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## KIWANIS STUDENTS OF THE MONTH



Alaina Nelson and Rhyon Miller were named the Adel Kiwanis Students of the Month at the Feb. 17 meeting at Patricks Restaurant in Adel. ■

### ADEL WEATHER FORECAST

**FRIDAY HIGH 75 | LOW 44**

Partly sunny and very warm



**SATURDAY HIGH 83 | LOW 53**

Sunny, breezy and very warm



**SUNDAY HIGH 57 | LOW 28**

Very windy; more clouds than sun



**MONDAY HIGH 52 | LOW 35**

Mostly sunny



**TUESDAY HIGH 56 | LOW 36**

Mostly cloudy and breezy



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FROM THE PUBLISHER

## LEARNING TO DRIVE A STICK SHIFT

Five gears. Reverse. Neutral. And a clutch. Easy enough. At least that's what I thought when I first tried to drive a vehicle with a manual transmission.

The early stages of my learning process were not so pretty, much like many of you who also learned to drive a "stick shift." Lots of chugs and restarts, as I recall. But, I eventually caught on and actually learned to enjoy shifting by hand. Still do.

I first learned to shift gears manually on a motorcycle. One down. Four up. And, many chugs and restarts, too. But, that Suzuki 185 purred like a kitten once I figured it out.

Then came the end-loader tractors on the farms I worked on. The stress was less, as there weren't many others around to laugh while I learned.

In the years after that, I drove 16 different cars and trucks. All but two had automatic transmissions. As it turns out, that's quite

common.

According to homegrail.com, 66% of drivers know how to operate a stick shift, but only 13% of the cars sold in the U.S. today even offer a manual transmission. This is a significant drop from the 37% recorded more than a decade ago. Even so, 55% admitted they have owned or rented a manual at some point in their lives, and 27% still have a strong preference for manual transmission.

But wait. There's more. Even though we Americans prefer our automatic transmissions, that's not as true in other parts of the world, as 80% of manuals produced globally end up in either Asia or Europe. Unfortunately, our hands are used for other seemingly important tasks like holding coffee cups and cell phones.

Are vehicles with manual transmissions cheaper and more



fuel efficient? The answer, according to homegrail.com, is yes. And, yes. Manuals are \$800 to \$1,000 cheaper than their automatic counterparts, and gas mileage improves by two to five mpg with a manual transmission.

Maybe not surprisingly, most of the people who lease or own manual cars are 55 years or older. Much like writing in cursive or memorizing phone numbers, knowing how to operate a stick shift may have become a lost art — but manually shifting gears still makes me feel like Mario Andretti.

How about you? When and how did you learn to drive a manual transmission, if ever? Send me a note and let me know.

Have a great week, and thanks for reading. ■



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# 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). ■

## 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. This is a freewill donation meal. All are welcome. ■

## ADEL VOLUNTEER FIRE AND RESCUE FIREMAN'S DANCE

Adel Volunteer Fire & 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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**ADM SPORTS SCHEDULE**

**Friday, March 20**  
 10:30 a.m. **Track:** Boys JV/Varsity Meet @ Central College

**Saturday, March 21**  
 10 a.m. **Track:** Girls JV/Varsity Meet @ Central College

**Tuesday, March 24**  
 4 p.m. **Esports:** Varsity Match vs. Nevada

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## ST. JOHN'S COMMUNITY FISH FRIES

St. John's, 24043 302nd Place, Adel, is hosting Fish Fries for Lent on Fridays, March 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. March 20: Children 5 and younger eat free, children 6-12 are \$7. March 27: Children younger than 12 eat free. All days: \$15 for adults, family maximum of \$50. ■

## EASTER EGG HUNT

Mark your calendars for the annual Adel Kiwanis Club Easter Egg Hunt on Sunday, March 29 at Kinnick Feller Park in Adel. Don't forget to bring a non-perishable donation for the Adel Good Samaritan Food Pantry. ■

## 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. ■

## HONORED AT BEST OF DES MOINES



Jane Clausen and Julie Priestly of Adel HealthMart Pharmacy attended CITYVIEW's Best of Des Moines event at the Val Air Ballroom on Feb. 3. Adel HealthMart was one of three finalists in the Best Locally Owned Pharmacy in Central Iowa category. ■

## 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 ■

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## HISTORY

# HARPER'S CAFÉ

BY MIKE FLINN

The year 1944 saw the beginning of a new business that would become almost an Adel institution. Harley Harper, who had been operating a billiard and pool hall before going to Alaska, announced that he and Mrs. Harper would open a new café. Their building, on the west side of the square, would be completely remodeled and redecorated with a modern kitchen as well as booths, tables and a lunch counter.

The café quickly established itself as the beating heart of Adel's downtown, with the irresistible aroma of home-cooked meals wafting through the square. Townsfolk gathered not just to eat, but to connect and swap news over steaming cups of coffee, farmers ducking in for pie after a long day in the fields, and families enjoying a meal before taking in the latest movie at the Rialto Theater. The daily special was written on the chalkboard, and the gleam of chrome stools at the lunch counter made it more than just a place to dine; it was

woven into the very fabric of Adel life.

In addition to the restaurant, the upper floor of the building was used for a meeting hall and was the regular home of both the Adel Rotary and Lions Club. Sadie served the meals, which all agreed were without equal, while the clink of silverware mingled with announcements, speeches and club business.

In 1955, Harley retired but not Sadie. They closed their café, but she continued to operate the upstairs dining room. Sue's Town Shop, operated by Sue Armstrong, moved into the downstairs, and the bustle and smells of a busy café gave way to the more subdued atmosphere of a lady's dress shop.

Harley Harper passed away on March 6, 1971. Sadie continued to host and serve meals to Adel's civic clubs. Even after the downstairs café faded into memory, the upstairs hall, its windows looking out over the town square, remained a beacon for those committed to the town's well-being.

In December of 1971, Amos Schinn, a member of the Adel Rotary Club for 30 years, reminded the members that 30 years ago the club met on the south side of the square in an upstairs room over the printing shop of the Dallas County News. Sadie Harper was catering the meals then as she is doing at present, only, at that time, the meals only cost \$0.65. On Nov. 9, 1977, Sadie was also honored by the Lions Club for her 25 years of providing excellent meals to that organization.

In October of 1978, it was announced that a successor to Sadie Harper had been found to provide meals for Adel's Rotary and Lions clubs. Sadie recently retired as Harpers Hall cook after 26 years in that capacity for the Lions and even longer for Rotary. "Despite Walter's reputation for fine food, he will be hard pressed to improve upon the high-quality meals consistently served by Sadie Harper."

Harper's Café may be gone, but its heart beats on in the community it helped to build. ■



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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.

- **April 12:** Colfax, the Spring City. In the 1870s, underground mineral water, which was a cure-all health craze at the time, was discovered in Colfax. The water sparked health resort and bottling industries which made Colfax a world famous destination at the turn of the 20th Century. Kevin Williams, Cofax Historical Society's board president, will share information and pictures about this little-known boom in Colfax.

**CAPITAL CITY CARD CONVENTION****Friday, March 27 to Sunday, March 29****Iowa Events Center, 730 Third St., Des Moines**

Iowa's largest sports card show features 240-plus tables

of action. More information available at [www.iowaeventscenter.com/events/detail/capital-city-card-convention-8](http://www.iowaeventscenter.com/events/detail/capital-city-card-convention-8).

**UNMASKING THE SINGER****Saturday, March 28****Val Air Ballroom****301 Ashworth Road, West Des Moines**

The Salvation Army's Unmasking the Singer will feature round-table seating for the main area — offering a more social atmosphere for the audience. Val Air also has a main stage as well as the old side stage, allowing for a set-up more similar to that of The Masked Singer on FOX. Tickets are \$35. Light snacks will be provided, and beverages will be available for purchase. For more information or to buy tickets, visit [www.bit.ly/UMTS2026](http://www.bit.ly/UMTS2026).

**SCAM PREVENTION SEMINAR****Thursday, April 16, 10 a.m.****Ramsey Village Continuing Care, 1611 27th St., Des Moines**

Every day someone becomes a victim of fraud. Learn common scam tactics, prevention tips and how to report scams. The presenter is the Iowa Department of Insurance and Financial Services. Refreshments and pastries will be served. RSVP to Kelly, 515-802-0822, or Kelly.Baughman@ramseyvillage.org.

**MINI GOLF TOURNAMENT FUNDRAISER****Friday, April 24, 3-7 p.m.****RecPlex 6500 Grand Ave., West Des Moines**

Join Can Play plus the 2026 West Des Moines Leadership Academy for a fun, small-format golf outing supporting accessible outdoor recreation and youth programming. Golfers will play through a creative course designed by community members and local businesses, built entirely from non-perishable food items to benefit Can Play's programming. All proceeds will benefit Can Play, whose mission is to bring adapted and no cost recreational programs to by removing barriers to play. Register and donate online at <https://givebutter.com/WDMLA>. ■

## RECIPE

**HAVE A 'HOPPY' EASTER WITH A HOLIDAY HAM**

*(Family Impact)* When your kitchen is full of colorful eggs, candy baskets, tempting sweets and all that comes with Easter, sometimes a holiday classic is just the answer for simplifying the season. Perfect for pairing with deviled eggs, potato salad and a traditional Sunday feast, this maple-glazed Easter Ham provides a hands-off approach to the main dish.

With an easily prepared glaze and your oven doing most of the work, you can keep your attention on time spent with loved ones. Visit [Culinary.net](http://Culinary.net) to find more seasonal favorites, both classic and contemporary. ■

**MAPLE-GLAZED EASTER HAM**

*Recipe adapted from Southern Living*

*Total time: 3 hours*

*Servings: 10*

**Ingredients:**

- 1 bone-in spiral-cut ham (8-9 pounds)
- 1 cup pure maple syrup
- 1/2 cup packed dark brown sugar
- 1/2 cup (4 ounces) bourbon
- 1/2 teaspoon grated fresh ginger
- 1/4 teaspoon ground cinnamon
- orange slices and wedges, for garnish
- fresh rosemary sprigs, for garnish

**Directions:**

- Preheat oven to 350 F.
- Place ham in large roasting pan and fill with 1/2 inch of water. Cover pan with aluminum foil and bake about two hours, basting every 30 minutes with juices from pan, until meat registers 120 F at thickest portion.
- In medium saucepan over medium-high heat, stir maple syrup, brown sugar, bourbon, ginger and cinnamon; bring to boil. Cook, stirring occasionally, until thickened, 6-8 minutes.
- Remove ham from oven and discard foil. Increase oven temperature to 400 F. Using pastry brush, glaze ham with 1/3 cup maple-bourbon mixture.
- Bake ham about 30 minutes until top is lightly caramelized and meat registers 145 F at thickest portion, brushing with remaining glaze every 10 minutes.
- Remove from oven and transfer ham to serving platter. Let rest 15 minutes and garnish with orange slices, orange wedges and rosemary sprigs.



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## 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

- **Game On!:** Tuesday, March 24 at 4 p.m.
- **Elementary Maker Lab - 3D Printed Shoelace Tag:** Tuesday, March 31 from 4-5:30 p.m.\*

## TEEN

- **Teen Maker Lab - 3D Printed Cord Clips:** Wednesday, March 25 at 4 p.m.
- **Nerf Battle:** Grades 6-12, Friday, March 27 from 2-4 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, March 26 at 5:30 p.m.

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

## PERSONAL ITEMS NEEDED BY VETERANS AT THE VA HOSPITAL AND VA CRRC

The March 2026 needs list includes military ball caps (new), slip-on tennis shoes (men's sizes 9.5-13), boxer shorts (L, XL, XXL), duffel bags, backpacks, sweatpants (M-3XL), sweatshirts (M-SXL), personal care items, individually-wrapped snacks, and coffee. Please see the Adel American Legion Facebook page for the detailed list.

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

Thank you to all those supporting veterans. ■

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