

ADEL

# Living Weekly

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## ELIN SCHWERZ HONORED BY ADEL ROTARY CLUB



Elin Schwerz was named the ADM Scholarship Foundation Student of the Month for January for Dance, sponsored by the Adel Rotary Club. Elin is a freshman at ADM High School and participated in the Iowa State Dance/Drill Team Association Championships in December, where the team earned a Division-1 rating in pom. They also took home the coveted Be Bold Award that recognizes groups that demonstrate exceptional creativity, energy and performance presence. Elin is pictured, right, with Rotarian Shirley McAdon, presenting Elin with a certificate of accomplishment. ■

### ADEL WEATHER FORECAST

**FRIDAY HIGH 65 | LOW 25**  
Mostly sunny and windy



**SATURDAY HIGH 35 | LOW 20**  
Partly sunny, breezy and colder



**SUNDAY HIGH 33 | LOW 23**  
Cloudy with intermittent snow



**MONDAY HIGH 41 | LOW 27**  
Intervals of clouds and sunshine



**TUESDAY HIGH 44 | LOW 27**  
Cloudy



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FROM THE PUBLISHER

# WHAT TO DO WITH ALL THIS LEFTOVER HAND SANITIZER?

A bottle here. A jug there. Some with aloe. Others fragrance-free. Foam. Mist. Gel. The options are seemingly endless. Yes, the world of hand sanitizers became crowded and complicated after the COVID-19 pandemic. I keep finding bottles of this stuff stashed away in drawers, glove boxes and cabinets. Packed in plastic. Mostly expired.

The question is, does this stuff really work? Experts say hand sanitizer is effective at killing germs when soap and water are not available, but it can cause skin irritation and is less effective on dirty hands. Additionally, frequent use may contribute to antimicrobial resistance and disrupt the skin's natural microbiome.

Makes sense to me. But what makes the use of hand sanitizer so concerning? The answer is that, like most things in this world, it is not the use that is concerning but the overuse.

According to the National Library of Medicine, our epidermal layers absorb hand sanitizer from direct

application to the skin, making them some of the most susceptible cells to the adverse effects of overuse. Their information says the "increased usage of hand sanitizer can affect the variation, quantity, and diversity of the skin microflora, leading to conditions such as eczema, atopic dermatitis, and even systemic toxicity due to colonization of the skin with pathogenic bacteria." Yikes. It gets worse, though.

"Due to the close-knit relationship between the skin and gut, the gastrointestinal system can also incur disruptions due to the negative effects on the skin as a result of excessive hand sanitizer use, leading to gut dysbiosis."

OK, but if we still choose to use hand sanitizer, which ones should we pick, and which ones should we avoid?

"You want to select a hand sanitizer with at least 60%, ideally 70%, ethyl alcohol in it," Dr. Gregory



Poland, a Mayo Clinic infectious diseases expert, says. "You do not want a hand sanitizer that has methyl alcohol. Methyl alcohol is a toxin and should not be used. Unfortunately, what unethical producers are doing, in order to meet the demand and sell their product for hand sanitizer, is they're using methyl alcohol, which is very cheap."

Great. But are these dozens of expired bottles I keep finding still good?

"The ethanol-based hand sanitizers have about a three-year window," Dr. Poland says.

Looks like I have a lot of worthless hand sanitizer. Meanwhile, I continue to take the advice of my friend, Moni, who tells me, "Wash your hands and get back to work."

Have a great week, and thanks for reading. ■



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# VAN HARDEN TO SPEAK AT LIBRARY MARCH 3

The Adel Library has invited award-winning broadcaster, author and Adel favorite son, Van Harden, to speak at the Library, 303 S. 10th St. at 10 a.m. on March 3. Harden will be speaking about growing up in Adel, his 50-year broadcast career and his new book, "Jesus: The Prequel," which has recently been awarded an International Impact Award. For information, contact the library or van@vanharden.com. ■



# INFORMATIONAL SESSIONS ON TUSCANY GETAWAY

Information sessions will be held March 2 and March 10 about the Adel Partners Chamber's Tuscan Getaway happening Oct. 25-Nov. 2. This trip includes airfare, 10 meals, hotel accommodations, excursions and memories to last a lifetime. Early bird pricing starts at \$3,849 per person and ends on March 29. Contact Casey at chamber@adelpartners.org for information or to reserve your spot. Hurry, this trip will sell out quickly. ■

# ADEL VOLUNTEER FIRE AND RESCUE FIREMAN'S DANCE

Adel Volunteer Fire and Rescue will host its Fourth Annual Fireman's Dance on Saturday, March 28, at Country Lane Lodge, 29300 Prospect Circle, Adel. The event is a fundraiser to purchase needed equipment for the department. Tickets for the dinner and dance are \$25 and can be purchased at City Hall or from any volunteer firefighter. Doors open at 5 p.m. with dinner at 6 p.m. and dance, with Suede performing, from 7:30-11 p.m. ■

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## ALZHEIMER'S EDUCATION SERIES

Edencrest at Adel announces its 2026 Alzheimer's Education Series of informative conversations intended to help members of the greater-Adel community understand and recognize the signs of Alzheimer's and how to best care for loved ones living with it. Each presentation in the series takes place at 621 302nd Place, Adel, on the last Tuesday of each month from 6:30-7:30 p.m. between February and September. This series is free and open to the public. The series lineup includes:

- **March 31:** Communicating Effectively
- **April 28:** Healthy Living for your Brain and Body
- **May 26:** 10 Warning Signs of Alzheimer's
- **June 30:** Building Foundations of Caregiving
- **July 28:** Supporting Independence
- **Aug. 25:** Managing Money
- **Sept. 29:** Exploring Care and Support Services ■

## REDFIELD COMMUNITY MEAL

The Redfield Methodist Church is hosting a community meal monthly. The next one is Monday, March 2, 4:30-6:30 p.m. at the Redfield Legion for a free will donation. Proceeds will be used to help Redfield families struggling to pay utility bills. The menu includes spaghetti, salad, breadsticks and desserts. ■

## OBITUARY

*Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)*

### NITAVONNE FAITHE HERR

Nitavonne Faithe Herr, 63, died at home in Minburn on Feb. 17, 2026. She was born on March 24, 1962, in Greenville, Ohio. She grew up in Cincinnati, where her parents worked at God's Bible School and College and the family lived on campus. They moved to Dallas Center when Nitavonne was 10 years old. She graduated with a bachelor's degree in nursing from Grandview University. She was a nurse for 15 years.



Nitavonne married Jerome Herr on Sept. 5, 1987. They had so much fun and laughter together in the 38 years they were blessed with. Nitavonne loved being a mom for her two daughters. She had a strong faith in God. She led Bible studies, taught Sunday school and was a strong prayer warrior. Nitavonne enjoyed making quilts, baskets and crocheting. She also taught others to quilt and make baskets.

Nitavonne is survived by her husband, Jerome; her daughters, Jessica Herr and Caryn (Guy) Bodwell and their unborn daughter; siblings, Daniel (Susan) McGlothlin and Daphene McGlothlin; and six nieces and nephews. She was preceded in death by her parents, David and Dena McGlothlin, and her nephew, Joseph Jeremiah McGlothlin.

Visitation will be held from 4-7 p.m. on Friday, March 6, at Iles Brandt Chapel, 1301 Ash St., Dallas Center. Funeral services will be held at 10:30 a.m., Saturday, March 7, at New Hope Assembly of God Church, 4425 70th St., Urbandale. A luncheon, held at the church student campus, will follow. Private burial will be at Brethren Cemetery, rural Dallas Center. Memorial contributions can be made to New Hope Assembly of God Church for Christian Education. Online condolences are welcome at [www.IlesCares.com](http://www.IlesCares.com). Arrangements are by Iles Brandt Chapel. ■

## NEEDS FOR VETERANS AT THE VA

Current new items needed are long sleeved shirts, XL boxers/briefs, duffle bags, sweatpants/sweatshirts (M-2XL), and pullover and zip-up sweatshirts (M-XL); personal care items; and coffee and snacks. Please refer to the Adel American Legion Facebook page for a detailed list. Of note is that Branch-of-Service clothing, blankets, hats and insulated mugs are residents' favorite items.

Contributions may be dropped off at 1305 S. 15th St., Adel, or call Shirley McAdon at 515-993-4862 for pick up. ■

## OBITUARY

*Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)*

### CAROLYN WEIENETH ZIETLOW

Carolyn Weieneth Zietlow died Feb. 18, 2026, of a stroke. Her life was marked by faith, friendship and, most importantly, family. She was born in Webster, South Dakota, on Nov. 6, 1941. As the daughter of an Evangelical Free Church minister, Carolyn lived in several communities before ultimately graduating from high school in Polk City. She married Marlin Weieneth on Aug. 26, 1961.



Carolyn worked for an insurance company in Des Moines before staying home to raise her children. When they were in school, she obtained her real estate license and owned her own brokerage company before selling the business and managing several Iowa Realty offices and later joining its executive team.

Marlin preceded her in death in 2005. In 2012, she met Paul Zietlow, and they were married on Nov. 30, 2013. They enjoyed traveling and wintering in Naples, Florida. Carolyn was active in many social events both in Naples and at home in Adel. Paul and Carolyn were leaders in their church's Young at Heart group. Carolyn presided over the Ixora Court condo association in Naples and served on the ADM Scholarship Foundation Board of Directors for more than 25 years. She paved the way for many women in the real estate field and became the first woman board member for the Des Moines Board of Realtors. But more important than all of her talents, she was a friend, mentor and role model to many.

Carolyn is preceded in death by her parents and her husband, Marlin. She is survived by her husband, Paul; twin brothers, Bob Olson (Tricia Young) and Dick Olson (Carol Lynn Courtney); her daughter, Lori (Scott) Gadelmann; her son, Kurt (Tiffany) Weieneth; her grandchildren, Ben and Will Gadelmann and Penn, Elle and Kate Weieneth; by Paul's daughters, Kerri (Blake) Hardy and Jill (Michael) Philby; Paul's grandchildren, Jacob (Jessica) Hardy, Rachel Hardy, Noah Hicks, Samuel Philby and Leah Philby; and Paul's great-granddaughter, Joanna Hardy.

Visitation was Feb. 26 at New Hope Church in Adel with funeral services there Friday, Feb. 27 at 10 a.m. Memorials in Carolyn's honor may be made to: ADM Scholarship Foundation, P.O. Box 191, Adel, IA 50003, or New Hope Church, 25172 US-6, Adel, IA 50003. ■

## GARY'S RIDE

On Saturday, May 16, 10 a.m. to 2 p.m., Gary's Ride will be held, starting at the Waukee Raccoon River Valley Trailhead and ending in Dallas Center downtown Main Street. The event will be held to increase awareness of glioblastoma and support Richard Deming Cancer Center's terminal brain cancer patients through their integrative medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. Help to "pedal" forward in reaching the funding goal and be the difference for these loved ones and their families afflicted by terminal brain cancer/glioblastoma. Registration and information are available at [garysrideiowa.org](http://garysrideiowa.org). ■

## 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. ■



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## EVENTS IN THE AREA

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### THE IOWA FILES: A HISTORY SERIES

Various dates, 3 p.m.

Online and in-person at the Community Room of the West Des Moines Public Library, 4000 Mills Civic Parkway

This joint West Des Moines Historical Society and West Des Moines Public Library program is free and open to the public, thanks to the generosity of West Des Moines Historical Society members, Bravo Greater Des Moines and the Friends Foundation of the West Des Moines Library. All programs are streamed on the WDMHS Facebook page and YouTube channel.

- **March 15: The Monuments Men and the Saving of Culture.** The Monuments Men (and Women) had a seemingly impossible job: save some of the world's most precious cultural artifacts and art from the Nazis, who treated Europe as their private looting grounds. Presenter Ruth Ehler's grandfather, Ralph Hammett, was one of the men. Ruth will recount stories of the amazing and frantic work that saved and returned treasures to their rightful owners and institutions.

### WINE, FOOD, AND BEER SHOWCASE

Friday, March 6, 6-9 p.m.

Des Moines Marriott Downtown  
700 Grand Ave., Des Moines

Sample the night away. Started in 1985, the Wine, Food and Beer Showcase is one of the oldest food and beverage events in the area and has become a yearly favorite for foodies, wine lovers and beer enthusiasts alike. Featuring 30-40 of the finest restaurants, caterers, wineries, breweries and distilleries in the area, the Wine, Food and Beer Showcase has become the premier event of its kind in Des Moines and has become Des Moines Metro Opera's signature fundraiser. All proceeds raised throughout the evening support Des Moines Metro Opera's award-winning education and community engagement programs. Learn more at <https://desmoinesmetroopera.org/showcase/>.

### THE INGERSOLL SHOWS

The Ingersoll, 3711 Ingersoll Ave., Des Moines

The Ingersoll announces additions to its spring lineup. Spanning world-class traditional music and beloved musical theater, these new shows promise unforgettable moments of live entertainment in the heart of the community.

- **Altan - 40th Anniversary Tour:** March 8. Dining at 4:30 p.m., Show at 6:30 p.m.
- Acclaimed singer-songwriter **Courtney Patton joins Jason Walsmith** for a heartfelt evening of song, story, and shared experience on Thursday, March 12. Walsmith, longtime frontman of The Nadas and now performing as Jason Walsmith Storyteller, brings decades of travel, adventure, and narrative songwriting to the stage. Together, the pair create a performance that feels less like a concert and more like a musical journey among friends. Dining begins at 5:30 p.m. with the show at 7:30 p.m.
- **Church Basement Ladies:** March 26–29, April 2–5 and April 9–12. Matinee performances will have dining at 11 a.m., and the show beginning at 1 p.m. Evening performances will have dining at 5:30 p.m., and the show beginning at 7:30 p.m.

Tickets are on sale at [www.theingersoll.com/events](http://www.theingersoll.com/events) or at [Ticketmaster.com/TheIngersoll](http://Ticketmaster.com/TheIngersoll).

### IOWA HOME EXPO

Friday, March 13 to Sunday, March 15

Iowa State Fairgrounds Jacobson Center  
3000 E. Grand Ave., Des Moines

Whether you're planning on upgrading your home or need a reliable contractor to fix your leaking roof, the Iowa Home Expo is the spot to find all local remodeling experts. The Iowa Home Expo hosts local and national exhibitors offering exclusive deals and discounts. You'll save both time and money attending the Iowa Home Expo. Hours are: Friday, March 13, noon to 6 p.m.; Saturday, March 14, 10 a.m. to 5 p.m.; and Sunday, March 15, 11 a.m. to 4 p.m. More information available at <https://iowahomeexpo.com/>. ■

## RECIPE

# COOK UP A CRANBERRY TREAT

*(Family Features)* Apple and pumpkin are a couple of fruity favorites, but cranberry is another common ingredient that can be used to make a big statement. Mixed with walnuts, white chocolate chips and cake mix, these cranberry bars will leave family and friends begging for more. Because they're so easy to make, you can easily fulfill the requests. Visit [Culinary.net](http://Culinary.net) for more dessert ideas. ■



## CRANBERRY BARS

*Recipe courtesy of "Cookin' Savvy"*

### Ingredients:

- 1 box white or yellow cake mix
- 2 eggs
- 1 stick melted butter
- 1 1/2 cups dried cranberries
- 1 1/2 cups chopped walnuts
- 2 cups chopped white chocolate chips, divided

### Directions:

- Heat oven to 350 F.
- Mix cake mix, eggs, butter, cranberries, walnuts and 1 cup white chocolate chips. Spread into 7-by-11-inch baking dish and bake 35-40 minutes until toothpick inserted in center comes out clean.
- Let cool then melt remaining white chocolate chips and drizzle over bars.



## LAST CHANCE

## FOR FREE FIBER INSTALLATION

Do you live within our fiber build areas of rural Redfield/Adel or rural Madison County? **You have until Friday, March 20** to sign the Permission to Bury Form at [panorafiber.com/fiber-build](http://panorafiber.com/fiber-build), schedule a site survey, and submit the Application for Service Form. Doing so ensures that a fiber drop will be completed to your home, and you'll get free installation of fiber internet as soon as our construction crew can move forward with that step.

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## WEDNESDAY NIGHT MEAL

Adel United Methodist Church, 115 S. 10th St., serves a meal Wednesdays, 5-6:30 p.m. in the fellowship hall downstairs. Serving is 5-6:30 p.m. This is a freewill donation meal. All are welcome. ■

## RACCOON RIVER PRESCHOOL'S TRIVIA NIGHT FUNDRAISER

Raccoon River Preschool is hosting its Trivia Night on Saturday, March 7, at Country Lane Lodge, 29300 Prospect Ave., Adel. The event features dinner, cash bar, game night and a live auction. Doors open at 5 p.m. and trivia, hosted by DJ Trivia, starts at 6 p.m. A live auction follows. Registration is \$30 per person or purchase a table for up to eight people. Sign up online at [reccoanriverpreschool.com](http://reccoanriverpreschool.com) under the Fundraising tab. ■

## ADEL PUBLIC LIBRARY

303 S 10th St, Adel • 515-993-3512 • [adel.lib.ia.us](http://adel.lib.ia.us)

### 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

- **Nerf Battle: Grades 2-5** – Friday, Feb. 27 at 2 p.m.\*

### TEEN

- **Library D&D** – Friday, Feb. 20 from 1-3:30 p.m.\*
- **Teen Maker: Vinyl Stickers** – Wednesday, Feb. 25 at 4 p.m.

### ADULTS

- **Exercise Group** – Meets every Monday through Thursday at 9 a.m.
- **Yoga** – Every Wednesday at 6 p.m.\*
- **Evening Book Club** – Thursday, Feb. 26 at 5:30 p.m.

\*Registered event, register at [adelpl.org](http://adelpl.org). ■

## ST. JOHN'S FISH FRIES

St. John's, 24043 302nd Place, Adel, is hosting Fish Fries for Lent on Fridays, Feb. 27, March 6, 13, 20 and 27, 5-7 p.m. They will be serving fried pollock, french fries or baked potato, cheese sandwich, coleslaw, and homemade tartar sauce. Assorted desserts will also be available. Feb. 20, March 6, and March 20: Children 5 and younger eat free, children 6-12 are \$7. Feb. 27, March 13 and March 27: Children younger than 12 eat free. All days: \$15 for adults, family maximum of \$50. ■

## CELEBRATE ADEL NOMINATIONS OPEN

Cast your nominations for 2025 Citizen of the Year and Business of the Year. Nominations are due by March 10 and winners will be recognized at the Adel Partners Chamber of Commerce Celebrate Adel event. ■

### CITIZEN OF THE YEAR:



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