

# ADEL *Living Weekly*

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## DALLAS COUNTY VOLUNTEER DAY



Dallas County Conservation is hosting a volunteer day from 9-11 a.m. on Friday, June 12, at Kuehn Conservation Area, 32828 Houston Trail, Earlham. Participants will make a difference in their local ecosystems through habitat restoration, invasive species removal, and other park improvement projects. Register for more information by scanning the QR code. ■



### ADEL WEATHER FORECAST

**FRIDAY HIGH 87 | LOW 65**  
Periods of sun then thunderstorms



**SATURDAY HIGH 88 | LOW 67**  
Cloudy with a thunderstorm



**SUNDAY HIGH 82 | LOW 67**  
Cloudy with a thunderstorm



**MONDAY HIGH 84 | LOW 61**  
Cloudy with a thunderstorm or two



**TUESDAY HIGH 84 | LOW 61**  
Morning thunderstorms; cloudy



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FROM THE PUBLISHER

**THE RETURN OF GLASS BOTTLES IS MORE THAN NOSTALGIA**

I read recently in The Daily Umbrella that Heinz is bringing back glass ketchup bottles, at least in limited quantities at Walmart stores. It is a good start. Frankly, it is about time.

The more I read about microplastics and the damage they may be doing to our bodies, the more I want to see glass bottles make a comeback. Ketchup today. Maybe mustard jars and soda bottles tomorrow. A person can dream.

Not familiar with the concern over microplastics? Here is the short version: Researchers estimate humans ingest the equivalent of a credit card's worth of microplastics every week. Scientists have found microplastics in human blood, lungs and even breast milk. Global exposure has skyrocketed since 1990 through contaminated seafood, drinking water and even the air we breathe.

So where do these tiny plastic particles come from? Practically everywhere. Plastic packaging. Synthetic clothing. Personal care products. Plastic-lined cans. Bottled water. If it is wrapped, sealed, sprayed or marketed as

“convenient,” chances are plastic is involved somewhere along the line.

And the potential health effects are not exactly comforting. Researchers say microplastics may accumulate in organs and tissues, contributing to inflammation, oxidative stress and possibly even cancer and reproductive problems. To be fair, scientists are still studying the long-term effects, but when the phrase “plastic particles in your bloodstream” enters the conversation, it is probably worth paying attention.

I first learned about all this after losing an argument with a co-worker a few years ago about bottled water expiration dates. He said bottled water expires. I said he was crazy. As it turns out, the water itself does not expire, but, over time, chemicals and microplastics from the plastic bottle can leach into the water. So, technically, he was right. Which, unfortunately, made me wrong.

Of course, trying to avoid plastic entirely in 2026 is nearly impossible. Plastic is everywhere. Look around



the room you are sitting in right now. Odds are good you are within arm's reach of enough plastic to build a small kayak. Still, “it is everywhere” is not much of a defense. We already know too many microplastics in our bodies is not a good thing. What is the downside to having less?

When I was a child in the 1970s, I lost another argument, this time to my sister. We were debating the lyrics in the old Heinz ketchup commercials featuring Carly Simon's song “Anticipation” while the ketchup slowly crawled out of the glass bottle. I was convinced the lyrics were “Heinz is the patience.” My sister informed me — repeatedly — that the word was “anticipation.” Once again, she was right. But maybe that is fitting. We have anticipated long enough. Welcome back, glass bottles. Please bring your friends.

Have a great week, and thanks for reading. ■

Shane Goodman  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com



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www.iowalivingmagazines.com



**News contact**  
Tammy Pearson  
515-953-4822, ext. 302  
tammy@iowalivingmagazines.com



**Advertising contact**  
Dan Juffer  
515-371-2290  
dan.juffer@dmcityview.com

# FREE A1C SCREENINGS

Hy-Vee and Adel Lions Club are bringing the Hy-Vee Healthy You Trailer to Adel to offer free A1c screenings on Saturday, June 6, 8:30-11:30 a.m. at 801 Court St., Adel, across from the courthouse on the east side of the square. Hemoglobin A1c is a blood test that helps provide information about an individual's average levels of blood glucose over a two- to three-month period. This screening is not a diagnosis. Scan the QR code to sign up for a time slot. Walk-ins will be taken but may have to wait for availability. Must be 18 years or older. No fasting required, and results will be provided immediately. ■



# LIVE AT THE PAVILION

Join the Adel Chamber on June 5 at 5 p.m. for Live at the Pavilion with music by Luke Fox. Bring your friends, your lawn chairs, and get ready for some good music and a great time. ■

# IOWA FARM AND FOOD CONFERENCE

Iowa State Extension presents the Iowa Farm and Food Conference June 11-12 at the Waterloo Center for the Arts, 225 Commercial St., Waterloo. This biennial event — previously known as the Community Food Systems + Farm to School and Early Care Conference — engages, supports and inspires professionals across all sectors of the food system. The conference theme, “Futuring Our Food System,” is about imagining bold, transformative possibilities for the future and the systematic, creative and connective measures that get us there. For more information and to register, visit [www.extension.iastate.edu/ffed/cfs-annual-event](http://www.extension.iastate.edu/ffed/cfs-annual-event). ■



## ADM SPORTS SCHEDULE

### Friday, June 5

- 4 p.m. **Softball:** Freshman Game @ Van Meter
- 5 p.m. **Baseball:** JV Game @ Van Meter
- 5:30 p.m. **Softball:** JV Game @ Van Meter
- 7 p.m. **Baseball:** Varsity Game @ Van Meter
- 7 p.m. **Softball:** Varsity Game @ Van Meter

### Monday, June 8

- 5 p.m. **Baseball:** Varsity Double Header @ Bondurant-Farrar
- 5 p.m. **Softball:** Varsity Double Header @ Bondurant-Farrar High School

### Tuesday, June 9

- 10 a.m. **Baseball:** 9th Game vs. Boone
- 7:15 p.m. **Softball:** Varsity Game vs. Norwalk
- 7:30 p.m. **Baseball:** Varsity Game vs. Perry



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## ALL-WHEEL CAR SHOW

The 17th Annual Dallas County Sheriff's All-Wheel Car Show, benefitting Iowa Special Olympics, will be held Saturday June 6, at Eighth and Court Street on the square in Adel. Registration is 10 a.m. to 1 p.m. with judging from 1-2 p.m. and awards presented at 2:30 p.m. Awards include Best of Show, Special Olympics Choice, Most Likely to be Stopped by a Cop, Longest Distance, Best Off Road and Top 20 Awards. Pre-register online by May 30 for \$25 for the first car and \$10 for every additional car (per owner). Includes free T-shirt. Register day of the show for \$25, T-shirt not included. Complete your online registration at <https://dallascounty.forms.govos.com/ng/fa/AllWheelShow>. ■



## DALCO CUP

Mark your calendars for the fifth annual DalCo Cup on June 18, 8 a.m. at River Valley Golf Course, 22927 Valley View Trail, Adel. Register at <https://events.humanitix.com/dalco-cup-26>. ■



## HITTIN' THE BRICKS

Join Adel's summer walking group, Hittin' the Bricks. The group will meet and end at Adel City Hall, 301 S. 10th St., Adel, every Thursday morning from June 4 to Aug. 28, 7:30-8:15 a.m. All fitness levels and ages welcome. Participants will be entered into an end-of-summer raffle for prizes including a \$100 Visa gift card, vouchers to local businesses and more. Each session attended provides one free raffle entry. ■

## 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. ■

## PASCO 60TH ANNIVERSARY

Family and friends are invited to celebrate the 60th wedding anniversary of Frank and Janet Pasco of Adel. A reception will be held from 3-5 p.m. on Saturday, June 13, at the Adel First Christian Church, 218 N. Ninth St., Adel. ■

## 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 6-7 p.m. between February and September. This series is free and open to the public. The series lineup includes:

- **June 30:** Building Foundations of Caregiving
- **July 28:** Supporting Independence
- **Aug. 25:** Managing Money
- **Sept. 29:** Exploring Care and Support Services ■

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# EVENTS IN THE AREA

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## MUSIC UNDER THE STARS

### Various dates and locations

This summer, Iowa's professional musicians perform a series of free, outdoor concerts at Water Works Park and Jasper Winery at 7 p.m. on Sunday evenings.

- **June 15:** Soundtrack of a Nation. Mike Short, tuba. Gina Gedler, guest vocalist. Jasper Winery, 2400 George Flag Parkway, Des Moines, 7 p.m.
- **June 21:** Summer Songs. Andy Classen, trumpet. Napoleon Douglas, guest vocalist. Jasper Winery, 2400 George Flag Parkway, Des Moines, 7 p.m.
- **June 28:** Heartland Horizons. James Romain, saxophone. Tina Haase-Findlay, guest vocalist. Jasper Winery, 2400 George Flag Parkway, Des Moines, 7 p.m.
- **July 5:** Stars, Stripes and Celebration. Dana Slater, clarinet. Marisa Cravero, guest vocalist. Jasper Winery, 2400 George Flag Parkway, Des Moines, 7 p.m.
- **July 12:** Bourbon Street Parade. NOLA Jazz Band with Abbie Sawyer. Lauridsen Amphitheater at Water Works Park, 2201 George Flag Parkway, Des Moines, 7 p.m., Killinger Community Series.

RSVP on Facebook: [www.facebook.com/MusicUnderTheStarsIowa/events](http://www.facebook.com/MusicUnderTheStarsIowa/events). Learn more at: [www.musicunderthestars.org](http://www.musicunderthestars.org).

## CITYVIEW'S SUMMER STIRS

**Friday, June 26, Downtown Des Moines**

**Friday, July 31, Des Moines East Village**

CITYVIEW's traveling cocktail parties return in 2026. For \$25 advance ticket, sample 10 summer

cocktails at downtown bars and restaurants. Cost is \$35 at the door. For information and tickets, visit <https://summerstirs.dmcityview.com>.

## LEVITT AMP EARLHAM MUSIC SERIES 2026 FOOD N' DRINK LINEUP

Sundays at 6 p.m.

Earlham City Park, Earlham

- **June 14:** Music: Ozone Creations, Robert Deitch. Food trucks: Smokin Bad Decisions, Iowa Noodz, Jack Frost Drink Lab.
- **June 21:** Music: Braided Janes, Soten Taiko Drums. Food trucks: Karam's Grill, Pho Wheels & Sushi, C'est La Crepe, Jodee Sodees.
- **June 28:** Music: Shannon Curfman, Iowa Military Veterans Band. Food trucks: Deardorff Highland Cattle, Sabores De Mexico, Zipp's Pizza, C'est La Crepe, Jack Frost Drink Lab.
- **July 12:** Music: The Elders, Banjokat. Food trucks: Hotel Luna, Snappy's BBQ, Street Sweets.
- **July 19:** Music: BYOBrass, Beth and Brandon. Food trucks: Hotsy Totsy, Pho Wheels & Sushi, Street Sweets, Jack Frost Drink Lab.
- **Aug. 2:** Music: Leon Timbo, Carol Montag Music. Food trucks: Hotsy Totsy, Sabores De Mexico, Street Sweets, Jack Frost Drink Lab.
- **Aug. 9:** Music: Newfound Road, Cedar County Cobras. Food trucks: Karam's Grill, Hotsy Totsy, C'est La Crepe.
- **Aug. 16:** Music: XOLEX, Bone People. Food trucks: Hotel Luna, Snappy's BBQ, Pho Wheels & Sushi, Street Sweets. ■

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## RECIPE

**GOOEY GOODNESS WITH A PROTEIN PUNCH**

*(Feature Impact)* A grilled cheese sandwich isn't just a lunchtime staple; it's a beloved cultural icon. There is a universal magic in the combination of ooey-goey cheese, golden bread and a little butter – but in 2026, this comfort food classic is getting a functional upgrade.

Protein, please: The Protein Powerhouse is the Grilled Cheese of the Year, and it's easy to see why. It's a protein-packed masterpiece designed for the modern appetite. Featuring a creamy, dual-cheese combo of mild cheddar and Borden Mozzarella Cheese Melts, the sandwich is melted over 5 ounces of tender sliced chicken breast and delivers more than 40 grams of protein and about 8 grams of fiber when paired with the right bread. Served with a tangy Greek yogurt and Dijon mustard "powerhouse sauce" and pressed between golden, crispy bread, this grilled cheese isn't your ordinary melt. It has been transformed into a massive protein boost.

Visit [BordenCheese.com/grilled-cheese-day](https://BordenCheese.com/grilled-cheese-day) for other ooey-goey grilled cheese recipes created for 2026. ■

**The Protein Powerhouse:**

- 1 tablespoon butter, softened
- 2 slices bread fortified with protein and fiber
- 2 Borden Mild Cheddar Slices
- 1 slice Borden Mozzarella Melts
- 5 ounces sliced chicken breast (deli-shaved or thinly carved)

**"Powerhouse" Sauce:**

- 2 tablespoons non-fat Greek yogurt
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika

**Directions:**

- Heat griddle to medium heat. Butter bread. Layer cheeses and chicken on top of bread.
- Place bread on griddle and cook until lightly toasted. Flip and cook other side.
- Remove sandwich from skillet or griddle.
- To make powerhouse sauce: Mix Greek yogurt, Dijon mustard, garlic powder and smoked paprika until well blended. Slice sandwich in half and drizzle with Powerhouse sauce.



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## DALLAS COUNTY CONSERVATION SPRING PUBLIC PROGRAMS

The Dallas County Conservation Board offers a variety of programs that are free to the public. They are open to all ages. Visit [www.dallascountyiowa.gov/501/Conservation](http://www.dallascountyiowa.gov/501/Conservation) and click on “Public Programs” for more information and registration links.

- **Free Fishing Weekend:** Saturday, June 6, 2-5 p.m., Glissman Conservation Area, 32185 Panther Creek Road, Adel.
- **Family Fun with Bees:** Friday, June 12, 10-11 a.m., Voas Nature Area, 19286 Lexington Road, Minburn.
- **Iowa Critters:** Thursday, June 18, 9 a.m. to noon, Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- **Healing of the Mounds Story and Visit:** Sunday, June 21, 5:30-7 p.m., Kuehn Conservation Area, 32828 Houston Trail, Earlham.
- **Summer Solstice:** Sunday, June 21, 8:30-9:30 p.m., Hanging Rock, 416 Redfield St., Redfield.
- **Bee Survey Field Day:** Friday, June 26, 10-11:30 a.m., Voas Nature Area, 19286 Lexington Road, Minburn. ■

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

The 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. 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. ■

## CAELEN PETERSON MEMORIAL POKER RUN

The Caelen Peterson Memorial Poker Run will be Saturday, Aug. 29, with registration 9:30 a.m. and kickstands up at 10:30 a.m. Cost is \$25 per rider, \$15 per passenger. The event begins and ends at Corner Tap, 921 Main St., Adel, followed by the band Colt .45 playing from 6-10 p.m. Prizes will be awarded. ■

## CLASSIFIED ADS

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