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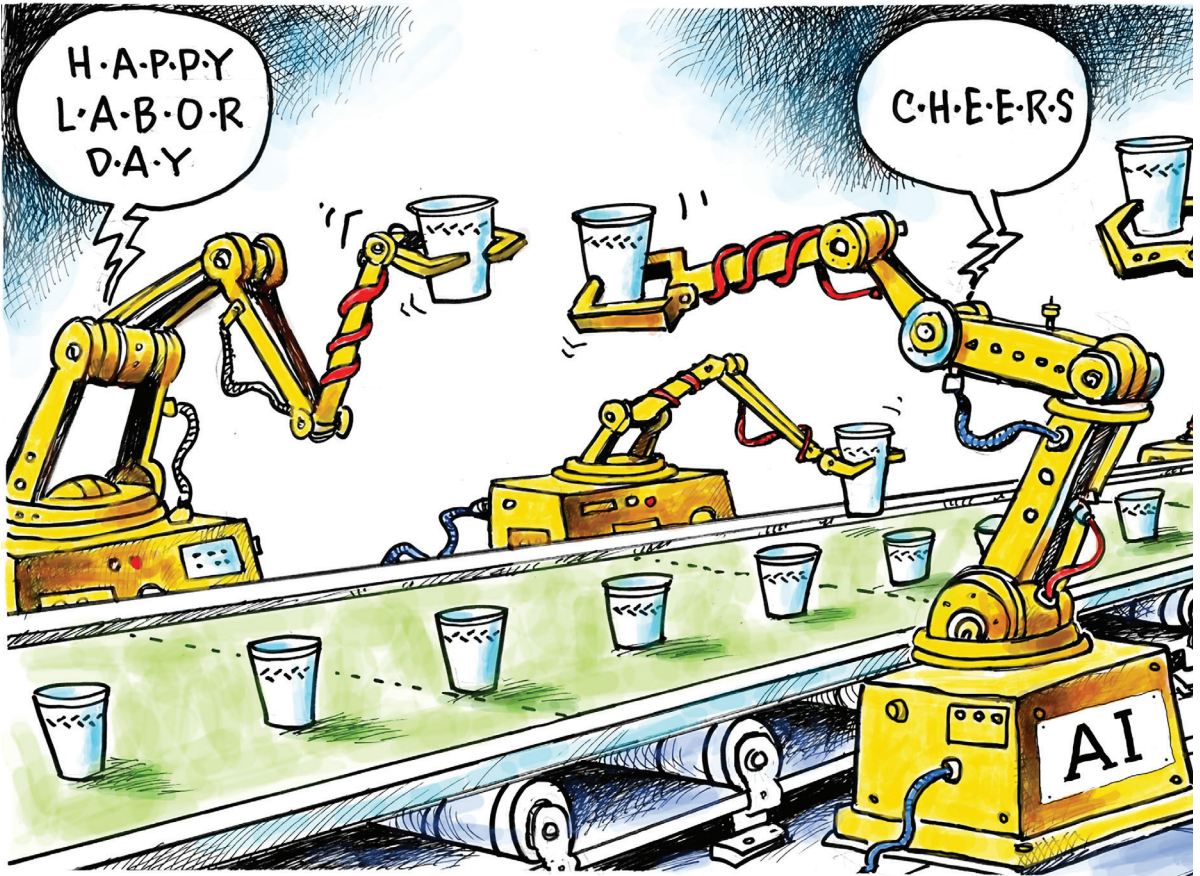
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ADEL WEATHER FORECAST

FRIDAY HIGH 79 | LOW 60

Partly cloudy; passing showers



SATURDAY HIGH 80 | LOW 57

Intervals of clouds and sun



SUNDAY HIGH 75 | LOW 55

Mostly cloudy



MONDAY HIGH 79 | LOW 58

Partly cloudy; passing showers



TUESDAY HIGH 73 | LOW 52

Partly cloudy; passing showers



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FROM THE PUBLISHER

A GOLDEN POTHOS PLANT, A DAUGHTER AND A DAD

Jim Stafford sang in 1973 about how Mary Lou doesn't like spiders and snakes. Neither do I. Does anyone, really? It's not just the insects and reptiles that give me trouble, though. I struggle to differentiate spider plants and snake plants. The same goes for a weeping fig and a ZZ plant. My thumbs simply are not green, and I have accepted that. Even so, I do appreciate a houseplant or two.

Our youngest daughter, Abby, just finished college and packed her bags for St. Louis. She was able to take most of her belongings with her, but she left a few items behind, including a small houseplant that makes me smile.

I had to do a bit of research, but I learned that this plant is a golden pothos (*epipremnum aureum*). Apparently, a golden pothos is easy to grow and difficult to kill, which are two important qualities for any plant I may have. I read that it also likes

rock music, which may be why it is doing so well under my supervision.

I have been watering this plant, cleaning the leaves and watching it grow — much like I did with the same plant I had when I was about her age. I am not sure how I ended up with the plant I had — or even where it came from — but I looked after it as well, at least until I packed my bags and moved to Des Moines. Ironically, my golden pothos plant landed with my father, too. He watered it, cleaned its leaves and watched it grow. Probably no rock music, though. I recall being amazed at how much that plant would sprout each time I would come home to visit him.

For years, I never really understood Dad's interest in that golden pothos. Today, I do, as each time I care for the plant I have now — or even



look at it — it reminds me of Abby. That makes me smile. It may be a simple continuation of fatherhood, a gentle reminder of the relationship between a dad and his child I am guessing my plant made my dad feel a similar way, at least I hope so. He kept it for many years, and, somehow, that made me happy, too.

So, Abby's houseplant serves multiple purposes beyond the ones the plant experts claim including reducing stress, improving air quality, helping with concentration and enhancing productivity. Her golden pothos plant makes me frequently think about her — and my father, too.

Have a great week, and thanks for reading. ■



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OBITUARIES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

BARBARA JEAN CARLSON

Barbara Jean Carlson, 80, died Saturday, Aug. 23, 2025, at UnityPoint Iowa Methodist Medical Center in Des Moines. A graveside service was held Thursday, Aug. 29, at Evergreen Cemetery in Britt.

Barbara was born on Aug. 27, 1944, in Mason City. She graduated from Alexander Ramsey High School in 1962 and then cosmetology school. On Feb. 27, 1965, she married the Roger Alan Carlson.

Barbara was happiest when she was listening to Elvis, quilting, baking cakes for friends, decorating Ukrainian eggs, and square dancing. She was also active in Girl Scouts and enjoyed giving her time and talents to others. Barbara and Roger were longtime members of Doan United Methodist Church in Titonka, United Methodist Church in Van Meter and Adel United Methodist Church. In the late 1990s, they moved to Adel to be closer to their children and grandson. In 2006, Barbara and Roger moved again, this time to Van Meter.

They enjoyed traveling the state together on family vacations and especially loved taking their grandson, Ryan, on trips. In 2010, they purchased a motorhome and spent time traveling across the country, creating many special memories along the way. Barbara was a kind and gentle woman with a huge heart who was always willing to help anyone in need.

Barbara is survived by her two children, Ron Carlson of Van Meter and Deb Carlson of Adel; and her grandson, Ryan Carlson. She was preceded in death by her husband, Roger; her parents, George and Virginia Keeton; and her brother, Brian Keeton. ■



ADM SPORTS SCHEDULE

Friday, August 29

4:45 p.m. **Football:** Freshman @ Winterset High School.
7:30 p.m. **Football:** Varsity @ Winterset

Saturday, August 30

8 a.m. **Cross Country:** Girls @ Johnston
8 a.m. **Cross Country:** Boys @ Johnston
8 a.m. **Volleyball:** Varsity Tournament @ Harlan

Monday, September 1

6 p.m. **Football:** JV vs. Winterset

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NATURAL LANDSCAPES COME WITH BENEFITS

DECREASE FLASH FLOODING AND IMPROVE WATER QUALITY

Like an umbrella, our buildings, paved surfaces, and compacted soils shed water instead of allowing it to naturally soak into the ground. By more effectively managing water in our own backyards, we can make a positive difference for our local watersheds, says Tess Kern, Conservation Outreach Coordinator with the Dallas County SWCD.

However, homeowners can take action, and programs can help with the costs.

Yards can be designed to hold and retain stormwater instead of losing it to runoff. By using strategically planned landscaping practices (called rainscaping) on lawns, our community can act less like an umbrella and more like a sponge to let water naturally soak into the ground, preventing flooding and protecting water quality, Kern says.

A county cost-share program is available to Adel residents. Residents can reach out to DallasSWCDIowa@gmail.com, and an urban conservationist can come to their home to see what would be do-able for their lawn/property and walk through the cost-share steps with them, Kern says.

The top three rainscaping practices that Dallas County SWCD work on with people are: rain gardens, native landscaping, and soil quality restoration (SQR).

Rain gardens: A rain garden is a landscaping feature that captures rainfall and helps soak it into the ground. Rain gardens can be used to capture runoff from roofs, driveways or yards, helping you to better manage drainage or ponding issues while reducing dirty stormwater runoff flowing into local waterways. Rain gardens are planted with mostly native flowers, grasses and shrubs with deep root systems that can tolerate moist to wet soils. Besides reducing runoff, the plants add wildlife and pollinator habitat to your yard, along with other benefits.

Native landscaping: Across Iowa, our native prairie landscape has been mostly eliminated by rural farming and urban development. What green space is present is often landscape of non-native or “alien” species from Europe or Asia and a carpet of turf grass lawns. This dramatic change of our landscape has led to multiple problems, including increased local flood potential, wildlife and habitat loss, decreased biodiversity, and overall, a loss of functioning ecosystems. Benefits of native plants include providing habitat for pollinators and birds, decreasing runoff (traditional turf grass can only absorb about a quarter-inch of rainfall), and improving water quality by minimizing stormwater runoff from houses. Prairie plants are well adapted to Iowa

weather, meaning they can tolerate heavy rains and hot, dry summers, too.

Soil quality restoration (SQR): In urban environments, soils are usually compacted and in poor condition. Construction and grading activities create compacted soils, and topsoil, which absorbs more water, is often removed. Yards with poor soil quality require more time, money, water and fertilizer to stay green and maintain a lush appearance. Soil quality restoration can improve the soil, making it easier to grow plants, reduce runoff and improve drainage.

Overall, poor soils, compaction, and an abundance of impervious surfaces (roof tops, parking lots, roads) create excess stormwater that has nowhere to go except into city storm drains. During large rains, storm drain systems become overwhelmed, leading to flooding problems. These storm drains empty into local creeks and lakes which can lead to flooding, massive stream bank erosion, and reduced water quality. Addressing flooding, erosion problems, and improving water quality is costly and time intensive.

Everyone’s properties have a great potential to capture water. Homeowners can help stormwater naturally soak into the ground to help prevent these problems. Soil quality restoration is a simple step that benefits the homeowner and the community, Kern says.

For more information about cost-share programs, visit www.dallasswcdiowa.org/state-cost-share-programs. ■



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

PRAIRIE MEADOWS CASINO FREE SHOWS

1 Prairie Meadows Drive, Altoona

- **Scott Kirkhart:** Friday, Aug. 29, 10 p.m. to midnight
- **Mike Walsh Band:** Saturday, Aug. 30, 10 p.m. to midnight
- **Clarksville Station:** Tuesday, Sept. 2, 11 a.m. to 3 p.m.
- **Hideaway Honey:** Friday, Sept. 5, 10 p.m. to midnight
- **Andrew Hoyt:** Saturday, Sept. 6, 10 p.m. to midnight
- **Kowboy Kix:** Tuesday, Sept. 9, 11 a.m. to 3 p.m.

THE IOWA BARN FOUNDATION ALL-STATE BARN TOUR

Saturday, Sept. 13

The Iowa Barn Foundation will be holding its annual All-State Barn Tour featuring a record 103 stops across the state. The self-guided tour is free and open to the public, and barns are open for touring inside and out. For more information, visit the IBF Website: <https://iowabarnfoundation.org/>. Or, visit the IBF Fall 2025 interactive tour guide: <https://iowabarnfoundation.org/barn-tour/2025-fall-all-state-barn-tour-sept-13-14/>.



SQUARE DANCE LESSONS

Sunday nights starting Sept. 14, 6:30 p.m.

Douglas Avenue Presbyterian Church
4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person

for the entire session accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.

'THE HIPPIES & COWBOYS TOUR'

Thursday, Sept. 18, 6 p.m.

Water Works Park

2201 George Flagg Parkway, Des Moines

Cody Jinks brings "The Hippies and Cowboys Tour" to Water Works Park this summer, along with rising star Tanner Usrey, for a night under the stars of quality country music and compelling lyrics from his new album. For tickets, visit www.axs.com/events/766169/cody-jinks-the-hippies-and-cowboys-tour-tickets.



MARTINI FEST

Friday, Sept. 19, 5-9 p.m.

West Glen Town Center

CITYVIEW is bringing Martini Fest back to West Glen Town Center. For a ticket price of \$25 (tickets will be \$35 at the event), attendees will receive 10 tickets that can be redeemed at each participating martini stop for a sample-size martini. Locations include nightclubs and restaurants at West Glen Town Center. Reserve your tickets at www.eventbrite.com/e/cityview-martini-fest-2025-tickets-1291852588869 now so you can avoid registration lines at the event. ■



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RECIPE

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(Family Features) Turn hectic weeknights into simple, enjoyable evenings at the dinner table with a secret weapon: rotisserie chicken. Versatile, delicious and likely to leave leftovers for later in the week, it's a perfect solution for rotisserie chicken ravioli to keep your loved ones on schedule during the school year. ■

ROTISSERIE CHICKEN RAVIOLI

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

Ingredients:

- 1 package (25 ounces) cheese ravioli
- 1 rotisserie chicken or leftover chicken
- 1 head broccoli
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1-2 cups chicken broth
- 1 jar alfredo sauce

Directions:

- Cook ravioli according to package instructions and set aside.



- Cut up rotisserie chicken, using as much as desired. Cut broccoli into bite-size pieces or smaller.
- In pan over medium heat, heat chicken through. Add garlic powder and onion powder.
- Deglaze pan with 1 cup chicken broth then add alfredo sauce and broccoli.
- Pour in remaining broth if sauce is too thick. Stir in cooked ravioli and heat through 2-3 minutes.

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