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SEEN IN ADEL



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PHOTOS
INSIDE

ADEL FAMILY FUN CENTER RIBBON CUTTING: Adel Partners Chamber of Commerce held a ribbon cutting for the newly renovated Adel Family Fun Center on March 3.

ADEL WEATHER FORECAST

FRIDAY HIGH 52 | LOW 31
Partly sunny and windy



SATURDAY HIGH 46 | LOW 28
Cloudy, windy and chilly



SUNDAY HIGH 52 | LOW 36
Warmer; breezy in the a.m.



MONDAY HIGH 60 | LOW 42
Warm with a passing shower



TUESDAY HIGH 57 | LOW 44
Cloudy with a touch of rain



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FROM THE PUBLISHER

THE BANDIT'S 1977 TRANS AM

I was streaming Netflix the other night and came across the classic 1977 movie, “Smokey and the Bandit.” I was only 9 when it was released, and Mom wouldn’t let me see it in the theaters. I surely saw a TV version years later, but I had to watch the full version recently — and I am glad I did. While viewing, I smiled ear to ear when seeing the 1977 Pontiac Trans Am. Black and gold. T-tops. Painted eagle on the hood. And, of course, a CB radio. I began to wonder if any vehicle from film or TV was more iconic than that Trans Am. With that in mind, here are a few of my other favorites.

The DeLorean DMC-12 time machine from “Back to the Future” had most all of us in complete awe in the 1980s. This rear-engine, two-passenger sports car was manufactured by DeLorean Motor Company for the American market from 1981 until 1983. The gull-wing doors were the real eye-catchers. “Roads? Where we’re going, we don’t need roads.” Agreed.

A quick view of the Ecto 1 will get you saying “Ghostbusters”

faster than the streams of a proton pack weapon. The Ecto-1 is a 1959 Cadillac Miller-Meteor Sentinel ambulance conversion used in the 1984 film. If you saw one today, you would be impressed. But, who you gonna call?

The 1968 comedy film “The Love Bug” was the first in a series made by Walt Disney Productions. “Herbie” was the talking 1963 Volkswagen Beetle featured in the films. I loved it, and Mom did, too, as she let me see one of the later films of this series in the theater.

Maybe the most recognizable TV car is the 1955 Lincoln Futura Concept Car — the Batmobile. This superhero vehicle was featured in the live-action series, “Batman.” The 120 episodes aired on ABC from 1966 to 1968. Like some of you, I had a plastic toy version of the car — and the Bat Cave.

The definition of cool, though, belongs to the 1975 car in “Starsky & Hutch.” Starsky’s two-door Ford



Gran Torino was bright red with a large white vector stripe on each side. It was nicknamed the “Striped Tomato” by Hutch in an episode, and, as such, many fans referred to the car by that nickname, too. I remember one of these knock-offs — with the stripe and all — cruising around my hometown during that era. Definitely cool.

Another iconic car from TV is the orange 1969 Dodge Charger in “The Dukes of Hazzard,” which aired on CBS from 1979 to 1985. The General Lee is known for its signature horn, police chases and long jumps. Most viewers remember the doors being welded shut, requiring the Dukes to climb in and out through the windows.

What iconic cars from film or TV did I miss from your era? Shoot me a note and fill me in.

Have a great week, and thanks for reading. ■



Shane Goodman

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Living Weekly

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SEEN IN ADEL



Lacey Guiles, Riley Ostrem, Bianca Fuquey and Dusty Strunk at Adel Family Fun Center on March 3.



Malycki Mañon-Sosa, Bryce Smith and Kale Smith at Adel Family Fun Center on March 3.



Mindy Smith, Amanda McCord and Amy McCord at Adel Family Fun Center on March 3. ■

MINI SUMMER CAMP SESSIONS

Raccoon River Preschool is offering summer fun and learning at mini summer camp sessions. Sessions are: June 13-15, Wilderness World; June 27-29, All About Nature; July 18-20, Water Wonder; and Aug. 8-10, Building with Nature. A morning session, 9:30-11 a.m. is for 3-year-old participants, and an afternoon session, noon to 2 p.m. is for ages 4-5. Cost is \$75 per week. Register at www.raccoonriverpreschool.com. ■

ADM SPORTS SCHEDULE

Friday, April 21

- 4:45 p.m. **Soccer:** Boys Freshman @ Carroll
- 5:30 p.m. **Soccer:** Boys JV @ Carroll
- 6 p.m. **Soccer:** Girls Varsity vs. Carroll
- 7:30 p.m. **Soccer:** Girls JV vs. Carroll
- 7:30 p.m. **Soccer:** Boys Varsity @ Carroll

Saturday, April 22

- 8:30 a.m. **Golf:** Boys Varsity Invitational @ Perry

Monday, April 24

- 4 p.m. **Golf:** Girls Varsity @ Terrace Hills Golf Course
- 4 p.m. **Golf:** Boys Varsity @ Carroll Country Club
- 4:30 p.m. **Soccer:** Girls 9th vs. Des Moines Roosevelt
- 5:30 p.m. **Soccer:** Girls JV vs. Des Moines Roosevelt
- 7:15 p.m. **Soccer:** Girls Varsity vs. Des Moines Roosevelt

Tuesday, April 25

- 4:15 p.m. **Track:** Boys Varsity @ Carlisle
- 4:30 p.m. **Track:** Girls Varsity Invitational vs. Multiple Schools

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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com.

JOHN CASHMAN

John Cashman, 81, of Van Meter, died at his home with his family by his side on Friday, April 14, 2023. Visitation will be held from 5-7 p.m., Monday, April 24, at Caldwell Parrish Funeral Home, Adel Chapel. Mass of Christian burial will begin at 10:30 a.m., Tuesday, April 25, at St. Boniface Catholic Church in Waukee. Burial will follow in the Iowa Veterans Cemetery at 12:30 p.m. In lieu of flowers, memorials may be directed to the Van Meter American Legion and to the Wounded Warriors Project. Online condolences may be left for the family at www.caldwellparrish.com.



John was born on June 17, 1941, in Cedar Rapids to John and Christina (Evers) Cashman. He graduated from Prairieburg High School with the class of 1959. He joined the United States Navy in 1960 and was proud to serve his country. In October of 1973, John married the love of his life and best friend, Gwen Werner, in San Diego, California. He received a bachelor's degree in accounting from Drake University in 1979. John worked as a CPA and operated his own firm until retiring at the age of 80.

John was a member of the Van Meter American Legion and was proud of his military service. He was a very giving and generous man who loved to help others when they needed a hand or getting back on their feet. John enjoyed going to the Iowa State Fair and his Harley Davidson motorcycle. John also loved to work. He loved his farm, his family, and, most importantly, his wife.

John is survived by his wife, Gwen; sons, DJ (Dawn) Cashman and Tom Jackman; daughter, Patti (Scott) Judd; sisters, Patricia Holub and Monica Carpenter; four grandchildren, with the most dearest to his heart in Cayli Cashman; and two great grandchildren. He was preceded in death by his parents; son James Jackman; and sister, Mary Ann Devlin. ■

FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

NICHOLAS ANDREWS (TIMMONS) MEEKER

Nicholas Andrews (Timmons) Meeker, 38, of Adel died peacefully on April 12, 2023, with his family by his side. A memorial service will be held Saturday, April 22, at Caldwell Parrish Funeral Home in Adel. Family will greet friends from 1-1:30 p.m., followed by a short service with Rev. Michael Walrod. Following the service, burial will take place at the Oakdale Cemetery, followed by a celebration of life at the Sportsman Club, Adel, with food, a drink and many great stories.



Nick was born on Nov. 12, 1984, in Denver, Colorado. His family then moved to Rosemead, California, before moving to Iowa in 1992. Nick attended Perry High School, where he enjoyed football and wrestling and made it to the State Wrestling Tournament. Following school, Nick joined Carpenters Local 106 to pursue his career in construction alongside his father.

Nick loved growing up in the country. You could always find him walking the creek with his sister and golden retriever, Hans. Nick loved camping and fishing with the family. He spent hours on the trampoline with friends, swimming in the pool or riding his preferred method of transportation, the go-cart. Nick would spend endless hours with his brother playing Everquest on the computer, which turned into a lifelong hobby of computers and gaming.

He is survived by his father, Patrick Meeker; mother, Dina (Kirk) Bannick; siblings, Holly Meeker and Noah (Alexandria) Meeker; nephew Liam and niece Alyssa Meeker; cousins Tylynn (Travis) Samuel and Jet Timmons; grandparents Berkeley and Karen Andrews; aunt and uncle Berkeley, (Julie) Andrews Jr. and Jody (Bob) Goemmer. He was preceded in death by his daughter, Abigail; great-grandparents Roger and Margaret Ebbets; great-grandfather George Berkeley; and grandparents Larry and Sherry Trenkel.

In lieu of flowers, memorials may be directed to the family for future designation. Online condolences may be left at www.caldwellparrish.com ■

JOE SHIELDS

Joe Shields, 80, of Adel, died unexpectedly at his home on April 17, 2023, in Adel. A visitation was held Thursday, April 20, at the Caldwell Parrish Funeral Home in Adel. A funeral service to celebrate Joe's life will be held at 3 p.m. Friday, April 21, at the New Hope Church, east of Adel. A private family committal service will be held on Saturday at the Bedford Cemetery.



Joseph Shields, the son of Darrell and Mona (Forney) Shields, was born Nov. 7, 1942, in Bedford. Joe graduated from Bedford High school in 1960. Joe lived in Adel most of his life where he worked for the Booneville Co-op for many years. Joe had many hobbies including hunting, fishing, camping, riding his motorcycle and walking his dogs.

Joe is survived by his children, Darrell, Debbie, Joe and Travis; sister, Julia McGeary; several grandchildren and great-grandchildren. He is also survived by his close, personal friend, Cheryl Hutzell, and his dog, Buddy.

He was preceded in death by his parents and his nephew, Mark Mattes.

In lieu of flowers, memorials may be directed to Joe's family. Online condolences may be left at www.caldwellparrish.com. ■



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ADEL *Living* APRIL 2023

OVERCOMING the FEAR

Readers shared how they faced fears and doubts to reach their goals.

Miller meets the challenge of zero plastic.

Severy English muffins recipe.

Peer Study Readers encourage fellow students.

EDUCATION

THIRD MONDAY BINGO

Enjoy Bingo on Monday, May 15, 6-8 p.m. at the Masonic Lodge, 411 S. 12th St., Adel. Seventeen games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card) will be held. Packaged snacks and non-alcoholic drinks will be available. Social distancing and masks are recommended. Bring a dauber if you have one. They will also be for sale. ■

ADEL LIBRARY NEWS

303 S 10th St, Adel • 515-993-3512 • adelpl.org

EARLY EDUCATION PROGRAMS

Early education programs are three mornings a week. Join in for stories, movement and fun.

- **Move & Groove Storytime** – every Tuesday at 10 a.m.
- **Read & Play** – every Wednesday at 10 a.m.
- **Preschool Storytime** – every Thursday at 10 a.m.

AFTER SCHOOL ACTIVITIES

- **Comics & Cookies** – April 25 at 4 p.m.
- **Poetry Open Mic (Ages 12 and older)** – April 27 at 4 p.m.

ADULT PROGRAMS

- **Yoga at the Library** – Every Wednesday at 5:45 p.m.
- **Exercise Group** – Monday through Thursday at 9 a.m.
- **50's+ Senior Gathering** – first and fourth Tuesday of the month at 10 a.m.
- **Cook Book Club** – April 19 at 11 a.m.
- **Evening Book Club** – April 27 at 6 p.m. ■

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NEW WETLAND CELEBRATED



In celebration of Earth Week, members of the public were given tours of the newly constructed wetland area at the DMACC Dallas County Farm near Adel on Wednesday. Attendees also had the opportunity to get hands-on education from the Conservation Station and to hear from a number of wetlands experts, water quality advocates and Iowa leaders, including Iowa Secretary of Agriculture Mike Naig. The new wetland at the DMACC Dallas County Farm was completed in January 2023, thanks to a \$140,000 donation from Prairie Meadows, and in partnership with the Iowa Agriculture Alliance (IAWA), the Iowa Department of Agriculture and Land Stewardship (IDALS), Dallas County, Polk County Utilities and Ducks Unlimited. ■

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DALLAS COUNTY CONSERVATION PROGRAMS

VOAS VOLUNTEER DAY: GARLIC MUSTARD REMOVAL

April 29, 9-11:30 a.m.

Voas Nature Area, 19286 Lexington Road, Minburn

With the successful removal of the shrubby understory, a disturbance that is ideal for the growth of invasive garlic mustard has occurred. The good news is that we have been able to control it wherever we pull it. If you have considered other volunteer days but thought the work might be too difficult, garlic mustard is an easy pull. Children welcome and encouraged. Register to be notified of weather cancellation at DccbVoasVolunteerDay.eventbrite.com.

WILD FLOWER WALK

April 29, 10-11 a.m.

Kuehn Conservation Area,
32849 Houston Trail, Earlham

Spring time means spring flowers! Join Naturalist Erica for a walk in the woods searching for hidden wild flowers. Register to be notified of weather cancellation at DccbWildFlowerHike.eventbrite.com.

SPRING GREEN UP-RIVER PADDLE

May 6, 8-11 a.m.

TBD, depending on local river conditions

As the cool, damp spring season transitions into the longer, hotter days of summer, the natural world goes through many transitions. Join DCCB naturalists for a paddle along a stretch of one of the county's water trails to take in the beauty and wonder offered by spring on the river. Occasional stops will be made



along the route to discuss and explore what is seen. Attendees must provide their own boats, paddles and life jackets, which can be rented from Raccoon River Retreats near the Redfield Dam. Registration required online at DccbSpringGreenupRiverPaddle.eventbrite.com.

DALLAS COUNTY CLUBS

May 7, 1:30-2:30 p.m.

Forest Park Museum,
14581 K Ave., Perry

The number of clubs and civic organizations in Dallas County is mind-boggling. This program will look at some of their legacies and artifacts. Register to be notified of weather cancellation at DccbDallasCountyClubs.eventbrite.com.

MOTHER'S DAY HIKE

May 13, 10-11 a.m.

Kuehn Conservation Area,
32849 Houston Trail, Earlham

Celebrate the moms of nature. Join Naturalist Erica for a hike and show some love for Mother Nature herself. Register to be notified of weather cancellation at DccbMothersDayHike.eventbrite.com. ■

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FILM REVIEWS

By Michael C. Woody

'THE LOST KING'

This might be the find of the month. Sally Hawkins plays a woman in a dead-end relationship who, after seeing Shakespeare's "Richard III," is inspired to learn more about him. She is amazed at how little is known about the former King of England, and she takes it upon herself to help right this wrong. Based on a true story, this is a wonderful film. **Grade: B+**



"THE LOST KING"

'JOHN WICK: CHAPTER 4'

Keanu Reeves is back as the man on the run from a group of evil bad asses looking to kill him. I enjoyed the first film, but the sequels went downhill from there. This is an action-filled, nearly-three-hour bloodbath. The sequences are brilliantly choreographed, but the plot is mind-numbing and even the action, toward the end, is too over the top. The ending is a relief, but I was less than thrilled with JW 4. **Grade: D**



"JOHN WICK: CHAPTER 4"

'A GOOD PERSON'

Writer/director Zach Braff gives us a look at a young woman whose life is thrown into chaos after a fatal car accident. Florence Pugh plays the young woman who spirals into substance abuse and depression. Morgan Freeman (always good) plays a man who tries to help. Difficult to watch at times but still very well done, and the acting is top-notch. **Grade: B- ■**



"A GOOD PERSON"

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
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SENIOR LIFE CONFERENCE

April 24, 9 a.m. to 3 p.m.

Doors open at 8 a.m.

MidAmerican Energy RecPlex,
6500 Grand Ave., West Des Moines

The Central Iowa Senior Educational Network (CISEN) presents its seventh annual Senior Life Conference. Registration fee of \$10 includes lunch, breakout sessions, a variety of exhibitors, medical screenings, door prizes and more. Pre-register to confirm lunch at www.centraliowasenior.com/ conference. Pay online or cash at the door. Go online at www.centraliowasenior.com to see the full schedule of events as well as the large variety of topics for breakout sessions.

CITY-WIDE GARAGE SALES

Friday and Saturday, May 5-6
Grimes

Those who have been eagerly awaiting the garage sale season, prepare to find treasures throughout the community.

THE VALLEY JUNCTION FARMERS MARKET AND MUSIC IN THE JUNCTION

Thursdays May 4 - Sept. 28, 4-8:30 p.m.
Historic Valley Junction,
100-300 blocks of Fifth Street and Railroad
Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances events are scheduled throughout the season. Music starts at 6 p.m. May 4 features The Unfortunate Sons. Others in May are: May 11, Molly Nova and the Hawks; May 18, Black Diamond Loons; May 25, Dick Danger Band.



Kites on the Green

KITES ON THE GREEN

May 6, 10 a.m. to 5 p.m.

Johnston Commons

The 10th annual Kites on the Green festival, a family-fun event will be held in the green space near the Johnston Public Library. Enjoy giant show kite displays, kite fighting, free kite building, kite racing, live music, an inflatable obstacle course and sidewalk chalk art and more. Also, learn about stormwater best management practices.

Schedule:

- 10 a.m.: Opening ceremonies
- 10:30 a.m.: No-Knots Stunt Team performance
- 11 a.m.: Live music by Gladys's Lite Band
- 11:30 a.m.: Running of the Bol's/Kite Battles
- 12:30 p.m.: Live music by Gladys's Lite Band
- 1 p.m.: Stunt Kite Demonstrations
- 1 p.m.: Running of the Bol's/Kite Battles
- 3 p.m.: Stunt Kite Demonstrations
- 3:30 p.m.: No-Knots Stunt Team performance
- 5 p.m.: Closing ceremonies.

All day: tours of the 1902 Simpson House, Giant Show Kite demonstrations, free kite kits to make and fly, inflatable obstacle course, an Iowa National Guard Climbing Wall, meet and greet with police and fire personnel, food trucks and a candy drop. ■

RECIPE

A FULL, FRESH MENU FIT FOR A BRUNCH FEAST

Birthdays, holidays or just casual Saturdays are all perfect excuses to enjoy brunch with your favorite people. Bringing everyone together with quiches, pastries, appetizers, desserts and more offers an easy way to kick back and relax on a warm weekend morning.

Serving up exquisite flavor doesn't have to mean spending hours in the kitchen. You can bring the cheer and favorite tastes with simple appetizers that are equal measures delicious and visually appealing.

These Savory Cheese Balls are easy to make and perfect for get-togethers and brunch celebrations. Texture and color are the name of the game with this recipe, and the result is a beautiful array of red, gold and green, all on one plate. ■

SAVORY CHEESE BALLS

Servings: 6-12

- 2 packages (8 ounces each) cream cheese
- 2 tablespoons caraway seeds
- 1 teaspoon poppy seeds
- 2 cloves garlic, minced, divided
- 1/4 cup parsley, chopped
- 2 teaspoons thyme leaves, chopped
- 1 teaspoon rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped
- crackers (optional)
- fruit (optional)
- vegetables (optional)

Directions:

Cut each cream cheese block into three squares. Roll each square into ball.

In small bowl, combine caraway seeds, poppy seeds and half the garlic.



In second small bowl, combine parsley, thyme, rosemary and remaining garlic.

In third small bowl, combine cranberries and pecans.

Roll two cheese balls in seed mixture, two in herb mixture and two in cranberry mixture.

Cut each ball in half and serve with crackers, fruit or vegetables, if desired.



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HAPPIER AT HOME OPENS IN ADEL

Happier At Home, a company that provides in-home companion care services, has joined our community to enable people to live and age safely in their own homes. Happier At Home provides a variety of services to support the independence of not only seniors, but families in need of extra help and short-term care.

Happier At Home has been serving communities nationally since 2007 and was established to provide reputable, consistent, qualified and caring staff to those who need some help in order to stay in whatever environment they call home, including private homes and apartments, senior living communities, hospitals, rehabilitation and long-term care settings. The program offers companion services, meal planning and preparation, transportation, shopping services and errands, housekeeping and laundry, medication reminders and much more.

Happier At Home is unique to any other home care company due to the established relationship with a local pharmacy. Leslie and Mike Herron, owners of Happier At Home, also own Sumpter Pharmacy in Adel. The Herrons view Happier At Home as a way to broaden the services they provide the community. Likewise, having the pharmacy brings an extra layer of services to their Happier At Home clients, such as pharmaceutical care management, mobile immunizations, Medicare D planning to name a few. The synergies created by this partnership are unique to Happier At Home and not available from any other home care agency in the area.

Happier At Home covers a broad territory which is underserved by similar companies. Happier At Home will branch from Adel to the south past Winterset, to the north past Perry, to the east to Merle Hay Road and to the west to Stuart.

For more information on Happier at Home, call 515-335-4186 or visit <http://www.happierathome.com/locations/central-iowa>. ■

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TOPS MEETINGS: Are you feeling you want to lose a few pounds? You can find support at TOPS (Take Off Pounds Sensibly) on Tuesday mornings, 10 a.m. at Adel Public Library, 303 S. 10th St. There is no obligation for the first meeting. You can come, check it out and decide after your visit if TOPS is right for you. For more information, visit www.tops.org.

50S-PLUS SENIOR GROUP MEETS: The 50s-plus senior group meets at the Adel Public Library Community Room on the first and third Tuesday each month from 10 a.m. to 1 p.m. This is a place to come and have coffee, conversation, programs and, in the future, day trips to places of interest in Iowa. Join when you can.

CAMPING: The Island Campground opening April 15th Rates \$23.00 land sites \$25.00 river except campsite #9 isn't included. It's full price. 2400 Nantucket Rd Adel, Iowa 50003 call Patti at (515) 360-7481. Happy Camping!

NANNY WANTED: I'm looking for a nanny for my 6 year old daughter. Mostly Mon through Fri and occasional Saturdays. Most days I work from 8-5:30. Preferably someone with a reliable vehicle. Pool pass would be provided. Text or call 515-205-4321.

LOOKING TO BUY VINYL RECORDS: Paying cash for 60's-90's rock and jazz and blues. Please call Brian at 515-326-5033.

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