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SWEET CORN FESTIVAL PARADE: The Adel American Legion Color Guard led the Adel Sweet Corn Festival Parade Aug. 10. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 85 | LOW 61
Mostly cloudy and less humid



SATURDAY HIGH 85 | LOW 61
Mostly sunny and pleasant



SUNDAY HIGH 84 | LOW 62
Mostly sunny and humid



MONDAY HIGH 82 | LOW 62
Mostly sunny and humid



TUESDAY HIGH 80 | LOW 61
Pleasant with sun and clouds



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ADEL *Living Weekly*

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dan.juffer@dmcityview.com



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FROM THE PUBLISHER

OUR DADS AND THEIR JOKES

Dad jokes. You have heard them. You may have even told a few — probably the same ones over and over. That’s what dads do. My friend Jeff, who is a father of four, has a library of dad jokes. Some are quite funny. The rest? Well, they are dad jokes.

My dad had a few of them he used repeatedly. Some were intended to be funny. Others just became catch phrases for him that left me scratching my head.

When Dad and I played board games and he moved ahead of me, he would exclaim, “I am moving faster than Tom Mix!” I had no idea who Tom Mix was, and I didn’t care. I simply didn’t want his Top Hat to pass my Dog on the Monopoly board. But, in recent years, I felt the need to learn who this Mix guy was. He was apparently the John Wayne or Clint Eastwood of his era, starring in 291 cowboy movies between 1909 and 1935, most of which were silent films. And he was fast, apparently.

Dad didn’t care much for insects, especially flies. Growing

up near the multitudes of hog lots in northern Iowa, the flies were aplenty — and big. When I would leave the front door to the house open, Dad would jokingly tell me to shut it as I was “letting all the flies out.” And when he would smash one loudly with a flyswatter, he would proudly state, “He won’t do that again.”

After church on Sunday mornings, I would turn on the TV and catch an episode of “The Lone Ranger.” When Silver was racing along the path, Dad would ask me to turn the channel because it was “getting the living room dusty.”

Dad wasn’t much of a sports fan, but he would put up with me trying to watch a Minnesota Vikings football game on some Sunday afternoons. When the Vikings would score, he would proclaim, “Home run!” Then he would take a nap in his recliner for the remainder of the game.

Dad and my uncle owned a



gravel and excavation business. Sometimes, they would tear down old farm houses, burn them to the ground and bury the remains in the fields. Often, the homeowners would strip the buildings of anything of value first, leaving the houses without doors or windows. I would tag along with Dad when he would meet with the landowners at the site, and his first words were often, “I see you are having an open house.”

And finally, when debating on a decision he had to make, Dad would try to make light of the situation and would often say, “Well, Columbus took a chance. Look where he is.”

How about you? What dad jokes did your father rely on for a few laughs? Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
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SEEN IN ADEL



SWEET CORN FESTIVAL PARADE: Shirley McAdon, Makayla Flora and Diana Flora represented the Adel American Legion Auxiliary in the Sweet Corn Festival Parade Aug. 10. ■

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. ■



ADM SPORTS SCHEDULE

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DALLAS COUNTY CONSERVATION EVENTS

To register for events, visit www.dallascountyia.gov/conservation or call the DCCB office at 515-465-3577.

PRAIRIE HIKE

Wednesday, Aug. 21, 6 p.m.

Kuehn Conservation Area,
32828 Houston Trail, Earlham

Break up your week with a colorful morning hike. Join a DCCB naturalist for a morning prairie hike to appreciate the blooming flora in Kuehn's prairie. Registration required.

FRIDAY FUNDAY PADDLE

Friday, Aug. 23, 4:30-7:30 p.m.

Location TBD, based on river levels

Kick your weekend off the right way, in the wilds of Dallas County with other paddlers. Find a community of people with similar interests and share time on the water while learning about the wildest places in Dallas County. Registration required.

PRAIRIE AWAKENING/PRAIRIE AWOKE

Saturday, Sept. 7, 10 a.m. to 3 p.m.

Kuehn Conservation Area,
32828 Houston Trail, Earlham

Every fall, DCCB invites the public to gather at Kuehn Conservation Area to experience the songs, dances, games and stories of our Indigenous friends. This year, Master Hoop Dancer Dallas Chief Eagle has invited several of his daughters, who are also champion hoop dancers and storytellers. Their interactive and entertaining presentation shares teachings related to healthy life choices, mental resilience, and our connection to nature. There will be Native games and demonstrations in the morning,



Prairie Awakening/Prairie Awoke

dancing and music in the afternoon, and release of tagged monarchs and a rehabilitated raptor as part of the celebration. Bring your own lawn chair or blanket. Concessions will be available. Register to be notified of cancellation.

ON-CALL: MONARCH TAGGING

Sunday, Sept. 8

Location TBD

Sign up to get notified. Join a DCCB naturalist to catch and tag monarch butterflies to help with an international monarch migration research project. All ages welcome. Registration required.

FALL EQUINOX CELEBRATION

Sunday, Sept. 22, 6:30-7:30 p.m.

Hanging Rock Park shelter house, Redfield

Join a DCCB naturalist at the astronomical clock to celebrate the celestial change of seasons. Fall is when nature wears her prettiest dresses. Sing the sun down and reflect on the meaning of the season. Registration required. ■

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FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

DICKY LEE THOMPSON

Dicky Lee Thompson, 83, died on Aug. 11, 2024. Visitation was Thursday, Aug 15 at Caldwell Parrish Funeral Home and Crematory-Adel Chapel. A memorial service was Friday, Aug. 16, at the Van Meter Baptist Church at 10 a.m. Interment follows at the Booneville Cemetery in Waukee. Memorial contributions are suggested to the Van Meter Baptist Church.



Dicky Lee Thompson was born on Dec. 9, 1940. He was raised in the Linden and Redfield areas of Dallas County and graduated from Dexfield High School. Dick worked a variety of jobs, ultimately retiring from the Meredith Corporation.

He enjoyed showing horses and attending shows at the fairs. He hunted animals and mushrooms while also engaging in frogging and fishing. He enjoyed coaching girls softball and men's slowpitch. He was a fan of the Van Meter Bulldogs and the Iowa State Cyclones. He enjoyed playing cards with family and friends, as well as going to races at the Boone Speedway.

He was preceded in death by his wife, Connie, parents, five brothers, five sisters and grandson, Devon Slycord.

He is survived by his children, Carrie, Sheiry (Jason Slycord), Courtney, Amanda, Landan, (Kristen), Wendy, Robyn (Jeff Lund), and Nancy (Chuck Bucinski); 24 grandchildren; 11 great-grandchildren; his brother, Billy; sister, Susan; and many nieces and nephews. ■

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/>. ■



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. ■

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. ■

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EVENTS IN THE AREA

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Indianola Car Show

INDIANOLA CAR SHOW, TRACTOR SHOW AND SWAP MEET

Aug. 24, 9 a.m. to 4 p.m.

Warren County Fairgrounds, Highway 92, Indianola

The Two-Lane Cruisers of Iowa is hosting this event.

To enter or for more information, call Curtis or Cliff,
515-577-2279 or 515-419-3824.

SUMMER SUNDAZE

Sunday evenings through Sept. 8, 6-8 p.m.

Jamie Hurd Amphitheater,

4100 Mills Civic Parkway, West Des Moines

Enjoy free live music and food trucks. Visit wdm.iowa.gov/JHA for more information.

FARMERS MARKET/ MUSIC IN THE JUNCTION

Through September, Thursdays, 4-8:30 p.m.

100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market features more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. The Farmers Market is from 4-8 p.m. Music in the Junction is 5-8:30 p.m. at Railroad Park. The beverage garden opens at 5 p.m. with live music starting at 6 p.m. Concerts are:

- **Aug. 22:** Echos V
- **Aug. 29:** Recoil
- **Sept. 5:** Sons of Gladys Kravitz
- **Sept. 12:** Get Off My Lawn
- **Sept. 19:** Jana West and Retrospect
- **Sept. 26:** The Punching Pandas

FOOD TRUCK FRIDAYS

Fridays, Sept. 6 and 13, 5:30-8 p.m.

Campbell Park, 12385 Woodlands Parkway, Clive

Live entertainment and food are presented by Clive Parks and Recreation and the Clive Chamber of Commerce. Jump on the Greenbelt Trail and make your way to Campbell Park to enjoy music, food and fun. Bring the whole family. Bring a blanket or a lawn chair. Note: Campbell Park is now a cashless facility. No cash is accepted. Payment methods are Visa, Mastercard, Discover, American Express, Apple Pay and Google Pay. Sept. 6 features the Dick Danger Band, and Sept. 13 features Brother Trucker.

PAINT MADISON COUNTY, A PLEIN AIR FESTIVAL

Sunday, Sept. 22

The public can watch artists at work at various sites around Madison County from 9 a.m. to 1 p.m. A reception and sale will be from 4-7 p.m. at Covered Bridges Winery, 2207 170th Trail, Winterset. New this year is a youth division for participants with prizes awarded. For more information, visit www.madisoncounty.com.

LOG CABIN DAYS CELEBRATION

Saturday, Sept. 28

Heritage Village, 1300 W. Second Ave., Indianola

- **10 a.m.** - Parade (line up at the Administration Building at 9 a.m. – no sign up required)
- **11 a.m. to 1 p.m.** - Chicken and noodles Lunch
- **11 a.m. to 7 p.m.** - Heritage Village Experience (including pioneer wedding and funeral in the chapel, teacher in the schoolhouse, pioneer family in the log cabin and shopping in the general store), Crafts of the Past demonstrations, children's craft fair, raffle, food and vendors on the lawn.

Sunday, Sept. 29

- **10 a.m. to 4 p.m.** - Tournament day with cribbage, chess, horseshoes and corn hole; bingo, family games, raffle, food and vendors. ■

RECIPE

A HEALTHY BEVERAGE FOR YOUR MORNING ROUTINE

(Family Features) Begin building tiny, healthier practices into routines you already have to help make it easier to establish habits you can stick to. This concept is called “habit stacking,” and it can help you improve habits from morning to night.

Consider those busy mornings when you need an on-the-go solution. Rather than opting for sugary foods and drinks, turn to Green Tea Berry Banana Smoothies that include unsweetened green tea. When incorporated as part of an overall healthy diet, unsweetened tea can support heart health.

This no-sugar-added recipe from Lipton, a proud national sponsor of the American Heart Association’s Life is Why campaign, can help you enjoy healthier mornings while checking emails or hydrating before heading to the office. ■

GREEN TEA BERRY BANANA SMOOTHIES

Recipe courtesy of the American Heart Association

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

Ingredients:

- 3 cups water
- 8 single-serving green tea bags
- 16 ounces frozen mixed berries (about 3 cups)
- 2 medium bananas, peeled, cut in half and frozen
- 1 cup fat-free plain Greek yogurt
- 2 teaspoons fresh-grated peeled gingerroot (*optional*)
- 2 teaspoons vanilla extract (*optional*)
- 2 teaspoons chia or flax seeds (*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. Refrigerate 2 hours, or until chilled.

In food processor or blender, process tea, berries,



bananas and yogurt until smooth. Add gingerroot and vanilla, if desired, and process until smooth. Pour into four glasses. Sprinkle with chia seeds, if desired.

Nutritional information per serving (without optional ingredients): 136 calories; 1 g total fat (0 g saturated fat, trans fat, polyunsaturated fat and monounsaturated fat); 3 mg cholesterol; 23 mg sodium; 29 g carbohydrates; 5 g fiber; 18 g total sugars (0 g added sugars); 8 g protein.

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SEEN IN ADEL



SWEET CORN FESTIVAL PARADE: Adel Boy Scouts Malachi Riedemann, Emerson Reidemann and Mason Renner led the scouts in the Sweet Corn Festival Parade. ■

50S PLUS SENIORS NEWS

50s Plus Seniors will meet Tuesday, Aug. 20 at the Adel Public Library from 10 a.m. to 1 p.m. Seniors 50 and older are invited to join for coffee, conversation and connecting with new and old friends. The program will be on cooking for one or two. Programs start at 10 a.m. ■

TRAIL EXTENSION GRAND OPENING

A grand opening celebration will be held for the 9-mile extension of the High Trestle Trail on Saturday, Aug. 17, 11 a.m. to 2 p.m. at the Bouton Trailheads, 110 E. First, Bouton. The RRVTA Ride begins at 11 a.m. at Big Bike in Perry. The ribbon cutting ceremony is at 1 p.m.. A live band, food and water will be available in Bouton. ■

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CLASSIFIED ADS

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, \$200. 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 \$250 for all. Tony Little Core Lounger. Folding frame. Only used twice. \$150. Contact Marilyn at 515-478-4594. Items are located in Waukee and you will need to pick them up.

FOR SALE: Womens Huffly Cranbrook 26" bike. \$45. Call 515-321-1128.

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

WANTED: Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

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