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ADEL ROTARY HONORS JOSI DUFOE

Members of the Adel Rotary Club of Adel welcomed Josi Dufoe to their meeting on July 9 to recognize her accomplishments. Josi was named the Adel Rotary Club's ADM Scholarship Foundation May Student of the Month for girls track. Josi won the Class 3A 100-meter hurdles race at the Iowa state track and field meet this year and competed in other events on the Class 3A Champion State ADM Girls Track Team. She plans to attend Drake University this fall where she will participate in track and major in marketing or sports journalism. Pictured above, Paul Zietlow presents Josi Dufoe with a certificate of achievement. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 80 | LOW 70

Times of sun and clouds

**SATURDAY HIGH 85 | LOW 67**

Morning showers; partly cloudy

**SUNDAY HIGH 85 | LOW 71**

Cloudy and humid

**MONDAY HIGH 88 | LOW 72**

More clouds than sun; very humid

**TUESDAY HIGH 94 | LOW 73**

Plenty of sun; very humid



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FROM THE PUBLISHER

DO IT, DITCH IT OR DELEGATE IT

It took a few years, but I made it all the way to ground zero, and that's a good thing. That's right, zero emails in my in-box. Both my work email address and my personal one are empty. I had a few hundred emails lingering in them from the past few years, and I finally took some of my own advice and dealt with them.

The process was a bit like cleaning out my closet and getting rid of items I haven't worn in a few years — like the blue jeans that are now too small (they must have shrunk in the dryer?), the shirts with the sleeves that have been too long for too long, and those 17 neckties I never wear.

In a similar way, I have been saving emails on how to become a licensed drone pilot, where to renew my coaching certification, and even a digital receipt for a lawn mower cable. And now they, and hundreds more, are all gone.

Deleted. Erased. Out of sight and out of mind. Whew.

I realize some of you don't get the same satisfaction I get from this process. You have thousands of emails, hundreds of text messages and dozens of social media notifications piling on top of each other, and none of them bother you one iota. I, on the other hand, get anxiety over such things, but I am now smiling ear to ear while looking at my empty in-boxes.

This deletion process is a bit of my own medicine, you might say. I often preach to our Big Green Umbrella Media staff members to "handle a piece of paper once," and that goes for emails, too. Rather than move a document or a message dozens of times and look at it dozens more while doing nothing, just deal with it and complete the task, especially



if it only takes five minutes or less to do.

The related piece of advice I also try to live by is, "Do it, ditch it or delegate it." My wife says I rely on the third option too frequently. Maybe so, but the other two are equally important. I tell myself if I can deal with a task immediately, then I should quit procrastinating and get it over with. Or, if it truly isn't that important, ditch it and be done with it.

I am proud to say that this process has worked for my emails, and it has mostly worked with my closet. Just let me know if you could use some neckties.

Have a great week, and thanks for reading. ■

Shane Goodman
President and Publisher
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Living Weekly

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ADEL FARMERS MARKET

Enjoy this open air market featuring more than 40 vendors with a range of homegrown and homemade products from local farmers, bakers and artisans at the Dallas County Fairgrounds, 28057 Fairground Road, Adel, Tuesdays through September, 4-7 p.m. This is a family event with food trucks and music. ■

GOOD SAMARITAN FOOD PANTRY ADDS HOURS

The Good Samaritan Food Pantry at 215 N. 11th St., Adel (northeast corner of the ADM District Administration Center) has expanded its hours to include the third Saturday of the month, noon to 2 p.m. The pantry is also open Monday and Tuesday from noon to 2 p.m. and the fourth Monday of the month from 5-6 p.m. ■

HELP VETERANS AT THE VA

Veterans at the Des Moines VA Hospital & Domicile and veterans served at the Des Moines VA Community Resource & Referral Center need our help for those personal items that may not be provided with federal funds. The Adel American Legion Penoach Auxiliary Unit 464 steps forward to collect requested supplies from the community and to use donations from Poppy Days to fill in those needs. Current items needed are lightweight unisex jackets (L-XL), men's slip-on shoes (10.5-13), sweatpants and sweatshirts (L-XL), unisex slippers, duffel bags, belts, individually wrapped snacks, and regular and decaf ground coffee. Donations may be dropped off at 1305 S. 15th St. or call Shirley McAdon at 515-993-4862 for pick up. ■

VOLUNTEERS SOUGHT TO DISTRIBUTE KID SUMMER FOOD PACKS

Join the Adel Good Samaritan Food Pantry at the Adel Farmer's Market to help distribute Kid Summer Food Packs. All ages are welcome. Bring a friend; at least two per shift is recommended. Volunteers are needed every Tuesday from 4-7 p.m. through August at the Dallas County Fairgrounds, 28057 Fairground Road, Adel.

Once you sign up, a friendly Good Samaritan Food Pantry staff member will reach out with all the details you need for your shift. You'll be handing out Kids Grab & Go Food Packs from the Good Samaritan Food Pantry van and tent. Let's make this summer unforgettable for our kids. Scan the QR code to apply to volunteer. ■



ADM SPORTS SCHEDULE

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50s PLUS MEETINGS AND EVENTS

Enjoy board games, conversation, coffee and good food at the 50s Plus meetings. They invite anyone in Adel and the surrounding area to join them the first and third Tuesdays of the month, 10 a.m. to 1 p.m. at the Adel Public Library, 303 S. 10th St. If you have just moved to the area and would like to meet new people, this is a great way to do it. The group now has programs included in its activities. Programs are open to anyone, not just seniors. ■

MOBILE FOOD BANK

Adel Mobile Food Bank is the fourth Wednesday of the month at New Hope Church, 25712 Highway 6, Adel, from 5-6:30 p.m. or until the food is gone. This is a drive-thru pickup for free groceries. ■

FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MARYANN LORNA HENDERSON

MaryAnn Lorna (Otten) Henderson, 81, of Adel, died Monday, July 7, 2025, at Edencrest at Adel. Funeral services will be held Friday, July 18, at New Hope Church in Adel at 11 a.m. with Mark Henderson officiating. Visitation will be held prior to the service from 9:30-10:45 a.m. A luncheon will follow the service. A private burial will be Saturday, July 19, in the Ida Grove Cemetery, Ida Grove. Ernst Funeral Home & Cremation Services of Waukee is in charge of arrangements.



MaryAnn Lorna Henderson was born on Nov. 27, 1943, in rural Pilger. She graduated from Pilger High School. She continued her education at Wayne State College, graduating with a degree in home economics in 1965. It was there she met Stan Henderson, whom she married on April 18, 1964. While living in Glenwood, Mary enjoyed subbing as a home economics teacher and judging 4H projects. They moved to Ida Grove where Stan became the elementary school principal. Mary was involved in the Newcomers Club, Christian Women's Club, various bible studies, school activities and church where she taught Sunday school and VBS. They later purchased a farm south of Ida Grove. Their growing family enjoyed life on the acreage with a large garden, apple orchard and a variety of animals. Once the kids all headed to college, Stan and Mary built their dream house in town, one designed to allow them to care for Stan's dad, Howard.

After retirement, the couple moved to Waukee to be closer to family. They were both involved in church, traveling, and time with family and grandkids. She instilled her love for Jesus in her children and grandchildren through the way she loved God and loved others.

Mary is survived by Stan, her husband of 61 years; four children: Susan (Al) Hofmann and children Josh and Lauren; Alan (Lisa) Henderson and their children, Jacob (Beth) Henderson and children Eloise and Eleanor, Jenna Henderson, Alyssa (Tim) Kuypers and Kally Henderson; Mark (Kari) Henderson and their children, Kara (Nate) Steffenson and child Alaina, Grant (Jayden) Henderson, Ella (Jaxon) Messler and their child Weston; and Todd (Lori) Henderson and their children Jed, Blake, Aubree. She is also survived by one brother, Arnold Otten; one sister, Doris (Dick) Benal; and nieces and nephews.

She was preceded in death by her parents, two sisters, Gertude Clausen and Ruth Taylor, and five brothers, Martin Otten, Franklin Otten, Clem Otten, Fred Otten and John Otten.

Memorials can be sent to New Hope Church in Adel. ■

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DALLAS COUNTY CONSERVATION

www.dallascountyiaowa.gov/conservation or call the DCCB office at 515-465-3577.

- **July Bird Hike**, Voas Nature Area, 19286 Lexington Road, Minburn, Saturday, July 19, 8-10:30 a.m. Voas Nature Area has distinct habitats including one of the few wetland complexes remaining in Dallas County. Birds will be feeding and nesting, which should give opportunities to see a wide diversity of species. Beginning birders including children are welcome and encouraged. The group will also visit the Wetland Mitigation Bank, which should have many seldom-seen species. Some binoculars and books will be provided.
- **What's All the Buzz About?** Voas Nature Area, 19286 Lexington Road, Minburn, Friday, Aug. 8, 10 a.m. Bumble bees are highly fascinating and misunderstood insects of our ecosystem. In this program, learn what makes them so special and important, then go out to catch and ID some local species. Dress to be in the tall grass prairie. The naturalist will provide bee-catching materials.
- **Full Moon Float**, North Raccoon River Wildlife Area, Snyder Tract, 21468 Minburn Road, Minburn, Saturday, Aug. 9, 8:30-9:30 p.m. See the ponds at the Snyder Tract in a new light, under the light of the full moon. DCCB staff will transport your canoe or kayak back to the ponds, then experience the magic of floating on still water under the stars. If nighttime fishing is your thing, bring a fishing pole to try your luck from your boat. Participants must provide their own canoe or kayaks, paddles and life jackets. Anglers will need a current fishing license. Overnight camping is not allowed at Snyder Tract. ■

ADEL PUBLIC LIBRARY

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

- **Move and Groove Storytime**, Tuesdays, 9:30 a.m. and 10:30 a.m.
- **My First Storytime**, Wednesdays at 9:30 a.m.
- **Preschool Storytime**, Thursdays at 9:30 a.m.
- **Giant Board Games**, Friday, July 25, from 10 a.m. to 1 p.m.
- **Adults: Yoga**, every Wednesday at 5:45 p.m. Registration required. ■

SUMMER FUN AT THE AQUATIC CENTER

Summer is in full swing, and there's no better place to beat the heat than the Adel Family Aquatic Center, 1800 S. 15th St.. The Aquatic Center offers many options for the community, from swimming lessons, to private pool parties, to unique activities like the Sweet Corn Festival Corn Dive.

Ramona Dillinger has been the Adel Aquatic Center's supervisor since September, 2021. She has 26 years of park and recreation experience.

Director Nick Schenck says, "Ramona deserves a great deal of recognition and appreciation for making it safe and fun for all at the Adel Aquatic Center."

The Adel Aquatic Center offers a Sweet Corn Dive every year. This event offers a fun twist on diving for treasure, as kids scramble to collect corn cobs scattered across the pool floor. Competitors compete to earn a free season pass or free swim lessons for the 2026 season. This event will be held on Friday, Aug. 8 at 6 p.m. And don't forget the beloved Doggy Dip, held on the final day the pool is open, which will be on Sunday, Aug. 10 at 6 p.m. Furry friends of all shapes and sizes are invited to take a swim as we say goodbye to the summer. This event is \$6 per dog. ■

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EVENTS IN THE AREA

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TAMMY@IOWALIVINGMAGAZINES.COM**MUSIC IN THE GARDEN SERIES****July 24 and 31, and Aug. 7****Greater Des Moines Botanical Garden
909 Robert D. Ray Drive, Des Moines**www.dmbotanicalgarden.com

Enjoy live music in the beautiful setting of the Greater Des Moines Botanical Garden. Upcoming concerts are: July 24: The Crowfoot Rakes; July 31: Mango Soul; Aug. 7: Diplomats of Solid Sound. Doors open at 6 p.m. and concerts start at 6:30 p.m.

**NATIONAL BALLOON CLASSIC****July 25 to Aug. 2****Memorial Balloon Field
1136 150th Ave., Indianola**

Beautifully colored hot air balloons dot the skies over Indianola at this annual event. Watch the competition as well as special night shows and enjoy entertainment at the Balloon Field. For more information, visit www.nationalballoonclassic.com.

**CITYVIEW SUMMER STIR****Friday, July 25, 5-9 p.m.****East Village, Des Moines**

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For only \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com>.

**FREE GENEALOGY CLASS****Saturday, Aug. 2, 1:30 p.m.****Iowa Genealogy Society
628 E. Grand Ave., Des Moines**

Ready to dig into your family history? Whether you're just getting started or need a refresher, the Iowa Genealogical Society is there to help. Join in-person at the Iowa Genealogical Society Library for a free introductory class that covers the basics of genealogical research. Topics include getting started with your research, organizing your findings, available records, genealogical websites and software and 14 essential rules for successful research. Free parking, open to the public, no registration required. For more information, email igs.educationclasses@gmail.com.

3RD ANNUAL BONDURANT CAR SHOW**Saturday, Aug. 23, 8 a.m. to 2 p.m.****315 Second St. N.W., Bondurant**

Enjoy the Third Annual Bondurant Car Show. Registration is 8-10 a.m. with judging from noon to 1 p.m. and awards at 2 p.m. Awards will be presented for: Best Car, Best Truck, Best Motorcycle, Best in Show. Proceeds go to help local veterans. For more information, call Scott at 515-402-6118 or James at 515-971-2455

URBANDALE SUMMER CONCERT SERIES**Tuesday, July 29, and****Tuesday, Aug. 26, 6:30-8 p.m.****Charles Gabus Memorial Tree Park,
next to the Urbandale Public Library**

Enjoy free, high-quality music in a family-friendly setting. Bring your lawn chair or blanket and feel free to pack a cooler. Concerts are: Tuesday, July 29, June Bugs DSM; Tuesday, Aug. 26, River City Opry. ■

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RECIPE

TAKE DINNER OUTDOORS WITH GRILLED CHICKEN SKEWERS

(Family Features) Keep the heat out of your kitchen this summer with these grilled chicken skewers. Enjoy them on their own, pair with rice, serve as chicken tacos or toss in a salad for nearly endless, delicious possibilities. ■

CHICKEN SKEWERS

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

Ingredients:

- 1 cup brown sugar
- 1 can (6 ounces) tomato paste
- 1/2 cup apple cider vinegar
- 1 tablespoon mustard
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 2 teaspoons smoked paprika
- 2 teaspoons barbecue seasoning
- 1/2 cup honey
- 1/4 cup teriyaki sauce (optional)
- 2 pounds boneless chicken
- rice, for serving (optional)

Directions:

- In saucepan over medium heat, cook brown sugar, tomato paste, apple cider vinegar, mustard, onion



powder, garlic powder, paprika, barbecue seasoning, honey and teriyaki sauce until well combined.

- Cube chicken and place in large bowl. Pour sauce over chicken, saving some for basting. Marinate at least 1 hour.
- Heat grill to medium heat.
- Place marinated chicken

cubes on skewers and arrange on baking sheet. Grill until chicken reaches 165 degrees internal temperature, 20-30 minutes. Baste with remaining sauce as needed. Serve over rice or use for chicken tacos.

- Substitution: Use hot honey instead of regular honey to spice it up.

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ADEL ROTARY CLUB INSTALLS NEW OFFICERS



Rylan Vos and
Amanda Schwantes

Adel Rotary Club passed the gavel from Past President Amanda Schwantes to new President Rylan Vos on Wednesday, July 9. Vos joined 2025-26 officers Dawnelle Schlagel, president-elect; Amanda Schwantes, immediate past-president; Shirley McAdon, secretary; and Kevin Howe, treasurer; along with fellow board members Steve Conard, Bob Grove and Marie Hansen. Rotary International is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change across the globe in our communities and in ourselves. Its mission is to provide service to others, promote integrity and advance world understanding, goodwill and peace through a fellowship of business professionals and community leaders. Adel Rotary is committed to "Service Above Self" through its many community projects and invites all to join in those efforts. ■

ADM ATHLETIC HALL OF FAME INDUCTION CEREMONY

The ADM Athletic Hall of Fame Induction Ceremony will be Saturday, Aug. 9 at 2 p.m.

At the ADM High School Auditorium. The public is invited to this free event. Four people will be inducted: Gavin Glenn - Class of 2012; Zach Johnston - Class of 2016; Mike Whisner - Coach 1982- 2018; Randy York - Class of 1971.

The inductees will be honored at Sweet Corn Fest Saturday, Aug. 9. Displays will be set up in the high school commons, with the formal ceremony that afternoon at 2 p.m. in the high school auditorium. ■

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