

# ADEL *Living Weekly*

WWW.IOWALIVINGMAGAZINES.COM



A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

FREE!

## SERVING UP CORN — AND FUN CELEBRATE ADEL SWEET CORN FESTIVAL AUG. 10.



The Adel Sweet Corn Festival — the Adel Chamber of Commerce's signature event — returns Aug. 10. In its 45th year, the celebration is about more than just tons of free cobs of tender corn. It's a jam-packed day of entertainment and family fun. The event has been attended by more than 10,000 people. Each year, the free event seems to run as smooth as butter dripping from hot corn. But, did you know, it takes about 500 volunteers to put on the event? In the August issue of Adel Living magazine, volunteers share how their piece of the puzzle helps complete a successful festival. The August issue also includes your official guide to all the activities of Sweet Corn Festival. The issue is available online at [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com). ■

### ADEL WEATHER FORECAST

**FRIDAY HIGH 74 | LOW 50**

Intervals of clouds and sun

**SATURDAY HIGH 77 | LOW 55**

Sunny to partly cloudy

**SUNDAY HIGH 79 | LOW 61**

Delightful with partial sunshine

**MONDAY HIGH 79 | LOW 62**

Mainly cloudy with occasional rain

**TUESDAY HIGH 82 | LOW 63**

Low clouds and humid



### ADVERTISE HERE!

ADEL  
*Living Weekly*

Contact Dan Juffer  
at (515) 371-2290 or  
[dan.juffer@dmcityview.com](mailto:dan.juffer@dmcityview.com)



TO SUBSCRIBE TO THE FREE  
DIGITAL VERSION OF THIS  
WEEKLY NEWSLETTER,  
SCAN THIS QR CODE.

FROM THE PUBLISHER

# APIOPHOBIA. APIPHOBIA. MELISSOPHOBIA.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She stretched this whimpering kid out on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately placed a towel full of ice cubes on my face. No need for a doctor's visit. Dr. Mom had it all under control. After the whole bee-sting-tweezer incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee

farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey



helps with my allergies.

In several of our Iowa Living magazines in August, you can learn about local bee producers and what draws them to this hobby. Discover why they are attracted to bees and why people like me are fearful of them. Check out the stories throughout the month as they publish at [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com).

And, in the meantime, keep your eyes open — or maybe shut — for bees.

Have a great week, and thanks for reading. ■



Shane Goodman  
President and Publisher  
Big Green Umbrella Media  
[shane@dmccityview.com](mailto:shane@dmccityview.com)  
515-953-4822, ext. 305

ADEL  
*Living Weekly*

A publication of Big Green Umbrella Media, Inc.  
8101 Birchwood Court, Suite, D, Johnston, IA 50131  
[www.iowalivingmagazines.com](http://www.iowalivingmagazines.com)



#### News contact

Tammy Pearson  
515-953-4822, ext. 302  
[tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)



#### Advertising contact

Dan Juffer  
515-371-2290  
[dan.juffer@dmccityview.com](mailto:dan.juffer@dmccityview.com)

# BAGS TOURNAMENT

The 10th annual St. John's Bags Tournament will be held at the Adel Sweet Corn Festival, Aug. 10, with registration beginning at 10:30 a.m. and play starting at 11:30 a.m. The event will be at the old ADM Middle School, 215 N. 11th St. Funds raised support St. John's Youth Organization activities. It is a double elimination format with a maximum of 64 teams. Cost is \$30 per team with first place receiving \$100, second place \$80 and third place \$60. Registration forms can be dropped off at St. John's Church or register at the event. For more information, email [pfinnegan23@gmail.com](mailto:pfinnegan23@gmail.com) or text 913-707-1969. ■

# ADM BOOSTER CLUB GALA

The second annual Adel-DeSoto-Minburn Booster Club Gala will be Saturday, Aug. 24, 5:30-11:30 p.m. at The Rewind hotel in West Des Moines, 6075 Mills Civic Parkway. The evening includes a sit-down dinner, two cash bars, games, silent auction, live auction and live music by Tony Bohnenkamp. All proceeds going back to the ADM Booster Club. A ticket link is available online at <https://e.givesmart.com/events/D5y/>. ■



# ADEL COMMUNITY BLOOD DRIVE

A community blood drive will be held Friday, Aug. 23, 9 a.m. to 12:30 p.m. at Lincoln Savings Bank, 312 Nile Kinnick Drive S., Adel. Donations to LifeServe Blood Center are provided to local hospitals. Appointments are encouraged. Call 800-287-4903 or visit [lifeservebloodcenter.org](http://lifeservebloodcenter.org). ■



**COLLISION? DEER?  
HAIL? DENTS? DINGS?**



**WE DO THAT!**

**OLSON'S**  
SINCE 1980

**FREE ESTIMATES**  
555 W. Hickman Road  
Waukee  
**515-987-1735**

**SUMMER IS HERE!**

**Make your A/C check appointment today!**



**ADEL & Winterset**  
Est. 1960  
T.V. & APPLIANCE • HEATING & COOLING  
**916 MAIN STREET IN ADEL • 993-4287**

## ADM SPORTS SCHEDULE

**AUG. 23  
IS THE  
FIRST  
DAY OF  
SCHOOL!**

**FULLER**  
PETROLEUM SERVICE

MasterCard • Visa • Discover • GAS & DIESEL

1505 OLD PORTLAND RD • (515) 993-4001

**24 HOUR CREDIT CARD PUMPS**



**ADEL VETERINARY CLINIC**  
MEDICINE • ACUPUNCTURE • BOARDING

619 GREENE STREET  
515.993.4707 • [adelvet.com](http://adelvet.com)

**FRUSTRATED WITH  
YOUR CURRENT  
INTERNET PROVIDER?**

**TRY US.  
NO OBLIGATION!**

NO CONTRACTS - UNLIMITED DATA - NO CREDIT CHECK

**CALL FOR A FREE SITE SURVEY!**



**DALLAS  
COUNTY  
DATA**

INTERNET - AUDIO/VIDEO - SECURITY CAMERAS  
917 Main St., Adel, IA 50003 • **515-993-1900**

RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING



# SEEN IN ADEL

PEOPLE ENJOY THE ADEL FARMERS MARKET AT THE DALLAS COUNTY FAIRGROUNDS ON JULY 16.



Ann Heitz and Tiffany Graham



Abbie Sharp



Chelsea Ouverson



Brittany Ferguson



Dan Wilson and Gretchen York



Kris Kringle as Santa

**EMPLOYERS: ARE YOU LOOKING FOR AN EASIER WAY TO LIST YOUR CURRENT JOB OPENINGS?**

**SUBMIT YOUR JOB LISTING ON CITYVIEW'S FREE JOB BOARD!**

[IowaBusinessJournals.com/job-board](http://IowaBusinessJournals.com/job-board)



**HELP  
WANTED**

- Find local candidates.
- Easily submit your job listings online.



Good Samaritan Food Pantry board members Dawn Flora, Sarah Benn and Carol Schepers with Rotary President Amanda Schwantes, far right.

## ADEL ROTARY SUPPORTS ADEL FOOD PANTRY

The Rotary Club of Adel presented a check for \$1,000 to the Good Samaritan Food Pantry at their regular meeting on July 31. The mission of the GSFP is to “lend a helping hand by providing access to basic needs while offering connections and hope.”

Their 2023 Impact Report found that 3,347 individuals from 1,449 household comprised visits for monthly pantry food. Weekly distribution of kids backpacks (school year) averaged 171; the weekly average for summer was 113.

There were 75 volunteers that donated 3,036 hours in service in an effort to meet the vision of the food pantry: “A community where everyone is healthy and thriving.”

Rotary supports six areas of focus, causes targeted to maximize Rotary’s impact through successful and sustainable projects and activities. One of those areas of focus is Fighting Disease. Through nutritious food, people can be healthier both physically and mentally. Adel Rotary supports the GSFP with its donations and its work projects that have improved the site. ■

## FARMERS MARKET

The Adel Farmers Market is held at the Dallas County Fairgrounds on Tuesdays from 4-7 p.m. ■

## WEDNESDAY NIGHT MEAL

The Adel United Methodist Church, 115 S. 10th St., is hosting a weekly Wednesday Night Meal in the fellowship hall downstairs. Serving is 5-6:30 p.m. This is a freewill donation meal. All are welcome. ■

## SUMMER FOOD TRUCK AND LIVE MUSIC

Country Lane Lodge, 29300 Prospect Circle, Adel, is hosting its Summer Food Truck and Live Music events Wednesdays from 5-8 p.m. Admission is free. Yard games and full bar are available. The lineup includes:

**Aug. 14:** Brick & Ember Pizza Co. and Street Sweets with music by Lucas Beebe

**Aug. 21:** Magoo’s Pizza and Kona Ice with music by Brian Allen

**Aug. 28:** Zipp’s Pizza and Kona Ice with music by Corey Jamison ■

South Dallas County Landfill Agency

2000 MAIN STREET, ADEL • 993-3148

7:00 a.m. - 3:00 p.m. M-F

7:00 a.m. - noon Sat.

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

CELEBRATE  
YOUR  
BIRTHDAY  
WITH US



[AFFCBOWL.COM/PARTY](http://AFFCBOWL.COM/PARTY)

**ADEL TIRE & SERVICE, INC.**  
515-993-4296

Complete Engine Work • Exhaust  
Brakes • Tires • Suspension • Alignments  
Oil, Lube, Filter • Air Conditioning

509 Greene St. (Hwy 6), Adel



## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

World Food and Music Festival

**Aug. 23-25: World Food and Music Festival.** The award-winning festival brings together two of life's greatest offerings from around the globe. Western Gateway Park, 1205 Locust St., Des Moines.

[www.dsmpartnership.com/worldfoodandmusicfestival](http://www.dsmpartnership.com/worldfoodandmusicfestival)

**Aug. 9-11: Mustangs at the Crossroads.** A celebration of 60 years of the classic American muscle car, the Mustang. Holiday Inn, 6111 Fleur Drive, Des Moines.

[www.mustangsatthecrossroads.org](http://www.mustangsatthecrossroads.org)

**Aug. 23-24: Huxley Prairie Festival.** "The prairiest festival around." Railroad Park, Heart of Iowa Nature Trail, Huxley. [www.huxleyprairiefest.com](http://www.huxleyprairiefest.com)

**Aug. 24: Ingersoll Live.** The annual block party

returns to host vendors of all kinds, live music and plenty of family-friendly fun. From 3-10 p.m. along 2300 Ingersoll Ave. [www.theavenuesdsm.com](http://www.theavenuesdsm.com)

**Aug. 24: Wine and Cider Festival.** Get a taste of Iowa's grape and apple harvest from more than 20 Iowa wineries and cideries. Jasper Winery, 2400 George Flagg Parkway, Des Moines. [www.jasperwinery.com](http://www.jasperwinery.com)

**Aug. 31 - Sept. 2, 7-8, 14-15: Fall Faire Renaissance Faire.** The Renaissance Faire at Sleepy Hollow returns. The park changes to immerse attendees into the olden days for two weekends full of fun. Sleepy Hollow Sports Park, 4051 Dean Ave., Des Moines. [www.sleepyhollowrenfaire.com](http://www.sleepyhollowrenfaire.com)

**Sept. 6: Savannah Bananas.** The Bananas bring their bananas style of baseball back to Des Moines. They tweak the rules of America's favorite pastime, get the crowd involved and have tons of fun doing it. Principal Park, 1 Line Drive, Des Moines. [www.thesavannahbananas.com](http://www.thesavannahbananas.com)

**Sept. 6: Marc Maron.** Maron has been an icon in the standup comedian and podcast scene for more than a decade. Starting at 8 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. [www.hoytsherman.org](http://www.hoytsherman.org)

**Sept. 14: Applefest.** Celebrate and sink your teeth into the apple harvest season. A full day of family fun and entertainment at Living History Farms, 11121 Hickman Road, Urbandale. [www.lhf.org](http://www.lhf.org) ■

ELECTRONICS - APPLIANCES - FLOORING - CABINETS - COUNTERTOPS - BLINDS

**Archer**  
Home Center

Call 993-4241 Today!

[archerhomecenter.com](http://archerhomecenter.com)

FLOORING - CABINETS

ELECTRONICS - APPLIANCES - FLOORING - CABINETS - COUNTERTOPS - BLINDS

ADEL-OWNED ROOFING SPECIALIST

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

FOLLOW US!  
f i

(515) 518-5211

**Adel HealthMart.**  
PHARMACY

113 N. 9th Street  
Adel, Iowa • 993-3644  
[www.adelhm.com](http://www.adelhm.com)

## RECIPE

# A BETTER-FOR-YOU BEVERAGE FOR A HEALTHY HEART

*(Family Features)* How you start your morning can impact the rest of your day. If you're looking to incorporate healthier choices into your morning routine, try a concept known as "habit stacking." Building tiny, healthier habits into routines you already have, like enjoying a morning beverage or breakfast before you check your email instead of jumping right into the day's tasks, can make it easier to stick to a new habit when it's built into an existing routine.

If you already enjoy the routine of breakfast to start the day, consider swapping sugary drinks for beverages without added sugars like unsweetened green or black tea. When incorporated as part of an overall healthy diet, unsweetened tea can help support heart health.

If you need help getting started, Lipton, a proud national sponsor of the American Heart Association's Life is Why campaign, created this easy-to-make, better-for-you tea recipe.

For a little morning refreshment, simple Sparkling Green Tea Cranberry Spritzers offer a solution with 0 grams of added sugars. ■

## SPARKLING GREEN TEA CRANBERRY SPRITZERS

*Recipe courtesy of the American Heart Association*

**Servings: 4 (1 1/2 cups per serving)**

### Ingredients:

- 4 cups water
- 4 single-serving green tea bags
- 1 cup 100% cranberry juice or 100% cranberry-pomegranate juice
- 2 cups ice cubes
- 1/2 cup seltzer (flavored or plain) or low-sodium club soda, chilled
- 4 orange slices or lime wedges (optional)

### Directions:

In small saucepan over high heat, bring water to boil. Remove pan from heat. Submerge tea bags. Steep 4 minutes. Discard tea bags. Let tea mixture cool 30 minutes. Pour into pitcher. Stir in cranberry juice. Refrigerate 2 hours, or until chilled.

At serving time, put ice cubes in four glasses. Pour tea mixture into glasses. Top each serving with seltzer. Garnish with orange slices.

**Tip:** To create cranberry-flavored ice cubes, fill ice cube tray with 100% cranberry juice and freeze.

**Nutritional information per serving:** 32 calories; 0 g



total fat (0 g saturated fat, trans fat, polyunsaturated fat and monounsaturated fat); 0 mg cholesterol; 4 mg sodium; 8 mg carbohydrates; 0 g fiber; 8 g total sugars (0 g added sugars); 1 g protein.

**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](http://adelvisionclinic.com)

**Dan's TOWING & SERVICE**  
**515-993-2054**  
 23581 Nantucket Road, Adel • Iowa

**LENHART** Family owned  
**PLUMBING COMPANY** since 1950  
 23589 Nantucket Road, Adel  
 993-3426 [www.lenhartdm.com](http://www.lenhartdm.com)

# NEEDS LIST FOR VETERANS AT THE DES MOINES VA HOSPITAL

Since federal funds may not be used to purchase personal items for veterans at VA Hospitals, American Legion Auxiliary Units like Adel ALA Unit 464 step forward to collect clothing and other items needed by veterans in the Des Moines VA Hospital or in their domicile. Currently, the following are being requested: men's sweatpants/athletic pants (size S-XXL), men's sweatshirts (size S-XXXL), men's athletic shorts (size S-XXL), men's underwear (size S-L), shampoo, large-print books, individually wrapped snacks, and decaf ground coffee.

Donations can be dropped off at 1305 S. 15th St., Adel, or contact Shirley McAdon at 515-993-4862 for pick up. ■

# ADEL MASONIC BREAKFAST

The Adel Masons will be serving a breakfast at the Masonic Lodge, 411 S. 12th St., on Aug. 11 from 9 a.m. to noon. Menu includes biscuits and gravy, pancakes, scrambled eggs, bacon, milk, orange juice and coffee for \$9 per plate. ■

# COMFORTABLY DUMB



"You never hear about these!"



"Co-sign? No problem!"

 **ANYTIME  
FITNESS®**

**215 S. 6TH STREET, SUITE A • ADEL**

**\$49 - 7 DAY JUMP START**

**CALL TODAY! 515-993-3333**

*Patrick's*  
Restaurant  
*On the Bike Trail*  
*211 South 7th Street*  
*Adel, Iowa • 993-3884*

## CLASSIFIED ADS

**HELP WANTED:** Chief Operating Officer (COO). Job Description: Implementing Strategies; Overseeing Operations; Ensuring Efficiency and Profitability; Managing Staff and Resources; Working with the CEO to achieve company visions. Manage daily operations of the company. send application to jo-  
lieindustriesinc@gmail.com.

**FOR SALE:** Ashley sofa (oversized) 32" tall, 36.5" deep, 86" long, \$300. FlexSteel coffee table. Solid wood top and lower shelf, dark wood with bronze tone metal frame, \$300. 2 FlexSteel end tables. Match end tables, 22.5" tall, 18" deep, 18" long, \$100. If coffee tables and end tables are purchased together will accept \$350 for all. Tony Little Core Lounger. Folding frame. Only used twice. \$250. Contact Marilyn at 515-478-4594. Items are located in Waukee and you will need to pick them up.

**BICYCLES WANTED:** Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

**SEND IN YOUR FREE CLASSIFIED  
AD BY WEDNESDAY AT 10 A.M. TO  
BECKHAM@DMCITYVIEW.COM**

LIST 50 WORDS OR LESS FOR FREE.

**SIGN UP TO RECEIVE THE DIGITAL EDITION  
OF ADEL LIVING MAGAZINE FREE!**

Scan the code below, or visit  
[www.iowalivingmagazines.com](http://www.iowalivingmagazines.com).

