

# Living

MAGAZINE



## Hook, line and LEGACY

Passion for fishing connects generations of residents.



Payton F.



"Sadie was amazing! I cannot say enough good things about her service. She explained my coverages in a way that was easy for me to understand and not just insurance talk. She got me better coverage than my previous insurance and for cheaper!"

Text **"Quote"** to **515-993-3482** to have a savings estimate in about 5 minutes.

Stueve Insurance Agency Inc  
701 Common Place, Adel IA 50003

**Students of the month**  
EDUCATION

**Jolene's Rhubarb Crisp**  
RECIPE

**Scholarship honors Peterson**  
COMMUNITY

PPSRT STD  
ECRWSS EDDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131

**SUMMER  
MATTRESS SALE**

**FLOOR  
MODEL  
BLOWOUT!**

**SAVE  
UP TO  
\$800**



KURT MOYER



MICAH MOYER

618 GREENE STREET, ADEL • 515.993.4241 • [WWW.ARCHERHOMECENTER.COM](http://WWW.ARCHERHOMECENTER.COM)

# WELCOME

## BULLHEADS and bruised egos

I was introduced to fishing as a kid by my brother Steve along the riverbanks. At least we called it fishing. We eventually caught some fish — mostly bullheads — but I will get to those aquatic gremlins in a moment.

Our first gear consisted of cane poles strapped to our bicycles as we bumped our way to the river. Later, we upgraded to some of Dad's old rods and reels. To my brother's everlasting frustration, I became remarkably skilled at snagging lines.

We spent hot summer days dreaming about perch, bluegills and sunfish. Instead, we hauled in bullheads. Most fish would not win beauty contests, but bullheads look like they already lost one.

If you have never encountered a bullhead, consider yourself fortunate. The black bullhead is a North American catfish with a square tail and the survival instincts of a cockroach. Also known as fiddleheads, yellowbellies, chuckleheads, mud cats or hornpouts, they will eat practically anything. They thrive in warm, muddy, low-oxygen water that would make other fish file for relocation.

Apparently, there are three types of bullheads — black, brown and yellow. I think we mostly caught black bullheads, the largest and most common species. They live everywhere from muddy rivers to weed-choked ponds.

What I remember most is getting stung repeatedly by their fins while trying to unhook them. Years later, while fishing with my brother Brian, I started using a leather glove to handle bullheads. He still mocks me for it.

For fans of quirky Iowa landmarks, the world's largest bullhead sits in Crystal Lake. The giant fish statue, built in 1958 by Carl Frick and Rush Gabrilson and restored in 2007, stretches 12 feet long atop a pile of rocks. It may be the only bullhead in history people intentionally traveled to see.

Thankfully, fishing is about more than bullheads. It is about some great fish and is a fun activity, certainly, but it is also about slowing down, enjoying nature and spending time with family and friends — even if the fish are ugly and occasionally sting you. ■



**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  
515-371-2290  
dan.juffer@dmcityview.com



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council



FROM  
**FIRST  
PAYCHECKS**  
TO FIRST  
**SMART MONEY  
DECISIONS**

With the Charter Checking Account, customers 24 and under enjoy:

- No service charge
- Free debit card
- Mobile Deposit

**START THEIR  
MONEY JOURNEY  
TODAY!**



**Greg Grote**  
President  
NMLS #541741  
Waukee



**Ciara Bemiss**  
AVP Market Manager  
NMLS #2163496  
Waukee

**CHARTER BANK**

*Chart Your Success With Us!*

**Johnston**  
5526 NW  
86th St.  
515-331-2265

**Grimes**  
Corner of  
Gateway & 1st St.  
515-986-2000

**Waukee**  
Downtown  
Triangle  
515-987-1000

**Ankeny**  
2905 SW  
Oralabor Rd.  
515-446-2265

Member  
FDIC

[www.CharterBanker.com](http://www.CharterBanker.com)





# Hook, line and **LEGACY**

Passion for fishing connects generations of residents.

**By Rachel Harrington**

A tug on the line, the splash of water and the anticipation of the unknown keep anglers coming back. But, for many local families, fishing means more than the catch, stories and memories. It has become a passion that spans generations.

Brookelyn Allsup has a passion for fishing and spends many days casting a line.

## For the love of fishing

Brookelyn Allsup has enjoyed fishing since she was a toddler, first accompanying her father on his fishing trips. Now 14, Allsup often fishes with her dad, family and friends who share her passion for the sport. Of everyone she fishes with, she considers her dad the best fisherman.

“He knows the most and knows what to do,” she says.

Allsup says it doesn't matter where she goes. She simply enjoys fishing.

“We go to small ponds as well as Rathbun Lake, which is my favorite place,” she says.

“There are two ponds nearby, and I fish them a lot. I go river fishing often, too, and I go to Rathbun Lake about twice a year and stay for the weekend. Even if I don't catch anything, I love being outside.”

During the summer, she tries to fish every day. She also did some ice fishing this winter and caught a couple of trout. On May 8, she nearly lost track of time while fishing at a nearby pond and almost missed the bus for her conference track meet.

She uses her own gear and recently received new equipment she is eager to try.

Allsup's favorite fish to catch are catfish and bass.

“I like the way they bite,” she says. “I like the fight fish put up and learning about each species. I also like the thrill of not knowing what I'm catching until I reel it in.”

She enjoys fishing both from shore and from a boat but prefers being on the water, where there is a better chance of catching larger fish. For small ponds, she uses worms, while fishing rivers she sometimes uses smaller fish as bait.

Her best fishing memory came during a river trip with her dad.

“We hadn't caught any big fish, and, on my last cast, I caught my first 4-pound channel catfish,” she says. “I fought it for 10 minutes. It was fun to pull it out of the water.”

For Allsup, a perfect fishing day includes a trip to Rathbun Lake, camping and night fishing for catfish. She also enjoys bringing her catch home.

“Dad usually does the filleting,” she says. “I watch and try to learn.”

Her advice to beginners is simple:

“It doesn't matter what equipment you have,” she says. “Just go out and try fishing. Start with worms and a hook and use a bobber until you get the hang of it.”



Brookelyn Allsup began fishing with her dad when she was young.

## Fishing for a prize

Landon, 16, Dawson, 15, and Koleman Schenck, 12, have been fishing for as long as they can remember, thanks to their dad, Nick.

Their favorite spot is Lake Okoboji, where they visit five to six times each summer, drawn by the clear water and a variety of fish.

Landon remembers fishing farm ponds as a young child. Now, many of his fishing memories involve his brothers. They often fish on their own, with Landon driving their truck and towing their bass boat.

All three have developed strong fishing skills. Landon and Dawson joined the Central Iowa Student Anglers Club (CISA) in eighth grade, and Koleman joined the following year. The club has about 35 members and focuses on competitive bass fishing.

In 2026, each plans to compete in more than a dozen tournaments across Iowa.

“We fish for bass,” Dawson says, “but we catch different species almost every time.”

“I love that there are always bigger bass or new species to catch,” Landon adds.

Koleman recently caught a rare silver pike during a tournament at Clear Lake. Landon recalls catching a 4.5-pound smallmouth bass at Big Spirit Lake. Dawson remembers a 2025 tournament at Little River Lake, where he and his partner rebounded from a slow start to win after landing a 5-pound bass.

Like any sport, practice is key. The brothers often arrive days early to scout tournament



Landon Schenck has been teaching his younger siblings about the intricacies of fishing.



Brothers Landon, 16; Dawson, 15; and Koleman Schenck, 12, have spent a lot of time bonding while fishing. Pictured are Dawson and Koleman.



Evelyn Schenck sometimes joins older brothers Landon, Dawson and Koleman on fishing expeditions.



Jon Markus completed a two-year cedar-strip canoe project and uses it to take his daughters, Mila and Eden, fishing.

locations and study water temperatures, structure and fish patterns.

“During my first year, the best we finished was third,” Landon says. “Last year, I had one first-place finish, three thirds and two fourths.”

Dawson says he and Koleman have already placed third twice in 2026.

Upcoming tournaments can draw large crowds. A June event at Lake Okoboji is expected to host up to 60 boats.

Landon recently qualified for the Bass Federation National High School

Championship in Kentucky.

When fishing for fun, the brothers often bring home crappie, bluegill and walleye. Their sister, Evelyn, 10, sometimes joins them.

They encourage others to get involved in fishing clubs and emphasize staying positive, practicing and studying fish behavior.

**Hooked**

Jon Markus grew up fishing with his dad, but his passion deepened in his 20s after his first trip to the Boundary Waters, where he

experienced what he calls “true wild fishing.” There, he caught walleye, smallmouth bass, northern pike, crappie and perch.

After that trip, he returned several times, turning it into an annual tradition.

This past summer, Markus completed a two-year cedar-strip canoe project, hoping to combine his love of fishing with time on the water in Iowa and in the Boundary Waters.

“The Boundary Waters are a canoeist’s dream,” he says. “I hope to get it up there for the first time this June.”

# AIR CONDITIONER NOT WORKING?

At Thrasher Service, our goal is to provide our customers with the best indoor air quality for their homes with professional, prompt service at an affordable price.



515.262.2229 WWW.THRASHERSERVICE.COM

- Air Conditioner replacement
- Air Conditioner repair
- Plumbing service
- Qualified & trained technicians
- Friendly staff!

NO HASSLE, 30-DAY GUARANTEE ON ALL SERVICES

24 HOUR SERVICE



**\$125**

**AIR CONDITIONER**

INSPECTION & TUNE UP

# FEATURE

The canoe's maiden voyage on Labor Day became a memorable moment. His then-8-year-old daughter, Eden, joined him.

"I wasn't even fishing. I was paddling for her," he says. "I pointed out that other fishermen were using large lures to catch muskie."

Eden hooked one using a small lure — a rare feat.

"She fought it and brought it in herself," Markus says. "I only helped lift it into the canoe."

The next morning, she asked to go fishing again.

"I knew then that she was hooked," he says.

Eden says her favorite part was how the fish pulled the canoe.

Markus says the experience — watching his daughter catch a muskie from a canoe he built — remains one of his proudest moments.

Since then, he has taken his daughters fishing at locations including Spirit Lake, Badger Creek near Van Meter, Beaver Lake near Dexter and South Bridge Pond.

His middle daughter, Mila, enjoys the time with her dad and finds fishing fun. Markus hopes to one day take all three of his children — ages 9, 5 and 2 — to the Boundary Waters, though he says they are still a bit young.

"I'm planting the idea that it could become a father-daughter trip around age 10," he says.

Markus values fishing as a break from the fast pace of daily life.

"It allows you to slow down and be present," he says. "Most of the time, it's not even about fishing. It's about being outside and spending time together." ■



Mila and Eden Markus enjoy fishing with their dad in the canoe he built.

## ADEL-OWNED ROOFING SPECIALIST



PLUS SIDING & GUTTERS

**JAMES ROOFING**  
DIV. OF JAMES CONSTRUCTION COMPANY

(515) 518-5211



## CALL US TO ELIMINATE HARMFUL HOME INVADERS

**Paul's**



**Pest Control**

Family Owned Since 1987.

**515-993-3332**



www.PaulsAAAPestControl.com • paulspestcontroliowa@gmail.com

## CREATE A SPACE FOR SUMMER

NOW SCHEDULING

**CONCRETE & HARDSCAPING**

CALL TODAY!

- Mowing • Fertilizer/Weed Control
- Landscaping • Irrigation • Concrete
- Mosquito / Pest Control
- Outdoor Lighting

ADEL OWNED!



**Legacy Outdoors**  
LAWN & LANDSCAPES

NOW ACCEPTING NEW CLIENTS!

515-201-0468

legacyoutdoorsia.com  
Luke@LegacyOutdoorsIA.com

# EVENTS IN THE AREA

Be sure to check for cancelations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

## Upcoming in Adel Living magazine:

**Play sets, play houses and tree houses:** Share the stories of your memorable play sets, play houses and tree houses. Perhaps your family has play structures that entertain your kids for hours. Or maybe you have memories of the play house you enjoyed as a child. Big or small, if it creates happy times, let us know. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

**Hobby photographers:** Do you enjoy the hobby of photography? Perhaps you take wildlife photos or capture scenic scenes. Maybe you enter your photos in the county or state fair. Maybe you have taken a photography class. Tell us why you enjoy the hobby and share some of your favorite shots. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com).

## Hittin' the Bricks

Every Thursday morning through Aug. 28,  
7:30-8:15 a.m.  
Adel City Hall, 301 S. 10th St.

Join Adel's summer walking group, Hittin' the Bricks. Walks start and end at Adel City Hall, and walking routes will vary. All fitness levels and ages welcome. Participants will be entered into an end-of-summer raffle for prizes including a \$100 Visa gift card, vouchers to local businesses and more. Each session attended earns one free raffle entry.

## Caelen Peterson Memorial Poker Run

Saturday, Aug. 29  
Corner Tap, 921 Main Street., Adel

The Caelen Peterson Memorial Poker Run is Aug. 29 with registration at 9:30 a.m. and kickstands up at 10:30 a.m. Cost is \$25 per rider, \$15 per passenger. The event starts and ends at Corner Tap, with prizes awarded and a life band, Colt .45, playing from 6-10 p.m.

## 5th Annual DalCo Cup

June 18, 8 a.m.  
River Valley Golf Course,  
22927 Valley View Trail

Mark your calendars for the fifth annual Greater Dallas County Development Alliance's DalCo Cup, presented by Adel Partners Chamber of Commerce. Register at <https://events.humanitix.com/dalco-cup-26>.

## Free A1c screenings

Saturday, June 6, 8:30-11:30 a.m.  
801 Court St., Adel, across from the courthouse on the east side of the square

Hy-Vee and Adel Lions Club are bringing the Hy-Vee Healthy You Trailer to Adel to offer free A1c screenings. Hemoglobin A1c is a blood test that helps provide information about an individual's average levels of blood glucose over a two to three month period. This screening is not a diagnosis. Scan the QR code to sign up for a time slot. Walk-ins will be taken but may have to wait for availability. Must be 18 years or older. No fasting required and results will be provided immediately.



# Care that fits your schedule.

Now Offering  
**EXTENDED HOURS**

**Monday**  
7:30 AM - 5:00 PM

**Tuesday - Thursday**  
7:30 AM - 5:30 PM

**Friday**  
8:00 AM - 1:00 PM

**Call for an appointment:**  
**(515) 758-2907**

**EARLHAM MEDICAL CLINIC**  
HAMILTON COUNTY HEALTH CARE SYSTEM  
137 W 1<sup>st</sup> Street, Earlham IA 50072

## Alzheimer's Education Series

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. through September. This series is free and open to the public. The series lineup includes:

- June 30 - Building Foundations of Caregiving
- July 28 - Supporting Independence
- Aug. 25 - Managing Money
- Sept. 29 - Exploring Care and Support Services

## All-Wheel Car Show

Saturday, June 6  
Downtown Adel on  
the Square, Eighth and  
Court Street



The 17th Annual Dallas County Sheriff's All-Wheel Car Show benefitting Iowa Special Olympics is June 5 with registration from 10 a.m. to 1 p.m. and judging from 1-2 p.m. Awards, which will be presented at 2:30 p.m. include Best of Show, Special Olympics Choice, Most Likely to be Stopped by a Cop, Longest Distance, Best Off Road and Top 20 Awards. Register day of show for \$25. Online registration has ended. ■

Be sure to check for cancelations

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

## Iowa Farm and Food Conference

June 11-12

Waterloo Center for the Arts, 225 Commercial St., Waterloo

This biennial event, previously known as the Community Food Systems + Farm to School and Early Care Conference, engages, supports and inspires professionals across all sectors of the food system. The conference theme, Futuring our Food System, is about imagining bold, transformative possibilities for the future and the systematic, creative and connective measures that get us there. For more information and to register, visit [www.extension.iastate.edu/ffed/cfs-annual-event](http://www.extension.iastate.edu/ffed/cfs-annual-event).

## Dallas County Conservation Spring Public Programs

All these programs are free to the public. They are open to all ages. For information, visit [www.dallascountyiowa.gov/313/Public-Programs](http://www.dallascountyiowa.gov/313/Public-Programs).

- **Free Fishing Weekend:** Saturday, June 6, 2-5 p.m., Glissman Conservation Area, 32185 Panther Creek Road, Adel.
- **Family Fun with Bees:** Friday, June 12, 10-11 a.m., Voas Nature Area, 19286 Lexington Road, Minburn.
- **Iowa Critters:** Thursday, June 18, 9 a.m. to noon, Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- **Healing of the Mounds Story and Visit:** Sunday, June 21, 5:30-7 p.m., Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- **Summer Solstice:** Sunday, June 21, 8:30-9:30 p.m., Hanging Rock, 416 Redfield St., Redfield.
- **Bee Survey Field Day:** Friday, June 26, 10-11:30 a.m., Voas Nature Area, 19286 Lexington Road, Minburn.

## Des Moines Art Center Museum Highlights Tour

Saturdays, 1-2 p.m.

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.

## Greater Des Moines Botanical Garden Spring Programs

909 Robert D. Ray Drive, Des Moines

**Summer Camp Registration:** Give your child a summer of discovery, creativity and outdoor adventure. These nature-based camps combine science, art, exploration and play in a safe, inspiring environment led by experienced educators. Perfect for students entering grades 1-5. Register at <https://dmbotanicalgarden.com>.

## CITYVIEW's Summer Stirs

Friday, June 26, Downtown Des Moines

Friday, July 31, Des Moines East Village

CITYVIEW's traveling cocktail parties return in 2026. For \$25 advance ticket, sample 10 summer cocktails at downtown bars and restaurants. Cost is \$35 at the door. For information and tickets, visit <https://summerstirs.dmcityview.com>.



## Des Moines Downtown Farmers Market

Saturdays through Oct. 31, 7 a.m. to noon, 8 a.m. to noon in October

Historic Court District, Downtown Des Moines

The 2026 season of the Downtown Des Moines Farmers Market will feature 305 vendors, including 43 new participants, with 75 produce and agriculture vendors highlighting the region's strong farming community. Vendors represent 74 cities across 42 Iowa counties, spanning 12 city blocks from Water Street to Fifth Street. For more information visit [www.dsmpartnership.com/desmoinesfarmersmarket](http://www.dsmpartnership.com/desmoinesfarmersmarket).

## Music In The Garden

Thursdays, June 4 to Aug. 20, doors open at 6 p.m., concerts 6:30-8:30 p.m.

Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Music in the Garden is one of Des Moines' premier outdoor concert series, offering a truly unique atmosphere. Set within the naturally beautiful surroundings of the garden, each evening blends live music, nature and community into an unforgettable experience. Whether you prefer to sit back and relax, get up and dance, or simply soak in the scenery, you'll enjoy great music surrounded by the beauty of the garden. See the lineup and get tickets by scanning the QR code.



## Iowa Craft Brew Festival

Saturday, June 6, noon to 4 p.m.

Water Works Park, 2201 George Flagg Parkway, Des Moines

The Iowa Brewers Guild Iowa Craft Brew Festival encourages attendees to log off, raise a glass and enjoy an afternoon together in a relaxed outdoor setting. Each festival ticket includes unlimited samples, a commemorative tasting glass, and access to the festival grounds featuring shade tents, vendors, yard games and a variety of Iowa-based food trucks. The festival highlights the best in Iowa craft beer while also featuring Iowa craft cideries, wineries, distilleries and a growing selection of Iowa-produced non-alcoholic beverages. One hundred percent of festival revenue supports Iowa's craft beverage industry and the Iowa Brewers Guild's Brewed in Iowa campaign, which raises awareness about the economic and community impact of local breweries across the state. Tickets available at [www.iowacraftbrewfestival.com](http://www.iowacraftbrewfestival.com). ■

# SCHOLARSHIP honors Peterson

Supports students pursuing careers in mental health care.

Mental health is a prominent topic today. With a shortage of mental health care providers, many with mental health concerns struggle to find much-needed care. While some are able to find the support they need, others take a different path.

“On Feb. 8, 2023, a young man named Caelen Peterson was in extremis,” Amber Rowley says. “His struggles with mental health, compounded by being bullied and harassed, broke him to the point where he felt he had only one option. He walked to town early that morning and took his life at the main intersection.”

To honor Peterson and raise awareness about the critical shortage of mental health care providers, a foundation was officially formed in January 2025. The idea developed following discussions after Peterson’s one-year memorial service in 2024. The foundation’s goal is to honor Peterson while advocating for the mental health and well-being of local students and the broader community.

“We decided to support students who choose to enter the mental health field as providers to help alleviate the crisis,” Rowley says. “At the same time, we also chose to award trade scholarships to students entering the trades, as Caelen had been considering trade school or following in his parents’ footsteps by joining the military.”

Currently, scholarships are open only to ADM seniors who plan to enter the mental health field or pursue trade school. When applications open in the fall, students may apply through the counseling office at ADM High School. The application includes essay questions about extracurricular activities, GPA and future plans, among other topics.

“We awarded our first \$7,500 on May 20, 2026, at the high school’s scholarship ceremony,” Rowley says.

A \$5,000 mental health scholarship was awarded to Aubree Timmerman, and five \$500 trade scholarships went to Melody Koons, Ty Lovejoy, Tanner Anthony, Max Stephens and Francisco Jaurez-Lange.

The scholarships will be awarded each spring. The long-term goal is to raise enough funds to expand eligibility to all high school students in Dallas County.

The community is encouraged to support the effort, as the scholarships rely on donations and fundraising. Last year’s events included a summer block jam and a poker ride. This year, the foundation plans to host a Flamingo Flocking campaign, another poker run and a Halloween masquerade ball.

“We are looking for local community members and small businesses



Aubree Timmerman and Caelen’s mom, Lindsey Peterson.

willing to sponsor our events,” Rowley says.

Community members can also contribute by donating through Venmo at @cpscholarship or by making donations to the Caelen Peterson Memorial Scholarship Fund at any Lincoln Savings Bank branch. The public is also encouraged to follow the foundation’s Facebook page for updates.

“Most importantly, having people attend our fundraisers and share information about them will be most helpful,” Rowley says. “We’re planning a lot of fun for our Halloween ball.”

Rowley says the scholarships are especially important because of the shortage of both mental health providers and skilled trade workers. The foundation hopes to encourage young adults to enter these fields and help fill workforce gaps created by retirements.

“Getting more mental health providers into the field will shorten wait times for care and reduce the number of people turned away because clinics are overloaded,” she says. ■

## Caelen Peterson Memorial Poker Run

**Saturday, Aug. 29**

Registration 9:30 a.m.

Kickstands up at 10:30 a.m.

**Cost:** \$25 per rider, \$15 per passenger.

**Starting and ending point:** Corner Tap

Prizes awarded. Live band, Colt .45, playing from 6-10 p.m.

# TIME to take a deep breath

How are you? No, how are you really?

People tend to be polite, and that means we tend to lie — “I’m doing great.” But, if we’re more honest, our response might be that we are busy, scattered, worn out or simply, “Don’t ask.”



For too many, we are constantly running and overscheduled, all the while never feeling like we are doing enough, or at least not doing enough very well. So, we grab a nap, but it backfires. We get a day off, but we need three. We go on vacation, but it’s never quite long enough. The truth is, for most of us, our life rhythms are off. We need to take more time to rest.

I know, I know. I can hear the eye rolls now. That just isn’t realistic and way too cliché.

For most, there is an overwhelming sense there is just too much to do. The pressure to get it all done is unrelenting. I get it. But maybe we cannot afford not to rest. Maybe this isn’t the pace God is calling us to live.

We know rest is necessary for optimal physical health. It is also important for our emotional well-being; we need time to recover in order to avoid burnout. What is often overlooked is the value of rest to open up space to reconnect with God. Often, it is our busyness that keeps us from reflection, worship and noticing the Lord’s fingerprints throughout our daily lives (e.g. Psalm 46:10 says, “Be still and know that I am God.”).

You were created with huge capacity, but you were not created to run on fumes forever. When you live overloaded (too much for too long), at some point, your circuit board will trip, and it usually isn’t pretty. In other words,

like your cell phone, you can do amazing things, but eventually you need to recharge. More specifically, you need to plug into and connect with your Maker and allow Him to fill you. This means taking time to take a deep breath, read the Bible and pray. Even Jesus modeled this as a priority in His daily life (e.g. Luke 5:16).

Can I challenge you, as you make your summer plans, to carve out time to rest and recharge. This may mean getting off tech. Go for a walk, read a book, grab coffee with a friend, do a puzzle, be creative, get time in the Bible, or grow in prayer. Establishing a better life rhythm with more margin will make a big difference. ■

Information provided by Dr. Ryan Whitson, Lead Pastor, New Hope Church, 25712 U.S. Highway 6, Adel, 515-993-5325, [www.newhopeadel.org](http://www.newhopeadel.org).

**NEW HOPE CHURCH**  
**CAR SHOW**  
**JUNE 20TH | 9AM-1PM**

Free-will donation benefitting  
**OPERATION CHRISTMAS CHILD**

**NEWHOPECHURCH**  
 Helping People Find and Follow Jesus

25712 US-6, ADEL • (515) 993-5325  
[WWW.NEWHOPEADEL.ORG](http://WWW.NEWHOPEADEL.ORG)

FIND US ON FACEBOOK, INSTAGRAM AND SPOTIFY

## COMMUNITY

# MAY Students of the Month

The ADM High School staff and coaches recognize students each month who exemplify the hard work, dedication and leadership that make them “Tigers.”

The following students have been selected to receive these honors for May 2026. Businesses and groups in the district make donations to the ADM Scholarship Foundation in recognition of the students’ achievements.

**Student of the Month** — Frederick “Will” Morain, Raccoon Valley Bank

**Fine Arts Students of the Month (Art)** — Brendan Fitzpatrick and Reese VandeNord, Lincoln Savings Bank

**Boys Golf Student of the Month** — Brayden Lucht, Fareway

**Girls Golf Student of the Month** — Abbie Muffin, Adel Vision Clinic

**Girls Soccer Student of the Month** — Haley James, Cullen Howe Real Estate-REMAX Precision

**Boys Soccer Student of the Month** — Cael Orban, Adel Lions Club

**Girls Track Student of the Month** — Elise Coghlan, Adel Kiwanis

**Boys Track Student of the Month** — Brayden Davison, Adel Women’s Club

**Esports Player of the Month** — Thomas McHugh, Adel HealthMart

Another award is presented each month by the Adel Police Department and Blue Kindness (not associated with the ADM Scholarship Foundation).

The May Student **Citizen of the Month** is Cooper Fuller. ■

## OUT & ABOUT

# RESIDENTS’ Choice

Businesses accept their Dallas County Residents’ Choice certificates.



Danielle Hawkins, DKay Photography, accepts her Residents’ Choice certificate.



Makayla Putz accepts the Residents’ Choice certificates for The Morning Grind.

# OUR TRAVELING COCKTAIL PARTY IS BACK!



**DOWNTOWN DES MOINES**  
**FRIDAY, JUNE 26 • 5-9 P.M.**

10 SAMPLE DRINKS

**\$25\***

**FEATURING:**  
TIPSY CROW  
HESSEN HAUS  
REVELRY ROOM  
THE STUFFED OLIVE  
JOHNNY’S HALL OF FAME

**BUY YOUR TICKETS TODAY!**



\*\$25 PRE-PURCHASE ONLINE PRICE. \$35 AT THE DOOR.

**SUMMERSTIRS.DMCITYVIEW.COM**

# RHUBARB season just got crispy

As a kid, you could find me following my mother around the yard while she planted, weeded and tended to her flowers and plants. Our backyard wasn't overflowing with produce — just a small strawberry patch lined with rhubarb. Back then, I wasn't a fan. Rhubarb was a little too bold for my taste. But, over time, especially when paired with apples and a bit of sugar, it won me over. Now, I look forward to it every year.



Rhubarb is also one of the easiest and most rewarding plants to grow. Give it a sunny spot — ideally on the south side of your house or garage — and it will thrive with very little fuss.

This crisp is inspired by my mother's classic apple crisp. Sort of. Like my mother, I don't really measure ingredients for these kinds of treats, which has made sharing the recipe a bit tricky over the years. Sometimes I add nuts or oatmeal. Sometimes I mix in apples. But one thing never changes: a generous, crispy crumble topping. If it's not crisp, we're not doing it right.

So, for the sake of sharing (and finally having something more useful to say than "just eyeball it"), I actually paid attention while making it this time. What you will find here is my best attempt at a real recipe. That said... I probably added a little extra of something along the way. I encourage you to do the same. That's where the magic happens. ■

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

## Jolene's Rhubarb Crisp

**INGREDIENTS:**

- 5 cups of rhubarb
- 1 cup flour
- 1 cup sugar
- 1/3 cup oatmeal
- 1/3 cup chopped pecans
- 1/2 cup butter, room temperature (if it gets too dry, add a little more butter)



**DIRECTIONS:**

- Chop rhubarb in half inch pieces and place into an 8x8-inch dish. In a separate bowl, mix dry ingredients, then add butter. Cut butter into the dry ingredients until crumbly. Spread crumble mixture over rhubarb. Bake uncovered at 350 F for 45 minutes. Serve warm with vanilla ice cream. ■

**NEW! NEW! NEW!**

# Wedding Guide

# CREATE THE PERFECT WEDDING

NEW FOR 2026, this Digital Wedding Guide is packed full of ideas, products and services offered by the area's finest local small businesses!

This Wedding Guide sponsored by: Barnes Place • Iris Aisle • Dave's Jewelry • Crown Point Community Center • A Ray Love Photography • Aloft Hotel • Bell Flower • Celebrations Couture • New Harp Productions • Pop'n Sisters • The Meridian - Events & Catering • Top It Off Liquid Catering • Wedding Show Productions

SEARCH FOR LOCAL PRODUCTS & SERVICES. SCAN THE QR CODE!

[www.iowalivingmagazines.com/wedding-guide-2026](http://www.iowalivingmagazines.com/wedding-guide-2026)

# SPORTS SCHEDULE

## SUMMER 2026

### V SOFTBALL

| DATE    | TIME    | OPPONENT         | LOCATION                     |
|---------|---------|------------------|------------------------------|
| June 3  | 7:15PM  | Carlisle         | ADM High School Softball     |
| June 5  | 7:00PM  | Van Meter        | Van Meter School             |
| June 8  | 5:00PM  | Bondurant-Farrar | Bondurant-Farrar High School |
| June 8  | 7:00PM  | Bondurant-Farrar | Bondurant-Farrar High School |
| June 10 | 7:15PM  | Winterset        | Winterset High School        |
| June 11 | 7:15PM  | North Polk       | ADM High School Softball     |
| June 12 | 10:00AM | TBD              | North Scott Athletic Complex |
| June 13 | 9:00AM  | TBD              | North Scott Athletic Complex |
| June 15 | 5:00PM  | Ballard          | ADM High School Softball     |
| June 15 | 7:00PM  | Ballard          | ADM High School Softball     |
| June 16 | 7:00PM  | Waukee Northwest | Northwest High School        |
| June 17 | 7:15PM  | Carlisle         | Carlisle High School         |
| June 19 | 1:00PM  | Interstate 35    | Roland - Hennessy Diamonds   |
| June 19 | 5:30PM  | Solon            | Roland - Hennessy Diamonds   |
| June 20 | 3:00PM  | Mount Vernon     | Roland - Hennessy Diamonds   |
| June 20 | 7:00PM  | Roland-Story     | Roland - Hennessy Diamonds   |
| June 22 | 5:00PM  | Gilbert          | Gilbert High School          |
| June 22 | 7:00PM  | Gilbert          | Gilbert High School          |
| June 23 | 7:00PM  | Urbandale        | ADM High School Softball     |
| June 24 | 6:00PM  | Carroll          | ADM High School Softball     |
| June 25 | 7:15PM  | Winterset        | ADM High School Softball     |
| June 26 | 7:00PM  | Knoxville        | ADM High School Softball     |
| June 30 | 7:00PM  | Atlantic         | ADM High School Softball     |
| July 1  | 7:00PM  | North Polk       | North Polk High School       |
| July 3  | 11:00AM | TBD              | Burnett Complex              |
| July 6  | 6:00PM  | Carroll          | Carroll Softball Stadium     |
| July 8  | 7:00PM  | Southeast Polk   | ADM High School Softball     |

### JV SOFTBALL

| DATE    | TIME   | OPPONENT         | LOCATION                 |
|---------|--------|------------------|--------------------------|
| June 3  | 5:45PM | Carlisle         | ADM High School Softball |
| June 5  | 5:30PM | Van Meter        | Van Meter School         |
| June 10 | 5:45PM | Winterset        | Winterset High School    |
| June 11 | 5:45PM | North Polk       | ADM High School Softball |
| June 16 | 5:00PM | Waukee Northwest | Northwest High School    |
| June 17 | 5:45PM | Carlisle         | Carlisle High School     |
| June 23 | 5:00PM | Urbandale        | ADM High School Softball |
| June 25 | 5:45PM | Winterset        | ADM High School Softball |
| June 26 | 5:00PM | Knoxville        | ADM High School Softball |
| June 30 | 5:00PM | Atlantic         | ADM High School Softball |
| July 1  | 5:30PM | North Polk       | North Polk High School   |
| July 8  | 5:00PM | Southeast Polk   | ADM High School Softball |



**FOR ALL  
TIGERS  
SCHEDULES**

Schedules are subject to change. Scan for most up-to-date schedules.



**FAREWAY**  
MEAT & GROCERY  
YOUR FULL SERVICE GROCERY STORE  
515-993-3660  
804 Nile Kinnick Drive S. • Adel  
OPEN 8AM TO 9PM • MON. - SAT. CLOSED SUNDAY

**TAKING NEW PATIENTS**  
**Adel Vision Clinic**  
Quality Eye Care on the Square  
813 Main St. | 515-207-7400  
Barbara Scheetz, OD | Marcia Holstad, OD  
adelvisionclinic.com

**Lincoln SAVINGS BANK**  
Member FDIC  
(515) 993-5663  
312 Nile Kinnick Dr. S | Adel

**CORE**  
Physical Therapy  
803 Cottage Street, Adel  
515.993.5599 • www.CorePTiowa.com  
Alicia Fisher, Mike Burggraaf, Jacob Hardy, Mia Olson, Jodi Hook

**Adel Health Mart.**  
PHARMACY  
113 N. 9th Street  
Adel, Iowa • 993-3644  
www.adelhm.com



# TIGERS

## ATHLETICS

### V BASEBALL

| DATE    | TIME   | OPPONENT         | LOCATION                     |
|---------|--------|------------------|------------------------------|
| June 3  | 7:00PM | Carlisle         | ADM High School Baseball     |
| June 5  | 7:00PM | Van Meter        | Van Meter School             |
| June 8  | 5:00PM | Bondurant-Farrar | Bondurant-Farrar High School |
| June 8  | 7:00PM | Bondurant-Farrar | Bondurant-Farrar High School |
| June 10 | 7:00PM | Winterset        | Winterset High School        |
| June 11 | 7:00PM | North Polk       | ADM High School Baseball     |
| June 15 | 5:00PM | Ballard          | ADM High School Baseball     |
| June 15 | 7:00PM | Ballard          | ADM High School Baseball     |
| June 17 | 7:00PM | Carlisle         | Carlisle High School         |
| June 19 | 7:00PM | Earlham          | Earlham High School          |
| June 22 | 5:00PM | Gilbert          | Gilbert High School          |
| June 22 | 7:00PM | Gilbert          | Gilbert High School          |
| June 24 | 7:00PM | Carroll          | ADM High School Baseball     |
| June 25 | 7:00PM | Winterset        | ADM High School Baseball     |
| June 26 | 4:45PM | Newton           | Saydel High School           |
| June 30 | 7:00PM | Ogden            | ADM High School Baseball     |
| July 1  | 7:00PM | North Polk       | North Polk High School       |
| July 2  | 7:00PM | Pella            | ADM High School Baseball     |
| July 6  | 7:00PM | Carroll          | Merchants Park CHS           |

### JV BASEBALL

| DATE    | TIME    | OPPONENT             | LOCATION                         |
|---------|---------|----------------------|----------------------------------|
| June 3  | 5:00PM  | Carlisle             | ADM High School Baseball         |
| June 5  | 5:00PM  | Van Meter            | Van Meter School                 |
| June 10 | 5:00PM  | Winterset            | Winterset High School            |
| June 11 | 5:00PM  | North Polk           | ADM High School Baseball         |
| June 12 | 10:00AM | Des Moines Christian | Des Moines Christian School      |
| June 12 | 11:30AM | Des Moines Christian | Des Moines Christian School      |
| June 17 | 5:00PM  | Carlisle             | Carlisle High School             |
| June 19 | 5:00PM  | Earlham              | Earlham High School              |
| June 23 | 5:00PM  | Boone                | Boone Memorial Park              |
| June 23 | 6:30PM  | Boone                | Boone Memorial Park              |
| June 24 | 5:00PM  | Carroll              | ADM High School Baseball         |
| June 25 | 5:00PM  | Winterset            | ADM High School Baseball         |
| June 30 | 5:00PM  | Ogden                | ADM High School Baseball         |
| July 1  | 5:00PM  | North Polk           | North Polk High School           |
| July 2  | 5:00PM  | Pella                | ADM High School Baseball         |
| July 6  | 5:00PM  | Carroll              | Merchants Park CHS JV/V Baseball |



# LET'S GO TIGERS!

**SAVE MORE MONEY  
SELLING YOUR HOME.**  
Real Estate  
**exchange**  
Locally Owned by Dee Davis  
exchange.realestate 515-393-4688

**NEW WORLD  
TRAILER** ADEL, IA  
NWTRAILER.COM  
27890 FAIRGROUND ROAD  
ADEL • 515-993-3770  
**GO TIGERS!**  
NWTRAILER.COM

**RE/MAX  
PRECISION**  
YOUR LOCAL REAL ESTATE EXPERTS  
**805 MAIN STREET**  
LOCATED ON THE SQUARE IN ADEL.  
(515) 478-3496

**CALDWELL PARRISH**  
FUNERAL HOME & CREMATORY  
ADEL CHAPEL  
735 South 14<sup>th</sup> Street, Adel | 515-993-4240  
[www.caldwellparrish.com](http://www.caldwellparrish.com)

**ADVERTISE WITH US!**  
  
**Dan Juffer**  
Advertising Account Executive  
515-953-4822 ext. 303  
dan.juffer@dmcityview.com



# FIRE UP YOUR GRILL FOR FATHER'S DAY!

FEATURING THE HIGHEST QUALITY MEATS!



Cylinder Express Propane Exchange  
**\$16<sup>99</sup>**

**FAREWAY** MEAT & GROCERY Expires June 20, 2026

Pit Boss Pellets

**\$9<sup>99</sup>**  
20lb bag

Expires June 20, 2026

**FAREWAY** MEAT & GROCERY



WHOLE CHICKENS, PIECES, MARINATED & BACON WRAPPED

USDA CHOICE STEAKS

ALL NATURAL PORK CUT, FRESH

BRATS AND PATTIES

**FAREWAY**  
MEAT & GROCERY

804 NILE KINNICK DRIVE S, ADEL

515-993-3660

Find our weekly ad, promotions, recipes and more at [www.fareway.com](http://www.fareway.com)

OPEN 7AM - 9PM MONDAY-SATURDAY • CLOSED SUNDAYS



## LOOKING BACK



The June 2011 Adel Living magazine featured the story, "The festival town: A new stage, new streets and a new festival in Adel." The story included information about the Brick Street Classic Car Show, the All Iowa Wine Festival and Oktoberfest. ■

## TAKE OUR POLL

WHEN IS THE LAST TIME YOU WENT FISHING?

1. Within the last week
2. Within the last month
3. Last year
4. It's been quite awhile
5. I've never fished

[www.iowalivingmagazines.com](http://www.iowalivingmagazines.com)

SCAN THE QR CODE TO VOTE!



RESULTS FROM MAY POLL: What have you done most since the price of gas has gone up?



Driven less ..... 40%  
Cut back on "extras" ..... 30%  
Fallen behind on essentials..... 30%  
Nothing, the prices haven't affected me ..... 0%

IOWA  
*Living*  
MAGAZINES

# BUTLER Branch

The quiet little stream that flows out of the northwest corner of Adel and divides Kinnick Feller Park from Oakdale Cemetery was named after Adel's first land agent, who turned out to be a man of questionable reputation.

Thomas Butler came to Adel in 1847. He was a hustling sort of fellow and was named the first lot fund agent for the newly formed town. He figured prominently in politics, occasionally acted as a preacher and, for a while, was quite popular. He sold nine lots that October, but the demand was so poor and the price so low that, for a time, the founders withdrew them from the market. Then it was discovered that Butler had left his home in Missouri because of some financial troubles and had settled in Adel in the hope of making some money. After his reputation caught up with him, he was asked to resign as lot agent. He then moved elsewhere, leaving "a deficit in his official accounts."

The stream that bears his name still trickles peacefully around the cemetery and is also known as Butler Creek. The northern branch began in the center of Colfax Township while the southern branch started in Adams Township. There is even a poem, written many years ago, about its beauty. I could not determine who the author was.

*O, Butler Branch was a famous stream  
To the boys I used to know  
I am proud to tell, that I knew it well  
In the days of long ago  
It was such a stream, it seems to me,  
That nature did intend  
To swell the joys of bare-foot boys  
In pleasures without end.  
It wound about through wooded dells  
Past many a grassy glade;  
With many a pool so deep and cool  
In sunshine and in shade.*

(There are several more verses not included here. The poem ends with:)

*Don't talk to me of mountains grand  
Of seashore lake or ranch:  
None can compare in beauty fair,  
With good old Butler Branch.*

Oakdale Cemetery, Adel's third burial ground, was laid out prior to 1880. The first bridge over Butler Branch into the cemetery was north of the present one. It fell into disrepair, so, in 1910, a contract was awarded to the Marsh Engineering Co. to construct a new concrete bridge over Butler Branch at the entrance to the cemetery. "It will be of ornamental design built of reinforced concrete and will be north of the pavilion." The county supervisors agreed to help the town with the expense in the form of \$750 from the county bridge fund.

The newspaper reported that "A new road to the bridge was graded up several feet and covered with gravel. A winding driveway from the west entrance at the end of Walnut Street was laid out to the cemetery and it will be a pleasant and attractive drive."

This bridge is still in use today as the entrance to Oakdale Cemetery. ■

# AVOIDING scope creep during a remodel

One of the biggest challenges homeowners face during a remodel is knowing where to start and stop. What starts as "just updating the kitchen" can quickly grow when you realize the new cabinets don't match the flooring in the adjoining living room or the updated flooring makes the old trim and doors stand out.



This is often called "scope creep," and it's one of the main reasons estimates come in higher than expected. The key is thinking through how one update affects the surrounding spaces before construction begins.

For example, if you're replacing kitchen flooring, consider if it continues into other rooms. If so, stopping and starting flooring in doorways may look unfinished. Updating one area can also highlight older paint colors, worn trim or outdated lighting.

That doesn't mean you need to commit to remodeling your entire home at the same time. Often, a phased approach makes the most sense. Prioritizing the most important spaces now while creating a plan for future updates can help keep projects manageable and budgets realistic.

A good contractor can help you think through these decisions ahead of time so your remodel feels intentional and less overwhelming. ■

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

REMODELS - ADDITIONS - KITCHENS  
BASEMENTS - CUSTOM HOMES

**RCI BUILDERS** *Locally Owned*  
515-314-5650  
SHOWROOM OPEN BY APPOINTMENT

VIEW OUR GALLERY AT [RCIBUILDERSINC.COM](http://RCIBUILDERSINC.COM)

## HEALTH

By Leslie Herron

# UNDERSTANDING the value of respite care for family caregivers

Respite care is an essential support service that gives family caregivers temporary relief while ensuring their loved ones continue to receive safe, compassionate assistance. Many caregivers devote countless hours to managing medications, preparing meals, coordinating appointments, and providing daily personal care. While this commitment is an act of love, it can also lead to exhaustion, stress and burnout if breaks are not built into the routine.



Respite care offers a practical solution by providing short-term, flexible help, whether for a few hours, a full day, or several days at a time. During this period, trained caregivers step in to assist with activities of daily living, companionship, mobility support and supervision. This allows family members to rest, attend appointments, run errands, or simply recharge emotionally.

Research consistently shows that caregivers who use respite services experience improved wellbeing, reduced stress and greater ability to continue providing care at home.

By giving caregivers time to care for themselves, respite care strengthens the entire care network. It ensures families can continue supporting their loved ones safely, confidently and with renewed energy. ■

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

**INTRODUCING OUR NEW**

# MINI CLINIC

**Offering quality, convenient affordable care for everyday health needs**

**Treating and On-site Testing for**

- Influenza, COVID, and Strep
- Ear Infections and Pink Eye
- UTI, Skin Rashes and Minor Infections **AND MUCH MORE!**

**Also offering Immunizations, Allergy Shots, Long-acting injectables and Chronic Support**

**NOW TAKING APPOINTMENTS**  
See our website for more details  
[sumpterpharmacy.com](http://sumpterpharmacy.com)

**Personalized Care From Your Trusted Pharmacy Team!**  
**515-993-1119**  
628 Nile Kinnick Dr. S | Adel, IA  
M-F 9am-6pm | Sat: 9am-1pm

Locally Owned & Operated along with Happier at Home.

# CORE

Physical Therapy

**Proudly serving the Adel community and surrounding area since 2004!**

**Living MAGAZINE RESIDENTS' CHOICE AWARD DALLAS COUNTY WINNER!**

Alicia Fisher, PT, DPT • Mike Burggraaf, PT, DPT, LAT • Jacob Hardy, PT, DPT, CCVT • Mia Olson, PT, DPT • Jodi Hook, PT, MS

**MONDAY-FRIDAY 6:30AM-5PM**  
**803 Cottage Street, Adel**  
**515-993-5599 • [www.coreptiowa.com](http://www.coreptiowa.com)**

## HEALTH

By Mia Olson, PT, DPT

# COMFORT at the ballpark

**Q: How can I sit more comfortably and protect my body while watching games this summer?**

**A:** Long stretches in a lawn chair can take a bigger toll on your body than you might expect. Most lawn chairs are low to the ground and offer minimal support, which can encourage slouched posture and place added stress on the low back, hips and neck. Over time, this can lead to lingering stiffness and discomfort.



A few simple adjustments can make sitting at the ballpark more comfortable:

- Choose a chair that allows your hips to sit at or slightly above knee level and provides back support if possible.
- Sit with your weight evenly distributed through both hips rather than leaning to one side.
- Avoid crossing your legs for long periods, which can increase stress through the hips and low back.

How long you stay in one position matters just as much as how you sit. Try to stand, stretch or walk around every 20 to 30 minutes or during breaks in play. Simple movements like gently arching and relaxing your back or rolling your shoulders can also help reduce stiffness.

These small adjustments can go a long way toward keeping you comfortable all season long. ■

Information provided by Mia Olson, PT, DPT, Core Physical Therapy Inc., 803 Cottage St., Adel, 515-993-5599, [mia@coreptiowa.com](mailto:mia@coreptiowa.com).

# YOUR SUMMER medication checklist

## Heat, hydration and sun safety

Summer brings longer days, vacations, outdoor activities and plenty of sunshine, but warmer temperatures can also affect your health in ways many people don't realize. Heat, dehydration and sun exposure may change how your body responds to certain medications, making it especially important to pay attention to wellness habits during the summer months.



One of the biggest concerns during hot weather is dehydration. Spending time outdoors, traveling, or simply sweating more throughout the day can lead to fluid loss faster than expected. For older adults and individuals taking medications such as diuretics, blood pressure medicines or antihistamines, dehydration may increase the risk of dizziness, fatigue, headaches, or even fainting. Drinking water consistently throughout the day, not just when you feel thirsty, can help your body

regulate temperature and reduce the chance of heat-related illness.

Sun exposure is another important consideration. Some common medications can make the skin more sensitive to sunlight, increasing the likelihood of sunburns or skin irritation. Certain antibiotics, acne treatments and anti-inflammatory medications are known to cause photosensitivity in some patients. Even a short amount of time in direct sunlight may lead to a stronger reaction than expected. Wearing sunscreen with SPF 30 or higher, seeking shade during peak afternoon hours, and wearing protective clothing are simple ways to protect your skin while enjoying time outdoors.

Summer heat can also affect the medications themselves. Many medicines lose effectiveness when exposed to high temperatures. Leaving prescriptions in a hot car, storing them near windows, or carrying them in direct sunlight can damage certain products. Insulin, inhalers and injectable medications are especially sensitive to heat and should be

stored according to package instructions. If you are traveling this summer, consider using an insulated medication bag and always keep medications with you rather than in a hot vehicle.

A little preparation can go a long way toward staying healthy this season. Keeping water nearby, practicing sun safety and storing medications properly are simple habits that help protect both your health and the effectiveness of your medications.

If you are unsure whether your medications increase sensitivity to heat or sunlight, your pharmacist can help answer questions and provide personalized recommendations for safe summer wellness.

Summer wellness starts with smart medication habits. Heat, dehydration and sun exposure can affect how some medications work. Stay hydrated, protect your skin and store medications properly all season long. ■

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

# GREAT SELECTION of Father's Day Cards, Gifts and Decor!



**Adel HealthMart**  
PHARMACY  
**ON THE SQUARE!**

*Newly improved with you in mind!*  
113 N 9th Street, Adel • 515-993-3644  
www.adelhm.com





# HOW CLEAR IS YOUR VISION?

As the leading provider of optometry services and vision care products in the Adel community, we want to help you achieve and maintain a clear vision for years to come!

**EXAMS // LENSES and FRAMES  
CONTACT LENSES // EYE HEALTH**

**SCHEDULE YOUR APPOINTMENT TODAY!**

Accepting new patients of all ages

## Adel Vision Clinic



Quality Eye Care  
on the Square

813 Main Street

515.207.7400



Marcia Holstad, OD



Barbara Scheetz, OD

adelvisionclinic.com

# It's Almost Summer!

**REGISTER NOW**  
for  
**Summer**  
CAMP

SCAN CODE



**Welcoming Riders Ages 4 And Up!**



**Text or Call us Today!**

**515-478-5447**

36483 Osage Ave., Van Meter, IA  
[www.iowahorseriding.com](http://www.iowahorseriding.com)

## LIBRARY

By Lily Schwarz, Programming Specialist

# ADEL Public Library news

Happy summer break. Our Summer Reading Challenge is here, and we have many programs for all ages.

### Adel Public Library

303 S. 10th St.  
adel.lib.ia.us • 515-993-3512  
Monday - Thursday: 9 a.m. to 7 p.m.; Friday - Saturday: 9 a.m. to 4 p.m.; Sunday: closed

#### ALL AGES

- Grass Head Planter — Monday, June 15, at 1 p.m.
- Pin Buttons — Monday, June 22, at 1 p.m.
- Tail Wagging Readers — Thursday, June 4, at 4:30 p.m.
- Will Stuck's Adventure in the Absurd Show — Monday, June 8, at 1 p.m.
- Robison Reptiles — Thursday, June 18, at 1 p.m.
- Family Concert: Wilderman's Treetop Tales with Chad Elliott — Tuesday, June 23, at 6 p.m.
- All Ages Games and Donuts — Saturday, June 27, from 9 a.m. to noon, Registration required at adelpl.org.
- Skippy the Drum Machine — Monday, June 29, at 2 p.m.

#### ELEMENTARY

- Dinosaur Loose in the Library Show featuring author Kelly Crull — Thursday, June 4, at 1 p.m.
- Culinary Kids — Tuesday, June 9, at 2 p.m. Register at adelpl.org.
- All About Honeybees — Saturday, June 13, at 10 a.m.
- Animal Crossing IRL — Tuesday, June 16, from 2-3:30 p.m.
- We're Going on a Bear Hunt at Brenton Arboretum! — Thursday, June 18, at 11:30 a.m.
- Plant a Seed with Brenton Arboretum — Tuesday, June 23, at 2 p.m.
- Egg Drop — Tuesday, June 30, at 2 p.m. Register at adelpl.org.

#### TEEN

- Teen Advisory Board — Wednesday, June 3, at 11 a.m.
- Teen Nailed It: Dessert Decorating — Wednesday, June 10, at 2 p.m. Registration required at adelpl.org.
- Tween and Teen Open Maker Lab — Wednesday, June 17, at 11 a.m.
- Library D&D — Thursday, June 18, from 3- 5:30 p.m. Register at adelpl.org.
- Teen Bloom Bar — Wednesday, June 24, at 2 p.m.
- Teen Nerf Battle (grades 6-12) — Friday, June 26, at 2 p.m.

#### ADULTS

- 50s Plus Senior Group — Tuesdays, June 9 and 16, from 10 a.m. to 1 p.m.
- Working With the Enemy: POWs in Iowa During WWII — Tuesday, June 9, at 10 a.m.
- Garden Workshop — Wednesday, June 17, at 6 p.m. Register at adelpl.org.
- Adult Craft: Sun-Print Paper — Saturday, June 20, from 12:30-2:30 p.m. Registration required at adelpl.org.
- Evening Book Club — Thursday, June 25, at 5:30 p.m.
- Exercise Group — Meets Monday through Thursday at 9 a.m.
- Yoga — Every Wednesday at 6 p.m. Register at adelpl.org. ■

# THE ISLAND

The land just north of Adel along Highway 169 has always been known as “The Island.” Its 700 acres are surrounded on all sides by water — the north and east side from the original channel of the North Raccoon River and the west and south side by the mill slough. The mill slough was created when the upper dam was built, which changed the flow of the river to the slough in order to power a grist mill. The area is underlaid by deposits of sand and gravel that had been excavated for years.

A covered bridge, built prior to 1879, once spanned the mill slough on the north side of Adel. It was replaced, in 1915, by a concrete bridge which was then replaced by the present bridge.

On the north side of the island, on the old Highway 169 route, was a steel overhead beam bridge. It was removed when the route of 169 was moved east to its present location, but its pilings still stand at the end of what is now an industrial road.

Both branches of the river teemed with fish, and large traps were set with the entire community sharing in the catch. Species were catfish, northern walleye, bass, carp, crappie and even eels.

A strip of pasture on the island was rented to people in town who owned milk cows. Each morning, over a dozen cows were driven across the covered bridge to the pasture. Each evening, they were driven back to town to be milked. Frank Bradbury, a one-armed man, charged a small fee to drive them with his pony each day. If they didn't want to pay Frank's fee, they could drive their cow themselves.

The island was noted for the delicious watermelons, muskmelons and other fruits and vegetables the sandy soil produced. In the 1930s and 1940s, Nelson Eastman grew a variety of fine vegetables in his truck garden that were enjoyed by the people of Adel. Sometime in the 1950s, Hupp opened a market one mile north of Adel. He featured ham, bacon, lunchmeats and all sorts of fruits and vegetables. Watermelons, grown on his truck farm, were his specialty. The large dark green melons were kept fresh and cool in a stock tank. After the customer picked out his melon, Hupp would cut a three-cornered plug out of it for the customer to sample to be sure it was ripe.

The island is now home to Adel's Island Park. The park was established in 1967 and is a popular fishing and camping spot during the summer months. Soccer fields were added to the park in 1995. ■

## Best Protection and Prices Tailored to You

As an independent agency, we can tailor the best insurance protection at competitive prices. We represent only the finest insurance companies, including Auto-Owners Insurance Company, which has truly earned the reputation as The “No Problem People!”

**Auto-Owners**  
INSURANCE  
LIFE • HOME • CAR • BUSINESS

**Trusted Choice**  
**RIVER VALLEY**  
**INSURANCE, LLC**  
819 Main Street • Adel • 515-993-3515



## CHOOSE FIBER INTERNET OVER 5G HOME INTERNET

It's bad enough when inclement weather adversely impacts your outdoor plans. It's even worse if heavy rains, high winds, and other storms cause slowdowns or service interruptions with the internet service inside your home. That's the risk you take with 5G home internet that's dependent on cell towers.

Instead, say yes to getting (or keeping) our fiber internet that's comes to you via underground fiber. You'll enjoy consistently fast speeds and 99.99% reliability — no matter what the weather brings.

*To learn more, call*  
**641.755.2424 IN PANORA OR**  
**641.332.2000 IN GUTHRIE CENTER**

**PANORA**  
**FIBER**  
Fast • Reliable • Local

114 E Main St  
Panora, IA 50216  
641.755.2424  
[panorafiber.com](http://panorafiber.com)

Cornestone Group © 2025

# BUYING or selling a business? Read this first

As part of my legal practice, I often find myself representing a buyer or a seller for the purchase and sale of an ongoing business. There are two primary avenues for how these sales/purchases are structured:



an asset purchase agreement or a stock purchase agreement. This summary provides a basic understanding of both types of purchases and explains why, generally speaking, a buyer of a business would prefer to purchase the “assets” of a business while a seller would prefer a sale of the actual stock of the company. Either type of sale carries certain legal, tax and practical considerations that can significantly impact the value of the deal.

**In an asset sale**, the buyer purchases specific assets and liabilities of the business rather than buying the actual ownership of the business entity. Buyers often prefer this structure because it allows them to “pick and choose” which assets and obligations they are willing to assume. For example, a buyer

may acquire equipment, inventory, customer lists and goodwill (think the ongoing value of the business, including the brand name recognition) while leaving behind unwanted liabilities or pending litigation. Asset sales generally provide favorable tax treatment for buyers due to the assets receiving a higher tax cost basis in the acquired assets, allowing for increased depreciation and amortization deductions.

However, asset sales can be more cumbersome. Individual assets may require separate assignments, titles or third-party consents. Contracts, leases and licenses may not automatically transfer, which can complicate things, mechanically speaking. Sellers may also face less favorable tax consequences, particularly if the business is organized as a C-corporation, where proceeds can potentially be taxed twice.

**In a stock sale**, the buyer acquires the ownership interests of the entity itself, including all assets and liabilities. Sellers usually prefer stock sales because they are typically simpler operationally and may result in more favorable capital gains treatment, which means less taxes to pay down the road. Existing contracts,

permits and employee relationships generally remain intact because the entity itself continues to exist.

The tradeoff, however, is risk. In a stock sale, the buyer is usually taking on both the known and unknown liabilities of the company. That can include tax issues, employment claims, regulatory problems, or pending litigation that may not surface until after closing. Due to the additional risk being assumed versus an asset purchase, buyers will often require much more due diligence and strong indemnification provisions if the purchase is structured as a stock sale.

At the end of the day, there is no universal “best” structure for a business sale. The right approach depends on the specific business, the parties involved, the tax implications, and each side’s willingness to accept risk. A well-structured transaction can save significant money and headaches down the road, which is why experienced legal and tax guidance is so important before signing on the dotted line. ■

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

## SERVING OUR NEIGHBORS IN ADEL

A full service law firm with offices in Des Moines, Adel and the Quad Cities



ADAM DOLL



ELLIE R. MENDLIK



JIM E. VAN WERDEN

**HOPKINS  
& HUEBNER, P.C.**  
ATTORNEYS AT LAW

1009 Main Street, Adel, Iowa  
2700 Grand Avenue, Suite 111, Des Moines, Iowa

515-993-4545

1-800-383-0111

[www.hhlawpc.com](http://www.hhlawpc.com)

# NEW chamber members

The Adel Chamber of Commerce welcomes Mill Slough Apothecary and Lumiere Collective.

## Mill Slough Apothecary

Kaprice Van Every established Mill Slough Apothecary, located in Adel, in 2023.

The family business offers handcrafted, small-batch herbal remedies and tallow skincare, made from items foraged or harvested from their acreage. Items are currently offered on Shopify and social media pages.

Their acreage is nestled along the Mill Slough off the Raccoon River and is abundant with herbs, wildflowers and medicinal plants. Their elderberry tinctures and oxymel are harvested from plants grown before 1970.

Kaprice began the business after dealing with a major health diagnosis. Her experience led her to explore herbalism and various ancestral traditions of Ayurveda, which honors the connection between the body, mind, spirit and environment.

She says the business has been successful because it is more than just a product. It is reconnecting to the land and helping others support wellness beyond the “quick fix” culture. “Our mission is to encourage a more mindful, low-toxin lifestyle. Our products are grown without chemicals and are harvested intentionally,” she explains. “We’re bringing awareness to natural approaches and traditional healing practices that support the mind, body and spirit through nature, faith and intentional living.”

Kaprice joined the Adel Chamber as a way to introduce the apothecary to the community. She says, “Having the Chamber’s support in sharing information about the apothecary has meant a great deal. The Chamber helps create visibility for small businesses like ours, while also fostering a strong sense of community collaboration and encouragement.

“Strong communities are built when local businesses support one another. The Chamber helps create those opportunities.”

## Lumiere Collective

With a lifelong love of jewelry, Shawna Hook established her new business, Lumiere Collective, in April 2026 in Adel.

She specializes in permanent jewelry, which is custom-fit pieces, such as necklaces and bracelets, designed to be worn 24/7. “They are designed to help people celebrate memorable experiences, whether it’s matching bracelets between friends and family, special milestones or helping someone find a piece they truly love,” she explains.

Shawna schedules private parties, offers appointments and attends local events, including the Adel Farmers Market. “My goal is to offer beautiful, high-quality jewelry while creating something personal and memorable for every client,” she reflects.

Within weeks of opening her business, she joined the Adel Chamber to become connected in the community and build relationships with other local businesses. She says, “I believe small businesses thrive when they support one another. I’m excited for opportunities to collaborate, grow and serve our community. There’s a genuine spirit of support, and it’s inspiring to be surrounded by people who truly care about each other and helping local businesses thrive.” ■



Kaprice Van Every



Shawna Hook

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

## Pre order your 2026 Sweet Corn Fest tshirt today!

The Adel Chamber will contact you when your order is ready for pickup!









Adel Chamber | 515-993-5472 |  
[www.adelsweetcornfest.org](http://www.adelsweetcornfest.org)

PICTURE PERFECT, NOW

# WAIT UNTIL << YOU TASTE IT

GET 8  
FREE  
BURGERS  
A \$22 value!



**Butcher's Classic Pack** SAVE 57%

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE Omaha Steaks Burgers (4 oz.)**

78237XDS separately \$300.99 **\$129.99**  
**SPECIAL INTRODUCTORY PRICE**

Scan Now To Order



ORDER NOW!

**OmahaSteaks.com/ClassicPack7199** | **1.833.897.4133**

Ask for your FREE burgers with offer 78237XDS

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/25. 24M7165 | Omaha Steaks, LLC

# WHY ADVERTISING is essential for small business growth and success

Small businesses often operate with limited resources, tight margins and strong local competition. In that environment, advertising is not a luxury — it's a necessity for survival and growth. Without it, even the best products or services can remain invisible to potential customers.



One of the primary reasons small businesses should advertise is to build awareness. Unlike large, established brands, small businesses usually lack name recognition. Advertising helps introduce the business to new audiences and reminds existing customers that it exists. Consistent visibility keeps a business top of mind when customers are ready to buy.

Advertising also plays a critical role in establishing credibility. Consumers tend to trust businesses they see regularly. A well-crafted advertisement signals professionalism and stability, even for a newer company. When potential customers encounter a business multiple times, they are more likely to view it as legitimate and reliable.

Advertising also drives sales by creating urgency and highlighting value. Promotions, limited-time offers and clear messaging can motivate customers to take action. Without advertising, potential buyers may

never learn about special deals or unique selling points that differentiate a business from competitors. In crowded markets, staying silent often means losing customers to more visible competitors.

In addition, advertising supports long-term growth. It's not just about immediate sales; it's about building a brand. Over time, consistent messaging shapes how customers perceive a business — its personality, values and quality. This brand identity can become a powerful asset, helping small businesses compete with larger companies that may have more resources but less personal connection with customers.

Finally, advertising allows small businesses to adapt and learn. By tracking which campaigns perform best, business owners gain insights into customer preferences and behavior. This data can inform not only future marketing efforts but also product development, pricing strategies and customer service improvements.

In short, advertising gives small businesses a voice in a competitive marketplace. It increases visibility, builds trust, drives sales and supports long-term success. Without it, even the most promising small business risks being overlooked. ■

Information provided by Dan Juffer, Senior Advertising Account Executive, Big Green Umbrella Media, 8101 Birchwood Court, Suite D, Johnston, Iowa 50131, 515-371-2290, dan.juffer@dmciview.com.

your  
MESSAGE  
every  
MONTH  
every  
HOUSEHOLD

IOWA  
*Living*  
MAGAZINES



If you own or operate a small business, you know how important it is to invest your marketing dollars in the best possible way. Our 14 Iowa Living magazines are delivered to every one of the **MORE THAN 160,000 HOUSEHOLDS** in the communities we serve, and someone in more than eight out of 10 households reads it. That unmatched readership means unmatched results for your business.

To learn how to market your goods or services to our readers, contact me today.



**DAN JUFFER**  
Senior Advertising Account Executive  
515-371-2290  
dan.juffer@dmciview.com  
www.iowalivingmagazines.com

# CHAMBER Dinner

The Adel Chamber Dinner was held at Country Lane Lodge in Adel on April 27.



Kristie Anderson of Azalea Lane Boutique was honored with the Business of the Year award and Matthew Karns was named Citizen of the Year for his leadership in revitalizing Pedal Plaza into Rotary Plaza.



Jim Peters and Dennis Leininger



Tim Gootee, Jesse Woerdehoff and Cory Johnson



Julianna Cullen, Monte Keller and Nikki Keller



Cody Tilk and Megan Garrett



Tim Vick and Tim Crannell



Jessica DeWitt and Matt Braune



Ty Kirk and Trang Luong



Gretchen York and Joel Anderson



Leah Byriel, Emily Albers and Kristin Covey

# TRACK and Field

The ADM track and field team competed at home on May 6.



Karley Mattes



Max Marple



Vivian Novelli



Alaina Nelson



Ty Landphair



Elliote Von Roden



Isabelle Book



Haley Nelson and Elise Coghlan



Bella Smyth



Christian Paul



Jack Leistikow



Brecken Morse



Aubrey Noring



Jackson Pitzen

# ACTIVATE THEIR BRAIN THIS SUMMER!

After a long winter indoors, children need to get out and about for good mental health. Here are a few places children can exercise their brain in central Iowa:

1. Science Center of Central Iowa
2. Living History Farms
3. Jester Park Nature Center
4. Blank Park Zoo
5. Adventureland
6. Big Creek Beach & State Park
7. Ledges State Park
8. Iowa Arboretum & Treehouse Village
9. Des Moines Farmers Market
10. Valle Drive-In



*Doesn't your child deserve better than urgent care?*  
**ONLY TRUST YOUR CHILD WITH THE BEST!**



**Waggoner Pediatrics of Central Iowa**

Brian L. Waggoner, M.D | Julie A. Waggoner, ARNP, CPNP

**Schedule your child's appointment today!**  
**(515) 987-0051**

2555 Berkshire Pkwy, Suite A, Clive  
[waggonerpediatrics.org](http://waggonerpediatrics.org)



# Keep Dad **COOL** this Father's Day

**DAD  
WILL  
LOVE ALL  
OF THIS!**

**BIG  
GREEN  
EGGS**

**TVS OF  
ALL SIZES**



\*Made in the USA

**AND LOTS OF ACCESSORIES**

**PORTABLE  
& WINDOW  
AC UNITS**



5,000-  
23,000 BTU



**UPRIGHT  
& CHEST  
FREEZERS**



5CU FT - 20CU FT



7CU FT - 20CU FT

916 Main Street, Adel  
Mon-Fri 8-5, Saturday 8-1  
**515-993-4287**

**ADEL  
& Winterset**  
T.V. & APPLIANCE • HEATING & COOLING  
www.adelwintersettv.com

Est. 1960

224 Highway 92, Winterset  
Mon-Fri 9-5, Saturday 9-1  
**515-462-2939**