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COGHLAN HONORED



ADM senior Elise Coghlan exceeded 1,000 career assists at the ADM vs. North Polk varsity volleyball game in Adel on Sept. 16. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 77 | LOW 60
Cloudy with rain and a t-storm



SATURDAY HIGH 81 | LOW 61
Partly cloudy; rain and a t-storm



SUNDAY HIGH 80 | LOW 60
Partly sunny and humid



MONDAY HIGH 78 | LOW 54
Cloudy with rain and a t-storm



TUESDAY HIGH 75 | LOW 55
Cloudy with rain and a t-storm




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FROM THE PUBLISHER

CAN THIS WAIT UNTIL LATER?

Distractions. They sure are distracting. If I could find ways to eliminate or reduce them, I might get more done. Can you relate?

In today's world, distractions are growing at a rate we have never seen before. Most of us can't seem to find uninterrupted time to finish things without a barrage of phone calls, text messages, voicemails, emails, social media alerts and app notifications — and that's just on the technology side. With many of us involved in a growing number of functions and activities today, we seem to get pulled in multiple directions at once. And, as much as we want to be like Stretch Armstrong, we simply can't do it all.

In my quest to find ways to eliminate or reduce distractions so I can accomplish what is expected of me — and, more importantly, what I expect of myself — I gathered the following:

Tell others, "I am working now; can this wait until later?"

It is vital that we communicate our availability — and our unavailability — to others. That includes our co-workers, our spouses, our

children, our parents and even our bosses. Once they hear this comment a few times, the interruptions reduce. Of course, this goes both ways. When my kids were younger, I would continually tell them this. Now, as they are in the adult world, they spring the comment on me when I reach out to them during the day. Touché.

Turn off the beeps. Not too many years ago, someone using a cellular phone at a restaurant was considered rude. Now, it is commonplace. Somehow, generations before us survived without dozens of minute-by-minute text messages, email alerts, app notifications and social media updates. We simply have to turn off these notifications on our devices or silent them. Another good idea is to establish certain times or areas where technology is not allowed — like at a restaurant.

Create a task list and use a calendar. We should all have a to-do list. I have often said that if we can remember and complete all our daily



tasks without writing them down, then we simply don't have enough to do. To-do lists and calendars help develop a plan that keeps us focused and makes the most of our time.

Practice time management.

Have you heard of the Pomodoro Technique? It is simple yet effective. It works like this: Set time to work on a project (e.g., 25 minutes) and then take a short break (e.g., 5 minutes). This helps keep us focused and prevents burnout.

Manage your space. Being organized and clutter-free seems to always be a good idea. That goes for our workspaces, too. Proper lighting and a comfortable temperature enhance focus. And a hot cup of coffee seems to help as well.

How about you? How do you avoid the distractions in your life? Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
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ADEL
Living Weekly

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SPECTACULAR TEA AND STYLE SHOW

Saturday, Sept. 27, the Adel Historical Museum board will be holding a delightful tea and style show at the Raccoon Valley Bank Community House, 1016 Main St., from 2-4 p.m. The style show will be presented by three local boutiques: Azalea Lane, Real Deals and Valtera Boutique. The community house will be decorated, with tables being designed with china tea cups, plates and silver and an arrangement, all to bring your pampered afternoon to life! Tea sandwiches and desserts, as well as beverages, will be served during the style show and a quilt drawing will be held. Tickets are \$25, with a limited number available.

Following the style show, guests are encouraged to take the short trip up the block to the museum at 1129 Main St., where more intriguing activities await. There you may sign up for a chance on a stunning fall arrangement by well-known decorator Aubrey Dunbar. Guests may also participate in a scavenger hunt throughout the museum with silent auction items available to be sold to the highest bidder. As a thank you for supporting this museum fundraiser, guests will be given a commemorative plate or Christmas ornament.

Be sure to reserve your tickets soon. They will be available at the museum on upcoming Thursday evenings, from 4-7 p.m., and on Saturdays, from noon to 3 p.m. Cash or check accepted. You may also reserve your tickets by calling 515-993-4488 or 515-201-4201. ■

VINTAGE AND MADE FAIR IS SATURDAY

Vintage and Made Fair is inspired by indie craft and all things vintage. This indoor/outdoor market features vintage home décor, jewelry, handcrafted goods and everything you need to create a vintage and handmade lifestyle. The fair is a one-day event on Saturday, Sept. 20, from 9 a.m. to 3 p.m. where shoppers and more than 150 vendors from all over the Midwest can share a love for vintage and indie craft at the Dallas County Fairgrounds, 28057 Fairgrounds Road, Adel. Admission is \$10 per person; 12 and younger are free. ■

ADM SPORTS SCHEDULE

Friday, September 19

7 p.m. **Football:** Varsity Game vs. Bondurant-Farrar

Monday, September 22

4:15 p.m. **Volleyball:** 7th vs. Gilbert

4:15 p.m. **Volleyball:** 8th @ Gilbert

4:30 p.m. **Football:** Freshman @ Bondurant-Farrar

4:30 p.m. **Volleyball:** Freshman Triangular @ Atlantic

4:30 p.m. **Volleyball:** JV Triangular @ Atlantic

6:15 p.m. **Football:** JV @ Bondurant-Farrar



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ADEL HAY DAY FESTIVAL

The first Adel Hay Day fall festival will be held on Friday, Oct. 3, 2-7 p.m. Adel Hay Day is full of fall fun and activities for families and will take place at four different stations along the Raccoon River Valley Trail throughout Adel. Participants will walk from station to station and take part in the activities along the way.

• **Station 1** - Burned Bridge: Kids fall games, fishing for apples, entertainment, goodie bag pickup

• **Station 2** - Rotary Plaza: Chalk the walk, face painter, Pulse 101.7 radio, photo booth, candy for goodie bag. Adel Police officers will be on site for traffic control to ensure that families cross Highway 169 safely.

• **Station 3** - City Hall's parking lot: Decorate bikes and strollers, pie battleship, Iowa Beverage alcohol truck, non-alcoholic beverages and refreshments, entertainment, candy for goodie bag

• **Station 4** - 18th Street Trailhead: Bounce house, hayrack rides down Brickyard Road, pumpkin decorations, s'mores bag, live music at Brickyard Burgers & Brews, candy for goodie bag ■

DON'T MISS AN ISSUE! 

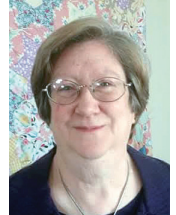
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OBITUARIES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MARY MARGARET SNYDER

Mary Margaret (Weaver) Snyder of Adel died on Aug. 30, 2025, in Salem, Missouri. Mary was born to Weldon Simon Weaver and Bertha Darlene (Benson) Weaver on Feb. 24, 1958, in Eagle Grove. Mary graduated in 1976 and earned an associate's degree in drapery and tapestry at Iowa Central Community College. She began her career in alterations, moving and working in the Des Moines area and from her home, which was still ongoing.



She married her husband, Carroll, at Ankeny Baptist Church on Oct. 20, 1984. After marriage, they made their home in Adel and had three children. The two have been avid canoers and led the church youth group down the Boone River multiple times and went as a family just about every year on the Current River in Missouri.

Mary is survived by her husband, Carroll; her three children, Anthony, Allison and Brandon; her sister, Patricia Weaver; her brothers, Victor (Bertha) Weaver and Darrel Weaver; and many nieces, nephews and close friends. She was preceded in death by her parents; her sisters, Carol Crossman and Blanche Zeigler; brother-in-law, David Zeigler; and niece, Angela Zeigler.

A skilled seamstress, Mary created original clothing designs, including her wedding dress and full bridal party, and household crafts. She also enjoyed making fresh pie fillings, jams, etc. from the peach trees at her home.

Mary was an active and passionate member of Panther Creek Church of the Brethren. She was active in the church library, Women's Fellowship, organizing meals, craft/bake sales, Prayer Blanket ministry, sending birthday and anniversary cards and numerous other volunteer experiences.

A memorial service was held Sept. 12 at Panther Creek Church of the Brethren. Burial was to follow at a later date with the family. Memorial donations may be sent to Panther Creek Church of the Brethren. ■

BUILDING BRAVE TEAMS PEDIATRIC CANCER AWARENESS EVENT

On Friday, Sept. 26, the Adel DeSoto Minburn Tiger Football team is hosting the Boone Treadors for their Pediatric Cancer Awareness event. September is Pediatric Cancer Awareness Month. At the entrance of the game, Building BrAve Teams will have a booth set up where entrants can donate a small toy, comfort item, or travel-sized toiletry to be placed in a goody basket for families currently hospitalized following a pediatric cancer diagnosis. ■

ADEL WOMEN'S CLUB INTERNATIONAL DAY OF SERVICE

Adel Women's Club invites the public to participate in its International Day of Service on Saturday, Sept. 27, from 9-10:30 a.m., at the Adel Public Library, 303 S. 10th St. This is a come and go event. The day's focus is to help end domestic and sexual violence across the United States and internationally. The group is collecting personal care products and grocery store gift cards to donate to Crisis Intervention. A speaker will share remarks at 9:15 a.m., and there will be a station set up for creating cards of encouragement and teddy bear washcloths. If you have items to donate but can't attend or have questions, contact adelwomensclub@gmail.com or Paula Joiner at 515-339-5529. ■

DE SOTO FUN DAYS STARTS SATURDAY

Enjoy Fun Days in De Soto on Saturday, Sept. 20 starting at 11:30 a.m. at Little Bridge Park, Adair Street and Elm Street. Lineup begins at 11:30 a.m. There will be a parade at noon and other activities such as bounce houses, zoomers, stage entertainment, balloon artists, face painting, water games and fights, Bingo at 2 p.m., food trucks, car show and bags tournament. All activities are free. ■

JOURNEY THROUGH GRIEF FALL 2025

A fall session of Journey Through Grief is being offered by UnityPoint Hospice. The free program provides education and support for those coping with the loss of a loved one. The program includes six sessions covering grieving and coping tools. Sessions begin Sept. 16 and run through Nov. 18, with two a month, at 6 p.m. Dates are Sept. 16 and 30, Oct. 7 and 21, and Nov. 4 and 18. Light refreshments will be provided. The sessions are held at St. John's Catholic Church, 24043 302nd Place, Adel. For registration and questions, contact Olivia Collins-Jones at 515-414-9115 or Olivia.collins@unitypoint.org. ■

ADM FINE ARTS BOOSTERS CRAFT SHOW

Calling all vendors for the annual ADM Fine Arts Craft Show on Saturday, Nov. 8 at Meadow View Elementary, 1300 S. 15th St., Adel. To register and for more information, visit www.admcraftshow.com. ■

BOWLING LEAGUE SHORT SEASON OFFERED

The Adel Family Fun Center is rolling out a brand new "short season" bowling league. Sunday Micros League kicks off Sunday, Sept. 28 at 6 p.m. Teams of four, no experience necessary, great for beginners, and only eight weeks long. Sign up at www.affcbowl.com/leagues. ■

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EVENTS IN THE AREAEMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**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.

**FIRE UP THE MIC****Friday, Sept. 26, 7-9 p.m.****Des Moines Water Works Park****2251 George Flag Parkway, Des Moines**

Under the stars, Fire Up the Mic will ignite. Poets and singers lifting hearts through the night. Rhythms of culture, voices that rise. Stories and soul beneath open skies. Hosted by Dapper Donnie, a gathering divine. Where word meets music and spirits align. Food, art, and flavor, the city will unite. More information available at www.facebook.com/events/795476310088314.

**OKTOBERFEST IN THE DISTRICT****Friday, Sept. 26, and Saturday, Sept. 27****The District at Prairie Trail****S.W. District Drive, Ankeny**

Raise your steins and don your lederhosen for two unforgettable days of festive fun at the 21st Annual Oktoberfest, now at The District at Prairie Trail in

Ankeny. Experience the heart of Bavarian tradition with authentic German food, lively polka music, traditional beer hall games, and, of course, plenty of beer to go around. This two-day celebration offers something for everyone, from classic stein-holding contests and live music to delicious bratwursts and pretzels straight from the grill. For tickets, visit www.eventbrite.com/e/21st-annual-des-moines-oktoberfest-tickets-1488793063129?aff=oddtcreator.

**'BLITHE SPIRIT'****Oct. 3-12****Ankeny Community Theatre****1932 S.W. Third St., Ankeny**

"Blithe Spirit," by Noël Coward, will be presented by Ankeny Community Theatre. This comedy is perfect for the Halloween season. When a group of friends hosts a seance that goes wrong, Charles' first wife comes back to haunt him and his new wife with hysterical results. Tickets available at ankenycommunitytheatre.com.

**ARCHIVES ACROSS AMERICA:
UNLOCKING GENEALOGY RESOURCES****Saturday, Oct. 18, 9 a.m.****Iowa Genealogical Society Library****628 E. Grand Ave., Des Moines**

The Iowa Genealogical Society will host this one-day conference at the IGS Library and via Zoom. Featured speaker Tina Beaird will present on the Library of Congress, the National Personnel Records Center, the U.S. National Archives, and Midwest repositories. Registration is \$70 for members and \$90 for non-members. Details at www.iowagenealogy.org. ■



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RECIPE

FRUITY FUEL FOR SCHOOL

(Family Features) School days bring excitement for students with classroom fun, exploration of new subjects, time with friends and extracurricular activities like sports and clubs. They also mean hectic schedules for families, especially parents looking to keep nutrition top of mind despite jam-packed weeknight calendars.

Help your kiddos stay energized for each school day (including those dreaded homework hours) with nutritious snacks that prioritize hydration. As a satisfying sweet treat thanks to its taste and nutritional value, watermelon provides a year-round solution to rehydrate as part of simple, kid-friendly meals and snacks.

Sweet watermelon, salty cottage cheese and pops of berries make this watermelon berry fruit salad with cottage cheese hard to top after a long day in the classroom. A sprinkle of fresh mint is a perfect final addition to this after-school treat. ■

WATERMELON BERRY FRUIT SALAD WITH COTTAGE CHEESE

*Recipe courtesy of the National
Watermelon Promotion Board*

Ingredients:

- Watermelon
- 1 package raspberries
- 1 package strawberries
- 1 package blueberries
- 1 package blackberries
- 1 container cottage cheese
- 1 bunch mint leaves
- honey, to taste (optional)

Directions:

- Cut watermelon with star-shaped cookie cutter or into cubes.
- In large bowl, mix watermelon with raspberries, strawberries, blueberries and blackberries. Add dollops of



- cream cheese on top of fruit.
- Garnish with mint leaves and

drizzle with honey, to taste, if desired, prior to serving.

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