

ADEL

JULY 2025

Living

MAGAZINE

Dream YARDS

Residents share how they
make the best of their
outdoor spaces.

Broccoli and friends salad
RECIPE

Fair favorites, food and family fun
DALLAS COUNTY FAIR

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WELCOME

LAWN striping

I vividly remember the pride that Jolene and I had in owning our first home. That was more than 30 years ago, but, in many ways, it still feels like yesterday.

One of the most satisfying aspects of home ownership, at least for us, was having a yard to care for. We couldn't wait to mow our own lawn, do our own landscaping, plant our own trees, etc. It was a matter of pride, and we enjoyed it. It was also a time before becoming parents when we had more hours and more energy to devote to such things. What we didn't have back then were two dimes to rub together, and that's why we begged and borrowed from family members for used mowers and used trimmers and all the other stuff necessary to take care of a lawn.

I remember when I decided I should apply fertilizer to our lawn. This was new to me, as my frugal parents never spent their hard-earned money on such frivolous things. Mom simply had my siblings and me pull weeds by hand. But, as a first-time homeowner, I wanted my lawn to look nice. So, I bought the fertilizer and the spreader and I went to work, making paths throughout my yard like the instructions said to do. What I didn't do was have the dial set to the right number for my fertilizer spreader, and I burned my entire yard with stripes. This was obviously not what I had hoped for, but it did provide fodder for some good-natured ribbing from my neighbors during the years that followed. I gladly gave that fertilizer spreader to my sister-in-law, and I hired a company to do the fertilization from that point forward. And, in time, my lawn took shape — just in time to sell the property and start all over again at our new home.

Today, I still enjoy taking care of my yard — mowing, trimming, gardening, mulching, landscaping, tree trimming — and I am even fertilizing again. But, as I have aged, these tasks became overwhelming, especially when doubled. A few years ago, Jolene and I bought a home on a nearby lake, which meant we now had two properties to care for. It didn't take long before we realized the benefits in owning a townhome and having those yard tasks handled by someone else. I continue to get my fill of yard maintenance enjoyment at our lake home, but I do smile when watching the pros take care of our townhome property. And, thankfully, neither place has lawn stripes burned into the yards.

Thanks for reading. ■



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Dream YARDS

Residents share how they
make the best of their
outdoor spaces.

By Rachel Harrington

Give 10 people the blank slate of a spacious yard, and you are likely to see those yards evolve into 10 different visions. Some will be a fenced-in oasis for dogs and kids to run, roll and play. Others will have pools and fire pits for summer fun. Others will feature makeshift ballfields, sledding hills, playgrounds, ponds. And some will provide a scenic setting for enjoying sunrises and sunsets. Whatever the vision, area residents share how their outdoor spaces have become their dream yards.

Dennis Leininger's spacious yard
has evolved over time.



Kat and Shane Gilge's yard has two distinct sections: the pool area and the children's play area.

Areas for the kids and adults

People choose their homes for a variety of reasons: interior features, lot size, "good bones," location, etc. For Kat and Shane Gilge, the yard was at the top of the list.

"We originally bought the house for the yard," Kat shares. "The whole lot is just a little under an acre. When we bought our house in November 2021, the yard was actually in good shape. The previous owners had four dogs with dog runs that made paths through the grass. We seeded that area, and it is now all green grass. It took about two applications to get it where we wanted it and fill in where it was muddy from the dog runs."

The pool and deck were already there and ready to enjoy, and they did not have to make any other major improvements to the yard.

The yard is split into two sections by fences. One side is open space where their 11-month-old twin girls and their dog can play, and the other side houses an above-ground pool with a deck and lighting. Shane works to keep the yard mowed and maintained, but the couple has a lawn service routinely come out to maintain the lawn and keep it lush, green, weed free and bug free.

"We like to keep everything looking nice," Kat says. "I really like how the yard looks

after my husband has just mowed it. He does patterns, though not the typical ones. He has not mastered the diamonds yet but will do back and forth or zig-zag patterns."

On the open green side of their yard, the Gilge family enjoys playing catch with their dog. Recently, they put up a swing set and slide for their daughters. Besides swinging and sliding, the girls enjoy crawling around the yard in the lush grass.

"My mom is our nanny," Kat shares. "She will often take the girls out in the yard for picnics and playing with bubbles."

Besides the pool, the other side of the yard has a shed that houses pool toys and equipment, as well as a fire pit. The couple also enjoys grilling and smoking meat in their backyard space.

"We have a pergola with solar lights on the back patio to look out into the yard," Kat states. "I love that our yard is private. Besides our privacy fence, it just feels like we're in our own space. It is like a dream come true to see my kids playing in the yard and the dog running around. It's bliss."

Kat and Shane hope to eventually make an official play area for their kids, perhaps with a rubber border and a structure to play on.

"It can be a little oasis for them," she says. They also would like to add a pool just for their dog and an in-ground pool for themselves.

A yard perfected over time

Jim and Pam Peters built a house in Adel on a 1-acre lot in November 1996. Their son was a senior in high school at the time. Though it has been 29 years, if memory serves him well, Jim Peters says, when April rolled around and nature started to look like spring, they put sod around the apron of the house to spruce up the yard for graduation and celebrating.

"We kept the sod watered for six to eight weeks so the roots could get established. The rest of the lot we seeded," he shares. "Seeding really should happen in the fall, but we got it out when we could, and it came up naturally on its own without as much tending as the sod needed."

Over the years, Peters has maintained a relationship with a lawn care company that comes out several times a year to keep his yard looking nice. Regular mowing and trimming help keep it in good shape.

"Unlike with a garden or fancy landscaping, I don't have to do a lot of maintenance or weeding," he explains.

Behind Peters' house and lot is a small park. It isn't large enough to have baseball diamonds or much traffic, but it boasts a small basketball court, a zipline and play equipment. He planted a buffer between his lot and the park.



Jim and Pam Peters' yard, which includes a pond, provides space for the family to enjoy as well as relax.

"The buffer began as twigs smaller than my little finger with space between each plant to walk," he shares. "Now the buffer plants are 12 feet tall, and you can hardly walk between them."

When the couple built their home, they chose to build the house close to the front of the lot so the backyard would be wide and spacious.

"We have never really thought of having anything out there but green space," Jim states. "We did try having a garden for a short time, but it was only a small 15-foot by 15-foot space."

The only feature that adorns the backyard is a small pond. Not much dirt work was required to create a dam and get the pond established.

"Our pond has a little waterfall, by design, and it has a fountain in it to keep the water aerated," Peters explains. "Not long after we moved in, our son caught some fish in a local river or pond and brought them over to stock the pond. We keep it stocked with bluegill, bass and a couple of grass carp to keep it clean."

Jim and Pam Peters' grandchildren enjoy coming over to fish in the pond. When the grandkids succeed in catching a fish, they generally just catch and release it.

Peters spends a decent amount of time outside in the summertime. Usually, he enjoys the amenities and comforts of his deck while he soaks in the peace and beauty of a green backyard that faces east, which allows him to enjoy his favorite part of his yard in the summertime: morning sun and evening shade. His son's family comes over with a plastic golf club set to practice their swings. Sometimes they will also throw a baseball around.

"In our heyday, we'd have a lot of folks over

and entertain, but now not as much," he says. "However, we do have folks over during the Sweet Corn Festival in August each year."

Best of both worlds

Sometimes beautiful yards come with buying a home, and sometimes they are built over time. Dennis Leininger knows this firsthand.

"I've been at my property for about 18 years," he shares. "Originally, there weren't many other houses around me. A change occurred with surrounding property development about 10 years ago. My home backed up to woods that my neighbor on the other side of the woods owned. He developed an area into housing lots, but I still had woods immediately behind me. At first, I didn't like it other than the nice families that moved in. The lot adjacent to me had yet to be developed and was on a slope. So, nine years ago, I bought that property and the wooded lot behind me. The property developer was great to work with me on pricing. Later, I also expanded my property to the road."

With roughly three and a quarter lots' worth of property, Leininger has quite a large natural space surrounding his home.

"I love seeing all the wildlife roam on my property — deer, foxes, all kinds of birds and owls," he shares. "Recently I watched a mother fox bring a meal for her kits in my yard. During COVID, I even got to observe an eagle catching a squirrel. My girlfriend, Kristi, and I have a charcoal lab, and we love to see her run around the yard, as well. If you try really hard not to focus on being in Iowa, the yard can almost feel like being out west. It's a peaceful spot."

Over the years, Leininger has planted about

40 trees around his property with intentional species to create a beautiful display of fall foliage each year. He says he often finds a large number of mushrooms in his wooded area. He also placed a boulder border along his dry creek bed.

"Some people in town call it the 'boulder house,' " he chuckles.

To keep his yard looking pristine, Leininger brings in a little help.

"Because of the steep hillside and my arthritis, I use a mowing service to take care of my yard," he says. "Maintenance also includes weed control and cleaning up my dry creek bed. The creek bed usually remains dry except for when the snow is melting."

Leininger says he enjoys sharing the open, green field with his neighbors and their families.

"It's almost like a neighborhood park," he says. "I didn't anticipate it, but many of my neighbors have kids. This past winter, I looked out of my window and saw many of them sledding on my sloped yard. I really enjoyed seeing them have fun."

He can often spot them playing, using the field for playing catch or shagging balls. However, because it's a slope, there aren't many big games undertaken.

Leininger says, more than anything, he just enjoys the natural space and feel of his yard.

"The space gives us a feeling of privacy," he shares. "I'm a city kid, and I like that my home is in town. However, I also like feeling like I'm out of town. It feels like the best of both worlds. It turned out to be a blessing when the housing went in so I could gain green space and woods right in town." ■



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NEW HOPE CHURCH helps hurricane victims

Provides support to people of Hendersonville, North Carolina

Most Iowans have never experienced the widespread devastation that a hurricane can inflict upon a community. But members of New Hope Church in Adel not only recognized the need in the aftermath of

Hurricane Helene, they chose to do something about it.

The church hosted two fundraiser events to help those in Hendersonville, North Carolina. The first event was a “Souper Bowl” meal. The second was a cornhole tournament in late March.

Office Manager Michelle Jenkins and Executive Pastor Ben Alison spoke of the fundraising and the hands-on help to hurricane victims.

“What was so devastating about the flooding is that a lot of the people did not have flood insurance,” Alison says.

“One of the organizations we support is Reach Global Crisis Response, and they planned to send teams to Hendersonville,” Jenkins says. “We knew that North Carolina had been hard hit by Hurricane Helene. We took a team of 14 down there the first week of April.”

“What Reach Global does is provide volunteer workers to come and restore those homes. The property owners purchase some of the materials. The volunteers typically help for a week at a time to help install windows or put on



Bob Grove, Edward Jones, presents the Good Neighbor certificate to Michelle Jenkins, who accepts on behalf of the New Hope Church work to help Hurricane Helene victims.

new siding or new doors, or paint or drywall,” Alison says.

The fundraisers were to pay for getting the local team to and from Hendersonville. After a successful “Souper Bowl” fundraiser, another idea arose.

“Michelle came up with the idea of a cornhole tournament,” Alison says. “Saint John’s and the Knights of Columbus graciously allowed us to use their cornhole boards.”

“Between our Souper Bowl Sunday fundraiser and the cornhole tourney, we raised \$4,800 to send our team to Hendersonville,” Jenkins says. “People were really generous; there were \$100 bills at the freewill donation lunch.”

After the fundraising events, the 14 team members from New Hope Church made the trip to Hendersonville and saw the damage firsthand.

“Hurricane Helene actually sat on top of Hendersonville for 21 hours,” Jenkins says. “We got to help out in a cul-de-sac of about 20 homes that were flooded.”

Alison explains that the team strived to do more than just the physical repairs. “We want to be a blessing to people to get back into their homes, but we also want to share with them why we care,” Alison says.

When asked about a favorite story from the week in North Carolina, Jenkins has a quick answer.

“Miss Paula was one of those whose home was damaged, and she was one of the first to be able to move back into her home,” Jenkins says. “She opened her house to allow the teams to use her bathroom, and she had a little sign and wanted you to write your name and address, so she could write and thank you. And she thought they should rename the street as “Reach Global Drive.”

“These opportunities to serve are so rewarding,” Jenkins says. “We’ll go again when there’s a need.” ■

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TEACHING with heart

Reichter's "why" for teaching

Hope Reichter has her parents to thank for inspiring her to pursue a career in education.

"My dad instilled in my sister and me a deep appreciation for education early on," she shares. "I've always had a passion for working with children and find so much joy in watching them grow and succeed."

For Reichter, teaching provides the opportunity to be a positive role model and help create a safe, supportive environment where students feel encouraged and empowered to reach their full potential.

She earned her bachelor's degree in elementary education and middle level education from the University of Northern Iowa in 2019. She later completed her master's degree in teacher leadership, instruction and curriculum from Buena Vista University in 2021.

Recently, Reichter wrapped up her fifth year teaching third grade in the ADM School District. She can wholeheartedly say she's enjoyed it.

"There are so many reasons why I love teaching," she says. "One of the most rewarding parts is watching students grow, not just academically, but emotionally and personally as well."

Reichter enjoys building meaningful relationships with her students and being part of their journey. That is why it is so important to her to create a classroom environment where every child feels seen, valued and safe.

"Teaching also challenges me to keep learning and growing, as each day brings something new — a fresh perspective, a new opportunity, or a different challenge that keeps the work both exciting and meaningful," she says.

Some of Reichter's favorite memories over the years include class field trips, the excitement of the first day of school, and the bittersweet emotions that come with the last day.

"Each moment marks a special part of the school years," she says. "I also feel incredibly fortunate to work alongside such dedicated and inspiring educators. Being part of a team that shares the same passion for teaching makes every day special."

She's also grateful to be part of the Adel community with her husband, Logan, and their two young children.

"My family and I truly enjoy the small-town charm that Adel offers," Reichter says. "It's a welcoming, close-knit community with so much to offer, and we feel it's the perfect place for our children to grow up." ■



Hope Reichter wrapped up her fifth year teaching third grade in the ADM School District this year.

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Aug 20: Brian Allen, Zipp's Pizzeria, Totally Rolled Ice Cream

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

Aug 27: Jake Schrodt, Pho Wheels & Sushi, Totally Rolled Ice Cream

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A BUSY month of programming

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STORYTIMES

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 - My First Storytime – Wednesdays at 9:30 a.m.
 - Preschool Storytime – Thursdays at 9:30 a.m.
 - Dallas County Conservation Storytime – Monday, July 7 at 9:30 a.m.

ALL AGES

- Family Concert with Celia is Rock! – Monday, July 7 at 6:30 p.m. at the Community Stage and Pavillion
 - Crafty Mondays – Monday, July 7, 14, 21, 28 at 1 p.m.
 - Giant Board Games – Friday, July 11 and 25 from 10 a.m. to 1 p.m.
 - Science Center of Iowa: Boom! – Wednesday, July 23 at 1 p.m.

ELEMENTARY

- IRL: Super Mario Party Jamboree – Tuesday, July 1 at 2 p.m. Registration required at adelpl.org.
 - My Silly Monster Creative Fun Time! – Wednesday, July 2 at 1 p.m.
 - Tail Wagging Readers – Thursday, July 3 at 4:30 p.m.
 - Pokémon Academy – Tuesday, July 8 from 2-3:30 p.m. Registration required at adelpl.org.
 - Reading Dragon Party – Wednesday, July 9 from 1-3 p.m.
 - Tween: Library E-Sports – Thursdays, July 10, 17, 24, from 1-3 p.m. Registration required at adelpl.org.
 - Escape Room: Escape from Mr. Lemoncello's Library – Tuesday, July 15 from 9 a.m. to 5 p.m. Registration required at adelpl.org.
 - Minecraft IRL Party – Tuesday, July 22 at 2 p.m.
 - Lego Racers – Tuesday, July 29 at 2 p.m.

TEEN

- Teen Advisory Board – Thursday, July 3 at 1 p.m.
 - Teen: Bingo for Books – Thursday, July 3 at 2 p.m.
 - Tween: Library E-Sports – Thursday, July 10, 17, 24 from 1-3 p.m. Registration required at adelpl.org.
 - Nerf Battle: Grades 6-12 – Friday, July 18 from 2-4 p.m.
 - Dungeons & Dragons: School of Adventure – Saturday, July 19 from 1-4 p.m. Registration required at adelpl.org.
 - Library D&D – Friday, July 25 at 1 p.m. Registration required at adelpl.org.

ADULTS

- Yoga – Every Wednesday at 5:45 p.m. Registration required at adelpl.org.
 - 50s Plus Senior Group – Tuesdays, July 1 and 15, 10 a.m.
 - Adult Bingo for Books – Tuesday, July 1 at 10 a.m.
 - Dealt Hand: Adult Board Game Pop-Up – July 30 at 6 p.m.
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FINDING community in Adel

Hadfield's career helped her build relationships.

When Alicia Hadfield first began working at the Wells Fargo branch in Adel more than 14 years ago, she didn't realize just how deeply she would become fond of the town.

Though the branch closed this past March, Hadfield's connection to Adel hasn't faded.

"The town is really important to me," she says.

Having lived and worked in Adel, Hadfield wanted to stay active in the community as a way of giving back. Her daughter has attended school in Adel since preschool and will start her freshman year this fall.

Hadfield herself has been a familiar face at school events and around town. She has served on the Adel Partners Chamber of Commerce board for a decade and is currently in her second term on the executive committee, this time as chair.

She's also known for her role as race director of the Sweet Corn 5K, a popular event held each summer during the Sweet Corn Festival. A dedicated runner herself, she participated in the race for years before stepping into a leadership

role seven years ago.

"I said, of course," Hadfield recalls of being asked to take it over.

Her passion helped keep the event going, even through the challenges of COVID.

Ultimately, Hadfield's love for Adel continues to grow, and she wants to help shape its future — for both new residents and her own child — especially with the new school being built.

"Even though I don't actually have a piece in that, I just love to see advancement in Adel," she says. "I found roots in Adel."

Hadfield grew up in Sioux City and moved to Des Moines for school. When a manager position opened up at the Wells Fargo branch in Adel, she jumped at the chance.

"Thankfully, I was offered the position," she says. "After having started in Adel, (I found) it really gave that community vibe. Everyone was so welcoming to a new face, especially in the bank."

Working at the branch gave her a front-row seat to the town's vibrancy.



Work brought Alicia Hadfield and her family to Adel, and she says she is glad it did.

"I got to really know the town," Hadfield says. "I got to see kids grow up and graduate. I saw all the life events for my customers because they come in and enjoy telling you about it."

Even though her professional chapter in Adel has closed, Hadfield's commitment to the town and its people is as strong as ever. From organizing races to cheering on school advancements, she is a proud part of what makes Adel feel like home. ■

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EVENTS IN THE AREA

Be sure to check for cancellations

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

Coming up in Adel Living magazine

Home Improvement: Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email tammy@iowalivingmagazines.com with your stories.

Summer Series

Various dates

Country Lane Lodge, 29300 Prospect Circle

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

- 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

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.



Mobile Food Bank

Fourth Wednesdays of the month

New Hope Church, 25712 Highway 6, Adel

Adel Mobile Food Bank is 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.

50s Plus meetings and events

First and third Tuesdays of the month, 10 a.m. to 1 p.m.

Adel Public Library, 303 S. 10th St.

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.

Class of 1965 60th Annual Class Reunion

Saturday, Aug. 9

Old bus depot on the corner of Greene Street and S. 11th Street, Adel

The class of 1965 will meet at Dennis Leininger's tailgate party after the Adel Sweet Corn Festival Parade for lunch. Please bring a donation that goes to the ADM Scholarship Fund. ■



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GIRLS TRACK



HOPE in the midst of sorrow

Biologically speaking, every life is distinct. Each person's DNA is one-of-a-kind — there never has been, nor will there ever be, another set of DNA exactly like yours. Let that last sentence sink in.



This incredible uniqueness is just one reason why every life is so precious. As Psalm 139 beautifully portrays, "For it was you who created my inward parts; you knit me together in my mother's womb. I will praise you because I have been remarkably and wondrously made." The God who crafted the universe and life itself meticulously created each part of us.

This inherent uniqueness and value of life reinforces how losing someone close leaves us mourning. When you're grieving the loss of a loved one, it's easy to feel incredibly alone, confused, numbed, uncertain, and even

misunderstood. The pain and isolation can be immense, but you don't have to carry that burden by yourself. Loss and tragedy remind us that this world is broken and filled with sadness. As family and loved ones of someone who has passed, how can we heal the turmoil and sadness and address our questions?

The answer is in the hope that Jesus offers. Psalm 34:18 reminds us: "The Lord is near the brokenhearted; he saves those crushed in spirit." This speaks to God's restorative character. Even in a broken world, He desires to draw us back to Him and set every wrong right.

On this earth, all our lives have an ending point. However, there will be a day that God does away with death. Revelation 21:4 offers comfort: "He will wipe away every tear from their eyes. Death will be no more; grief, crying and pain will be no more, because the previous things have passed away."

In John 10:10, Jesus succinctly stated His mission on earth: "I have come so that they

may have life and have it in abundance." But hope in Jesus goes far beyond wishful thinking; it's a true anticipation of comfort, restoration and ultimate justice for those who trust Him, knowing He has proven Himself true time and again. With hope in Him, we know that restoration will one day be reality.

GriefShare offers a safe and comforting space where you can connect with others who truly understand what you're going through. You'll find the support, direction and guidance you need to navigate grief and loss of any relationship.

At New Hope Church in Adel, join us for a new GriefShare session beginning Sunday afternoons on July 20. Please scan the QR code in the ad below to register or view additional information. ■

Information provided by Ben Alison, Executive Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, www.newhopeadel.org.



GRIEF SHARE

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New Session
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SMART summer financial moves during uncertain times

Summer is typically a time for vacations and relaxation, but in today's unpredictable financial climate — with rising interest rates, inflation concerns, and global instability — it's wise to take a more thoughtful approach to your money. Your local trusted community bank is here to help you stay financially strong while still enjoying the season. Here are some smart, practical moves to consider this summer:

Revisit your budget: Take a fresh look at your income and expenses. Factor in seasonal costs like vacations, higher utility bills, or back-to-school shopping. Adjust to prioritize needs over wants while still leaving room for enjoyment.

Build or boost your emergency fund: With uncertainty in the economy, having three to



six months' worth of expenses saved is more important than ever. Set up automatic transfers to a high-yield savings account at your local bank to grow your emergency fund steadily.

Consolidate and manage debt wisely: If you're juggling high-interest debt, consider options like a Home Equity Line of Credit (HELOC) or a personal loan through your community bank. Local bankers can help you find smart ways to consolidate and pay down debt efficiently.

Shop local and support the economy: Use your spending power to support local businesses. When you shop and bank locally, more money stays in your community, helping stabilize jobs and local services.

Meet with a local banker for a financial check-in: Schedule a mid-year financial review with your trusted banker. They can help you assess your goals, identify new opportunities, and adjust your strategy as needed.

Explore safe investment options: Talk with your bank about secure, short-term investment vehicles like CDs or money market accounts. These can offer better returns than a standard savings account with minimal risk.

Use summer income wisely: Seasonal jobs or side gigs can bring in extra cash. Use that income to pay down debt, add to savings, or invest in long-term goals.

Protect your identity while traveling: Notify your local bank of travel plans, use secure payment methods, and monitor your accounts through online banking to avoid fraud and theft.

Your community bank is more than a place to store your money — it's your financial partner through every season. When times are uncertain, personalized support, local decision-making, and trusted advice can make all the difference. ■

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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FAVORITES, food and family fun

It's Dallas County Fair time.

For the past year, The Dallas County Fair Board has been preparing for the upcoming county fair July 8-12. It is excited to share the highlights and new events that will be available for the community's enjoyment. Fair Board Secretary Sherry James shares that, this year, there will be no gate admission fee or fee for parking, and the carnival will be absolutely free as well, thanks to sponsors. Families can come and enjoy all the carnival rides without the burden of admission or ride tickets.

One of the main highlights of this year's Dallas County Fair will be the Mutton Bustin' and Rodeo in the south arena on Thursday night. Free entertainment will abound all around the entertainment plaza in the middle of the fairgrounds. Returning crowd favorites will include magic shows by Shaun Jay Magic, firefighter shows, the Bill Riley Talent Search Tuesday afternoon, Xtreme Strong Man, and City Council Barnyard Olympics. There will also be the 4-H/FFA BBQ on Tuesday evening at the county fair.

Livestock shows will take place throughout the week. The horse, dog and beef shows are on Thursday of fair week. Goat and sheep shows will be held on Friday, and the swine shows and smaller animal shows, including bottle calves, sheep, goats, rabbits, and the Clover pet show and cat show, will be held Saturday.

New this year is a space for indoor commercial vendors to set up, and several have already signed up. Familiar outdoor vendors will still be set up as they typically are.

"Anyone interested in signing up as a vendor can reach out to me for more information," James says. "The deadline is July 5." A farmer's market will be set up for fairgoer perusal Tuesday of fair week from 4-7 p.m.

From Tuesday through Friday during fair week, Fair Queen contestants will make appearances, and, on Friday at 3:30 p.m., the Fair Queen will be crowned. Also on Friday, Little Miss judging will occur on Center Stage at 3 p.m.

There will be live music after each evening event at the south arena, except for Friday night during a concert. Grandstand entertainment will feature DJ Dallas and DJ B Moore on Thursday night from 9 p.m. to midnight, followed by a concert by Matt Stell with special guest Jordan Beem on Friday night from 7-10 p.m. On Saturday night from 6-10 p.m., there will be Figure 8 and Circle Track racing at the north track with live music by The Other Brothers. Fireworks will conclude the fair on Saturday night from 10-10:30 p.m. near the north track.

"My personal favorite part of the fair is the fact that we can offer free parking and admission," James shares. "This is all thanks to our wonderful sponsors. I also love all the youth events throughout the fair. That's part of the reason I am on the board anyway — because of my love and passion for the 4-H and FFA programs." ■



The Dallas County Fair will feature its usual pageantry, livestock shows, live entertainment and much more.

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HEALTH

By Alicia Fisher, PT, DPT

Q: What is diastasis?

A: Diastasis recti is a thinning or separation of the connective tissue, linea alba, between your front abdominal muscles, rectus abdominis. The linea alba connects the rectus abdominis muscle in the middle, separating it into two sides. When diastasis is present, you may see a doming or bulging through your abdomen. This can be present below the navel, above the navel, or can be a complete diastasis through the entire abdomen. Diastasis can occur following pregnancy, abdominal surgeries, or from a general weakness in core muscles. The bulging is most commonly noticed when you strain or contract your abdominal muscles, which can often be seen when sitting up from a laying position.

If diastasis is present, it is important to work on progressive strengthening exercises to improve core strength, rib cage mobility, as well as work to balance pressures in the abdomen without any further straining to the linea alba. If diastasis is left untreated, this can result in low back pain, poor posture and pelvic floor issues. In severe cases, the connective tissue can tear or a hernia may develop which may need to be corrected with surgery. ■

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

STAYING healthy at home

How remote monitoring is changing the game.

Home health care is getting a high-tech upgrade — and it is making life easier for patients and caregivers alike. One of the biggest trends right now is remote patient monitoring, or RPM for short. It is a fancy way of saying that doctors and nurses can now check in on your health without your needing to leave your cozy couch.

Using devices like smart blood pressure cuffs, glucose meters, or even watches that track your heart rate, health professionals can keep tabs on how you are doing in real time. If something seems off, they can step in early — sometimes before you even notice a problem. That means fewer emergency trips, better care for chronic conditions, and peace of mind for families.

RPM is also helping ease the load on our healthcare system. With more people needing care, especially older adults, this tech lets nurses and doctors help more patients without stretching themselves too thin. Plus, it allows for more personalized care that fits into daily life.

Sure, there are still hurdles — like making sure data stays private and helping people get access to the tech — but the future looks bright. Home really is where the health is. ■

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



BEAT the heat

Medication storage tips from your pharmacist

As summer temperatures climb, it's important to remember that heat can do more than cause sunburn — it can also affect the safety and effectiveness of your medications. Whether you're at home or on the go, proper medication storage is essential during the warmer months.



Car storage: a common mistake

One of the most common summer medication mistakes? Leaving your prescriptions in a hot car. Temperatures inside a parked vehicle can quickly soar above 100°F, even on a mild day. That means pill bottles, inhalers, EpiPens and insulin can be compromised within minutes. Pharmacist tip: If you're traveling with medications, carry them in a small insulated bag or cooler (but avoid direct contact with ice packs, which can freeze sensitive medications like insulin).

Bathroom and kitchen heat

At home, avoid storing medications in the bathroom or near the stove — both areas tend to be humid or experience frequent temperature swings. A cool, dry place like a bedroom drawer or hallway cabinet is often a better choice.

Know the signs of heat damage

If a medication smells different, has changed color or texture, or looks melted or clumpy, don't take

it. Call your pharmacist to discuss whether it is still safe to use. In some cases, the only way to know if a medication has been compromised is to replace it.

Traveling? Plan ahead

Going on vacation? Check how your medications should be stored in transit. If you're flying, always keep prescriptions in your carry-on bag, not your checked luggage, which can be exposed to extreme temperatures.

When in doubt, ask

If you're unsure about the proper way to store your medication during the summer, ask your pharmacist. A quick conversation can help protect your health and make sure your treatments are working the way they should.

Stay cool and keep your medications cool, too. ■

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

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DEMYSTIFYING the title opinion

What homebuyers need to know

Buying a home is exciting, but let's face it — it is also overwhelming. From the stack of papers you will sign at closing to the legal jargon flying around, it's easy to feel lost.

Among the many documents you will encounter is one you may not know much about: the title opinion.

So, what exactly is a title opinion?

A title opinion is a written report from an attorney that outlines the legal status of a property's ownership. This report is based on a review of public records — known as a title search — from the county where the property is located. The title opinion highlights any issues that could affect ownership, such as easements, liens or unpaid taxes, ensuring the buyer won't be



caught off guard after closing.

Here's how it works: The seller begins by taking the property's abstract — a historical summary of ownership and legal activity — to an abstract company. The company updates the abstract using the latest public records, then sends it to the buyer's attorney.

What's the attorney's job? The attorney will dig through the updated abstract and flag any concerns. These fall into two main categories. First are defects that must be fixed before closing — think unpaid mortgages or tax liens. The second group includes informational items the buyer should simply be aware of, like zoning restrictions or utility easements.

Once the attorney finishes their review, they issue a preliminary title opinion. This gets shared with both buyer and seller to resolve any outstanding issues before the deal is sealed. Once everything checks out, the buyer may also apply for an Iowa Title

Guaranty certificate — a unique perk for Iowa homebuyers.

Unlike other states that rely solely on private title insurance, Iowa offers a state-run program that adds an extra layer of protection for both homeowners and lenders. Iowa Title Guaranty works hand in hand with the attorney's opinion to offer financial peace of mind against hidden title defects.

After closing, the attorney issues a final title opinion, confirming that all defects have been addressed and the buyer is now the rightful owner.

Buying property doesn't have to be a mystery. With a clear title opinion and the backing of Iowa Title Guaranty, you can feel confident that your dream home is truly yours — free and clear. ■

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

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BROCCOLI and friends salad

Step aside, “Trees and Raisins.” It’s 2025, and there is a new salad in town. The Broccoli and Friends Salad is bursting with flavor and packed with nutrients, making it a fresh favorite you will want to hang on to.

Salads and slaws have come a long way in the past 75 years. I’ll admit, I wasn’t a fan growing up, but now they are the dishes I look forward to most at potlucks. Add some cubed chicken or a piece of salmon, and you have got a light, satisfying meal.

These days, salads are more versatile than ever, thanks to healthier, more creative dressing options ranging from various oils and vinegars to honey, mustard, maple syrup, Greek yogurt, fat-free sour cream and soy sauce. To lighten this recipe, try swapping the mayo for Greek yogurt and cutting the sugar to half a cup. You will still get all the flavor with fewer calories.

Whip up a batch this weekend. You will be glad you did. ■

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



Broccoli and friends salad

Recipe courtesy of “Cookin’ Savvy”

Servings: 4-6

Ingredients:

- 2 medium heads broccoli
- 2 apples
- lemon juice
- 1 carrot
- 1 cup blueberries
- 1 cup dried cranberries
- 1 cup sunflower seeds
- 1 cup pecans
- 1 package (2 1/2 ounces) real bacon pieces

Dressing:

- 1 cup mayonnaise
- 1/3 cup milk
- 1/3 cup apple cider vinegar
- 2 tablespoons poppy seeds

Directions

- Coarsely chop broccoli and place in large bowl.
- Coarsely chop apples and brush with

lemon juice to prevent browning; add to bowl.

- Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.
- To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds. Pour over broccoli salad and mix well.



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DES MOINES WEST KOA Holiday

Natural beauty campground is an outdoor destination.

The Des Moines West KOA Holiday is a family-friendly campground located just off I-80 in Adel, welcoming guests since 2006. Owners chose the location for its natural beauty, proximity to the metro area and the strong sense of community in Adel.

West KOA Holiday started as a small campground and has grown into a full-service outdoor destination. KOA offers RV sites, tent camping and deluxe cabins.

Manager Markus Vangen joined the Adel Chamber as a way to become more integrated into the community. He says, "As a tourism-focused business, connecting with local organizations is key to helping our guests discover everything Adel has to offer — from local shops to events."

He says Adel provides a welcoming environment for businesses and a strong sense of community. "The location is ideal — close to the Des Moines metro, but with a small-town charm that visitors love. The supportive network of fellow business owners is also a big plus."

Vangen says the Chamber is a great resource for networking and building local relationships. "They provide introductions, help promote our events and services, and offer a platform to connect with both residents and other businesses," he explains.

Over the years, they've expanded the campground by adding deluxe cabins, new amenities and seasonal activities. Vangen says their success is due to their commitment to guest experience, cleanliness and hospitality. "Many guests return year after year," he says. "We've also invested in creating a unique atmosphere that blends outdoor recreation with comfort."

KOA continually looks for ways to enhance their guest experience. They've updated playgrounds and added themed events. "We're exploring more long-term stay options as the demand continues to rise. We're also looking at sustainability efforts to make our park greener."

KOA participates in local events and supports local fundraisers by giving donation stays for auctions. He says giving back is important. "Our business depends on strong community relationships. When Adel thrives, we all do," he reflects.

Vangen recommends other local businesses become involved in the Adel Chamber. He explains, "The chamber is a great tool for visibility, collaboration and community engagement. It offers access to valuable resources and creates opportunities you might not find on your own."

He appreciates and thanks the Adel Chamber for the work they do to promote and support local businesses. He adds, "To the residents and guests who continue to make Des Moines West KOA Holiday such a special place, we appreciate you." ■

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



Manager Markus Vangen, Des Moines West KOA Holiday, says chamber membership is important for a tourism-focused business like the campground.



Adel Sweet Corn Festival

Saturday, August 9, 2025

Join us for family fun, food, a 5K, a parade, live music, a car show, and of course — **FREE SWEET CORN!** While it lasts



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GIRLS Track

ADM Girls Track Invitational was held in Adel on April 29. The team finished the season as 3A State Champions.



Miah Seehase and Calli Seehase



Isabelle Book and Peyton Standley



Jordan Crannell and Brynlee Chapman



Madi James



Alexa Williams and Lydia Georgick



Elliotte Von Roden



Addy Bjork



Brecken Morse



Evelyn Horgen and Ella Goodrich



Allie Eggleston



Danielle Georgick

GIRLS Track

ADM Girls Track Invitational was held in Adel on April 29. The team finished the season as 3A State Champions.



Jada Grove and Calli Seehase



Haley Nelson



Ella Subbert



Marlee Willms



Amelia Pfaff



Jemma Weber



Josi Dufoe



Elise Coghlan



JULY 2025

UPCOMING CITY COUNCIL MEETING:

- **Tuesday, July 8th, 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:

- **FRIDAY, JULY 4TH, 2025:**
All City buildings 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 July 3rd from 9am- 10pm and July 4th from 9am- 11pm.
- 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** 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.

PARKS & RECREATION ACTIVITIES:

Adel Parks & Recreation has various free, family friendly events throughout the summer. Learn more about them below: For more information and to register, visit adel.activityreg.com.

Movies in the Park – Second of three showings is Friday, July 25 in Island Park. Movie is **the Wild Robot**. Bring your chairs and blankets starting at sunset.

Bean Bags League – Seven weeks of league play followed by end-of-season tournament. Held on Thursday evenings starting August 14. Cost is \$50/team. Held at Kinnick-Feller Park. Registration deadline is July 25th.



ADEL FAMILY AQUATIC CENTER

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

Military Day - Current and past military members and family receive free admission into the aquatic center on July 4th

Lifeguard In-Training - A great way to dip your toes into the life of a guard. No certification is obtained through this camp. Ages 11-14.

FEE: \$60

WHEN: July 16 & 17 10am-Noon; July 18 Noon-2pm

Cardboard Boat Regatta - The 9th Annual Cardboard Boat Regatta will be held on Friday, July 18th starting at 6pm.



2024 WATER QUALITY REPORT:

Please visit https://www.adeliowa.gov/explore_adel/utilities/water_sewer.php#collapse1092b0 or scan the QR code to view 2024 Water Quality Report.



JOB OPENINGS WITH CITY OF ADEL:

Visit <http://www.adeliowa.gov/government/forms/employment.php> or scan the QR code for all our current job openings with the City of Adel.



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M-Th 7:30 a.m. – 4:30 p.m.

F 7:30 a.m. – noon
www.adeliowa.gov

PUBLIC SAFETY Police and Fire Depts.

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

M-Th: 7:30 a.m.-noon;
12:30-4:30 p.m.

Fri: 7:30 a.m.-noon

EMERGENCY – DIAL 911

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515-993-3512

M-Th 9 a.m. – 6 p.m.

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www.adelpl.org

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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

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