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A SUPER Sunday

What will you be doing on Sunday, Feb. 8? If you are like 127.7 million other people, you will be watching the Super Bowl on TV. That's a lot of people, many of whom don't know the difference between a touchdown and a home run. And, they don't care. Why? Because the Super Bowl is about much more than football. In fact, for many, it has become an entire Sunday tradition.

Some viewers don't catch a single football play, as they are watching only to be entertained by the advertisements. In most any other TV viewing situation, those watching TV will turn channels, lower the volume or run to the bathroom or to the refrigerator during breaks. But not during the Super Bowl. This viewing audience tunes in to the ads, and companies ante up \$8 million or more for just 30 seconds of promotion to reach them.

Yes, the Super Bowl is one of the most-watched television events in the United States. The record was set last year with the aforementioned 127.7 million, but the highest-rated Super Bowl remains Super Bowl XVI in 1982 with a 49.1 household rating. That means 49.1% of TV-owning households were tuned into the Super Bowl during its broadcast. Viewership of the Super Bowl has remained stable over the years, even as ratings for other events have declined.

My parents were in the half who didn't tune in to the Super Bowl. Football simply wasn't their thing. When I was in college, I began watching the games more seriously. And, when I made my way into the working world as a young man, I got into the Super Bowl scene even more. The food. The festivities. The fun. Oh, and the football, too.

The Super Bowl parties were aplenty, and my friends and I did our best to attend many, making Mondays a challenge. The problem continues today. "Super Sick Monday" is a real thing, as an estimated 22.6 million U.S. employees are expected to miss work due to post-game fatigue, hangovers, and the cultural significance of the event. Some have even suggested that the Monday following the Super Bowl should become a national holiday, possibly even moving Election Day to that date to help encourage more people to get to the polls. It is an interesting idea, although I am not sure it would help with voter turnout, especially for those mourning after their team lost.

I am now more comfortable lounging in my living room and watching the game with family or a few friends. But don't let me drag you down. Check out this month's cover story to see how others are celebrating Super Bowl Sunday — and be sure to get to work on Monday. ■

SHANE GOODMAN

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



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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Big game, **BIG PARTY**

Capping off the football season with a watch party to remember

By Rachel Harrington and Tammy Pearson

It's time for the big game, and that's the perfect reason to gather with your fellow fans around the big screen to see which team finishes the year with a championship ring. And you won't be alone. Record-breaking viewership has been reported the last two years, with 127.7 million U.S. viewers last year, according to ESPN. Indeed, it isn't hard to find football fanatics, though many will be disappointed that their favorite team won't be playing Sunday, Feb. 8, at Levi's Stadium.

One such fan is Calvin Catron, whose Kansas City Chiefs have won three of the last Super Bowls but failed to make it this year.

Calvin Catron is a die-hard Kansas City Chiefs fan. Although his team isn't headed for the Super Bowl this year, he has enjoyed what most fans haven't: watching his team win three Super Bowls in the last five years.

Memories and memorabilia

Age has no bearing on whether a person is a die-hard fan of a sports team. Though Calvin Catron is only 10 years old, his love for the Kansas City Chiefs is immense.

"I've been a Kansas City Chiefs fan since they won Super Bowl LVII," Calvin shares.

His dad, Alex, says the Chiefs are close to home, and they wear Calvin's favorite color, red, adding to the reasons Calvin cheers for the team.

Calvin watches as many Chiefs games as he possibly can, most often with his mom and dad, who are also Chiefs fans.

"Calvin probably questions his dad's Chiefs loyalty sometimes, though," Alex laughs. His favorite players are Travis Kelce and Patrick Mahomes.

"Whenever they play, I like to put on my Travis Kelce jersey, no matter whether the game is home or away," Calvin says. "I wear my jersey to school if they are playing a Monday or Thursday night game."

Alex shares that his son wears Chiefs gear to school almost every day, whether it is a jersey, shirt, jacket or stocking cap. This year, another item has been added to Calvin's wardrobe.

"The elves brought me a Chiefs Christmas hat yesterday," he happily shares. "Sometimes when I wear my Chiefs things to school, some of the kids will say 'Of course it's going to be Chiefs,' like when I wore my Chiefs Christmas hat today."

Last year, Calvin's parents surprised him with a trip to watch a Monday night Chiefs game.

"I was so excited. I made a poster on the way there that said Kelce and Mahomes on it. We had really good seats. It was freezing cold, raining and snowing, and I was cheering loudly the whole time. The game went to overtime. At the end of the game, both Kelce and Mahomes came up to me and gave me Mahomes' arm sleeve and Kelce's glove."

Because he enjoys NFL football so much, Calvin's family put together a fantasy football league for family members for the season. This year, Calvin has made it to training camp and to two games. At the training camp, Calvin was lucky enough to get a football signed by two players, including his idol, Kelce. He also made it to a game in Kansas City because his younger sister had a dance competition there. Calvin likes to get to the stadium early to watch the players warm up, and he rarely ever leaves his seat for fear of missing something, even for a



Calvin Catron has a lot of Chiefs gear and memorabilia.

restroom break.

On a trip to the gift shop, Calvin met Kelce's dad, who offered him a bracelet, though he did not know who it was that gave it to him until his mom told him later.

"It was the first game that Calvin's gone to that the Chiefs lost," Alex says. "This will be the first time in his lifetime that the Chiefs won't be in the playoffs. It will be a little different not seeing them in the postseason."

Calvin says it is fun to be a part of the "Red Nation" atmosphere with like-minded friends. "It's just a happy place for him," Alex says.

"What I love most," Calvin adds, "is getting to watch the players and yell 'Touchdown' when they score."

Tips for a great watch party

(Family Features) Get ready to host this season's most memorable watch party with these tips:

- **Show your colors:** Get your house game ready and show your team spirit by decorating in the colors of the team you'll be cheering to victory. You don't need to go all out; just grab some simple decorations like streamers, balloons and disposable tablecloths to add some

energy. If you'll have guests cheering on both sides, mix and match your decor and let guests pick their plate and cup color to root for their favorite team.

- **Take a seat:** When the game is underway, gathering everyone around the screen can get crowded. Make sure everyone is comfortable by offering additional seating. You can use stools, chairs from other rooms and even folding chairs or camping chairs if you need to create more space. If you need to resort to floor space for seating, make it extra comfy with some pillows or blankets for padding.

- **Multiply the screen time:** Chances are high your guests will scatter throughout your home, spilling out of the living room into your kitchen and dining spaces. Set up extra screens to show the game in multiple rooms, whether that's extra TVs, monitors or laptops. That way, even if someone steps away from the main screen, he or she won't miss any of the excitement.

- **Make snacks that score with the crowd:** Every party needs a menu, but you can keep it simple for a watch party. Guests typically want quick bites they can grab during timeouts and commercial breaks, so stick to finger foods and

apps guests can self-serve quickly. Wings are a party staple, and chips and dip are always a hit. Be sure to offer some indulgent options, as well as foods for those who have special dietary needs. You can also make your food game easier by asking everyone to bring a dish to share instead of taking it all on yourself.

Find more entertaining tips and advice at eLivingtoday.com.

Enjoy the commercials

While commercials used to be the perfect time for a quick break and filling your plate, not so with the Super Bowl. Commercials are as big a part of the experience as the kick off. How many of these commercials do you remember?

Best Super Bowl commercials of all time (including 2025)

<https://filestage.io/blog/best-superbowl-commercials/>

1. Bud Light – Big Men on Cul-de-Sac (2025)
2. Hellmann's – When Harry Met Sally Recreation(2025)

3. Stella Artois – The Other David (2025)
4. Hellmann's – May-ow (2024)
5. Budweiser – Old School Delivery (2024)
6. Kawasaki – Business in the front, party in the back (2024)
7. Uber Eats – The Beckhams (2024)
8. Pluto TV – Couch Potato Farms (2024)
9. Oikos – "Hold my Oikos" (2024)
10. Booking.com – Book whoever you want to be (2024)
11. Apple – 1984 (1984)
12. Snickers – Betty White (2010)
13. Amazon – Alexa Loses Her Voice (2018)
14. Always – #LikeaGirl (2015)
15. Wendy's – Where's The Beef (1984)
16. Pepsi – Cindy Crawford (1992)
17. Coca-Cola – Hey Kid, Catch (1980)
18. Tide – It's A Tide Ad (2018)
19. Nike – Hare Jordan (1993)
20. Budweiser – Puppy Love (2014)

Super Bowl trivia

Enjoy getting your guests in the game day spirit with some Super Bowl trivia.

- The highest combined point total in a Super Bowl is 75 points, in Super Bowl XXIX

(49ers 49, Chargers 26).

- The lowest combined point total in a Super Bowl is 16 points, in SB LIII (Patriots 13, Rams 3).

- The Patriots scored the fewest points to win a Super Bowl in SB LIII, with 13.

- The Eagles scored the most points in losing a Super Bowl in SB LVII, with 35.

- Only two Super Bowls have gone into overtime. The Patriots beat the Falcons in Super Bowl LI (2017), famously coming back from being down 28-3 in the third quarter, and the Chiefs beat the 49ers in Super Bowl LVIII (2024).

- According to "The Simpsons," Homer grew up rooting for the Denver Broncos.

- The longest national anthem performance was by Alicia Keys, whose rendition clocked in at 2 minutes and 35 seconds during Super Bowl XLVII (2013).

- The Baltimore Ravens and the Tampa Bay Buccaneers are the only teams undefeated in multiple Super Bowl appearances, at 2-0 each.

- The other unbeaten teams in the Super Bowl are the Jets and Saints, both 1-0.

- The current longest period between one

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team's multiple Super Bowl victories is 50 years, by the Chiefs (wins in SB IV and then LIV).

- The tallest player to play in the Super Bowl was Ed Jones, whose nickname was, appropriately, "Too Tall." The 6'9" defensive end won Super Bowl XII with the Dallas Cowboys.

- How much does the Lombardi Trophy weigh? Seven pounds

- Carol Channing (1970) was the first singer to perform at a Super Bowl Halftime Show.

- The Jets have gone the longest since their last Super Bowl appearance, at 56 years and counting (last appearance, SB III).

- Super Bowl XLI (Indianapolis Colts versus Chicago Bears) featured the matchup whose two cities were closest together.

- Only the Dolphins (SB VI), Rams (SB LIII), and Chiefs (SB LV) have failed to score a touchdown in the Super Bowl.

- There has never been a shutout in the Super Bowl.

Check out these websites for more Game Day trivia:

- <https://forgottenstars.net/super-bowl-trivia/>
- <https://greenlight.com/learning-center/fun-facts/super-bowl-trivia>
- <https://www.countryliving.com/life/entertainment/g35141413/super-bowl-facts-trivia/>
- <https://parade.com/1146474/jessicasager/super-bowl-trivia/>

Serve up a game day spread

What's a watch party without the food? But who wants to spend the day in the kitchen? Chips, crackers and dips are an easy and tasty option. Try these dip recipes for a special addition to your spread. Some simple, easy-to-grab sliders are another perfect addition.

Bloody Mary Dip

(Family Features) This Bloody Mary Dip combines a pair of game day favorites — the taste of a morning libation with a savory snack — to calm nerves before the players take the field. It's made and served with Dandy Celery from Duda Farm Fresh Foods.

Recipe courtesy of Laughing Spatula on behalf of Duda Farm Fresh Foods.

Prep time: 5 minutes. **Servings:** 8

INGREDIENTS

- 8 ounces cream cheese, softened
- 3 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 3 tablespoons pimento olives, chopped



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Bloody Mary Dip cont...

- 2 tablespoons onions, chopped
- 2 tablespoons bacon, chopped
- 1/4 cup chopped Dandy Celery, plus additional whole sticks for serving, divided
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon granulated garlic
- olives, for garnish
- tomatoes, for garnish
- crackers, for serving

DIRECTIONS

- In large bowl, combine cream cheese, tomato paste, Worcestershire sauce, pimento olives, onions, bacon, 1/4 cup chopped celery, salt, pepper and garlic.
- Mix well. Transfer to serving dish.
- Garnish with skewered olives and tomatoes. Serve with celery and crackers to dip.

Simple Salami Sliders

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

INGREDIENTS

- 1 package slider buns
- 8 slices Swiss cheese
- 8 slices salami
- 8 slices ham or other deli meat
- 1 stick butter, melted
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- everything bagel seasoning (optional)

DIRECTIONS

- Heat oven to 350 F.
- Halve slider buns, creating top and bottom portions. Set top portion aside, leaving bottom portion in original container. Place bottom portion and container in baking dish to prevent sticking.
- Layer Swiss cheese, salami and ham then cover with top buns.
- Mix melted butter, Worcestershire sauce, brown sugar, Parmesan cheese, onion powder and garlic powder. Pour over sliders.
- Cover with foil and bake 15 minutes then remove foil, sprinkle with everything bagel seasoning, if desired, and bake, uncovered, 10 minutes.



Skinny 7-Layer Dip

A classic Skinny 7-Layer Dip layers familiar flavors like garbanzo beans, avocado and shredded cheese but pairs them with nonfat Greek yogurt in place of full-fat sour cream to create a better-for-you game day bite.

INGREDIENTS

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 cans (15 ounces each) garbanzo beans, drained and rinsed
- 2 teaspoons hot sauce
- 6-8 tablespoons water
- 2 ripe avocados
- 1 lime, juice only
- 1 teaspoon salt
- 1/3 cup Dandy Celery, minced
- 1 cup fresh cilantro, finely chopped
- 1/3 cup onion, minced
- 1 1/2 cups nonfat plain Greek yogurt, plus additional for garnish, divided
- 2 medium tomatoes, diced
- 2 packages Dandy Radish MiniSticks
- 2 cups low-fat cheddar cheese
- 1 cup sliced black olives
- 10 cilantro leaves

DIRECTIONS

- In skillet over medium-high heat, heat oil and garlic until softened and lightly browned.
- Add garbanzo beans and hot sauce. Cook 3 minutes, stirring frequently.
- Scrape contents of pan into food processor, add 6 tablespoons water and process until smooth. Add 1-2 tablespoons water as necessary to get puree to spreadable consistency.
- Transfer bean mixture to bowl to cool before assembling dip.
- Cut avocados in half and remove pits. Scoop out flesh and cut into 1-inch chunks.
- In food processor, process avocado chunks, lime juice and salt until mostly smooth. Set aside until ready to assemble.
- In small bowl, mix celery, cilantro, onion



and 1 1/2 cups Greek yogurt.

- To assemble: Using spoon or plastic bag with tip removed for piping, distribute garbanzo bean mixture evenly among 10 small containers.
- Add layer of avocado puree in same manner.
- Sprinkle layer of diced tomatoes over avocado puree in each container. Add layer of radish sticks.
- Distribute Greek yogurt mixture evenly over cups.
- Divide cheese over cups then layer black olives. Garnish with dollop of Greek yogurt and cilantro leaf. ■

BAND concert nights

Band concert night during the 1920s was always on Thursday. The merchants loved it. It was like having two Saturday nights in one week to bring out the shoppers. It also gave the school a chance to show that they were actually teaching the youth something useful like music. Music was important in those days before television. Entertainment was often provided by the piano in the parlor, and every family had at least one member who could "tickle the ivories." Adel was not lacking in culture.

The courthouse lawn was mowed the day of the concert, and the street department (one man back then) pulled the wooden bandstand on a wagon gear up from Riverside Park and placed it on the south side of the courthouse. By 1921, everyone came to town in automobiles. There were many different brands, but Ford's Model T was the most popular due to its price, a major consideration for the frugal farmers. Cars began arriving

about 7 p.m., maybe later if it was threshing time. Emery Skinner usually had his J.I. Case touring car parked across the street by Skinner's hardware before anyone else could get that choice spot.

Many farmers did their trading on band concert night. The farmers' wives would bring their eggs and butter to town and exchange them for other commodities such as flour, sugar, coffee and maybe even some factory-made crackers. Meanwhile, the men would head to the barbershop for a haircut and sometimes even a shave. There were three barbershops in Adel, but John Parberry's was probably the most popular. It was located under the Adel State Bank on the southwest corner of the square. It was not unusual for there to be 10 or more men lined up waiting their turn to be shorn. The wait did not matter to Parberry's patrons. The lively conversation, on almost any topic, was better than the band concert any day.

John Parberry, the barber and master of ceremonies, only had one eye. His motto was "The only difference between a good haircut and a bad haircut is two weeks." I don't know for sure what this meant, but he would roar with laughter after each time, spit a huge wad at one of the four spittoons and resume his shearing. Anything was open for conversation: politics, weather, the state of the crops, and anyone not in the shop at the time.

The choice parking spots were quickly filled, and the seats of the open touring cars were assigned to maximize the visiting (gossip) potential. Young people would be in one car while the ladies would fill another, and men would stand outside with one foot on the running board or the curb. The band would play from about 8 p.m. until 10 p.m. with a 15-minute break. The noise sometimes made conversation difficult but never impossible. The visiting didn't always end when the music did. ■

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WHERE I find inspiration — and a new comfort-food favorite

Today's home cooks have no shortage of inspiration. With a quick search online, we can access thousands of recipes from trusted test kitchens, community-driven platforms and individual food bloggers. While I appreciate that convenience, I still find myself reaching for cookbooks, browsing new releases at the bookstore, and checking out titles from the library — a perfect way to “test drive” a recipe before committing to it.

Another favorite source of inspiration is Family Features, a free recipe site filled with reliable dishes and beautiful photography that never fails to spark my creativity in the kitchen. This month's recipe, loaded Philly cheesesteak baked potatoes, brings together two of my favorite comfort foods: steak and potatoes — both of which also happen to be Shane's favorites. It takes the familiar flavors of a classic Philly cheesesteak sandwich and transforms them into a warm, satisfying baked potato meal. It's hearty, comforting, and perfect to enjoy for dinner, with plenty left over for lunches throughout the week. ■

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



Loaded Philly cheesesteak baked potato

Recipe courtesy of Real California Milk

Prep time: 10 minutes

Cook time: 1 hour, 11 minutes

Servings: 4

Ingredients

- 4 large russet potatoes, washed
- 1 cup Real California sour cream
- 1-2 tablespoons Real California whole milk
- 1/4 cup Real California unsalted butter, divided
- 1 small green bell pepper, thinly sliced
- 1/2 small yellow onion, thinly sliced
- kosher salt, to taste
- freshly ground black pepper, to taste
- 1 pound fresh shaved sirloin steak
- 2 cups shredded Real California provolone cheese

Directions

- Preheat oven to 425 degrees F and line baking sheet with aluminum foil.
- Prick potatoes all over with fork. Bake until potatoes are tender and fork

inserted easily comes out, 45 minutes to 1 hour. Split tops of potatoes open with knife and fluff potato flesh with fork. Set aside.

- In small bowl, combine sour cream and milk, adding more milk as needed, until sour cream is pourable. Set aside.
- In large skillet or on griddle over medium-high heat, heat 1 tablespoon butter. Add peppers and onions; cook until tender, 3-4 minutes. Season with salt and pepper, to taste. Transfer to plate and set aside.
- Clean skillet then melt remaining butter. Add steak and cook until fully cooked and lightly browned, 3-4 minutes. Season with salt and pepper, to taste. Return vegetables to skillet and toss to combine.
- Evenly top each potato with 1 tablespoon butter, steak mixture and cheese. Transfer to oven and bake until cheese is melted, 2-3 minutes. Drizzle with sour cream and serve.

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My name is Dennis, and I'm a lifelong resident of Adel. I grew up in a loving family, attending school and church here and later raised my family here. On the surface, everything appeared great... but it wasn't. I was an alcoholic.



For decades, I was a heavy drinker with few ramifications. But that quickly changed. Eventually, I damaged or lost everything that was dear to me. But, the day finally came when I became so desperate, I fell to my knees and cried out to the God I had walked away from, "I can't live this way anymore. Help me!"

The next day, the Lord gave me the courage to make a phone call to an abuse and mental health 800 number on the back of my insurance card. I shared my story with the lady on the

other end of the call and, within days, was checking into a local hospital and treatment program. After my discharge, I began to attend a local 12-step program and have not looked back. Today, by God's grace, I am 19 years sober.

For most of us, when we picture a person with an addiction or alcoholism, we imagine an unkept person drinking out of a brown paper bag and living under a bridge. At least that's what I imagined, until the day I walked into my first recovery meeting and realized that person was me.

My story may be different than your story, but if you substitute alcohol for something else like shopping, gambling, pornography or drugs, it may not be as different as you might think. Addiction comes in lots of different expressions, but its grip and destruction on our lives is equally devastating.

I write all of this to introduce you to Unchained, a brand-new addiction recovery

ministry for the people of Dallas County. It is a safe, judgement free, consistent gathering of honest and broken people to explore the Bible to help you gain the tools and encouragement to find freedom, hope and healing in your life.

In Romans 7:18 a guy named Paul expresses an honest frustration when he stated, "I have the desire to do what is good, but I cannot carry it out." Maybe you can relate to Paul. The people at Unchained want to walk alongside you and ultimately want to introduce you to the saving grace of Jesus and what it looks like to live free from your dependencies and sin (see 2 Corinthians 5:17). Unchained meets every Thursday evening at 7 p.m. at Raccoon Valley Community House, 1016 Main St. in Adel. We hope to see you there. ■

Information provided by Dennis McCauley, member of New Hope Church and leader of the Unchained ministry, 712 Cottage St., Adel, 515-993-5325, www.newhopeadel.org.

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Good Samaritan Food Pantry hours

The Good Samaritan Food Pantry, 215 N. 11th St., Adel, is open the first and third Saturdays of the month from noon to 2 p.m. and every Monday and Tuesday from noon to 2 p.m.

Faith's Flock Preschool Registration

Faith's Flock Preschool's registration for the 2026-2027 school year opens to new families on Jan. 14. Register online at www.adelpreschool.com. Part-day and limited full-day options for ages 2.5 to 5 are available. Discovery Preschool class is specifically designed for 2.5- and young 3-year-olds. The preschool emphasizes a balanced approach: structured learning and play-based exploration.



Cabin Fever Reliever Happy Hour

Jan. 30, 3-5 p.m.

Edencrest at Adel, 621 302nd Place, Adel

Winter can feel long, so let's brighten it together. Edencrest at Adel invites the public to a Cabin Fever Reliever Happy Hour featuring live musical entertainment by Kile Jackson, along with refreshing beverages, tasty appetizers, and plenty of warm camaraderie. It's the perfect way to break up the winter monotony and enjoy time with friends and meet new neighbors in a welcoming setting.

Dallas County Foundation grant applications due Deadline Feb. 2

The Dallas County Foundation makes grants to IRS 501(c) (3), (5) or (6) federal income, tax-exempt organizations and 170(b) units of government organizations. Religious or political organizations are not eligible unless their project benefits the entire community. Areas of emphasis are: Art, Culture, Humanities, Education, Health, Human Services, Public/Society Benefits, Environment/Animals. Visit the Dallas County Foundation's website, www.dallascountyfoundation.org, for FAQs, grant writing tips, and for the application. Deadline is Feb. 2.

50s Plus 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.

Wednesday Night Meal

Wednesdays, 5-6:30 p.m.

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 Conservation Events

All programs are free to the public and open to all ages.

• **Snakes, Snakes, Snakes!** Monday, Jan. 19, 10 a.m., Forest Park Museum, 14581 K Ave., Perry



Des Moines Community Orchestra Concerts

• **Winter Concert:** Sunday, Feb. 22, 2 p.m., Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines. Guest Conductor: Joshua Barlage. Featured Soloist: Curtis Barr, Cello

• **Spring Concert:** Sunday, May 10, 2 p.m., Drake University Sheslow Auditorium, 2507 University Ave., Des Moines. Guest Conductor: Kara Mather Des Moines Community Orchestra. Featured Soloist: Dr. Kevin Allemagne, Clarinet.

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EVENTS IN THE AREA

Be sure to check for cancellations

Winter Arts Exhibits

Olson-Larsen Galleries

542 Fifth St., West Des Moines

- Through Jan. 31: The Animal Show 2025

Ankeny Art Center

1520 S.W. Ordinance Road, Ankeny, www.ankenyardcenter.org

- Through Jan. 14: Members Show

The Des Moines Art Center

4700 Grand Ave., Des Moines

- Through April 19: Bill Owens: Work and Leisure: Bill Owens documented the suburbs in the 1970s, capturing the lives of prosperous, predominantly white Americans at a moment after the cultural shifts of the 1960s but before the dawn of the digital age of computers and video games in the 1980s. His photographs were compiled in the best-selling coffee table books "Leisure" (1972), "Our Kind of People" (1975), and "Working: I Do It For the Money" (1977).

Des Moines Performing Arts

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines, www.dmpa.org

- Jan. 13-18: "SIX"
- Feb. 3-8: "Kimberly Akimbo."
- Feb. 24 to March 1: "The Outsiders."
- March 20-22: Meredith Willson's "The Music Man."
- March 28: "The Wizard of Oz in Concert" with the Des Moines Symphony.
- April 28 to May 3: "Suffs."

Des Moines Art Center Museum Highlights Tour

Saturdays, 1-2 p.m.

Des Moines Art Center, 4700 Grand Ave, Des Moines

Discover the vast variety of the Des Moines Art Center's permanent collections during the Museum Highlights Tour. This tour offers a unique journey through the galleries, featuring a selection of timeless paintings, sculptures and more. Join knowledgeable guides to uncover the stories, techniques and inspirations behind the art on view, and experience the highlights of the Art Center in a fresh and engaging way. This guided tour is perfect for art enthusiasts of all ages. Free to all, no registration required.

CITYVIEW's Fire and Ice

Saturday, Jan. 24, 1-4 p.m.

Valley Junction

CITYVIEW brings back its legendary Valley Junction area pub crawl. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. Follow the QR code for tickets. ■



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A HOME on the hill

Gomkes find plenty of space — and community — in Adel



Jes Gomme and her husband, Steve, are familiar faces around the ADM area. They first moved to De Soto in 2005 and lived there for 14 years. Five years ago, they found the land for their dream home — which they custom-built with the help of Behr Construction — just outside Adel.

That home is filled with unique features, but some of Gomme's favorites are the cement slab foundation with zero-entry through all doors, the in-floor heat and the wood stove fireplace.

"We wanted low maintenance when we built and a place we could grow old in and not have to worry about steps," Gomme explains. "We're on the top of the hill, and our backyard gets amazing sunrises, and out front are beautiful sunsets."

Gomme also appreciates country living for all the space it provides. Their 2 acres include a firepit, soccer field and play yard with space for kids to run and play, as well as a smoke shack to grill and smoke food year-round.

They also have access to the river and are able to enjoy summer weekends floating down it.

"We have amazing neighbors with so many kids," Gomme adds. "When the weather is nice, we randomly send messages out during the day for anyone who can join us in the evening and enjoy s'mores parties in our yard."

One of the family's favorite neighborhood traditions is Halloween, when everyone meets and either rides on hayracks or walks around the neighborhood — a one-mile circle — trick-or-treating together. Another favorite is the neighbors' Fourth of July party with fireworks every year. And, four times a year, all the driveways have flags on each side lining the road thanks to the Adel Lions Club and volunteers who put them up.

Finding their dream piece of land was a win, but the bigger win was being able to build a home in the ADM School District, where the Gommkes knew they wanted to send their kids.

Within the community, the family likes the small businesses, especially how they support meaningful causes and come together when families face unexpected challenges.



"So many of them have supported our charity, John D Gomme Charity, in honor of our oldest son, for the last 16 years," Gomme shares.

The organization focuses on helping families and communities with infant and young child loss, one baby step at a time. They have installed 59 AEDs in 10 Central Iowa schools, including nine in ADM. They also host a three-day golf tournament and John's Baby Steps 5K Race, Mile Memory Walk and Kids Fun Run every October. It is all volunteer, and 100% of what is raised goes to help families who have lost an infant.

Their son, Jacob, has run Jacob's Chill Shop for the last five years, selling six flavors of homemade ice cream at the Adel Farmers Market in the summer. The family is also involved in 4-H and supports Adel Kiwanis, Mara Nevin's Bake Sale, ADM Athletic Boosters Club, ADM Fine Arts Booster Club, Adel Public Library and more.

Regardless of where they're at or what they're doing, the Gommkes are grateful to live in a community that feels like family. ■

HISTORY

TOWARD cleaner water and better health

Prior to the 1890s, there was no town water system, and the citizens of Adel had to depend on wells. Nearly every residence had a well. Most of these wells were hand dug, sometimes to depths of more than 100 feet. It was a slow process. The digger would be lowered down in a big wooden bucket, which he would then fill with dirt. The bucket was pulled to the top by a windlass, emptied, and returned for the next load.

In 1894, the town put in a public water system. A standpipe, or water tower, 100 feet high was constructed at the intersection of 15th and Main streets. Wells were constructed near the light plant and another near the standpipe from which water was pumped into it. Water mains were laid in the streets, and the water was piped into the residences and businesses. The ditches or trenches for the water pipes were all dug by hand. The diggers received \$1.50 per 10-hour day.

There were no city sewers prior to 1900. The better residences in town all had a garden, a woodpile, an outhouse and a barn. Everybody of any consequence kept a horse and buggy, a cow and often a pig. The pig pen was generally near the barn, and the manure pile, built up each year from cleaning out the stables in the barn, was placed near the pen and sometimes in it. The wood pile was the only sweet-smelling thing on the premises, and the human outdoor plumbing added to the evil effluvium in the air. The first city sewer was built in 1900 and several other sewer lines were constructed in the years following. Since there was no treatment plant, they all emptied directly into the river.

A typhoid epidemic struck the city in 1914. It was after a gathering of the Missionary Society at the TJ Wilkins home. The State Board of Health looked into the incident and concluded that the city water supply was not to blame. The culprit was, according to a lengthy report: "milk and cream which came from the farm of Gus Wilkins. It was found that the cows from which the milk was taken were pastured along the river, or mill slough, where fishermen and campers are frequent visitors. The entrance to the fishing ground is through the barnyard and past the farm buildings on the Wilkins farm, and the visitors who made use of the fishing grounds and camping place were the likely source of the infection."

After arriving at the above conclusions, the report goes on to make some recommendations to prevent future epidemics or sickness from typhoid. One of them was that the public water supply and sewer system be made available to all the citizens. It was also recommended that an interceptor line be built to receive all of the present outlet sewers and convey the contents to a sewage treatment plant to be purified before its discharge into the river. ■

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WHAT'S HOT for home design in 2026

If a home refresh is on your to-do list in the new year, consider some of these design ideas shaping homes in 2026. The focus is less on following trends and more on creating spaces that feel comfortable, welcoming and built to last.

Warm, earthy colors are back. Soft beiges, warm taupe, and mid-tone wood finishes are replacing stark white kitchens and cool gray palettes.

Craftsmanship is making a strong comeback as well. Details like wall paneling, custom built-ins, trim work, and moldings add character and a sense of quality you can see and feel.

Texture plays a big role, too, with natural materials like rattan, wood and woven accents bringing warmth and depth to a room.

Paint choices are getting bolder. "Color drenching" — using the same color on walls, trim and ceiling, creating cozy spaces — was big in 2025 and is back in 2026, along with "color capping" which adds interest with darker ceilings paired with lighter walls and trim.

Technology continues to evolve. From appliances that manage schedules to systems that improve home security.

Wellness is a priority. Natural light, calming colors, home gyms and spa-like bathrooms create spaces that are functional yet comfortable when it's time to relax. ■

Information provided by Trish Radke, Owner, RCI Builders, 28059 Fairgrounds Road, Adel, 515-490-3791, www.RCIBuildersInc.com.



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THE COUNTY seat controversy

For many years after the county was established, the question of the county seat being at any place other than Adel was not raised. Adel was where the county started and, situated in almost the center of the county, was accessible to all parts.

With the advent of the railroads, however, the question soon came up of the proper location for the county capital. Rock Island Railroad had built its line in 1868 in the southernmost part of the county. The Fort Dodge line, in 1869 and 1870, passed through the county from the southeast to the northern boundary, passing through Dallas Center. Soon, Dallas Center and other towns aspired for the county seat honors. But the contests regarding the location really began when the Milwaukee Road established its shops at Perry, and that town began to assume the proportions of a city. Perry soon became possessed with the ambition to become the county seat. Still later, even Waukeee entered the arena.

Adel was handicapped in not having a railroad. So imperative was the need felt that an association was formed in 1878 among the businessmen of Adel with the object in view of building a railroad from Waukeee west through Adel. The group was headed by Dr. Timothy Caldwell. A narrow-gauge railroad was built, which extended later to Panorama.

Another problem was the fact that Adel did not have a first-class hotel. Once again, Dr. Caldwell and other businessmen formed a group, The Adel Improvement Company. Subscribed stock and donations soon amounted to \$10,500, and a lot was selected. The Arlington Hotel was established in 1888 on the northeast corner of the square.

Another issue, by the late 1800s, was the courthouse. The log courthouse had served its day and the second one, a frame building, had gone down in ashes. The third one, called the old brick courthouse, had been getting along in years by this time and no longer met the demands of the county's business. So, in 1898, the question of voting a tax of \$65,000 for a new courthouse was submitted. This was defeated with 1,605 votes for and 2,281 against.

Within two years, however, public sentiment seemed to change, and it was again brought to a vote. This time the amount was fixed at \$85,000. The need for a new courthouse had overcome the county seat controversy, and it carried, 3,338 votes for and 2,049 against. The contract was let to James Rawson and Sons of Iowa City for \$74,300 for the completion of the building. This did not include plumbing, heating and furnishings. It was to be completed by April 1, 1902. The finished cost was \$109,243 and it was dedicated in September 1902. The honorable Joseph a Dyer of Des Moines delivered the dedicatory address to the more than 2,000 people who attended.

The clock, costing \$1,000 was purchased by Adel citizens and donated to the county.

The question of the county seat has not been an issue since. ■

DEMYSTIFYING probate

I often have new clients ask me the same question: What is probate? It is important to have a basic understanding of probate to ensure you're creating an estate plan that adequately follows your wishes.

Probate is the legal process by which a deceased person's estate is administered. This process involves filing the will, paying creditors and settling debts, and distributing assets to the beneficiaries. This process is overseen by a district court judge in the county where the decedent held real estate.

Not all estates require probate. Iowa allows a small estate affidavit for estates valued at \$50,000 or less if the decedent did not own any real estate. This simplified process allows heirs to avoid formal probate and still be able to access assets of the decedent. Similarly, assets like joint accounts, life insurance policies with a beneficiary, or property held in a trust may pass outside probate directly to the beneficiaries.

To begin the probate process, the executor or administrator files a petition with the probate court, which includes the will, the death certificate and a request to appoint the executor or administrator. An executor is the person handling the probate process when there is a will. An administrator is the person handling the probate process when



there is not a will. After probate is opened, the appointed executor or administrator gathers and values the decedent's assets, including real estate, bank accounts and personal property. The executor then notifies creditors and pays off any debts. The estate may also be responsible for filing tax returns and paying estate taxes, if applicable. Once debts and taxes are settled, the remaining assets are distributed to the rightful heirs or beneficiaries. After distribution, the executor submits a final report to the court, and the estate is closed.

In Iowa, probate must be open for at least four months to allow any creditors or beneficiaries to file a claim against the estate. The probate process typically takes six months to a year. Delays can occur if there are disputes among heirs or unresolved debts.

Probate can be avoided through estate planning tools like living trusts, joint ownership of property, and beneficiary designations. These strategies help assets pass directly to heirs without needing court involvement. While probate is a necessary legal process, understanding how it works in Iowa can simplify the experience. Planning ahead with an estate attorney can help you avoid unnecessary complications and ensure your estate is settled efficiently. ■

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

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HEALTH

By Leslie Herron

IT'S NOT too late

Protect yourself with flu and COVID vaccines.

As winter illnesses surge across the country, health experts are urging Americans to get vaccinated — yes, even now. Despite the calendar turning to the new year, it is not too late to receive your flu and COVID-19 vaccines and build immunity.

Both vaccines take about two weeks to become effective, meaning a January shot still offers meaningful protection. Flu activity is climbing, especially in the Northeast and South, and COVID-19 continues to circulate widely in schools, workplaces and communities.

The updated 2025–2026 COVID-19 vaccine targets current variants and is recommended for everyone 6 months and older. The flu shot, which includes four strains, is especially important this year as positivity rates among children and teens are higher than in previous seasons.

Getting vaccinated now helps reduce your risk of severe illness, hospitalization and spreading viruses to vulnerable loved ones. You can even get both shots at the same time for convenience.

Don't wait until symptoms strike. Vaccination is a simple, proactive step toward a healthier New Year. Clinics and pharmacies still have doses available, so roll up your sleeve and protect yourself and your community. ■

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



HEALTH

By Alicia Fisher, PT, DPT

ARE LOW back pain and stress urinary incontinence common with pregnancy?

It is estimated that virtually all women experience some degree of musculoskeletal discomfort during pregnancy. Studies have shown that up to two-thirds of pregnant women report low back pain, up to one-fifth report pelvic pain, and up to one-fourth report stress urinary incontinence.

These symptoms can be temporarily disabling and tend to increase later on in pregnancy. They often not only interfere with daily activities but also sleep and work. Low back pain is also reported in 30–45% of women in the postpartum period, with about 20% of women reporting persistent low back or pelvic pain for up to three years following pregnancy.

There are different types of urinary incontinence, but it is stress urinary incontinence that most commonly affects pregnant and postpartum women. This condition is often under-reported and untreated as most women are unaware of physical therapy as an intervention.

A physical therapist specializing in women's health will educate pregnant women and postpartum moms about these health problems which can arise during that time in their life. There are treatments that include pelvic floor strengthening, low back strengthening and stretching. ■

Information provided by Alicia Fisher, PT, DPT, Core Physical Therapy Inc., 803 Cottage St., Adel, 515-993-5599.



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WHY JANUARY is the best month to ask about your medications

January marks a fresh start for many people — new calendars, new goals and, often, new health insurance plans. From a pharmacist's perspective, it's also the ideal time to review your medications and make sure they're still working for you, not against you.



One major reason January matters is insurance changes. Many plans reset deductibles at the beginning of the year, which can affect how much you pay at the pharmacy counter. Formularies — which are the lists of medications your insurance prefers — may also change. A medication that was affordable last year may suddenly cost more or require prior authorization. We can help identify lower-cost alternatives, generic options or manufacturer savings programs before you're caught off guard.

January is also a great time for a full medication review. Over the past year, you may have started new prescriptions, stopped others, or added over-the-counter medications and supplements. These changes can increase the risk of drug interactions, duplicate therapies, or unnecessary medications. Our team can review everything you take — prescription and nonprescription — to ensure each item still has a purpose and is safe to take together.

Another key benefit of a January check-in is improving adherence. The start of the year is perfect for resetting routines. If you have struggled to remember doses, had side effects, or stopped taking a medication altogether, your pharmacist can suggest practical solutions such as simplified dosing schedules, blister packaging, reminder tools, or alternative medications with fewer side effects.

Winter illnesses also peak this time of year. Asking about your medications in January allows

pharmacists to advise you on safe cold, flu and pain-relief options, especially if you have chronic conditions like high blood pressure, diabetes or asthma. Not all over-the-counter products are safe for everyone, and a quick conversation can prevent serious problems.

Finally, January is about prevention. Pharmacists can check whether you are up to date on recommended vaccines, monitor blood pressure, and help identify early warning signs that may need follow-up with your healthcare provider.

Starting the year with a medication review isn't just about saving money — it is about taking control of your health. A short conversation with your pharmacist in January can set the tone for a safer, healthier year ahead. ■

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

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By Lily Schwarz, Programming Specialist

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Hello from the Adel Public Library. We hope everyone had a happy and safe holiday season. We will be closed on Jan. 1 and Jan. 19.

STORYTIMES ARE BACK

- Dallas County Conservation Storytime: Monday, Jan. 5 at 9:30 a.m.
- Move and Groove Storytime: Every Tuesday at 9:30 a.m.
- My First Storytime: Every Wednesday at 9:30 a.m.
- Preschool Storytime: Every Thursday at 9:30 a.m.

WINTER PLAYTIME

This is an open playtime designed for children ages 2-5.

- Fridays, Jan. 9, 16, 23 and 30 from 9:30-11:30 a.m.

ELEMENTARY

- Elementary Art Club: Tuesday, Jan. 6 at 4 p.m.
- Tail Wagging Readers: Thursday, Jan. 8 at 4:30 p.m.
- Pokémon: Charades: Tuesday, Jan. 13 at 4 p.m.
- Pet Rock Adoption Clinic: Tuesday, Jan. 20 at 4 p.m.
- *Elementary Maker Lab - 3D Printed Marble Maze: Tuesday, Jan. 27 from 4-5:30 p.m.

TEEN

- Teen Advisory Board: Wednesday, Jan. 7 at 4 p.m.
- *Nerf Battle - grades 6-12: Friday, Jan. 9 from 2-4 p.m.
- Teen Chef - Pizza: Wednesday, Jan. 14 at 4 p.m.
- *Library D&D: Friday, Jan. 16 from 1-3:30 p.m.
- Teen Craft: Junk Journal: Wednesday, Jan. 21 at 4 p.m.
- Teen Maker - 3D Printed Marble Run: Wednesday, Jan. 28 at 4 p.m.

ADULTS

- Exercise Group: Meets every Monday through Thursday at 9 a.m.
- *Yoga: Every Wednesday at 6 p.m.
- 50s Plus Senior Group: Tuesdays, Jan. 6 and 20 from 10 a.m. to 1 p.m.
- *Adult Craft: Mindful Doodle: Monday, Jan. 12 at 5:30 p.m.
- AARP Fraud Watch: Tuesday, Jan. 20 at 10 a.m.
- Evening Book Club: Thursday, Jan. 29 at 5:30 p.m.

*Registered event; register at adelpl.org. ■

MEET Denton Hopkins

Made move from Earlham to Adel

Denton Hopkins has a long history with the ADM area.

He grew up just down the road in Earlham and, during the pandemic, he and his wife made the official move to Adel. Since then, they have added their 2-year-old son, Dane, and their almost 1-year-old daughter, Brynn, to their family.

Further cementing his time in the community, this year marks Hopkins' ninth year teaching third grade in the ADM School District.

He taught at DeSoto Intermediate for the first four years of his career and then joined Meadow View Elementary when

it was built in 2021. Hopkins student taught under now DeSoto Principal Amy Hemphill and was encouraged to apply for a new position by then-principal (now Meadow View) Jodi Banse.

"They are two of the most influential professionals I have ever come across in their knowledge, conduct and execution," he says. "I thought I wanted a middle school social studies position but made the leap for third grade and absolutely love it."

Hopkins was initially drawn to the teaching profession because he had a lot of positive role models who shaped his outlook, disposition and self-efficacy.

"When I thought about the impact and legacy they will leave on this world, that is something I wanted for myself," he says.

Hopkins graduated from Iowa State in 2016 with his bachelor's degree and later earned his master's from Northwest Missouri State in 2024.

For him, the best part of teaching are the people he works with: students, teachers, associates, administration, parents and more.

"While any job has its stresses, I truly enjoy the work that I do and feel a satisfaction at the end of each day," he says. "That is a testament to everyone I've had the pleasure of interacting with here at ADM."

One memory that stands out most was from the COVID years, when he made lemonade out of lemons.

"I put out a schedule to all current and former students to have weekly video chats, and it was a great way to stay connected during such a tough time," Hopkins says.

Ultimately, his years in ADM have been some of the best.

"I feel incredibly blessed to be a small part of this community," Hopkins says. "When deciding where to work, live and raise a family, it was really a no brainer." ■



Denton Hopkins found his place in a third-grade classroom.

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CHAMBER NEWS

By Jackie Wilson

ADEL Chamber celebrates growth

Record-setting events show Adel's strength.

As 2025 has come to an end, leaders of Adel Partners Chamber of Commerce are proud to reflect on a year marked by collaboration, creativity and a renewed commitment to supporting the local business community. From record-setting events to major community initiatives, the chamber's work this year has strengthened Adel's economic vitality while deepening local pride.



One of the chamber's most meaningful efforts last year was the Bridge Us Back campaign. The fundraising and awareness initiative was designed to restore access to Adel's cherished lighted bridge on the Raccoon River Valley Trail after it was destroyed by a fire. The campaign not only highlighted an important community asset, but also showcased Adel's spirit of generosity. Residents, businesses and local partners rallied together, moving the fundraising effort forward by surpassing goals and raising more than \$111,000.

Another standout moment was the iconic 46th annual Adel Sweet Corn Festival, which drew thousands to the historic district. Participants braved the stormy weather, and nearly 400 runners participated in the 5K run. The chamber sold out of their "Shuck Yeah" T-shirts and vendors reported strong sales — reinforcing its reputation as one of Iowa's premier summer events.

December's Hometown Holiday Celebration brought record participation from businesses and families alike. With storefronts glowing, warm hospitality from merchants and new themed activities, the event invited the community to stroll, shop and connect with fellow chamber members. Businesses shared positive feedback on turnout and many noted the event helped kick off a strong holiday shopping season.

This year, the Chamber welcomed 17 new members, each bringing fresh energy and new perspectives to Adel's business community. Erin Milroy, chamber president says, "Their involvement strengthens our network and reflects the growing appeal of doing business in Adel."

Throughout the year, the chamber's networking opportunities — from business coffees to roundtables and member mixers — continued to foster meaningful connections. These gatherings helped business owners share ideas, learn from one another, and collaborate in ways that lift the entire community. Tom Harmsen, chamber board member says, "In 2025, the Adel Partners Chamber demonstrated remarkable dedication and impact within our business community. I'm honored to join the board as we continue building on that success."

The success in 2025 is a testament to the dedication of Adel's business leaders, volunteers and supporters. The chamber remains committed to building on the momentum and creating opportunities for Adel to grow.

"Our businesses stepped up, and our residents showed up to show how strong Adel is. We're grateful for the partnerships that make Adel special, and we're excited for what's ahead," Milroy says. "Together, we look forward to an even brighter 2026 — one filled with innovation, partnership and the small-town charm that makes Adel feel like home." ■

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

NEW FOR 2026

MORNING ON THE BRICKS



**Join us for a new business networking event
the first Wednesday of every month!**

January 7 | 8:30-9:15 a.m.

Raccoon Valley Bank Community House

Network with other business owners and managers.

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HOMETOWN Holiday

The Adel Partners Chamber of Commerce Hometown Holiday Celebration took place on Dec. 5.



Santa posed for photos at the Raccoon Valley Bank Community House. Santa was sponsored by the Adel Kiwanis Club.



Rex and Courtney Goodrich at the Raccoon Valley Bank Community House. Courtney was the creator of Candy Land.



Zailia Sanchez, Jenna Braun and Kaylen Hickman



Melodie Braun and Laura Juffer



Derek and Megan Garrett, Heartland Handcrafted



Erin Reyes and Scott Harford, Country Lane Lodge



Amy and Valorie Sutton, Adel Flowers and Gifts



Linda and Tom Fuller, Great White Buffalo



Sandy Cook, Kristie and Chris Anderson, Azalea Land Boutique



Missy Pattee, Kevin Howe and Julianna Cullen, Re/Max Precision



Max and the Grinch posed for photos at Adel Vision Clinic



Becky Sofa, Jane Clausen and Logan and Ronan Clausen, Adel HealthMart Pharmacy at the Adel Partners Chamber of Commerce Hometown Holiday Celebration Dec. 5.



Raccoon Valley Bank staff and family at the Adel Partners Chamber of Commerce Hometown Holiday Celebration Dec. 5.



ADM seniors Genevieve Book and Isabelle Karwal gave the Adel Kiwanis Club an update on the ADM Key Club on Nov. 4 at Patrick's Restaurant. Also pictured is Adel Kiwanis Club member Jodi Kuhse (center).



ADM foreign exchange students Luana Fonda from Kosovo and Helena Heitmuller from Germany, gave presentations about their home countries at the Adel Kiwanis Club meeting on Nov. 18 at Patrick's Restaurant. Adel Kiwanis Club member Jackie Giles (center) is Helena's host mother.



Jill Seagren and Susie Latusek, Real Deals, at the Adel Partners Chamber of Commerce Hometown Holiday Celebration Dec. 5.



The Adel Kiwanis Club donated \$5,000 to the Adel Food Pantry. The check was presented to Pantry Director Brandie Willson and Board Member Trish Radke on Dec. 16 at Patrick's Restaurant.



ADM seniors Josie Steinkamp and Brecken Morse gave the Adel Kiwanis Club an update on the ADM Key Club on Dec. 9 at Patrick's Restaurant. Also pictured are Kiwanis Club members Paul Berkenbosh, Brittany Sandquist and Jodi Kuhse.



Adel Kiwanis Club member Brad Baier presents certificates to Adel Kiwanis Club Seniors of the Month, Aubree Timmer and Lauryn Troster, on Nov. 18 at Patrick's Restaurant.



ADM foreign exchange student Helena Heitmuller is from Germany.



ADM foreign exchange student Luana Fonda is from Kosovo.

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