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LIPOVAC CROWNED

WINS NATIONAL AMERICAN MISS IOWA TEEN STATE PAGEANT

Norah Lipovac, daughter of Jon and Amy Lipovac, was crowned 2024 National American Miss Iowa Teen Queen at the state pageant held June 28-30 at the LaVista Conference Center in Omaha, Nebraska. She received her official state crown, banner and trophy. She also received a special invitation to compete at the National Pageant held during Thanksgiving week in Orlando, Florida.

Lipovac was also honored for Best Resume and winner in several categories including Top Model, Casual Wear, Fun Fitness, and Runway. Her activities include Wilson College of Business ambassador, designing her clothing, Salt Ministry and snowboarding. Her sponsors for the pageant were Furniture Source, family and friends. ■



ADEL WEATHER FORECAST

FRIDAY HIGH 83 | LOW 56

Mostly sunny, less humid

**SATURDAY HIGH 87 | LOW 61**

Plenty of sun

**SUNDAY HIGH 77 | LOW 50**

Partly sunny and pleasant

**MONDAY HIGH 75 | LOW 51**

Partly sunny and beautiful

**TUESDAY HIGH 76 | LOW 53**

Mostly sunny



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Contact Dan Juffer
at (515) 371-2290 or
dan.juffer@dmciview.com



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FROM THE PUBLISHER

GREEN APPLIANCES, STYROFOAM BEAMS AND A BROWN TOILET

We are working on a series of upcoming stories about home improvement projects for a number of our publications. In editing these, I couldn't help but think about the first home Jolene and I bought in the 1990s. We stretched ourselves financially to do so, but we made it happen.

It was a split foyer home that was built in the 1970s — and it looked like it. The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, using several gallons of paint, as whatever that stuff was made of soaked it up like a sponge. The rough texture destroyed several paint brushes and rollers, too. But,

once again, it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It still worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a limited budget and a lot of sweat equity — to update this house and erase the disco-era features. Looking back,



it was fun, and we learned a lot, thanks in large part to help from our fathers. In the end, we could see the improvements and enjoy them, too.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it, and we were able to pocket a nice profit from it as our reward.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you want a brown toilet, I know where you might be able to find one.

Have a great week, and thanks for reading. ■



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FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

GLORIA DUFFEY

Gloria Duffey, 72, of Adel, died on Aug. 19, 2024, at Adel Acres. She was born on Oct. 17, 1951, in Kirksville, Missouri. She attended school in Adel and graduated with the class of 1970. Gloria worked as a hairstylist after high school and enjoyed a long career spanning more than 40 years.

Gloria was always a unique character and enjoyed the celebrations in life. She liked to travel, visiting friends in California and getting to know their families. Her friends' children always referred to her as their fairy godmother. Even though she always wished she had a bigger family, she considered all of her friends family. Gloria also loved her many fur babies and made sure to have a pet at all times to help keep her company.

Gloria was preceded in death by her parents, Mack and Maurita. A Celebration of life is pending. Visit www.caldwellparrish.com for more information when available. ■



ADM SPORTS SCHEDULE

Friday, Aug. 30

4:15 p.m. **Football:** Freshman vs. Newton

7 p.m. **Football:** Varsity vs. Newton

Saturday, Aug. 31

8 a.m. **Cross Country:** Girls @ Johnston

8 a.m. **Cross Country:** Boys @ Johnston

8 a.m. **Volleyball:** Freshman Tournament vs. Multiple Schools

8 a.m. **Volleyball:** JV Tournament vs. Multiple Schools

Tuesday, Sept. 3

5:30 p.m. **Football:** JV @ Newton

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ADEL WOMEN'S CLUB WELCOMES NEW MEMBERS

Are you looking for a new way to make friends and serve your community? Consider joining the Adel Women's Club. The club is part of the General Federation of Women's Clubs (GFWC), an international organization. The group has been volunteering and serving the community since 1907. The group will meet Monday, Sept. 9 at 1 p.m. at the Adel Public Library. Dennis Leininger with Blue Kindness will be the guest speaker. The club will also be collecting socks, underwear and leggings/pants for the students of DeSoto Intermediate. Visitors are always welcome. For more information, email adelwomensclub@gmail.com or find them on Facebook. ■

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HISTORY

ADEL'S EATERIES FROM 1910 TO 1920

BY MIKE FLINN

In January of 1910, C.T. Bonnell opened his “first-class restaurant and quick meal carrying room.” Bonn’s Restaurant, on the west side of the square, soon became Adel’s dominant eatery and remained so for most of the next decade. A glowing review on Oct. 29, 1914, proclaimed it “the finest eating place in the state. Far ahead of anything usually found in towns much larger than Adel.” The Star Café was mentioned in the same newspaper article as “proving a reality that there should be room for two good restaurants in Adel.” The newspaper must not have considered the other establishments, such as Ligier’s and Holmes Restaurant, as good.

Bonn’s maintained its dominance of the eatery trade by installing, in 1916, an electric dishwasher, “the first outfit of its kind to be installed in Adel.”

S.J. Nuzum, in addition to owning a restaurant on Main Street, was a local auctioneer. He somehow managed to keep both businesses

going while being elected county sheriff in 1912. Imagine Sheriff Sam Nuzum with a six-gun in one hand, a blue plate special in the other while auctioning a steer. (Yes, S.J. Nuzum is an ancestor of Billy Nuzum of Billy’s Ice Cream fame.) By 1917, however, he decided to give up his restaurant and sold it to Guy Nourse. Nourse sold the business a few months later to F.O. Bradbury. The restaurant then became known as “The Bradbury.”

Also in 1917, Mr. J.H. Elliott bought out Bonn’s Restaurant and changed the name to Elliotts. Bonnell, however, kept his other business, Bonnell’s Ice Cream Store, that he had operated for 14 years. It wasn’t long before Bonnell was back in the restaurant business, however. Elliot should have insisted on a non-compete clause in the sale.

By the fall of 1918, with World War I ending, the much-dreaded Spanish flu was making its presence known. On Oct. 16, the Adel town council proclaimed, “on account of the Spanish flu, we have ordered

the closing of all places of assembly including churches, schools and Opera House and prohibited all social gathering including clubs and lodges until further orders.” This put a temporary damper on the restaurant business. The killer flu circled the entire globe in four months, claiming the lives of more than 21 million people worldwide and 675,000 people in the U.S.

By the spring of 1919, the world was slowly returning to normal. The temporary prosperity of the “Roaring Twenties” was just around the corner, and prohibition would soon become the law of the land. With the end of the war, however, the world no longer depended on the U.S. for its food supply. Iowa farmers felt the coming depression several years before the rest of the world. So did towns like Adel that depended on farmers. Competition among the various eateries became more intense. A May 13, 1919, headline: “Frank Bradbury has given up his restaurant. Six public eating places seem to be too many for Adel.” ■

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VINTAGE & MADE FAIR

Saturday, Sept. 21, 9 a.m. to 4 p.m.

Dallas County Fairgrounds, 28057 Fairgrounds Road, Adel

This indoor/outdoor market celebrates the handmade and vintage community. You will find antiques, vintage, home décor, jewelry, handcrafted goods, seasonal flora, food and beverage trucks, live local music and everything you need to create a vintage and handmade lifestyle. Admission is \$10 with 12 and younger free. ■

BIBLE READING MARATHON

Dallas County will be participating in the 2024 Iowa 99 County Bible Reading Marathon for the ninth year Sept. 4-7 at the southeast corner of the Dallas County Courthouse lawn. People are invited to read 30-minute or longer segments of the Bible when convenient. Hours are 8 a.m. to 5 p.m. on Wednesday, Thursday and Friday and 8 a.m. to 3 p.m. on Saturday. Volunteer readers of all ages are welcome. Bring your Bible, lawn chair and a bottle of water and an organizer will be there to greet you with a portion of the Bible to read. Those unable to join at the event are encouraged to call or email to adopt scripture to read at home or organize a gathering to read as a group. Contact Linda Emehiser, lindaemehiser@gmail.com, 515-478-0952, or Dianne Bentley, diannebentley60@gmail.com, 712-790-0598. ■

FOOD DRIVE TO BE HELD SEPT. 28

Adel Women's Club is taking part in the General Federation of Women's Clubs (GFWC) 2024 National Day of Service. This year's NDS campaign spotlights food insecurity and hunger in the United States. The club will be hosting a food drive on Saturday, Sept. 28 from 9 a.m. to noon. Food and/or monetary donations can be dropped off at the Lincoln Savings Bank Parking Lot at 312 Nile Kinnick Drive in Adel. Donations will bless our community and that of Greenfield. Most needed items include: canned meat, canned fruit, flour, sugar, boxed dinners, cereal, soup, peanut butter, jelly, and full-size personal care products. Those making donations will receive a thank you donut courtesy of Caseys and a Real Deals discount coupon while supplies last. ■

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

Federal funds may not be used to purchase personal items for veterans at VA hospitals. Individuals and groups, like the Adel American Legion Auxiliary Unit 464, step forward to collect clothing and other items needed by veterans in the Des Moines VA Hospital or in the domicile. The following items are most requested now: men's sweatpants/athletic pants (size M-XL); men's sweatshirts (size XL-XXL); men's athletic shorts (size S-5XL); small, simple sports bras; men's and women's slip-on shoes (all sizes); backpacks; 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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TAMMY@IOWALIVINGMAGAZINES.COM

Touchdown Tailgate

TOUCHDOWN TAILGATE**Sept. 7****Cowles Commons, 221 Walnut St., Des Moines**www.desmoinesperformingarts.org/events/touchdown-tailgate

Watch the Cy-Hawk football game on two jumbotron TVs at the Cowles Commons. Make sure you wear your Cyclone or Hawkeye team gear to let the others know whose side you're on.

DES MOINES CONCOURS D'ELEGANCE**Sept. 8****John and Mary Pappajohn Sculpture Park Western Gateway Park, 1330 Grand Ave., Des Moines**www.desmoinesconcours.com

This automotive showcase displays some of the finest vintage, classic and exotic cars from around the world. Place it next to the iconic Pappajohn Sculpture park and this event is a photographer's dream.

APPLEFEST**Sept. 14****Living History Farms, 11121 Hickman Road, Urbandale**www.lhf.org

All things apple, from cider, pie bobbing and everything in-between, Living History Farms hosts this quintessential fall-themed festival.

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:

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. The park has three playgrounds and a green space. 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. ■

RECIPE

A QUICK AND HEALTHY BREAKFAST FOR HECTIC MORNINGS

(Family Features) Enjoy this recipe that helps you get the kids up and out the door on those busy school mornings when nothing seems to run smoothly. While breakfast is widely recognized as the most important meal of the day, that doesn't always mean you have time to sit down and enjoy it.

Solving your morning rush with grab-and-go breakfasts you can make ahead of time accomplishes both goals at once: staying on schedule and fueling your kiddos (and yourself) for the day ahead. These delicious and nutritious recipes come from Healthy Family Project's 2024 Back to School Campaign, which is raising \$12,000 for the Foundation for Fresh Produce to support children's accessibility to fresh fruits and vegetables.

These Mixed Berry Whole-Wheat Muffins are a perfect solution when you need to hustle out the door. As a healthy, delicious treat kids can take with them to school or eat during the commute, they're quick and easy to make. Loaded with blueberries — a bona fide superfood that's high in fiber, low in calories and high in vitamin C, potassium and vitamin K — you may even need to make a double batch so you have plenty for breakfasts and after-school snacks. ■

MIXED BERRY WHOLE-WHEAT MUFFINS

Recipe courtesy of Healthy Family Project

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 12

Ingredients:

- 1 1/4 cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped strawberries
- 1/2 cup blueberries

Directions:

Preheat oven to 400 F. Grease muffin pan and set aside.
In medium bowl, whisk flour, baking powder, baking



soda and salt. In separate large bowl, mix egg, maple syrup, vanilla, yogurt and applesauce.

Add dry ingredients to wet ingredients and stir until just combined. Do not overmix. Fold in strawberries and blueberries.

Pour batter into prepared muffin tin, filling cups about 3/4 full.

Bake 15 minutes, or until tops are golden brown and toothpick inserted in center comes out clean.

Remove from oven and let cool in muffin tin 5 minutes before removing.

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ADEL MASONIC BREAKFAST

The Adel Masons will be serving a breakfast of biscuits and gravy, pancakes, scrambled eggs, bacon, milk, orange juice and coffee for \$9 per plate on Sunday, Sept. 8, from 9 a.m. to noon at the Masonic Lodge, 411 S. 12th St. ■

ADEL LIBRARY EVENTS

303 S 10th St, Adel • 515-993-3512 • adelpl.org

STORYTIMES

- **Move and Groove Storytime** – Every Tuesday at 9:30 a.m.
- **My First Storytime** – Every Wednesday at 9:30 a.m.
- **Preschool Storytime** – Every Thursday at 9:30 a.m.

ELEMENTARY

- **Tail Wagging Readers** – Thursday, Sept. 5 at 4:30 p.m.
- **Nerf Battle*** – Friday, Sept. 6 at 2 p.m.
- **Lego League*** – Tuesday, Sept. 10 at 4 p.m.
- **Mario Party: In Real Life*** – Sept. 17 at 4 p.m.
- **Pokémon Club*** – Sept. 24 at 4 p.m.
- **No School Event: Bubble Party** – Sept. 27 from 9:30-11:30 a.m.

TEEN

- **Teen Advisory Board** – Sept. 5 at 4 p.m.
- **Teens Create: Trinket Dishes** – Sept. 12 at 4 p.m.
- **Bingo for Books** – Sept. 26 at 4 p.m.
- **Library D&D*** – Sept. 27 at 1 p.m.

*Registered event, register at adelpl.org.

ADULTS

- **50s+ Senior Gathering** – first and fourth Tuesday of the month at 10 a.m.
- **Adult Speaker Series: Spot, Stop, Avoid Fraud** – Tuesday, Sept. 3 at 10 a.m.
- **Homeschool Meet-up** – Sept. 9 at 2 p.m.
- **Brown Bag Book Club** – Sept. 12 at 12 p.m.
- **Adult Speaker Series: Exercise Your Independence** – Sept. 17 at 10 a.m.
- **Welcome to Medicare** – Sept. 26 at 6 p.m.
- **Evening Book Club** – Sept. 26 at 5:30 p.m. ■

CLASSIFIED ADS

SMALL BUSINESS CLEANING: Simple luxury home, office, garage or shop cleaning services. Self-made small business. From decluttering to cleaning and organization. Prices negotiable upon square footage or job needed done. Text or call Jennifer at 952-381-4501.

FOR RENT: 3 bed house for rent in Des Moines, newly updated, contact for more information: nathanaereina@outlook.com.

FOR SALE: Womens Huffy 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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