victory Bell waits at the current administration building for placement at its new location. It displays the trademark Adel tiger with pawprints, the names of the towns in the district around the bottom edge, and various finishes on its exterior. The

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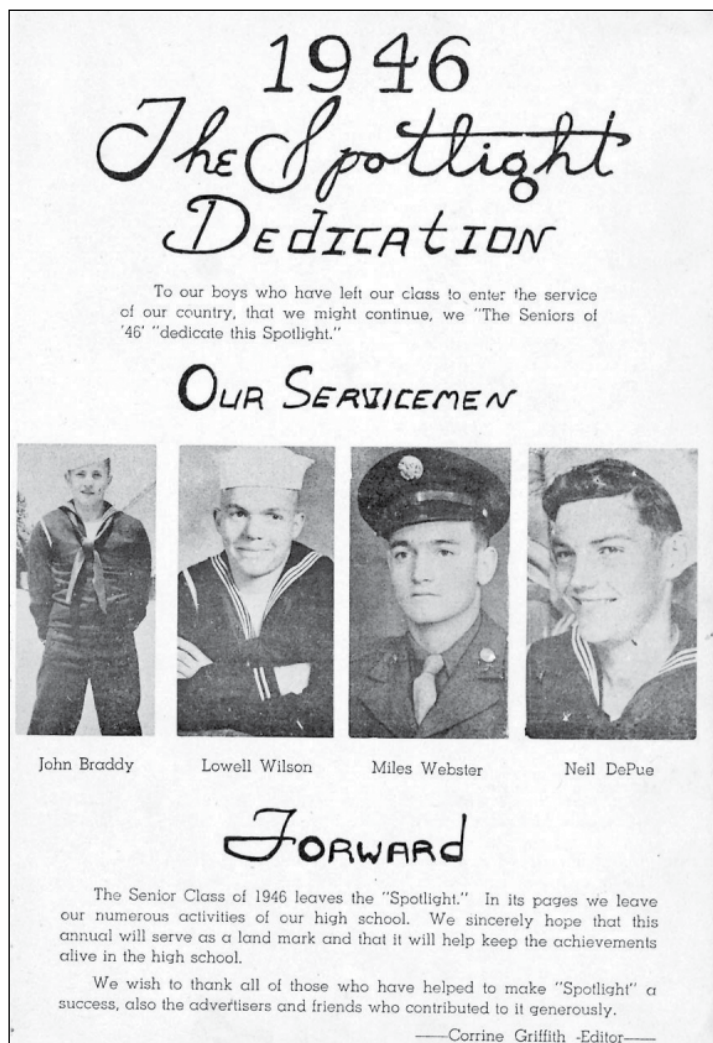
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The Victory Bell was dedicated in 1946 to four members of the class who left school to serve their country.

bell itself weighs about 500 pounds, and the A-frame it currently hangs on is an additional 700 pounds.

"When we eventually mount it, I'd like it high enough to prevent handprints but close enough to see and enjoy," Peters shares. "Somewhere, we're going to have to write 'Do not touch the bell.'"

The shiny exterior is cared for by applying a light coat of 5-weight motor oil such as Bronze B Metal Coating. A careless handprint may not come off. Peters is also advocating to make the bell display mobile for the time being while a new high school is being built.

"We could put it on wheels somehow, and that would allow us to move it to the new location easier and put it away if ever necessary," he suggests.

The vision is to install the new Victory Bell on the west side (back 40 acres) of the new athletic complex near the plaza and entrance. Students will be able to ring it in celebration of athletic victories by pulling a rope.

"It will primarily be rung at football games, but so long as we can get it on wheels, maybe it can be for indoor use in winter sporting events, too," Peters says.

A bell rollout ceremony is in the planning stage. The ADM Alumni is working with the administration to plan the bell's introduction to the



public at an event such as the Sweet Corn Festival or another event where the community gathers en masse. Peters would like to see the formation of a Victory Bell Squad comprised of one to five students who manage and care for the bell, complete with a squad uniform.

In addition to the new bell, Peters has a vision for the original bell. He met with and shared his thoughts with the board and with Superintendent Greg Defoe in July of 2024. The old bell is being refurbished, and the plan is to clean it up with a mild abrasive using a blasting technique of some sort (not sand) that will gently remove the grime.

"An alum family has an autobody shop and might be able to detail it and highlight the original design features," Peters states. "We'll make an A-stand for it and yoke it with a metal fabricator."

His vision is to place the old 1871 bell along with the bronze Nile Kinnick statue and the 2020 ADM Tiger statue on the new Tiger Pride Plaza near the planned new athletic entrance. The life-size Nile Kinnick statue, valued at around \$35,000, was donated to the school when the Iowa Hall of Pride closed. Though the old bell will not be a working bell, it will stand as a reminder of community ADM Tiger pride and of the joy that comes with ringing in victory together. ■

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MEET Jenn Chapman

Lifelong learner turned educator



Ever since she was a young child, Jenn Chapman has been passionate about learning.

"I recognized that, as a teacher, I would have endless opportunities to keep learning, as well as the chance to instill that love in others," she says.

Chapman followed that path to Brigham Young University, where she graduated in 2006 with a degree in elementary education.

Her first position after college was as a long-term substitute for an Adel Elementary teacher who was going on maternity leave.

"When the principal called to tell me that her baby was born a bit early, I had not even met the teacher or been in her classroom yet," Chapman recalls. "I started the next day and instantly loved the kids and the pace of teaching. That teacher ended up being the only one (at least so far) who has taught all five of my own children."

Chapman continued substitute teaching for the next 18 years until about a year ago, when she decided she wanted to find a permanent teaching position.

Around the same time, she completed her endorsement in special education from Northwestern College.

That meant last summer was filled with 12 credits of master's-level coursework while she worked on her endorsement. This summer, she plans to spend more time reading for fun, swimming and gardening.

This past school year, after being the full-time substitute at the middle school, Chapman was thrilled to be able to transition to her current position as a special education teacher.

Her role also includes teaching financial literacy to all eighth graders. Chapman enjoys the opportunity to work in a more traditional classroom setting and supports both seventh and eighth graders across all content areas as well.

"Being able to work with kids in a one-on-one setting and then seeing their growth is extremely rewarding," she says. "While I definitely can't take all the credit for their successes, it is so fun to be a part of celebrating their efforts paying off."

Chapman also likes living in the community where she teaches.

"Seeing my own students out and about is an added bonus to my work at school," she says.

Now that she's wrapped up her first year of full-time teaching in her own classroom, she feels much more confident heading into next school year.

"The excitement far outweighs the uncertainty this time around," Chapman says.

All five of Chapman's children are students at ADM, and, outside of work, her days are mostly filled with supporting them in their many activities — cross country, track, baseball, basketball, cheerleading, volunteering and more. ■



Jenn Chapman enjoys teaching in the district where her family lives and her kids attend school.

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Source: cdc.gov 4/25

COZY living and welcoming community

McAdons enjoy 40-plus years in Adel.

Shirley McAdon and her husband, Kent, have deep roots in Adel.

They moved to town in October 1976 from West Des Moines, just in time for Halloween. Why Adel?

"It was a small town, like Onawa, Iowa, where we both grew up," McAdon says.

They purchased what was then a newer home, only 2 years old, and within their price range.

"It was intended to be a starter home, but we've lived here the entire time," McAdon says.

Her favorite feature of the house is the floor-to-ceiling shelving in the living room, built by her husband and her father.

"Kent would probably say his favorite part is his workshop in the basement," she adds. "We both like the convenience of having most of the living space on one floor, including all of the bedrooms."

When their children were young, the neighborhood was filled with other families, and the McAdons have fond memories of street parties and informal gatherings.

They especially enjoyed living across from a farm field until Meadow View Elementary School was built three years ago.

"Now we enjoy seeing the children, staff and families there," McAdon says.

What she appreciates most about Adel is how involved the residents are.

"There are so many people in our business community, city government and civic organizations who are actively working to make life better in Adel for everyone," she says.



Shirley and Kent McAdon moved to their home in Adel in 1976 and have remained there. Shirley says her favorite feature of the house is the built-in shelving Kent and her father installed in the living room.

McAdon worked as the business manager at ADM Schools for 23 years and retired in 2010. After retirement, she had more time to give back to the community through volunteer service.

She was elected to the Adel City Council in 2012 and has since been re-elected three times. She represents the council on the South Dallas County Landfill Commission, the Adel Partners

Chamber of Commerce Board of Directors, and the Central Iowa Regional Housing Authority.

McAdon also serves as president of the Adel American Legion Auxiliary Unit 464, has held several offices with the Rotary Club of Adel (currently secretary), and has held an office with the Adel Women's Club.

Ultimately, it's a combination of cozy living and a welcoming community that makes Adel special to the McAdons.

"I love where we live because our house is cozy — it's where we made a home and raised two remarkable boys who now have their own families," McAdon says.

Their oldest son, David, returned to Adel with his family after college and some time away to make a home of his own. While they'd love for their other son, Matt, and his family to return, too, they are happily settled in New Jersey in a neighborhood much like the one the McAdons have in Adel.

"That's the thing about Adel for us and for other families: You are always welcome home," she says. ■



Kent and Shirley McAdon moved to their home in Adel in 1976 and have remained there.

SPORTS SCHEDULE

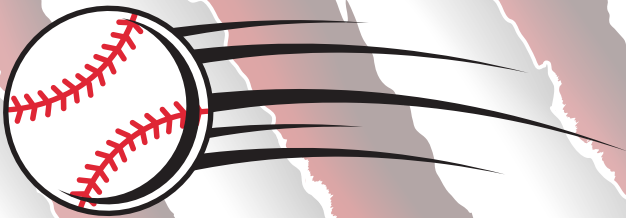
SUMMER 2025

V BASEBALL

DATE	TIME	OPPONENT	LOCATION
Jun 2	5:00 PM	Boone	Boone Memorial Park
Jun 3	7:30 PM	Perry	Perry High School
Jun 4	7:00 PM	Carlisle	Carlisle High School
Jun 6	7:00 PM	Van Meter	ADM High School
Jun 9	5:00 PM	Bondurant-Farrar	ADM High School
Jun 11	7:00 PM	Winterset	ADM High School
Jun 12	7:00 PM	North Polk	North Polk High School
Jun 14	9:00 AM	Multiple Schools	Glenwood High School
Jun 16	5:00 PM	Ballard	Nite Hawk Field - Slater
Jun 18	7:00 PM	Carlisle	ADM High School
Jun 20	7:00 PM	Earlham	ADM High School
Jun 23	5:00 PM	Gilbert	ADM High School
Jun 25	7:00 PM	Carroll Community School	Merchants Park, Carroll
Jun 26	7:00 PM	Winterset	Winterset High School.
Jun 27	5:00 PM	Des Moines East	ADM High School
Jul 1	7:00 PM	Ogden	Ogden High School
Jul 2	7:00 PM	North Polk	ADM High School
Jul 3	7:00 PM	Pella	Pella High School
Jul 7	7:00 PM	Carroll Community School	ADM High School
Jul 11	7:00 PM	IHSAA	TBA
Jul 14	7:00 PM	TBA	
Jul 16	7:00 PM	TBA	

V SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 2	5:00 PM	Boone	Boone Creasman Field
Jun 3	7:00 PM	Norwalk	Norwalk High School
Jun 4	7:15 PM	Carlisle	Carlisle High School
Jun 6	7:15 PM	Van Meter	ADM High School
Jun 9	5:00 PM	Bondurant-Farrar	ADM High School
Jun 11	7:15 PM	Winterset	ADM High School
Jun 12	7:00 PM	North Polk	North Polk High School
Jun 13	10:00 AM	North Scott	North Scott High School
Jun 14	9:00 AM	North Scott	North Scott High School
Jun 16	5:00 PM	Ballard	Ballard Middle School
Jun 18	7:15 PM	Carlisle	ADM High School
Jun 23	5:00 PM	Gilbert	ADM High School
Jun 24	7:15 PM	Urbandale	ADM High School
Jun 25	7:15 PM	Carroll Community School	Carroll Athletic Stadium
Jun 26	7:00 PM	Winterset	Winterset High School.
Jun 27	7:15 PM	Knoxville	Knoxville High School
Jul 1	7:30 PM	Atlantic CSD	Atlantic Middle School
Jul 2	7:00 PM	North Polk	ADM High School
Jul 3	11:00 AM	Dallas Center - Grimes	DCG BB/SB Complex-Dallas Center
Jul 7	7:15 PM	Carroll Community School	ADM High School
Jul 9	7:00 PM	Southeast Polk	Southeast Polk High School
Jul 10	7:00 PM	TBA	ADM High School
Jul 12	7:00 PM	TBA	ADM High School
Jul 15	7:00 PM	TBA	ADM High School
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Jul 25	TBD	Multiple Schools	Harlan Rogers Sports Complex



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TIGERS

ATHLETICS

JV BASEBALL

DATE	TIME	OPPONENT	LOCATION
Jun 3	5:15 PM	Perry	Perry High School
Jun 4	5:00 PM	Carlisle	Carlisle High School
Jun 6	5:00 PM	Van Meter	ADM High School
Jun 11	5:00 PM	Winterset	ADM High School
Jun 12	5:00 PM	North Polk	North Polk High School
Jun 18	5:00 PM	Carlisle	ADM High School
Jun 20	5:00 PM	Earlham	ADM High School
Jun 24	5:00 PM	Boone	ADM High School
Jun 25	5:00 PM	Carroll CSD	Merchants Park, Carroll
Jun 26	5:00 PM	Winterset	Winterset High School.
Jul 1	5:00 PM	Ogden	Ogden High School
Jul 2	5:00 PM	North Polk	ADM High School
Jul 3	5:00 PM	Pella	Pella High School
Jul 7	5:00 PM	Carroll CSD	ADM High School

JV SOFTBALL

DATE	TIME	OPPONENT	LOCATION
Jun 3	5:45 PM	Norwalk	Norwalk High School
Jun 4	5:45 PM	Carlisle	Carlisle High School
Jun 6	5:45 PM	Van Meter	ADM High School
Jun 11	5:30 PM	Winterset	ADM High School
Jun 12	5:00 PM	North Polk	North Polk High School
Jun 17	5:00 PM	Waukee Northwest	ADM High School
Jun 18	5:30 PM	Carlisle	ADM High School
Jun 24	5:30 PM	Urbandale	ADM High School
Jun 25	5:30 PM	Carroll CSD	Carroll Athletic Stadium
Jun 26	5:30 PM	Winterset	Winterset High School.
Jun 27	5:30 PM	Knoxville	Knoxville High School
Jun 30	6:30 PM	Boone	ADM High School
Jul 1	5:30 PM	Atlantic CSD	Atlantic Middle School
Jul 2	5:00 PM	North Polk	ADM High School
Jul 7	5:30 PM	Carroll CSD	ADM High School
Jul 9	5:00 PM	Southeast Polk	Southeast Polk High School



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ADM SCHOLARSHIP Students of the Month

A short history lesson before we announce the March-April Students of the Month. No worries — no test. Do you know how the Scholarship Foundation was started? It was 1983, and the Adel DeSoto High School principal, Stan Norenberg, had a dream. “It was that a fund would be started that could give every high school graduate from Adel DeSoto school going on to post-secondary education a scholarship.” (Minburn did not merge with the Adel DeSoto School District until 1993). Mr. Norenberg told this dream to a visiting dignitary from the WHO Radio Station. A few days later, this gentleman sent Mr. Norenberg a check for \$150 with a note that said, “Here is the first contribution for your Scholarship Foundation.” As of the graduating class of 2024, the amount of \$947,500 in scholarships has been given to 967 students graduating from the Adel DeSoto Minburn School District.

In addition to the scholarships presented to qualifying seniors, the foundation acknowledges students of the month who are recognized by teachers and/or coaches for their accomplishments in specific categories. Local businesses contribute to the ADM Scholarship Foundation to sponsor this program.

Recognition is given to the following students for the months of March and April due to the fact that many of the activities did not begin until the end of March.

MARCH

- **Student of the Month:** Haley Perry - Raccoon Valley Bank
- **Fine Arts: Speech** - Riley Milburn, Isaac Hatchitt - Lincoln Savings Bank
- **Girls Golf:** Annelise Kreifels - Adel Family Dentistry
- **Boys Golf:** Carter Madison - Adel Rotary Club
- **Girls Soccer:** Kennedy Sorber - Adel HealthMart
- **Boys Soccer:** Reed Anderson - River Valley Insurance
- **Girls Track:** Elise Coghlan - Adel Vision Clinic
- **Boys Track:** Ty Landphair - Adel TV and Appliance

APRIL

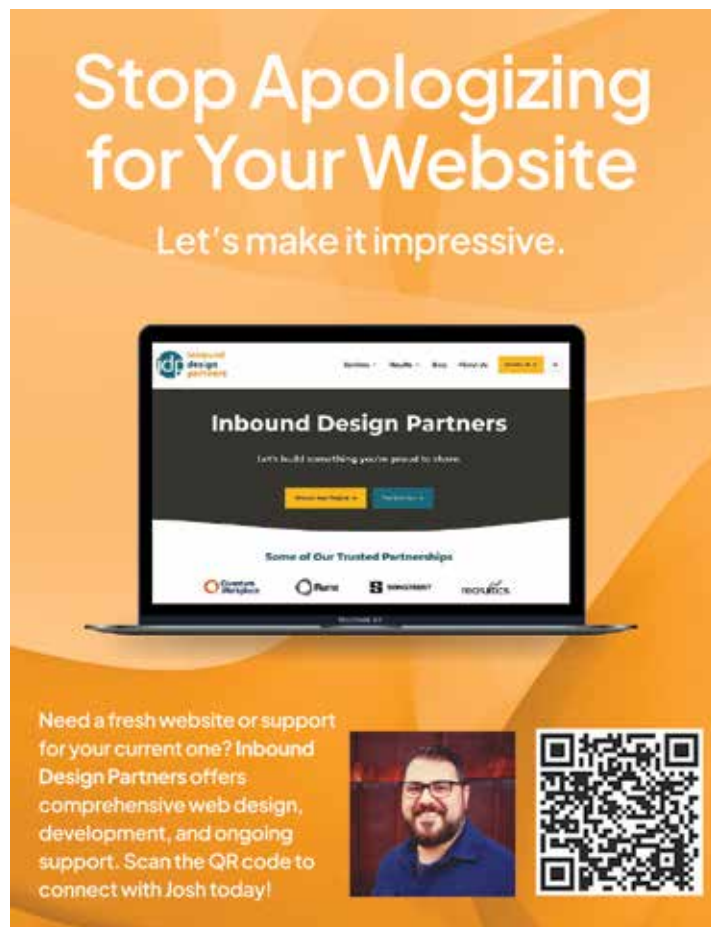
- **Student of the Month:** Taylor Braun - Raccoon Valley Bank
- **Fine Arts: Spring Play** - Ella Greer (onstage), Noelle McDonald (backstage) - Lincoln Savings Bank
- **Girls Golf:** Kenzee Lathrop - Azalea Lane Boutique
- **Boys Golf:** Grant Jansen - Cullen Howe Real Estate-RE/MAX Precision
- **Girls Soccer:** Jada Grove - Iowa Spring Manufacturing
- **Boys Soccer:** Cael Orban - Patrick's Restaurant
- **Girls Track:** Kennedy Stanford - Core Physical Therapy
- **Boys Track:** Sam Keys - River Valley Insurance

Congratulations to the March/April Students of the Month. More information on the Scholarship Foundation program can be found at the website www.admscholarshipfoundation.com. ■



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EVENTS IN THE AREA

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

Be sure to check for cancellations

Coming up in Adel Living magazine

Yards: Enjoying the green spaces around your home: Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email tammy@iowalivingmagazines.com with your experiences enjoying the cool feeling of grass beneath your feet.

Adel Farmers Market

Tuesdays through September, 4-7 p.m.
Dallas County Fairgrounds, Adel

Enjoy this open air market featuring more than 40 vendors with a range of homegrown and homemade products from local farmers, bakers and artisans. This is a family event with food trucks and music.

Dallas County Fairgrounds events

28057 Fairground Road

- **June 7:** Figure 8 Races at the North Track
- **June 14:** Wright Rodeo Company Rodeo, 7:30 p.m. with Jordan Beem performing afterward.
- **June 21:** Figure 8 Races at the North Track
- **June 28:** Figure 8 Races at the North Track
- **June 29:** Fair Set Up on the entire fairgrounds

See details at www.dallascountyfair.com.

'I Feel Helpless: How to Accompany During Times of Grief'

Tuesday, June 24, 6:15 p.m.
St. John's Catholic Church, Social Hall,
24043 302nd Place

Learn what makes us uncomfortable with grief, how to manage our own feelings when approaching someone grieving, and how to effectively communicate with and care for a person grieving. The program is presented by Rev. Ann Luckterhand, MDiv, chaplain bereavement coordinator with Mercy One Des Moines Hospice. Lights refreshments will be served. All our welcome. For any accommodation requests or questions, contact the church office at 515-993-4482.

Book Walk

Friday, June 13, 10-11 a.m.
Adel Elementary

The Adel Women's Club invites the public to the group's Book Walk. Kids can read a new story, play on the playground and enjoy a Flavorice.

Wednesday Night Meal

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.

Dallas County Sheriff's All-Wheel Show

Saturday, June 7
Downtown Square, Adel

The 16th Annual Dallas County Sheriff's All-Wheel Show will benefit Special Olympics Iowa. Enjoy commercial vendors and free entertainment along with the show. A variety of awards will be presented. Registration day of the show is \$25 made out to Special Olympics Iowa. For more information, call Sgt. Ray Dirksen, 515-559-7789. Registration is 10 a.m. to 1 p.m. with judging at 2 p.m. and awards at 2:30 p.m.

ADM Booster Club Golf Tournament

Friday, June 20, starting at 8 a.m.
River Valley Golf Course,
22927 Valley View Trail

The ADM Booster Club is hosting an 18-hole, four-person scramble, 8-inch cup on every hole golf tournament. Entry fee is \$400 per team (includes cart, lunch and drink ticket). Add on four mulligans per team for \$50. Proceeds support all student athletes at ADM Middle and High schools through the ADM Athletics Booster Club. Any questions can be directed to Gretchen Rickert at grerick722@gmail.com. Register at <http://admboosterclub.org/golf>. ■

A1C screenings offered

Saturday, June 7,
8:30 a.m. to 12:30 p.m.
Courthouse parking lot
east of the Adel square

The Adel Lions Club is partnering with Hy-Vee to provide free A1C (a blood test used to detect diabetes) screenings to Adel residents at the Hy-Vee trailer which will be parked at the courthouse lot on the east side of the square. Participants do not need to fast for the screening, which takes approximately 15 minutes. Only 32 slots are available. Scan the QR code to make an appointment. Walk-ins will be accepted if slots remain.



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GETTING God's perspective on time

Let's be honest for a moment: Most of us tend to live lives that are overpacked, over-extended and over-spent. We leave little room to rest or recover. We do this to ourselves, and the culture around us applauds our stress. After all, for many of us, we believe a busy schedule means you're important.



But our level of busyness is having an impact. It helps explain why you explode at your kids' request or silliness at the end of an exhausting day. It might explain why you don't feel good or get so tired you can't sleep. It may also explain why you can't remember the last time you spent time with the Lord reading the Bible and praying.

The older I get, the more I'm convinced the best things in life happen in the slow moments of life and unscheduled times when we breathe,

relate and rest. I'm not sure we're living like God designed us to live. I think a lot of us (including me) are living at an unbiblical and unsustainable pace, a pace considered normal by Americans but harmful by God.

Psalms 90:12 says, "Teach us to number our days, that we may gain a heart of wisdom." This verse offers a sobering and profoundly encouraging truth: Our days are numbered, and recognizing this reality can shape us into people of wisdom. This verse, which was a prayer offered by Moses, isn't an invitation to live a life of fear but to live with purposeful awareness. He's encouraging us to reflect on the brevity of life so that we may make each moment count.

There are several benefits to numbering your days. For example...

When we realize that our time is limited, we begin to prioritize what truly matters. We focus less on trivial distractions and more on cultivating meaningful relationships, growing in faith and serving others. Life becomes

less about accumulation and more about contribution.

Next, numbering our days leads us to gratitude. Each day, however ordinary it may seem, becomes a precious gift. We become more present, more intentional and more thankful. That shift in attitude doesn't just make us wiser — it makes us more joyful.

Finally, numbering our days helps us grow in wisdom, which is not merely knowledge, but the ability to live in a way that aligns with God's heart and purpose.

I encourage you to ask the Lord to help you learn how to number your days, not to cause anxiety, but to inspire a life well lived. In doing so, we won't just pass through life, we will really live it in a way that honors the Lord and leaves a legacy marked by grace and purpose. ■

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

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LOCAL support

Supporting local small-town businesses is vital to the health and prosperity of communities. These businesses are more than just storefronts. They are the backbone of the local economy, the heartbeat of Main Street, and a reflection of the town's character and resilience. Choosing to shop locally not only strengthens the economic fabric of the area but also fosters a deeper sense of connection and trust among residents.

When individuals support small businesses, they are directly investing in their neighbors and community members. Unlike national chains, local businesses are more likely to purchase from other local suppliers, keeping money circulating within the community. This multiplier effect boosts job creation, encourages entrepreneurship, and enhances the tax base that supports schools, parks and infrastructure. Moreover, small-town



businesses tend to provide personalized service and a level of care and customer attention that larger corporations cannot match.

Another vital, yet sometimes overlooked, aspect of supporting the local economy is banking locally. Community banks play a crucial role in helping small towns thrive. Unlike big national banks, local financial institutions reinvest deposits into the local economy in the form of loans to small businesses, homebuyers and farmers. This localized approach means decision-making is done by people who understand the area's unique needs and challenges, rather than distant executives with generic criteria.

Local banks are also more likely to support community initiatives, sponsor local events, and provide financial education to residents. Because they are rooted in the community, their success is directly tied to the prosperity of the town itself. This symbiotic relationship builds a more resilient and responsive financial ecosystem. Furthermore, customers benefit from

personalized service, faster decision-making, and a deeper relationship with their bankers — something rarely found in larger institutions.

In addition, supporting local businesses and banks helps preserve the unique identity and culture of a small town. Chain stores create homogenized spaces, while local enterprises reflect the history, values and creativity of the community. Keeping them alive ensures that towns retain their individuality and charm, which can also enhance tourism and attract new residents.

Ultimately, choosing to support local businesses and banks is not just an economic decision — it's a commitment to community well-being. It fosters a more sustainable and inclusive economy, where the benefits of growth are shared by many rather than a few. By investing locally, residents help build stronger, more vibrant towns for generations to come. ■

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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ADEL Public Library news

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 Monday - Thursday: 9 a.m.
 to 6 p.m.
 Friday - Saturday: 9 a.m.
 to 4 p.m.
 Sunday: closed



Summer Reading is finally here. We have so many fun programs planned for June that we couldn't fit them all here, so head to our website to see everything we're up to this month.

Summer Reading Kick Off, Saturday, June 7 from 9-11 a.m.

Join us at the library for a morning of celebrating the beginning of summer reading. Bounce houses, games, treats, story times, balloon twisting and more will be offered. Don't forget to sign up for summer reading.

Adult Puzzle Competition, Friday, June 6 at 6 p.m.

How fast can you put together a 500-piece puzzle? Gather up a team and compete in our community room. This is a registered event for adults. Teams will be comprised of four to six people. Register as a team and indicate the number of people on your team.

Dealt Hand: Board Game Pop-Up, Monday, June 9 from 1-4 p.m.

Come join The Dealt Hand for an afternoon of board games. The Dealt Hand makes it easy to play games. They'll be bringing approximately 200 games and will have a host on-site ready to recommend, teach and support you while you try out some cool new games. This event is appropriate for all ages, as their collection has games for everyone ages 4 and older.

Circus Variety Show, Wednesday, June 11 at 1 p.m.

Join us in the community room to see circus performer Laura Ernst from Kinetic Entertainment. With something for everyone, this show gets rolling inside a human-sized hamster ball and includes juggling, acrobatics, hula hoops and more.

Design Your Own Board Game, Thursday, June 19 from 1-4 p.m.

Learn how to build your own board game with Never Board Games. Builders (youth in grades 3-8) will be taught the basics of board game design through handouts and teacher-led micro lessons. Builders will make a unique and playable board game, with art, in three hours. This is a registered program. Register online at adelpl.org.

Game Show Party, Thursday, June 26 at 1 p.m.

Join Happy Faces Entertainment for an all-ages game show party. Make a match, hit the buzzer, have a lucky guess, or choose the right deal to go home with great memories and prizes.

We look forward to reading with you. ■

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HEALTH

By Alicia Fisher, PT, DPT

Q: What is thoracic outlet syndrome?

A: If you are having pain or numbness in your arms and hands, Thoracic Outlet Syndrome could be the culprit. This syndrome is due to compressed nerves or blood vessels that can cause pain in the neck, shoulders and arm. The thoracic outlet is the area between your neck and armpit, and tight tissues in this area can restrict blood flow and nerve transmission.



Since there is no specific cause found for thoracic outlet syndrome, symptoms must be evaluated on an individual basis. Some common signs include mild to severe pain in the neck, shoulder and arm; tingling/numbness in the arms and/or hands; signs of poor circulation in your hands, like having “cold hands”; and weak grip strength.

There are some simple things you can do at home to help ease your discomfort. Avoid or limit overhead work for prolonged periods of time, and take short, frequent breaks when typing to give your muscles a chance to rest.

If these at-home behavioral modifications do not help, using conservative treatment options such as physical therapy could lead to relief. Gentle stretches to help decrease pressure on the nerves and blood vessels, progressive strengthening, and postural re-education are areas that should be addressed. ■

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

NOT adult babysitting: the power of companion care

Companion care is more than just a service — it is a lifeline for those who need emotional support, social interaction and a helping hand with everyday tasks. Whether it is seniors living alone, individuals recovering from illness, or those with disabilities, having a companion makes life richer, safer and more fulfilling.



At its core, companion care fights loneliness. Social isolation can lead to emotional distress and even physical health decline. A caring presence — someone to share stories with, play a game, or take a stroll — can bring warmth and joy to daily life.

Beyond the emotional benefits, companion caregivers provide practical assistance. From meal preparation and household chores to transportation and medication reminders, they help individuals maintain independence while ensuring they have the support they need. It's about creating an environment where people feel cared for without losing their autonomy.

Safety is another key aspect. Companions can offer gentle supervision, reducing risks for those who may be prone to falls or memory lapses. Knowing someone is there brings peace of mind, both for the individual and their family.

In essence, companion care transforms lives by fostering connection, dignity and well-being, proving that everyone deserves a helping hand and a friendly heart. ■

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

JUNE is Men's Health Month

Let's talk about your health.

June is Men's Health Month, a time dedicated to raising awareness about the unique health concerns men face and encouraging early detection and healthy habits. Your local pharmacy is there not just to fill prescriptions, but to help you take charge of your overall well-being.

Men are often less likely to visit the doctor regularly or talk about their health concerns. This can lead to serious conditions like heart disease, high blood pressure, diabetes and even some cancers going unnoticed until they become harder to treat. That's why, this month, we're encouraging all men in our community to take a proactive approach to their health.



One of the easiest ways to start is with a visit to your pharmacy. The staff can check your blood pressure, blood sugar and help you understand your cholesterol levels. If you're taking medications for any ongoing condition, your pharmacist is available to review them with you, answer questions, and make sure everything is working as it should be.

Mental health is just as important. Many men experience stress, anxiety or depression but may not feel comfortable talking about it. Your local pharmacy is a safe space. If you're feeling overwhelmed or have questions about mental health medications or support services, we're here to help with information and guidance.

This is also a great time to talk about preventive care. Are you due for a colon cancer screening? When was your last physical

exam? Have you had your vaccines updated, including for shingles, pneumonia or tetanus? Your pharmacist can help you stay on top of what's needed and guide you to the next step if a referral is needed.

Whether you're managing a chronic condition, working on quitting smoking, or just trying to stay healthier, your pharmacy is your partner in care. You don't need to wait for something to go wrong to talk to us. Men's Health Month is the perfect reason to check in and take a step toward better health.

Stop by and speak with your pharmacist. Let's make June the month you prioritize your health — for yourself and those who count on you. ■

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

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'HABEAS CORPUS' and other Latin phrases in modern law

You may have heard the Latin term "habeas corpus" mentioned in the news lately. In this article, we'll discuss the definition of habeas corpus, but first: Why is Latin



terminology used in the law today? In the field of law (and also medicine), you will often see or hear Latin words and phrases such as "per stirpes," "quid pro quo," "ipso facto," "inter vivos," and the sometimes spicy "in flagrante delicto."

Why use a "dead language" that died out in the sixth century, is grammatically complex and understood by very few people? It's about those roots. The roots of our current legal system today come from ancient Rome where Latin was the predominant language. Latin terms were

used in the law more than 1,500-plus years ago — a large reason for the resulting carryover of Latin in the law today. Others with more skeptical views may think Latin is used to make people in the legal field sound smarter than they really are or used so lawyers can charge their clients more by incorporating this "fancy" language. Of course, as a lawyer, I prefer to believe the former rationale rather than the latter.

What does habeas corpus mean, and why is it important today? The literal meaning of habeas corpus is "you shall have the body"; that is, a judge, or court, should (and must) have any person who is being detained brought forward so that the legality of that person's detention can be assessed. It is not about a person's guilt or innocence, but about whether custody of that person is lawful under the U.S. Constitution. Ultimately, habeas corpus relief offers persons protections against

arbitrary detentions by local and national governments.

Habeas corpus is highly relevant today as the current White House Administration is desirous of suspending habeas corpus and due process protections for certain persons in the United States (mainly deportation cases). Article I, Section 9, Clause 2 of the U.S. Constitution states that "The privilege of the writ of habeas corpus shall not be suspended, unless when in cases of rebellion or invasion the public safety may require it," which leads to another question: What is the definition of "cases of rebellion or invasion" which would allow for the suspension of habeas corpus in the interest of public safety? Look for our courts to render more decisions in the near future on this hot button issue... stay tuned. ■

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

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THE SCOTCHEROOS that became a family tradition

“My mom’s Scotcheroos are the best!”

The first time I heard one of my daughters say that, I was deeply honored — and I still feel that way every time I hear it. They often tell me about other versions they have tried and always end with, “They were good, but yours are the best!”

In our family, Scotcheroos are a must-have at gatherings, reunions, road trips and just about any occasion. These sweet treats deliver a perfect combo: smooth peanut butter flavor, a satisfying crunch, and a thick, rich layer of butterscotch-chocolate topping that keeps everyone coming back for seconds. I am happy to share the secrets behind their success, but I first must give credit where credit is due. My friend Tammy Even gifted me this recipe more than 30 years ago at my bridal shower. I still have the recipe book my friends gave me that day, and I use it often.

Now, the secrets:

1. Use Special K cereal — it gives the perfect texture and structure. I know many recipes use crispy rice cereal, but trust me on this one. It is truly the ingredient that makes the difference.

2. Don’t skip on the topping — use one full bag each of semi-sweet chocolate chips and butterscotch chips.

3. Watch the syrup closely — this step can make or break the batch. Don’t overcook or undercook it. Bring it just to a boil (for maybe a minute). The sugar crystals need to melt completely, or the syrup will turn gritty. But overcook it, and your Scotcheroos will be too chewy.

Here’s a tip: Dip a spoon in the hot syrup, tap a little onto the counter, and taste it. If you can still feel sugar crystals, keep it on the stove a bit longer. The moment they are gone, pull it off the heat.

Give these a try and let me know what you think. Do you have recipe traditions you would like to share? Send them my way at jolene@iowalivingmagazines.com. Happy snacking! ■

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



Scotcheroos

Ingredients

- 6 cups Special K cereal
- 1 cup white sugar
- 1 cup corn syrup
- 1.5 cups peanut butter
- 2 teaspoons vanilla
- 1 12-ounce package of semi-sweet chocolate chips
- 1 12-ounce package of butterscotch chips

Directions

- Let sugar and corn syrup come to a boil in saucepan on the stove. Do not let boil long, just until sugar is not crystalized. Remove from stove. Add peanut butter and vanilla. Stir. Add cereal. Press into a 9-inch by 13-inch pan. Let cool. Melt all chips in a microwave-safe bowl in the microwave. Spread over bars. Allow topping to set before cutting and serving. Enjoy!



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Brothers Mark and John Parrish expanded their funeral services throughout the past decade and now have locations in Adel, Perry, Urbandale and Winterset.

The Parrish family joined the Adel Partners Chamber of Commerce early on. Alex Wright, general manager and funeral director, says the chamber plays a vital role by providing visibility for their services.

"Through networking events, community programs and business introductions, the Chamber helps us build strong relationships with residents, fellow business owners and civic leaders," Wright says. "They provide valuable opportunities to engage with the community on a more personal level, allowing us to better understand and meet the needs of our families."

Funeral service is about building relationships and supporting families during some of their most challenging times. "Being part of the Chamber aligns with that mission — it allows us to engage with other local businesses, stay involved in community initiatives and demonstrate that we're not just here to provide a service, but to be an active, contributing member of the community we serve," Wright says.

Recently, Megan Hammen joined Caldwell Parrish as funeral director. She became interested in the profession in high school after her grandmother died. "She was only 60 years old and battled five different cancers. Unfortunately, our funeral experience didn't reflect the care and dignity we hoped for," she explains. "That left a lasting impression on me."

After she had the opportunity to intern at a funeral home, she developed a passion for the work. "From that moment on, I knew this was the path I was meant to take, and I haven't looked back since," she reflects. "It's incredibly meaningful to provide comfort, guidance and a sense of peace when people need it most."

Hammen is a Rotary Club member and participates regularly in the club's service efforts. "We believe in supporting the same community that has placed its trust in us during life's most difficult moments. It's our way of showing appreciation and continuing to build meaningful relationships with the people we serve," she says.

Wright appreciates Adel's strong sense of community. "It's a close-knit community where relationships and connections truly matter. People look out for one another and support local businesses. That spirit of mutual support aligns perfectly with our values — especially in funeral service, where trust, compassion and community involvement are so important." ■



From top to bottom, left to right: Mark Parrish, John Parrish, Megan Hammen, Alex Wright.

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CELEBRATE Adel Dinner

The Adel Partners Chamber of Commerce held its Celebrate Adel Dinner at Country Lane Lodge on April 24.



Kevin Howe and Thomas Book



Jesse Woerdehoff and Cory Johnson



Kelly Shull, Julianna Cullen, Trisha Oberhoffer and Janelle Duffy



Adel Living magazine, represented by Shane Goodman and Dan Juffer, sponsored the Adel Chamber Business of the Year award presented to Uptown Vintage Market, owned by Matt and Mica Roundcount.



Tom and Linda Fuller sponsored the Adel Chamber Volunteer of the Year award presented to Josh Shull.



Bob Grove and Tim Gootee



Derek and Megan Garrett



Jolene Goodman, Tammy Pearson and Shane Goodman



Tonya and Dan Davis



Ze Lewis and Faith Templeton



The Adel Partners Chamber of Commerce held a ribbon cutting for Salt and Light Massage, 203 Nile Kinnick Drive S., on May 7.



Payton Sinnoff, Diane Petersen, Noah Petersen and Spencer Petersen at the Adel Partners Chamber of Commerce ribbon cutting for Salt and Light Massage on May 7.



Teresa Martin and Robin Cox at the Adel Partners Chamber of Commerce ribbon cutting for Salt and Light Massage on May 7.



Stacey Gaidies, Jesse Woerdehoff and Shirley McAdon at the Adel Partners Chamber of Commerce ribbon cutting for Salt and Light Massage on May 7.



Katie and Olivia Cox at the Adel Partners Chamber of Commerce ribbon cutting for Salt and Light Massage on May 7.



Paul and Mary McDermott at the Adel Partners Chamber of Commerce ribbon cutting for Salt and Light Massage on May 7.



Sam and Kelli Cox at the Adel Partners Chamber of Commerce ribbon cutting for Salt and Light Massage on May 7.



Stacey Gaidies and Nikki Keller at The Adel Partners Chamber of Commerce Celebrate Adel Dinner at Country Lane Lodge on April 24.



Scott Harford and Erin Reyes at The Adel Partners Chamber of Commerce Celebrate Adel Dinner at Country Lane Lodge on April 24.



Sadie Pane and Elisabeth Mickael at The Adel Partners Chamber of Commerce Celebrate Adel Dinner at Country Lane Lodge on April 24.



Jon Bramhall and Will Dodds at The Adel Partners Chamber of Commerce Celebrate Adel Dinner at Country Lane Lodge on April 24.



JUNE 2025

UPCOMING CITY COUNCIL MEETING:

- **Tuesday, June 10th, 2025 at 6:00pm**

*For additional meeting dates/times, meeting information, or to subscribe for email notifications when Agendas are posted for City Council meetings please visit www.adeliowa.org/agendas-minutes/

REMINDERS & CLOSURES:

- **THURSDAY, JUNE 19TH, 2025:** City Hall will be closed to the public.
- **FRIDAY, JULY 4TH, 2025:** City Hall will be closed in observance of Independence Day.
- **THE USE OF CONSUMER FIREWORKS** and novelties within Adel's city limits is prohibited by ordinance — except on July 3rd, July 4th, and December 31st.
- Pursuant to Code of Iowa, Sec. 321.369 and City of Adel Code Chapter 135.03, it is **UNLAWFUL TO BLOW GRASS CLIPPINGS ONTO CITY STREETS**. Please be a good neighbor and take pride in keeping our City streets clean.
- **YARD WASTE PICKUP STARTED TUESDAY, APRIL 1ST** and will continue every Tuesday through mid-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.

QR CODE UTILITY BILLING

Scan the QR code to access our mobile app for a more convenient way to pay your City of Adel utility bill.



JOB OPENINGS WITH CITY OF ADEL: Visit www.adeliowa.gov/government/forms/employment.php for all our current job openings with the City of Adel.

PARKS & RECREATION ACTIVITIES:

Adel Parks & Recreation has various free, family friendly events throughout the summer. Learn more about them below:

Movie in the Park – First of three showings is Friday, June 27 in Kinnick-Feller Park. Check out the Adel Parks and Recreation Facebook page to see which movie will be showing on June 27th. Bring your chairs and blankets and enjoy the movie starting at sunset.



ADEL FAMILY AQUATIC CENTER

Season passes, swim lessons, birthday parties, and private rentals can be purchased online at adel.activityreg.com

Splash Bash – Friday, June 20th 6 – 8 pm. On this exclusive night, you will be allowed to bring noodles, small pool floats and tubes, beach balls, water toys, etc. to swim with all evening long. **FEE:** Pool admission (includes passes)



Father's Day – Dad's get **free admission** on Sunday, June 15th

Military Day – Current and past military member and family receive **free admission** into the aquatic center. Thank you for your service!! Friday, July 4th, 12:30 – 5:00 pm

Lifeguard-in-Training – Welcoming all aspiring lifeguards or pool junkies! A great way to dip your toes into the life of a guard. Participants will be introduced to a variety of skills through fun games and activities. No certification is obtained through this camp. Ages 11 – 14. July 16th & 17th, 10am – Noon; July 18th, Noon – 2pm. **FEE:** \$60 (includes T-shirt) **DEADLINE:** June 27th

Cardboard Boat Regatta – **9th Annual** – gather a team of friends or family and build your own cardboard boat to race across the pool – Friday, July 18th starting at 6 pm – **Free event.**

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

EMPLOYEE HIGHLIGHT - TREVER JAYNE

Help us congratulate our Library Director Trever Jayne, as he received his 10 years of service award at the City Council meeting on May 13th. Thank you for your service, Trever!



www.iowalivingmagazines.com JUNE | 2

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

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Dishwasher with stainless steel tub. 3 rack. Adjustable middle rack. 47DBA. Fingerprint resistant

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