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BEAT THE HEAT AT THE AQUATIC CENTER

Summer is in full swing, and there is no better place to beat the heat than the Adel Family Aquatic Center. The Aquatic Center offers many options for the community, from swimming lessons, to private pool parties, to unique activities like the Sweet Corn Festival Corn Dive.

Ramona Dillinger has been the Adel Aquatic Center's Supervisor since September 2021. She has 26 years of park and recreation experience. Director Nick Schenck says, "Ramona deserves a great deal of recognition and appreciation for making it safe and fun for all at the Adel Aquatic Center."

The Adel Aquatic Center offers a Sweet Corn Dive every year. This event offers a fun twist on diving for treasure, as kids scramble to collect corn cobs scattered



across the pool floor. Competitors compete to earn a free season pass or free swim lessons for the 2026 season. This event will be held on Friday, Aug. 8 at 6 p.m. And don't forget the beloved Doggy Dip, held

on the final day the pool is open, which will be on Sunday, Aug. 10 at 6 p.m. Furry friends of all shapes and sizes are invited to take a swim as we say goodbye to the summer. This event cost \$6 per dog. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 84 | LOW 69

Partly cloudy with p.m. t-storm

**SATURDAY HIGH 88 | LOW 70**

Humid with variable cloudiness

**SUNDAY HIGH 93 | LOW 73**

Mostly sunny, warm and humid

**MONDAY HIGH 95 | LOW 72**

Very humid, sunny and hot

**TUESDAY HIGH 89 | LOW 67**

Humid with partial sunshine



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FROM THE PUBLISHER

UNFLAVORED, ROUND AND WOODEN

They have been carved out of wood, plastic, bamboo, metal and even bone, and they date back to prehistoric times before modern humans existed. These were a luxury item in the 17th century, made from precious metals and adorned with jewels. On the other extreme, Eskimos used walrus whiskers as their choice. Here in mainland America, we owe entrepreneur Charles Forster our gratitude, as he was the one to first mass-produce these items that we still roll out of metal holders while paying for cheeseburgers and fries.

I am, of course, referring to the toothpick. Yes, the toothpick — a simple device used by so many. Some estimates show that more than 75 billion toothpicks were produced in the United States alone each year, and 95% of those were manufactured in the little town of Strong, Maine. Strong, indeed.

Today, toothpick production in the U.S. has dropped to about 8 billion. Why the decrease? Many reasons are offered, but the one given the most credit is that picking one's teeth at the table became a social faux pas. This

wasn't always the case, though. Queen Elizabeth was said to have once received six gold toothpicks as a gift and often showed them. A popular portrait of her has a chain around her neck with a gold toothpick hanging from it. Now, that's royal.

Forster developed the first toothpick-manufacturing machine in 1869, and this led to mass production — but not right away. Americans apparently weren't interested in buying something that many were simply whittling themselves. Forster changed this attitude by hiring people to pose as diners who were seeking toothpicks. Many restaurant owners soon made sure toothpicks were available for diners who developed the habit of reaching for them as they were leaving.

Today, even those who don't pick their teeth have found a need for toothpicks. They are commonly used in finger foods and overstuffed deli sandwiches. Bakers test brownies for



“doneness” with them. Those who are annoyed with short matchsticks use them as extenders. And many woodworkers use them to plug small holes and even unclog glue bottles.

Toothpicks were readily available in my childhood home, but Mom insisted on buying the cheap, flat ones that would easily break. When I found a round, sturdy one, that was a treat. My brother, though, found the flat ones were better for soaking in cinnamon oil for a tasty — and sometimes burning — treat. Today, I have a round wooden tube in my desk that holds several toothpicks in case I feel the need. They are not flavored, they are round in shape, and they are wooden. My toothpick choices are definitely not made of plastic, bamboo, metal, bone — or walrus whiskers.

Have a great week, and thanks for reading. ■



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

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8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact
Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact
Dan Juffer
515-371-2290
dan.juffer@dmcityview.com

ADM ATHLETIC HALL OF FAME INDUCTION

The 2025 ADM Athletic Hall of Fame induction ceremony will be held Saturday, Aug. 9 at 2 p.m. at the ADM High School Auditorium. This event is open to the public and free to attend. Athletes being inducted into the Class of 2025 ADM Athletic Hall of Fame are: Gavin Glenn - Class of 2012, Zach Johnston - Class of 2016, Mike Whisner - Coach 1982- 2018 and Randy York - Class of 1971.

The inductees will be honored at the Sweet Corn Festival on Saturday, Aug. 9. Displays will be set up in the high school commons. ■

ADEL FARMERS MARKET

Enjoy this open air market featuring more than 40 vendors with a range of homegrown and homemade products from local farmers, bakers and artisans at the Dallas County Fairgrounds, 28057 Fairground Road, Adel, Tuesdays through September, 4-7 p.m. This is a family event with food trucks and music. ■

GOOD SAMARITAN FOOD PANTRY ADDS HOURS

The Good Samaritan Food Pantry at 215 N. 11th St., Adel (northeast corner of the ADM District Administration Center), has expanded its hours to include the third Saturday of the month, noon to 2 p.m. The pantry is also open Monday and Tuesday from noon to 2 p.m. and the fourth Monday of the month from 5-6 p.m. ■

VOLUNTEERS SOUGHT TO DISTRIBUTE KID SUMMER FOOD PACKS

Join the Adel Good Samaritan Food Pantry at the Adel Farmer's Market to help distribute Kid Summer Food Packs. All ages are welcome. Bring a friend; at least two per shift is recommended. Volunteers are needed every Tuesday from 4-7 p.m. through August at the Dallas County Fairgrounds, 28057 Fairground Road, Adel.

Once you sign up, a friendly Good Samaritan Food Pantry staff member will reach out with all the details you need for your shift. You'll be handing out Kids Grab & Go Food Packs from the Good Samaritan Food Pantry van and tent. Let's make this summer unforgettable for our kids. Scan the QR code to apply to volunteer. To contact us, call 515-478-3760. ■



50s PLUS MEETINGS AND EVENTS

Enjoy board games, conversation, coffee and good food at the 50s Plus meetings. They invite anyone in Adel and the surrounding area to join them the first and third Tuesdays of the month, 10 a.m. to 1 p.m. at the Adel Public Library, 303 S. 10th St. 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. ■

MOBILE FOOD BANK

Adel Mobile Food Bank is the fourth Wednesday of the month at New Hope Church, 25712 Highway 6, Adel, from 5-6:30 p.m. or until the food is gone. This is a drive-thru pickup for free groceries. ■

ADM SPORTS SCHEDULE

**NO SPORTS
SCHEDULED
THIS WEEK.
ENJOY YOUR
SUMMER
BREAK!**



OBITUARY

Funeral notices can be emailed to tammy@iowalivingmagazines.com

DR. ARNOLD E. DELBRIDGE

Arnold E. Delbridge, M.D., 82, died Sunday, July 13, 2025. He was a distinguished orthopedic surgeon and respected member of the Cedar Falls, Waterloo, Waverly and Marshalltown medical communities. He was born near Howes, South Dakota. Arnold's journey began in a one-room schoolhouse and led to a life defined by decades of rigorous study, military service, distinction in orthopedic medicine, and a devotion to farming and ranching.

Arnold earned bachelor's degrees in biological sciences and medicine from the University of South Dakota and received his M.D. in 1968 from Northwestern University Medical School, where he also met his wife, Camille Puccini. He completed his internship at Cook County Hospital in Chicago before being called to active duty in the U.S. Army in 1970. Shortly after deploying to Vietnam, their daughter, Kim, was born. Arnold served with distinction in Vietnam and later at Irwin Army Hospital in Fort Riley, Kansas, attaining the rank of Major in the Medical Corps.

Following his military service, he returned to Northwestern to complete a residency in orthopedic surgery, during which time their son, Eric, was born. He launched his first orthopedic practice in Dubuque before settling in Cedar Falls.

In 1995, Arnold and a group of specialists founded Cedar Valley Medical Specialists, P.C. Dr. Delbridge served as chief of staff at both Covenant Medical Center and Sartori Memorial Hospital and as chief of surgery at multiple institutions. He was also president of the Board of Directors for Cedar Valley Medical Specialists and its affiliated ADI division. He was an active member of the American Medical Association, the Iowa Orthopedic Society, the American Spinal Injury Association and the American Academy of Disability Evaluating Physicians.

In the 1970s, he and his wife, Camille, purchased a ranch near his childhood home in South Dakota. Over the next five decades, they steadily expanded their agricultural pursuits in Iowa, eventually establishing Dumont Farms, which spanned land in Marshall, Ringgold and Decatur counties.

He was always his family's biggest supporter and always ready with a joke to make you laugh before you left.

Dr. Delbridge is survived by his wife, Camille, of 56 years; his children, Kimberly (Dusten) Gratny and Eric (Charlotte) Delbridge; his grandchildren: Joshua, Madelyn, Elijah, Roan, Ella, Laird, Cordelia and Greyson; his brothers, Harold (Debbie) Delbridge, Norman (Susan) Delbridge and Paul (Debbie) Delbridge; sister, Sandra Cox; and numerous nieces, nephews and cousins. He was preceded in death by his parents, brothers Lloyd Delbridge and Lyle Delbridge, and brother-in-law Gary Cox.

Funeral services were held at New Hope Church in Adel on July 20. Burial followed at the Iowa Veterans Cemetery near Van Meter. ■



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OBITUARY

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ELLEN N. COPELAND

Ellen N. Copeland, 80, died at her residence in Adel on July 17, 2025. She was born on Dec. 5, 1944, in Des Moines. Ellen graduated from Adel High School in 1963.

Ellen worked for 33 years as a dispatcher for the Dallas County Sheriff's Office, a career she committed to wholeheartedly until her retirement in 2006. Her role was not only a profession; it was a testament to her character — responsive, reliable and always putting others first. For 30 years, she also dispatched at the Iowa State Fair.

She contributed her time and effort to the Community Thanksgiving Dinner and Relay for Life. Ellen's greatest pride was in her family, especially her daughter, Brenda Copeland of Adel, and her six grandchildren: Kayden Robertson, Layna Pierce, Emmett Pierce, Peyton Robertson, Jaxon Pierce and Tayler Pierce. She had an unwavering affection for her dogs.

She is also survived by her three brothers, Jim, John and Joe Copeland; sisters, Sherri McDowell and Terri; her cousin, Heather Wachendorf and her family, along with numerous nieces and nephews. Ellen was preceded in death by her parents.

A celebration of her life was held at the Caldwell Parrish Funeral Home in Adel on July 23. Memorials are suggested to the Dallas County Sheriff's Office. ■



2025 ADEL ROCK THE BLOCK

Dallas County Habitat for Humanity is excited to continue its investment in the Adel community through its Rock the Block Home Preservation event in the neighborhood surrounding Kinnick-Feller Riverside Park this Aug. 27-29. During Rock the Block, Habitat will be partnering with current homeowners to revitalize this historic neighborhood. Dallas County Habitat for Humanity will complete critical needs repairs, accessibility modifications, and aging in place updates, with the goal of enabling homeowners to safely stay in their homes longer. The organization is committed to uplifting the Adel community and creating pathways to more sustainable homeownership for Adel residents. Through strong partnerships, Dallas County Habitat for Humanity can continue to invest in, and revitalize, the Adel community. A variety of sponsorships at various levels are available to support the efforts. Those interested in being a sponsor should contact Lindsey R. Van Wyk, Dallas County community partnership coordinator, at 515-310-3966 or lrwansonvanwyk@gdmhabitat.org. ■

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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**DMPA FREE OUTDOOR FAMILY EVENTS****Various dates and parks**

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

- **Aug. 13:** Storytime Under the Green Umbrella, Cowles Commons
- **Aug. 23:** Dancing on Cowles Commons

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

**EARLHAM CONCERT SERIES****Every Sunday until Aug. 10, 6 p.m.****Earlham City Park, Earlham**

The Levitt Amp Earlham Music Series starts with an opening act around 6 p.m. and a headliner around 7:15 p.m. Lots of kids activities and food trucks will be offered as well. The concerts are free and include:

July 27: Blame Not the Bard, Day's Live Music;
Aug. 3: Larry & Joe, Sun Centauri; **Aug. 10:** Dessa and The 29:11 South African Choir, Nella Thomas.

URBANDALE SUMMER CONCERT SERIES**Tuesday, July 29 and Tuesday, Aug. 26, 6:30-8 p.m.****Charles Gabus Memorial Tree Park,****next to the Urbandale Public Library**

Enjoy free, high-quality music in a family-friendly setting. Bring your lawn chair or blanket, and feel free to pack a cooler. Concerts are: **Tuesday, July 29:** June Bugs DSM; **Tuesday, Aug. 26:** River City Opry.

HEARTLAND FOR KIDS BENEFIT CONCERT FOR MARY'S MEALS**Thursday, Aug. 28, 6-9 p.m.****Jasper Winery****2400 George Flagg Parkway, Des Moines**

Enjoy a fun evening with Nashville musicians Phoenix Mendoza, Josh Leo and Kitty Steadman at Jasper Winery while raising money for Mary's Meals. Any monetary donation will help the world's most vulnerable children receive an education and provide them with enough to eat. Bring a friend to have fun and make a difference. Food sponsored by the Knights of Columbus will be available for a freewill donation. To donate online go to www.marysmealsusa.org.

**'THE HIPPIES & COWBOYS TOUR'****Thursday, Sept. 18, 6 p.m.****Water Works Park****2201 George Flagg Parkway, Des Moines**

Cody Jinks brings "The Hippies and Cowboys Tour" to Water Works Park this summer, along with rising star Tanner Usrey, for a night under the stars of quality country music and compelling lyrics from his new album. For tickets, visit www.axs.com/events/766169/cody-jinks-the-hippies-and-cowboys-tour-tickets. ■



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RECIPE

TACKLE YOUR FAMILY'S HUNGER WITH A TOUCH OF HEAT

(Family Features) It's easy to get into a recipe rut when every day feels the same — work, kids' activities, social events and bedtime routines make it tough to experiment in the kitchen. If your family's meals are growing boring, all you need is a touch of heat to bring new life to the menu.

Sandwiches deliver an easy way to make mealtime customizable so all your loved ones are satisfied. Try topping your subs with coleslaw for a crunchy, creamy texture or pickled vegetables for an added touch of tanginess to complement the sweet, rich meatballs. For fans of spice, turn up the heat with extra hot sauce. ■

HOT HONEY CHICKEN MEATBALL SUBS

Prep time: 5 minutes

Cook time: 30 minutes

Servings: 4

Ingredients:

- 1 Minute Hot Honey
- Chicken Seasoned Rice Cup
- 1 pound ground chicken
- 1 teaspoon salt
- 1 teaspoon cayenne pepper (optional)
- 1/4 cup breadcrumbs
- 4 hoagie rolls
- 2 tablespoons butter
- 4 slices provolone cheese
- garlic sauce, for garnish

Directions:

- Preheat oven to 375 F. Heat rice according to package directions.



- In large bowl, mix rice; chicken; salt; cayenne, if desired; and breadcrumbs.
- Use cookie scoop or hand roll chicken mixture into balls. Place on aluminum foil-lined sheet tray, leaving small space between each ball. Bake 25 minutes, flipping meatballs halfway

through.

- Slice hoagies in half, lengthwise. Remove some bread from middle to make room for meatballs. Butter inside of each hoagie and place on sheet tray.
- Once meatballs are cooked through, turn broiler on high and place buttered hoagies in oven. Cook 1 minute, or until butter is melted and hoagie has browned.
- Remove hoagies from oven, place 3-4 meatballs inside (depending on size) and cover with slice of cheese. Broil on high 30 seconds to melt cheese.
- Drizzle garlic sauce on top.
- Tip: Garlic sauce can be substituted with topping of choice.

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