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WELCOME

CELEBRATING my heritage — a wee bit

“My people” celebrated March 17. If you are Irish, chances are you did, too. If you are not Irish, there is still a good chance you celebrated anyway. That seems to be how St. Patrick’s Day works.

I say “my people” in the most affectionate way possible, mostly because I am reasonably confident I am Irish. I am also told I am German. And French. And possibly a little Native American. But, thanks to my mother’s side of the family, Irish is the one that tends to show up the loudest.

Mom and her siblings fit the Irish profile quite well: short in stature, red-haired, light-skinned, Catholic and full of vinegar. And by “full of vinegar,” I mean they had opinions.

Family history backs up my Irish claim. My grandmother’s maiden name was Leonard. Her father, Patrick Leonard, was born near Carlow, Ireland, in 1866. And, if that isn’t enough proof, my grandson — appropriately named Callahan — arrived in 2025 with a head full of red hair. Genetics doesn’t get much clearer than that. Somewhere in Ireland, an ancestor is nodding proudly and probably ordering another potato.

Speaking of potatoes, let’s address a few stereotypes. Do the Irish really love potatoes that much? Is everyone named Mary? Are they obsessed with the weather? Do they enjoy a good fight but still manage to remain friendly afterward? And do they really say “wee” all the time?

I can’t answer all of those questions with scientific certainty, but I can say this: If someone offers me a baked potato, I’m not going to turn it down.

Personally, I enjoy poking a little fun at my Irish roots while also celebrating them. Truth be told, most of us are a mix of several backgrounds anyway. Somewhere in the family tree, there is probably an Irishman, a German, a Frenchman and someone arguing loudly about the weather.

At the end of the day, we probably have more in common than we realize. That’s worth celebrating. Still, there’s nothing wrong with taking a little pride in where you came from — at least a wee bit.

Have a great month and thanks for reading. ■

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Celebrating HERITAGE

Residents reflect on the traditions that connect them to home

By Rachel Harrington

From multigenerational farm families to recent immigrants, the stories of local residents reveal how heritage shapes identity in deeply personal ways. Whether tracing roots to Austria, South Africa or early American settlers, each story reflects a blend of tradition, resilience and adaptation passed down through generations.

Ruby Lenze and her son, Kevin Schultze, say they can trace their ancestry back to the Mayflower.

A family's history

Like many people across the United States, Dennis Gabler comes from a blended heritage. The stories that make up his family history come together to shape who he is today. On his father's side, Gabler's heritage traces back to Austria, while his mother's side has been in North America much longer.

"My father's side of our family and our last name come from Austria," Gabler says. "My great-great-grandfather came to the United States in 1859. He immigrated through the Port of Charleston and went to Ohio to meet his brother."

Gabler says his ancestors built a sod house and lived there for a time. He added that Native Americans would often come by, and his great-great-grandmother would feed them to maintain good relations.

"My great-great-grandfather was a wheelwright (a craftsman who repaired wooden wheels), which was a very valuable skill back then," Gabler says. "Because of that, he was conscripted into the Union Army during the Civil War."

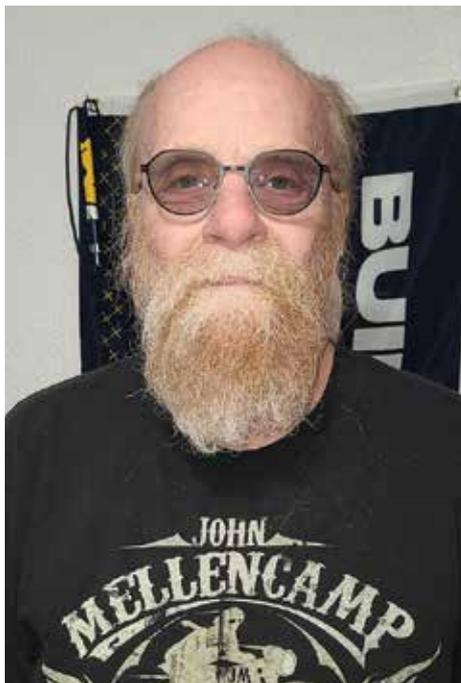
Gabler adds his ancestor survived a battle that pushed back Confederate forces, though he is unsure which one. Afterward, he went to Texas until the war ended then settled near Topeka, Kansas, where the family established roots. Gabler says he still has relatives in that area, and a street there bears his family name.

Gabler says his grandfather spent decades researching his family history, but the town his ancestor came from no longer exists. The family believes it may have been absorbed into what became Czechoslovakia after World War I.

On his mother's side, Gabler says his heritage traces to northern Europe, something confirmed by DNA testing. While researching eligibility for the Daughters of the American Revolution, his family discovered an ancestor who arrived on the Mayflower. Although they successfully joined the organization, the documentation has since been lost.

"My cousins were never able to find the paperwork she had collected," he says. "I wish we could find that information and know the name of the person who was on the Mayflower."

Gabler says his maternal ancestors were Presbyterian, a tradition that may have carried through generations.



Dennis Gabler says his father's side of the family and his last name come from Austria.

"I'm proud to know as much as I do about my heritage," he says. "My son, Jason, has really gotten into it even more than I have."

He adds that his son recently found an old photo of his great-great-grandfather, along with a 1917 retirement announcement from the Santa Fe Railroad.

Food links heritage to present

Twenty years ago, Johan Van Niekerk immigrated to the United States from South Africa through his global employer. A first-generation immigrant, he lived in Minnesota and Wisconsin before moving to Iowa 15 years ago. Three years ago, he and his family relocated from Burlington to Adel, where they have built their home.

Van Niekerk says his heritage is South African Dutch, reflecting the broader mix of cultures in South Africa, including Dutch, British, Chinese, Indian and Indigenous influences.

"Around 1650, Dutch settlers came to the southern tip of South Africa at Cape Town to trade, and they moved inland from there," he says.

Food remains an important link to his cultural traditions. One example is biltong, a form of dried meat.



Twenty years ago, Johan Van Niekerk immigrated to the United States from South Africa.

"It's basically a jerky seasoned with coriander, brown sugar and vinegar," he says.

Van Niekerk explains the origins date back to a time when Dutch settlers needed to preserve meat during conflict with the British. Today, he makes biltong a few times a year using a dehydrator and spices imported from South Africa. He also prepares brats using similar seasoning.

Another traditional dish he enjoys is oxtail, typically cooked in a Dutch oven with potatoes and vegetables.

"People may think it's strange at first, but the tail actually has a good amount of meat," he says.

Van Niekerk says desserts in his culture tend to favor custard-style pies over cakes.

While he continues to cook traditional foods and speak Afrikaans, he says he has largely adapted to life in the United States.

"I actually try to blend in here," he says.

Ten years ago, he brought his parents to the United States, and they now live in Grimes. He says they experienced more culture shock than he did.

"I feel like, if you come here when you are young, you're more adaptable," he says. "The biggest difference for them is the food."

A rural heritage

Ruby Lenze, 100, has lived a life deeply rooted in rural Iowa. She grew up in a family of 10 children — six girls and four boys — born at home on a farm northwest of Adel in an area once known as Panther.

Her mother grew up in Redfield, and her father, born in 1893, moved to Iowa from Jackson, Minnesota, as a child.

Lenze says her family has been in the United States for generations. Her son, Kevin Schultze, believes their ancestors were once Pennsylvania Dutch. Lenze is also a direct descendant of Miles Standish, who arrived on the Mayflower.

Her upbringing reflected the realities of rural life in the early 20th century.

“Both my parents were farm kids,” Lenze says, adding her mother graduated from Redfield High School twice after a 12th grade was added the year after her first graduation. She later became a country schoolteacher.

Lenze attended a one-room schoolhouse and grew up without electricity or indoor plumbing. She recalls lowering food into a well to keep it cool.

“We farmed 160 acres with horses,” she says. “We had cows, pigs, chickens and sheep, so we raised our own food. We even made sorghum and sometimes taffy.”

Each Saturday evening, her family visited the Panther Store to sell cream and eggs and buy groceries.

“That’s when everyone gathered and socialized,” Schultze says.

Lenze says trips to town were rare. She remembers going only when necessary, such as when she broke a tooth.

She later worked as a housekeeper and telegraph operator before marrying in 1946. After 44 years of marriage, her first husband died of cancer. Her second marriage brought her back to farm life, where she helped raise cattle and llamas.

Longevity runs in her family, with many relatives living into their 90s and beyond 100.

“They have seen so much over their lifetimes — so many technological advancements,” Schultze says.

Lenze’s family continues to value connection and tradition. This year, they will gather in Redfield for their 89th Meacham family reunion. ■

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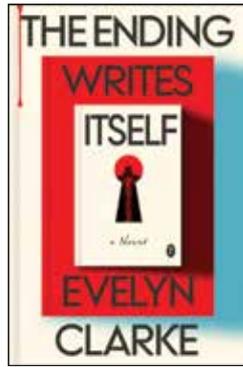


'The Ending Writes Itself'

As a lifelong reader and word collector, I love a bit of metafiction. A story about stories will always perk my ears. The skilled pair of authors writing under the name of Evelyn Clarke has given me that in spades. This one has a ton of buzz for a reason. Clever, emotional, perceptive, addictive — this is a storyteller's story if I ever read one.

The synopsis reads like a "Knives Out" movie. Six struggling authors are brought together to a private island to finish the final book of a famous, now dead, bestselling author. They have 72 hours to write their way into fame and fortune. Naturally, schemes arise and danger creeps. This is a locked room mystery with a devastatingly flawed set of characters and biting satire of the publishing industry — all at the same time.

Observations about writing, character arcs, endings and the ever-present human desire for closure make this a perfect mix of thoughtful and playful. Charming and satirical in equal measure, this is the kind of book you finish at 2 a.m. and immediately want to press into a friend's hands. Or write a gushing review of. ■ — Review by Julie Goodrich



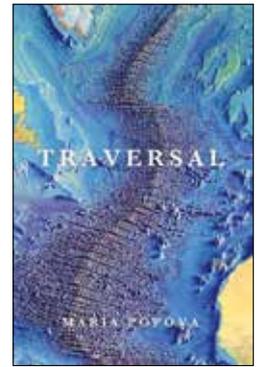
By Evelyn Clarke
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'Traversal'

Reading this book feels a bit like wandering into the world's most enchanting dinner party. Pull up a chair and suddenly you're listening to Mary Shelley discuss creation while Walt Whitman waxes poetic about the soul of the universe, and then Frederick Douglass is reminding us all that moral courage is a form of genius. One minute you're contemplating continental drift with Alfred Wegener; the next you're pondering the nature of consciousness, love and the color blue.

Popova writes with the curiosity of someone so in love with the world that she sees connections that feel so hidden, yet so obvious. She understands that science and poetry are all just different dialects of the same cosmic language.

Sometimes the writing feels so dense, but then a sentence lands like a small miracle, and you can't remember why you were struggling at all. This is one of the most powerful books I've ever read. It feels less like reading and more like uncovering a secret you forgot you knew. It's part intellectual history, part philosophical mixtape, and wholly satisfying for anyone who likes their nonfiction a little star-dusted and gloriously alive. ■ — Review by Julie Goodrich



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Farmers market vendors: Do you enjoy selling your products at local farmers markets? Tell us how you benefit from farmers markets and what tips you can share with others wanting to get involved. Email tammy@iowalivingmagazines.com.

Fishing: Share your stories about the joy of fishing. Perhaps you fished with your father as a child, fished in an interesting place, or participated in fishing competitions. If it is related to fishing, drop us a note! Email tammy@iowalivingmagazines.com.

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.

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.

Alzheimer's Education Series

Edencrest, 621 302nd Place, Adel

Edencrest at Adel announces its 2026 Alzheimer's Education Series of informative conversations intended to help members of the greater-Adel community understand and recognize the signs of Alzheimer's and how to best care for loved ones living with it. Each presentation in the series takes place at 621 302nd Place, Adel, on the last Tuesday of each month from 6-7 p.m. between February and September. This series is free and open to the public. The series lineup includes:

- **April 28** - Healthy Living for Your Brain and Body
- **May 26** - 10 Warning Signs of Alzheimer's
- **June 30** - Building Foundations of Caregiving
- **July 28** - Supporting Independence
- **Aug. 25** - Managing Money
- **Sept. 29** - Exploring Care and Support Services

Gary's Ride

Saturday, May 16, 10 a.m. to 2 p.m.
Starting at Waukee Raccoon River Valley Trailhead, Waukee

This ride is a fundraiser to increase awareness of glioblastoma and support Richard Deming Cancer Center's terminal brain cancer patients through their Integrative Medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. Ride ends at Dallas Center downtown Main Street. Registration and information available at garysrideiowa.org.

WDM Elks Spring Style Show Fundraiser

Saturday, April 11, 10 a.m. to 3 p.m.
West Des Moines Elks Lodge No. 2752, 2060 N.W. 94th St., Clive

Tickets for the Spring Style Show are \$15 each or reserve a table for eight for \$140 or a table for four for \$70. Doors open at 10 a.m., with the style show starting at 11 a.m. and a salad luncheon to follow. Many vendors will be present, including Purple Poppy, Salon Classic and others. Funds raised will benefit Veterans Children's Christmas and other Elks charities and outreach.

Faith's Flock Preschool All Things Kids Rummage Sale

Saturday, April 11, 8 a.m. to noon
602 S. 14th St., Adel

It's the perfect time for spring cleaning. As you sort through your kids' clothes, toys, books and gear, consider donating them to help make the All Things Kids Rummage Sale a success. Donation drop-off is Thursday, April 9 and Friday, April 10, 3-6 p.m. Then come back to shop on Saturday. You'll find great deals on kids clothing, toys and books, baby gear, games, puzzles and more. Clean out those closets, bless another family, and support Faith's Flock Preschool at the same time.

Can Play Fore All Golf Outing

Friday, April 24, 3-7 p.m.
RecPlex 6500 Grand Ave., West Des Moines

Join Can Play and the 2026 West Des Moines Leadership Academy for a fun, small-format golf outing supporting accessible outdoor recreation and youth programming. Golfers will play through a creative course designed by community members and local businesses, built entirely from non-perishable food items to benefit Can Play's programming. All proceeds will benefit Can Play, whose mission is to bring adapted and no cost recreational programs to our communities by removing barriers to play. Register and donate online at <https://givebutter.com/WDMLA>.

Celebrate Adel

Monday, April 27, 5-7 p.m.
Country Lane Lodge Event Venue,
29300 Prospect Circle, Adel

Mark your calendars. The Adel Partners Chamber of Commerce annual Celebrate Adel dinner is coming up. The Business of the Year and Citizen of the Year will be recognized at the event. At Celebrate Adel, attendees will experience Taste of Adel with food experiences from local food vendors and caterers. Register at <https://business.adelpartners.org/events/details/celebrate-adel-3662> or by scanning the QR code.



Be sure to check for cancelations

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



Des Moines Community Orchestra Spring Concert

Sunday, May 10, 2 p.m.
Drake University Sheslow Auditorium,
2507 University Ave., Des Moines

Enjoy the Des Moines Community Orchestra in concert with guest conductor Kara Mather and featured soloist Dr. Kevin Allemagne on the clarinet.

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.

Bill Owens: Work and Leisure Through April 19

John Brady Print Gallery, Des Moines Art Center, 4700 Grand Ave., Des Moines

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). The images in this exhibition, taken from all three of these series and shot mainly in California and the Midwest, reveal Owens' unique comedic eye as he seems to lightly poke fun at his subjects while clearly enjoying their company, finding both the genuine and the absurd in everyday life.

Scam Prevention Seminar

Thursday, April 16, 10 a.m.
Ramsey Village Continuing Care,
1611 27th St., Des Moines

Every day someone becomes a victim of fraud. Don't let it be you. Learn common scam tactics, prevention tips, and how to report scams. Presenter is The Iowa Department of Insurance and Financial Services. Refreshments and pastries will be served. RSVP to Kelly, 515-802-0822, or Kelly.Baughman@ramseyvillage.org.

The Iowa Files: A History Series

Various dates, 3 p.m.
Online and in-person at the Community Room of the West Des Moines Public Library, 4000 Mills Civic Parkway

This joint West Des Moines Historical Society and West Des Moines Public Library program is free and open to the public, thanks to the generosity of West Des Moines Historical Society members, Bravo Greater Des Moines and the Friends Foundation of the West Des Moines Library. All programs are streamed on the WDMHS Facebook page and YouTube channel.

• April 12: Colfax, the Spring City.

In the 1870s, underground mineral water, which was a cure-all health craze at the time, was discovered in Colfax. The water sparked health resort and bottling industries which made Colfax a world famous destination at the turn of the 20th Century. Kevin Williams, Cofax Historical Society's board president, will share information and pictures about this little-known boom in Colfax.

• May 17: Villisca; Living With a

Mystery. On the morning of June 10, 1912, Josiah and Sarah Moore, along with their four children and two young overnight guests, were found brutally murdered in their home. Dr. Edgar V. Epperly has written dozens of articles and blog entries and appeared on CourtTV and other radio and television programs. He will be joined by filmmakers Kelly and Tammy Rundle, whose 2004 documentary explores the crime's aftermath in a small town.

The Evening African Violet Club Sale and Show

Friday and Saturday, April 24-25
Plumbers & Steamfitters Local Union
33, 2501 Bell Ave., Des Moines

The Evening African Violet Club of Des Moines invites the public to its 2026 African Violet Show and Sale, "Music in Bloom."

Members of area garden clubs and plant societies are especially welcome as club members share so many interests in indoor and outdoor gardening with them. This is a nationally sanctioned show and sale that will have judges from the African Violet Society of America. Hours are Friday, April 24, noon to 6 p.m., and Saturday, April 25, 10 a.m. to 5 p.m. The Judging of Violets, Gesneriads and Floral Design will take place on Saturday, April 25 from 10 a.m. to noon. Hours follow from noon to 5 p.m. for Sales. Only members of EAVC are eligible to enter plants and designs in the show.



Tori's Angels 2026

Thursday, April 26, 5:30-8:30 p.m.
Glen Oaks Country Club, 1401 Glen Oaks Drive, West Des Moines

Celebrate 15 years of hope, helping Iowa children with life threatening illnesses by funding vital medical and travel expenses that are not covered by insurance, allowing them to pursue life-saving treatments and cures. For more information contact Patty Reeve at 515-238-3829 or patty@torisangels.org. www.TorisAngels.org.

Made In The Midwest: The Lubben Brothers

Saturday, April 25, 7 p.m.
Temple Theater, 1011 Locust St., Des Moines

Des Moines Performing Arts announces the return of Made in the Midwest at the Temple Theater for an exciting new season. The Lubben Brothers perform traditional/contemporary folk music. Opener is Courtney Krause. To purchase tickets, visit DMPA.org, call 515-246-2300, or stop by the Civic Center Ticket Office at 221 Walnut Street. Night-of tickets will be available for purchase at the Temple Theater Ticket Office two hours before the performance. ■

COMMUNITY leader finds home and heart in Adel

Bengtson reflects on small-town charm and a home rich in character.

Deb Bengtson is a well-known figure in the Adel community.

When she took on the role of president of the Adel Partners Chamber of Commerce a decade ago, it made perfect sense for her family to find a home in Adel.

When choosing their house, Bengtson says they were drawn to older homes and the size of the lot. One of their criteria was finding a property where they could build a three-car garage — something they were able to do.

Another factor in choosing the home was the size of the driveway, which is large enough to park their camper. It's an important part of their lives, as the Bengtsons enjoy traveling and exploring different parts of the United States.

Some of Bengtson's favorite features of the home include the sunroom, patio, spacious rooms and the beautiful woodwork throughout.

"But what is really unique is we have been told that it was an apprentice to Frank Lloyd

Wright who designed this home, so it has unique windows and trim in the Craftsman style that we love," she says.

Beyond the walls of the home, Bengtson says the neighborhood is friendly, and neighbors look out for one another.

The home is within walking distance of downtown Adel, and the Bengtsons also live close to a bike trail — something they appreciate since they enjoy biking. Being in one of the older sections of Adel also means every home in the neighborhood has its own unique character.

"Adel is a charming, small-town-feel community with lots of amenities, and we're growing as more businesses come into town," Bengtson says. "It's exciting to see the growth that Adel is experiencing. The people are very friendly and welcoming."

Bengtson is also actively involved in the community. She serves as a member of the Parks and Recreation board and is a past president of



Mike and Deb Bengtson chose an older home with unique features and charm.

the Adel Partners Chamber of Commerce. She says Adel has many strong civic groups active in the community.

Another benefit of living in Adel is its proximity to Des Moines, giving residents easy access to additional amenities and entertainment, including downtown events, concerts and sporting events.

"There's always something going on, yet Adel gives you that small-town feel. It's very welcoming and charming," Bengtson says. ■

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EVIDENCE for Easter

In just a few short days, billions of people around the world will celebrate that a man, who was brutally crucified on a Roman cross 2,000 years ago, three days later began to breathe again and walked out of His tomb. I want to suggest to you in just a few short words that this history-altering event is not fantasy but worth believing and building your life upon based on evidence. For example...



fear death anymore. And, it wasn't just the disciples, as many early followers of Jesus fearlessly lived out their faith.

Third, if Jesus were still dead, people might respect His teaching but would not worship Him. Two men were crucified with Jesus, and people aren't trying to figure out more about their lives. Why? They died. But Jesus rose. That made him distinct and unique.

Next, Jesus' family worshipped Him as God. His own mother, Mary, following the resurrection, with other believers in the Upper Room, spent time praying to her son as God. Later Jesus' half-brothers, James and Jude, worshipped Him as God. Before the resurrection, they thought their brother was an absolute lunatic. Following the resurrection, they worshipped him as Lord.

Number five, no physical body was ever produced. Some say it was stolen, but with the tomb guarded and sealed as it was, this is not plausible. Even if the body were stolen, this doesn't answer why hundreds of people

saw Jesus alive, walking, eating and talking to people.

Finally, the tomb of Jesus was never enshrined as a final resting place. There is no evidence crowds flocked to the tomb, left candles or notes, mourned or set up a memorial. There was early knowledge by all that Jesus wasn't there.

The bottom line is that Jesus is alive. Do you know who is in Abraham's tomb? Abraham. Buddha's tomb? Buddha. How about Muhammad's tomb? Muhammad. Do you know who is in Jesus' tomb? Nobody! And this changes Christianity from every religion on the face of the earth. Easter is a time to remember that a risen and very much alive Savior has conquered sin, Satan and death and wants a second chance relationship with you. That is something worth celebrating. ■

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

Easter
AT NEW HOPE  **Sunday, April 5**
6:45 | 8:00 | 9:30 | 11:00

Good Friday **APRIL 3RD**
7:00PM | 8:30PM

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HISTORY By Mike Flinn

HOW ADEL'S first church became a community house

The building at 1016 Main St., now known as the Raccoon Valley Bank Community House, was built in 1862 as the Methodist Episcopal Church. It has the distinction of being the first church built in Adel.

Prior to the building of the church, the Methodist Congregation had held their meetings in a small frame schoolhouse on West Main Street, in a hall on the east side of the square, and sometimes in the courthouse. On Dec. 11, 1860, Articles of Incorporation were adopted by the group with Lewis Jolley, G. W. Noel, Samuel Witham, Wm. R. Rigg, Jas. L. Snyder, and Pearson Young as trustees. The Reverend Badley was pastor in charge at this time. The need for a church was their first order of business.

The building of the church was an immense undertaking in labor, money and vexation. A committee of five had already begun to raise the \$2,000 necessary for its erection. This was a great amount of money, as the membership in the Adel congregation was not more than 25 at that time. Much of the work was done by church members as a contribution. A Mr. Yard contributed the building of the foundation as his share, and Mr. Lewis Jolley built the roof.

The church was completed in 1862 and served for the next 25 years. As the congregation and the city of Adel grew, however, a larger church became a necessity. A new church was completed by the Methodists in 1886 at a cost, complete with furnishings, of \$5,000. It was dedicated on Sept. 12, 1886, by Dr. W. S. Ridgeway of Garrett Biblical Institute. This building is still the home of the Adel Methodist Church congregation in a remodeled and much enlarged form.

The previous church building was later sold to Orin Jewett for the sum of \$500... \$10 being paid in cash and the remainder to draw 6% interest. From then on, the building was used as a private residence and was the home of many families through the years.

Raccoon Valley Bank acquired the property in 1996 and renovated it to become a community meeting space.

The Community House was closed in 2020 because of COVID and then stayed closed for a renovation. New rafters and a new roof were installed while one of the lower walls was shored up in the basement. Interior renovations included new paint, floor coverings and all new furnishings. Landscaping was done on the exterior. It is now a beautiful and functional historic building, adding much to Adel's historic downtown area.

Since it was first opened as an event space, The Community House has been a gathering space for all citizens of Adel, not just bank customers. The space can be booked by anyone for their event, free of charge. ■

THE COMFORT of a savory lasagna

There are few things in life more comforting than a warm kitchen filled with the savory aroma of lasagna baking in the oven — any time of the year. It is the kind of smell that draws everyone in, pulling family members from each corner of the house to ask, “Is it ready yet?”

This hearty lasagna has become a true family favorite in our home. With rich layers of seasoned meat, creamy ricotta, tender pasta and plenty of melted cheese (I suggest adding more than what this recipe calls for), it is the ultimate comfort food. Lasagna is more than just dinner — it is a tradition. This dish has even been selected as our dinner for Christmas and Thanksgiving many years, as it truly is a treasured recipe — and the leftovers taste even better the next day. This recipe represents the simple joy in sharing something homemade and delicious with the people you love. I need to warn you, though, the sauce takes some time to cook, but it is well worth the wait. Enjoy! ■



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

Lasagna

INGREDIENTS:

- 1 pound ground hamburger
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1/4 cup chopped fresh parsley, divided
- 1 28-ounce can whole tomatoes, undrained and chopped
- 1 14.5-ounce can Italian-styled stewed tomatoes, undrained and chopped
- 1 six-ounce tomato paste
- 1 eight-ounce can tomato sauce
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- Water to boil noodles
- 12 uncooked lasagna noodles
- 1 large egg white, beaten
- 2 cups cottage cheese
- 1/2 cup shredded parmesan cheese
- 1 15-ounce carton fat-free ricotta
- 2 cups shredded mozzarella cheese



DIRECTIONS:

- Brown hamburger and drain grease. Set aside. In the same pan, coat with cooking spray, sauté onion and garlic for 5 minutes. Add beef back in. Add 2 tablespoons parsley, chopped whole tomatoes and next six ingredients. Bring to a boil. Reduce heat, cover and simmer for 20 minutes. Uncover and simmer for 15 minutes. Set aside.
- Boil water and cook noodles for 12 minutes or until “al dente.” Drain and set aside.
- Preheat oven to 350 F. In another bowl, combine 2 tablespoons parsley, egg white, cottage cheese, parmesan cheese and ricotta cheese.
- Spray a 9-inch by 13-inch pan with cooking spray and spread 1 cup tomato/beef mixture on the bottom of the pan. Place 3 noodles on tomato/beef mixture, top with half of cottage cheese mix, then 2 cups of tomato/beef mixture, and 2/3 cup of mozzarella. Repeat. Place another layer of noodles on top, then spread with remaining tomato/beef mixture.
- Cover with aluminum foil and bake for 1 hour. Then, sprinkle with 2/3 cup of provolone and bake uncovered for another 10 minutes. Take out of oven and let rest for 10 minutes. ■

SPORTS SCHEDULE

SPRING 2026

V BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
02-23-26	3:30PM	Away vs. TBA	TBA
03-09-26	2:00PM	Away vs. UNI	UNI
03-12-26	9:00AM	Away vs. ISU	ISU
03-20-26	10:30AM	Away vs. Central College	Central College
03-26-26	4:30PM	Multiple Schools	A-D-M, Adel
03-31-26	4:30PM	Away vs. DC-G	DC-G High School
03-31-26	4:30PM	Away vs. Earlham	Earlham High School
04-03-26	4:30PM	Away vs. Multiple Schools	Winterset High School.
04-07-26	4:30PM	Multiple Schools	A-D-M, Adel
04-09-26	4:30PM	Away vs. Multiple Schools	Van Meter High School
04-11-26	8:30AM	Away vs. TBA	Drake
04-13-26	4:30PM	Away vs. Multiple Schools	Norwalk High School
04-16-26	4:30PM	Multiple Schools	A-D-M, Adel
04-20-26	4:30PM	Away vs. Multiple Schools	Gilbert High School
04-23-26	9:00AM	Away vs. Drake University	Drake
04-23-26	4:30PM	Away vs. West Central Valley	West Central Valley High School
04-24-26	9:00AM	Away vs. Drake University	Drake
04-25-26	9:00AM	Away vs. Drake University	Drake
04-28-26	4:15PM	Away vs. Multiple Schools	Carlisle High School
04-30-26	4:15PM	Away vs. Multiple Schools	Bondurant-Farrar High School
05-06-26	4:00PM	Multiple Schools	ADM High School

V GIRLS TRACK

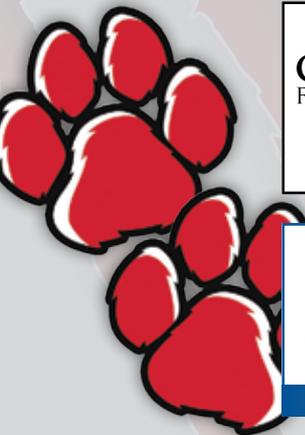
DATE	TIME	OPPONENT	LOCATION
02-23-26	3:30PM	Away vs. TBA	TBA
03-10-26	2:00PM	Away vs. UNI	UNI
03-12-26	9:00AM	Away vs. ISU	ISU
03-21-26	10:00AM	Away vs. Central College	Central College
03-26-26	4:30PM	Multiple Schools	A-D-M, Adel
03-31-26	4:00PM	Away vs. Waukee NW	Waukee NW High School
04-07-26	4:30PM	Multiple Schools	ADM High School
04-09-26	4:00PM	Away vs. Multiple Schools	Waukee NW High School
04-11-26	8:30AM	Away vs. TBA	Drake
04-14-26	4:30PM	Away vs. DC-G	DC-G High School
04-16-26	4:15PM	Away vs. Multiple Schools	Indianola
04-20-26	4:30PM	Away vs. Bondurant-Farrar	Bondurant-Farrar High School
04-23-26	9:00AM	Away vs. Drake University	Drake
04-23-26	4:30PM	Away vs. Multiple Schools	Newton HA Lynn
04-24-26	9:00AM	Away vs. Drake University	Drake
04-25-26	9:00AM	Away vs. Drake University	Drake
04-28-26	4:30PM	Multiple Schools	A-D-M, Adel
04-30-26	4:15PM	Away vs. Multiple Schools	Carlisle High School
05-06-26	4:00PM	Multiple Schools	ADM High School

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FOR ALL TIGERS SCHEDULES



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TIGERS

ATHLETICS

V BOYS SOCCER

DATE	TIME	OPPONENT	LOCATION
03-27-26	6:00PM	Away vs. DM East	Des Moines East High School
03-30-26	7:00PM	Away vs. Perry	Perry High School
04-02-26	7:00PM	Away vs. North Polk	North Polk High School
04-10-26	4:30PM	Multiple Schools	ADM High School
04-11-26	9:00AM	Multiple Schools	ADM High School
04-13-26	7:15PM	Gilbert	ADM High School
04-17-26	7:00PM	Away vs. DC-GHS	DCG
04-21-26	7:00PM	Away vs. Nevada	Nevada High School
04-24-26	7:00PM	Carroll Community School	ADM High School
04-25-26	9:00AM	Away vs. Pella	Pella High School
04-30-26	7:15PM	Away vs. Winterset	Winterset High School.
05-04-26	7:00PM	Away vs. Bondurant-Farrar	Bondurant-Farrar High School
05-07-26	7:00PM	Boone	ADM High School
05-12-26	5:30PM	Away vs. Ballard	Ballard Middle School
05-15-26	7:00PM	Carlisle	ADM High School

V GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
03-27-26	6:45PM	Johnston	ADM High School
04-02-26	7:00PM	North Polk	ADM High School
04-06-26	7:00PM	Perry	ADM High School
04-10-26	4:30PM	Away vs. Multiple Schools	Des Moines Christian School
04-13-26	5:30PM	Gilbert	ADM High School
04-17-26	5:30PM	Multiple Schools	ADM High School
04-18-26	9:00AM	Multiple Schools	ADM High School
04-21-26	7:00PM	Nevada	ADM High School
04-24-26	7:00PM	Away vs. Carroll	Carroll Middle School
04-27-26	7:30PM	Away vs. DSM Roosevelt	DSM Roosevelt High School
04-30-26	5:30PM	Away vs. Winterset	Winterset High School.
05-04-26	7:15PM	Bondurant-Farrar	ADM High School
05-07-26	5:30PM	Away vs. Boone	Boone Goeppinger Field/Track
05-12-26	7:00PM	Ballard	ADM High School
05-15-26	7:00PM	Away vs. Carlisle	Carlisle High School
05-19-26	7:00PM	Norwalk	ADM High School

V BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
03-16-26	4:00PM	TBA	River Valley Golf Course
04-06-26	1:00PM	Away vs. Gilbert	Ames Golf and Country Club
04-13-26	4:00PM	Away vs. Multiple Schools	Pleasantville Golf & Country
04-14-26	4:00PM	Away vs. Multiple Schools	Ballard Golf and Country Club
04-16-26	1:00PM	Away vs. Woodward-Granger	Woodward-Granger
04-17-26	11:00AM	Away vs. Multiple Schools	Bos Landen Golf Course
04-18-26	8:30AM	Away vs. Multiple Schools	Bos Landen Golf Course
04-21-26	12:00PM	Away vs. Multiple Schools	Veenker Memorial Golf Course
04-25-26	8:30AM	Away vs. Multiple Schools	Perry Golf & Country Club
04-28-26	1:00PM	Away vs. Gilbert	Ames Golf and Country Club
04-30-26	4:00PM	Away vs. Multiple Schools	Lakeview Country Club
05-04-26	4:00PM	Bondurant-Farrar	River Valley Golf Course
05-05-26	10:00AM	Away vs. Atlantic CSD	Atlantic Golf and Country Club
05-07-26	4:00PM	Carroll Community School	River Valley Golf Course
05-08-26	9:30AM	Away vs. Clear Lake	Legacy Golf Course
05-11-26	9:00AM	Away vs. Carlisle	Pleasantville Golf & Country

V GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
03-16-26	3:45PM	TBA	River Valley Golf Course
04-06-26	4:00PM	Away vs. Gilbert	Ames Golf and Country Club
04-09-26	4:00PM	Away vs. Panorama	Lake Panorama Golf Course
04-13-26	4:00PM	Multiple Schools	River Valley Golf Course
04-16-26	4:00PM	Woodward-Granger	River Valley Golf Course
04-23-26	4:00PM	Ballard	River Valley Golf Course
04-27-26	4:00PM	Away vs. Multiple Schools	Terrace Hills Golf Course
04-28-26	11:00AM	Away vs. Clear Lake	Veterans Memorial Golf Club
04-30-26	9:00AM	Away vs. Woodward-Granger	Woodward-Granger
04-30-26	12:00PM	Away vs. Norwalk	Willow Creek Golf Course
05-05-26	10:00AM	Away vs. Atlantic CSD	Atlantic Nishna Hills Golf Course
05-05-26	3:30PM	Away vs. Multiple Schools	Jester Park Golf Course
05-07-26	4:00PM	Away vs. Multiple Schools	Don Williams Golf Course
05-11-26	9:00AM	Away vs. Multiple Schools	Carroll Country Club
05-14-26	4:00PM	Away vs. Multiple Schools	Perry Golf & Country Club

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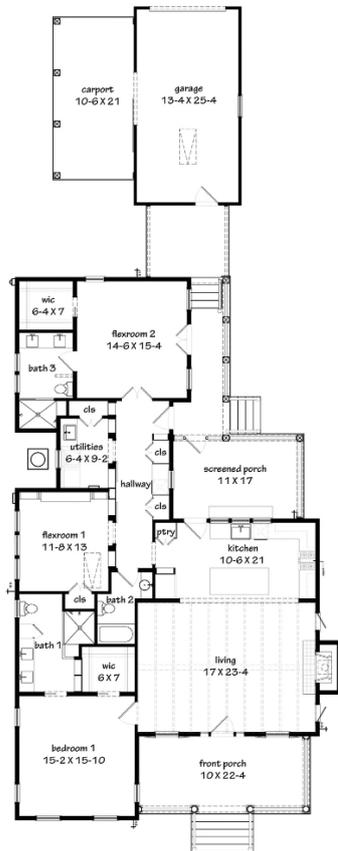
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ADAPTIVE cottage house plan

This house was designed as an adaptive home in conjunction with the Parkinson's Foundation. With three bedrooms and three baths across a single-level layout, the Adaptive Cottage offers accessible living features ideal for aging in place. A rear-entry garage connected by breezeway, spacious bedrooms, and open living spaces provides both comfort and flexibility for long-term living. The traditional Southern exterior is thoughtfully crafted to blend into existing neighborhoods while supporting independence and ease of use inside.

The traditional but comfortable nature of the architecture is designed to blend seamlessly into a traditional neighborhood or existing community. ■



SPECIFICATIONS

Floors: 1
 Bedrooms: 3
 Bathrooms: 3.0
 Foundation(s): Slab
SQUARE FEET
 Main Floor: 1,966
 Total Conditioned: 1,966

Rear Porch: 113
 Garage: 585

DIMENSIONS

Width: 42'-8"
 Depth: 71'-2"
 Height: 24'-4"

HOUSE LEVELS

Level Name Ceiling

Heights

Main Floor 10'-0"

CONSTRUCTION

Wall Construction: 2x6
 Exterior Finish: Lap Siding
 Roof Pitch: 10:12

FEATURES

Kitchen: Island, Pantry

Primary Bedroom: Double Sink, Shower, Walk-in Closet
 Additional: Fireplace, Porch, Screened Porch

GARAGE

Type	Size
Carport	1 - Stall
Attached	1 - Stall

THE ADEL Speedway

An estimated 3,000 people were on hand Sunday afternoon, Sept. 10, 1950, to watch the first thrilling stock car races at the newly formed Adel Speedway. The 3/8-mile track, which was on the Allen farm on the west side of town about where Adel Acres is located now, was started by John Astley and managed by Max Chapman, both of Adel.

According to reports, “Organized mayhem reigned as crashes thrilled the pleasure seekers. When the dust had blown away, most exclaimed they’d never seen anything like it.”

There were thrills galore as drivers crashed, rolled and skidded on the turns and the straightaways. No one was hurt, although one or two drivers were shaken up. The program got underway at 1 p.m. with time trials for the 25 cars that were on hand for the day’s racing. Each roared around the track for a qualifying time and starting positions of the various heats.

Jim Gates of Des Moines gave fans their first scare when he rolled his car over on the east turn. He was knocked out but not seriously injured. Fisher’s ambulance and Dr. Alan Cochrane stood by on the infield the entire afternoon, plus Adel’s old fire truck, manned by the fire department crew. Mitchell Motor Company’s wrecker also stood by and was one of the busiest of all. From the first 10-lap heat race until the final 20-lap feature, it was a constant round of smash, crash, rolled daredevil tactics that sent shivers up the spines of the people in the crowd. Drivers and cars came from all over the state. Most were from Des Moines. Two Adel men, Dale Ingram and Zon Brower, drove cars sponsored by Adel Truck and Implement and Ballantine’s One Stop, respectively. Don Bell, well known Des Moines radio announcer, was at the mic giving the crash-by-crash description of the day’s program.

Drivers ranged in age from 21 to 30. Their old, beat-up cars had motors tuned to maximum performance efficiency. Most were driven in second gear during the entire race. The rules stated that “no car can have any parts except those from commonly carried stock. They are not souped up with any extra gadgets. No windows, windshields or glass was allowed, not even a rear-view mirror.” Drivers were strapped in and wore football helmets and unbreakable goggles. They were required to sign waivers of injury and death before they were allowed to race.

Races continued into November of 1950, and there were races almost every Sunday through the summer months of 1951. The last race was apparently held on June 29, 1952.

There were a few Adel men among the daredevils. Darrel Daugherty, Dean Bever, Zon Brower, Merle Merial, Dale Ingram and Ned Freestone are all listed. There were probably others.

I can barely remember attending races there as a child. I think my uncle either built a car or raced there or both. Adel Speedway was a short-lived but exciting memory. ■

WHAT TO expect during a home remodel from start to finish

Starting a remodel can feel like a big step, but it is a lot easier when you know what to expect. It usually begins with a conversation about what is working in your home, what is not, and what you’d like to change. Talking through budget early on is just as important and helps guide the project scope and the materials you choose.



Next comes layout, design and selections. Having these decisions made up front allows the project to move more smoothly. Details matter here. For example, choosing sconces instead of a single light above a mirror requires different electrical planning before insulation and drywall go in.

Once everything is finalized, permits are handled and construction begins. This is when things can get a little noisy, but it is also when you start to see real progress. Most projects follow a similar sequence: demolition; rough-in work for electrical, plumbing and HVAC; followed by insulation and drywall. From there, cabinets and trim are installed, then paint, flooring and tile. Countertops come next, along with final electrical, plumbing and HVAC connections and appliance installation. Finishing touches and final details wrap things up.

A well-planned remodel makes the process smoother and the end result even more enjoyable. ■

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



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WHAT IS lymphedema?

Lymphedema occurs when lymphatic fluid is not adequately being drained from a region of the body. This can lead to swelling that usually occurs in one of your arms and legs and sometimes both. The lymphatic system keeps the body healthy by circulating protein-rich lymph fluid throughout your body, collecting bacteria, viruses and waste product. This fluid and harmful substances are carried to your lymph nodes where wastes are filtered out.



Lymphedema is most commonly caused by the removal of your lymph nodes or other damage to your lymphatic system. Once damage has occurred, the system becomes less efficient in removing/draining of the lymph fluid, causing fluid buildup and swelling. While there is no cure for lymphedema, early diagnosis and management of symptoms are key.

Lymphedema can present as swelling in part or all of your arm or leg, including fingers and toes, feeling of heaviness or tightness, aching or discomfort, recurring infections, hardening and thickening of the skin, or restricted mobility. The degree of swelling with lymphedema can range from mild to extreme and may not occur until months or years after the initial damage occurred. It is important to seek medical attention if you notice persistent swelling in your extremities. ■

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

UNDERSTANDING atrial fibrillation

A patient-friendly overview for your heart health

Atrial fibrillation, or AFib, is a common heart rhythm condition where the upper chambers of the heart (the atria) beat irregularly and often too fast. This can cause blood to pool and form clots, increasing the risk of stroke and heart failure.



Some people feel fluttering in their chest, shortness of breath or fatigue. Others may not notice any symptoms at all. That's why regular checkups are important — especially if you have high blood pressure, sleep apnea, or a family history of heart disease.

AFib isn't always dangerous, but it does need attention. Your doctor may recommend blood thinners to prevent clots, medications to control your heart rate, or procedures like cardioversion or ablation to restore normal rhythm.

The good news? Many people live full, active lives with AFib. Smartwatches and wearable monitors now help detect irregular rhythms early, and newer treatments are improving outcomes every year.

If you've been diagnosed with AFib — or think you might be at risk — talk to your pharmacist or healthcare provider. Managing AFib starts with understanding it, and we're here to help you every step of the way. ■

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

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A PHARMACIST'S guide to a healthier, happier you

As a pharmacist, I see people every day who want to feel better, have more energy and live longer. The good news? Better health isn't about drastic changes or fad diets — it's about small, sustainable habits that add up over time. Here are a few simple (and fun) ways to take control of your health and feel your best.



1. Turn your medicine cabinet into a health hub. Let's start with the basics: your medications. Whether it's a daily vitamin or a prescription, taking your meds correctly is crucial. Set a reminder on your phone, use a pill organizer, or link your medication routine to an existing habit (like brushing your teeth). And, if you're ever unsure about a medication, ask your pharmacist. We love to help.

2. Move more, sit less. You don't need a gym membership to stay active. Dance while you cook, park farther away or take the stairs instead of the elevator. Even small bursts of movement improve circulation, boost mood and strengthen your heart. If you enjoy what you're doing, you'll stick with it — so find something fun.

3. Eat the rainbow (no, not Skittles). Colorful fruits and vegetables are packed with vitamins, minerals and antioxidants. Try to fill half your plate with vibrant produce at every meal. Berries, leafy greens, carrots and bell peppers don't just look great — they help fight disease and keep your body running smoothly.

4. Hydration = happiness. Water is your body's best friend. It helps with digestion, keeps your skin glowing and even improves brain function. If plain water bores you, try infusing it with lemon, cucumber or berries. Set a goal

to drink a glass of water before each meal. It's a small habit with big rewards.

5. Sleep like a champion Your body heals and recharges while you sleep, so aim for seven to nine hours each night. Create a bedtime routine: dim the lights, put your phone away and relax with a book or calming music. Good sleep improves everything — energy levels, memory and even weight management.

6. Laugh, love and let go. Stress is a silent health killer, so find ways to unwind. Laugh often, spend time with people who make you happy, and don't sweat the small stuff. A positive mindset can do wonders for your overall well-being. Small changes lead to big results. Start today, and your future self will thank you. ■

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

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The April 2011 Adel Living magazine featured the story, “Growing together: City of Adel unveils first community garden.” The front page photo features Mary Harvey holding starter lettuce and Deb Gay showing off colorful cabbages ready for planting in the community garden. ■

TAKE OUR POLL

APRIL IS NATIONAL HOPE MONTH. Which do you hope for most?

1. A surprise windfall of cash
2. Better health
3. Better relationships
4. Someone to do all your chores
5. A vacation

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RESULTS FROM MARCH POLL:

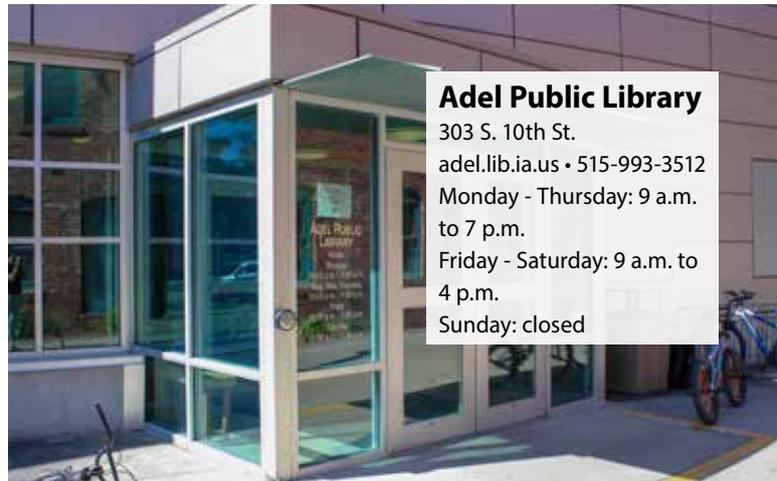
Which of these first signs of spring is your favorite?



Thunderstorms 29%
Birds singing 21%
Green grass 21%
Flowers blooming 21%
Jacket weather 7%



HELLO from the Adel Public Library



Adel Public Library
 303 S. 10th St.
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 Monday - Thursday: 9 a.m. to 7 p.m.
 Friday - Saturday: 9 a.m. to 4 p.m.
 Sunday: closed

STORYTIMES

- 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.

ELEMENTARY

- Tail Wagging Readers — Thursday, April 2, at 4:30 p.m.
- Elementary Art Club: Junk Journaling — Tuesday, April 7, at 4 p.m.
- Elementary Maker Lab: DIY Tote Bag — Tuesday, April 14, from 4 to 5:30 p.m. Registration required. Register at adelpl.org.
- Pokémon Club: Trivia — Tuesday, April 21, at 4 p.m.
- Nerf Battle (grades 2-5) — Friday, April 10, from 2 to 3:30 p.m. Registration required. Register at adelpl.org.

TEEN

- Teen Advisory Board — Wednesday, April 1, at 4 p.m.
- Teen Chef: Dirt and Worms — Wednesday, April 8, at 4 p.m.
- Teen: Shrinky Dink Keychain — Wednesday, April 15, at 4 p.m.
- Library D&D — Friday, April 17, from 1 to 3:30 p.m. Registration required. Register at adelpl.org.
- Teen Maker Lab: DIY Tote Bag — Wednesday, April 22, from 4 to 5:30 p.m. Registration required. Register at adelpl.org.

ADULTS

- Exercise Group — meets every Monday through Thursday at 9 a.m.
- Yoga — every Wednesday at 6 p.m. Registration required. Register at adelpl.org.
- 50-plus Senior Group — Tuesdays, April 7 and 21, from 10 a.m. to 1 p.m.
- Adult Craft: Yarn Birds — Monday, April 20, at 5:30 p.m. Registration required. Register at adelpl.org.
- How Iowa Met Baseball: The Myths, the History, the Players — Tuesday, April 21, at 10 a.m.
- Evening Book Club — Thursday, April 30, at 5:30 p.m. ■

MEET Leanna Stine-Smith

Inspiring students through reading, relationships and laughter

For Leanna Stine-Smith, becoming a teacher was always the plan.

“When I was a little girl, I would come home from school and ‘play’ school by lining up my stuffed animals as my students,” she says. “It seems like yesterday.”

She graduated from the University of Northern Iowa in 1994 with a degree in elementary education and minors in reading and English/language arts.

Stine-Smith spent 26 years teaching first grade at Adel Elementary before moving to third grade at Meadow View in the fall of 2023.

“I was excited to work with older students and see how I could support them in their learning,” she says.

She got her start in the district as a long-term substitute for a couple of teachers before applying for a first-grade/Reading Recovery position.

“Reading aloud picture books and chapter books to my students has been, and will always be, what I enjoy most about teaching,” Stine-Smith says. “We can share so much through books — personal stories that relate to what we are reading, connecting what we read to what we write, and just the pure joy of reading. Building connections with students through books is definitely a priority of mine, and it is a privilege to do that every day.”

She also enjoys the smiles and energy her students bring.

“Each day there is something new to laugh about,” she says.

Stine-Smith has made many memories during her years in the classroom — so many that, if she listed them all, they would fill too many pages.

“From special handshakes to having kids I taught in first grade again in third grade, to co-workers who make you laugh so hard you cry, I am blessed to have a ton of awesome memories,” she says. “I tell my class each year that, while they are in my classroom, we are a family, a community. I truly value the relationships I make with them, and once they leave my classroom, I love seeing them around town, at games and in the hallways for one more year.”

Stine-Smith graduated from nearby Dallas Center-Grimes High School and has remained in the area her entire life. She and her husband, Sean, have three sons — Cade, Tate and Rhylan — who all graduated from ADM. ■



Leanna Stine-Smith says reading aloud to students is one of the greatest joys of teaching.

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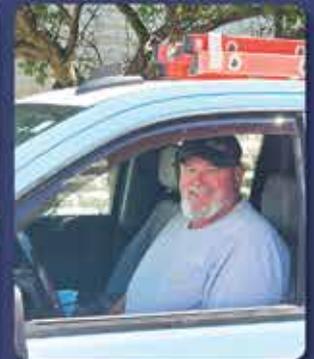
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THE SPRING spruce-up

I'm writing this article from my Adel office on the morning of Wednesday, March 11. As I look out my office window, I see snow lightly falling to the ground in front of the brick Raccoon Valley Bank building. I believe we would all agree there is some aesthetic beauty to this wintery scene... but, personally, I'm done with winter. Wasn't it just 75 degrees two days ago? I, along with most every other Midwesterner, am ready to move on from the winter gloom and into springtime renewal.



Spring is a time we humans find to be good to deep clean, tidy up, declutter, organize, purge and, just in general, spruce up, aka "spring cleaning." Fun fact: The term "spring cleaning" appears to have originated in Britain in the early 1800s from the need to remove soot from winter coal/wood fires. It just feels good to have everything organized and in order, even if only for a while. But, after you have completed your physical spring cleaning, which may include sweeping out that dirty garage or tackling that unkempt storage room, think about revisiting your estate plan to see if it needs any sprucing up as well.

Experts generally recommend a review of your estate plan every three to five years, or earlier upon major life events. Major life events include

things like marriage, divorce, death of certain individuals (spouse, children, beneficiaries, executor, trustee), significant physical or mental health changes to yourself and/or your beneficiaries, or if you will be coming into a lot of money (large inheritance, winning the Powerball® lottery). A qualified estate planner will be able to guide you through the review process to make sure all of your estate planning documents are working together to meet your goals and objectives. It is akin to the yearly physical you might get at your doctor's office, without the needle poke for a blood test.

As Ben Franklin once stated in 1736, "An ounce of prevention is worth a pound of cure." Take some time now to spruce up that estate plan to make sure your affairs are in order. It's no fun talking about what happens upon our earthly demise, but, by doing so now, you can ensure that (among other things) your: a) will and/or trust is worded correctly, b) assets are titled properly or have proper beneficiaries listed, c) assets given to your beneficiaries are maximized, and d) power of attorney documents name the right people.

Happy spring. Now, get to that spring cleaning. ■

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

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CHAMBER'S newest members

Dallas County Conservation Board and Ground Control Services

The Adel Partners Chamber of Commerce welcomes these new members.

Dallas County Conservation Board

Curt Cable is the conservation director for the Dallas County Conservation Board (DCCB). The DCCB manages nearly 4,000 acres of natural areas, including parks, green spaces and public hunting areas. They oversee 55 miles of the Raccoon River Valley Trail and High Trestle Trail, preserve history at Perry's Forest Park Museum and provide conservation and environmental education programs.

Cable says DCCB joined the chamber as a way to strengthen connections by creating opportunities to build relationships with local businesses, civic groups and residents.

"Through events, networking and communication, the chamber helps introduce our programs, parks and initiatives to a wider audience," he says. "They strengthen partnerships supporting conservation and outdoor recreation in Dallas County."

The DCCB provides outdoor recreation and educational opportunities, enhancing the quality of life for residents. Adel and Dallas County benefit from natural resources and outdoor recreation opportunities including the North Raccoon River and the Raccoon River Valley Trail.

Cable says the chamber plays an important role in connecting businesses, nonprofits and public organizations. "Those connections create opportunities to share information, support local initiatives and work together on projects to help move the community forward. Strong local communities ultimately help create a stronger, more unified county," Cable reflects. "The Adel Chamber is a valuable partner by sharing information and connecting our organization."

For more information, visit www.dallascountyiaowa.gov/501/Conservation.

Ground Control Services

As a high school student, Marshall Dickson began shoveling snow and mowing lawns.

Due to an increasing need for his services, he established his own business, Ground Control Services, in 2020.

Dickson lived in Stuart and completed projects with various clients across Dallas, Guthrie and Polk counties. He recently moved to Adel and, shortly after that, joined the Adel Chamber.

"People recommended I join the chamber to increase visibility for my business," he explains. "It's a good way to network with people and other local businesses."

In addition to home lawn care and snow removal, Ground Control Services offers commercial landscaping, sodding and concrete work — anything to do with outdoor projects. He has one full-time employee and, during the busy season, hires four additional employees.

Dickson says the chamber is good at promoting local businesses. "I'm excited to be part of the growing community of Adel," he says. "It's a good spot to grow my business." For more information, visit www.ground-control-services.com. ■



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

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Thank You

Thank you, Dallas County Foundation!

The Adel Partners Chamber Arts & Trails Committee is a 2026 recipient of the Dallas County Foundation Grant for \$10,000.

This money will be used to fund flashing beacon crosswalk lights at the intersection of the RRVT and Highway 169.

This project is expected to be completed in 2027.

We are truly thankful for the generosity of the Dallas County Foundation!

Rebecca Hillmer, Adel Partners Arts & Trails Committee Chair

Adel Partners Chamber of Commerce | 515-993-5472 | www.adelpartners.org

OUT & ABOUT



The Dallas County Iowa State University Extension and Outreach staff dressed up for St. Patrick's Day, March 17. Front row: Val Cameron, Rosa Gonzalez, Jackie Giles and Sarah Wood; and, back row: Anne Schlieman, Aleta Cochran, Michelle Sackville and Kathy Beni.



Bergkamp, Hemphill and McClure, PC was honored in the Dallas County Residents' Choice Poll.



Fiesta Mexican Restaurant was honored in the Dallas County Residents' Choice Poll.



Anna Boot and Kylee Henderson - Faith's Flock Preschool was honored in the Dallas County Residents' Choice Poll.



Kristie Anderson - Azalea Lane Boutique was honored in the Dallas County Residents' Choice Poll.



Susie Latusek - Real Deals was honored in the Dallas County Residents' Choice Poll.



Luke Orstad - Legacy Outdoors was honored in the Dallas County Residents' Choice Poll.



Phil Hunt - Paul's Pest Control was honored in the Dallas County Residents' Choice Poll.



Anna and Eric Trout - Billy's Ice Cream was honored in the Dallas County Residents' Choice Poll.



Cara Campbell - Soulshine Yoga was honored in the Dallas County Residents' Choice Poll.

OUT & ABOUT



The Adel Lions Club presented the Adel Boy Scouts a check for \$5,825.



The Adel Lions Club presented the Adel Girl Scouts a check for \$1,200.



The Adel Lions Club presented ADM Boys Basketball a check for \$1,800.



The Adel Lions Club presented ADM Boys Track a check for \$825.



The Adel Lions Club presented the ADM High School Band a check for \$800.



The Adel Lions Club presented De Soto Betterment a check for \$3,000.



The Adel Lions Club presented ADM E-Sports a check for \$1,100.



The Adel Lions Club presented ADM Girls Basketball a check for \$1,200.



The Adel Lions Club presented ADM Strength Training a check for \$800.

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