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## SEEN IN ADEL



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INSIDE

**IOWA SPRING MANUFACTURING RIBBON CUTTING:** The Adel Partners Chamber of Commerce held a ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20. Tim Bianco, owner, cuts the ribbon.

### ADEL WEATHER FORECAST

**FRIDAY HIGH 79 | LOW 62**

A heavy p.m. thunderstorm



**SATURDAY HIGH 79 | LOW 61**

An afternoon t-storm or two



**SUNDAY HIGH 70 | LOW 50**

Showers in the morning



**MONDAY HIGH 72 | LOW 51**

Some brightening



**TUESDAY HIGH 75 | LOW 50**

Partly sunny and nice



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FROM THE PUBLISHER

# DIGGING UP DANDELIONS

Dandelions and kids go hand in hand. Yellow stains and all.

Most of us can remember being a child and playing in the green grass of spring about this time of year. And most of us can recall our first sight of those bright yellow “flowers” in the grass, and how we proudly picked them and gave them to our mothers. Our mothers then politely thanked us and discreetly tossed them in the garbage while we weren’t looking. Sound familiar?

The era doesn’t seem to matter, as that scenario played out almost exactly as I stated above for generations. What has changed is how we deal with the dandelions and other weeds today.

I thought topping off all those dandelions in the lawn with the mower blade would suffice in the weed management plan. Mom disagreed.

She never put fertilizer or weed killer on the lawn. The rain and sun

were the fertilizer, and I was the weed killer. Mom would send me out with a garden trowel to hand-dig each dandelion in the yard — and she would inspect each one to be sure I got the entire root. Oddly, it was a task I looked forward to. It sure beat staining the deck or doing the dishes.

That dandelion-removal process did make mowing more challenging, though, as the cut dandelions allowed me to see the mower’s path. Without them, I had to guess on what I mowed and what I didn’t, as the dry summer months didn’t make for a lush lawn. I mowed more dead grass and dirt than anything green, but I still mowed because that’s what Mom demanded. I tried to debate the need for mowing with her from time to time, but I never seemed to win that argument. In fact, it usually ended



with me having an additional task, like using those awful hand-trimming sheers to edge. So I learned to dig out dandelions by hand, mow dead grass and dirt, and shut my mouth.

Back to those yellow dandelions stains. Do you remember how they never seemed to wash off your fingers, no matter how hard you scrubbed? But yellow fingers were OK. In fact, they were a colorful symbol of being a kid, as were the green grass stains on your jeans and the black grease spots from your bicycle chain on your socks. Getting dirty was just part of the growing-up process.

Don’t you miss those days?

Thanks for reading, and have a great week. ■

**Shane Goodman**

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Members of the Tiger Den participated in their first Color Guard ceremony at an Iowa Wilds Hockey game.

## TIGER DEN PACK 152 WRAPS UP CUB SCOUT YEAR

The Tiger Den, Pack 152 (first graders) wrapped up the Cub Scout year with many fun activities, reports Cori Pickett, den leader. The boys attended an Iowa Wilds Hockey game on Feb. 21 and had the opportunity to do their first Color Guard ceremony. During the game, the boys got a ride on the “fanboni” and then stayed to watch the hockey game. The group participated in the annual Scouting for Food and took a tour of the Good Samaritan Food Pantry in Adel where the members learned more about the good work they do there. The boys dropped off 179 pounds of food collected from the generous Bailey Grove neighborhood. More recently, the boys completed their Tigers in the Wild adventure with a trip to Ledges State Park on April 22 where they met with DNR officials to plant a buckeye tree and go on a creek stomp. The boys were able to explore animal tracks and all the things that creep and crawl through the creek. The boys will crossover to the second-grade Wolf Den this summer. ■



The Tiger Den delivered 179 pounds of food to the food pantry.



Plenty of fun was to be had when the Tiger Den went creek stomping at Ledges State Park.

### ADM SPORTS SCHEDULE

#### Friday, May 12

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

#### Saturday, May 13

- 10:30 a.m. **Soccer:** Girls 9th Triangular @ Bondurant-Farrar

#### Monday, May 15

- 10 a.m. **Golf:** Boys Varsity Districts @ Atlantic Golf and Country Club  
 12 p.m. **Golf:** Girls Varsity Invitational @ Ballard Golf & Country Club  
 5:30 p.m. **Soccer:** Girls Varsity vs. Boone  
 7 p.m. **Soccer:** Girls JV vs. Boone  
 7:30 p.m. **Baseball:** Varsity @ Clarke



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## FUNERAL NOTICES

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

### MARILYN BODE

Marilyn Bode, 78, of Perry, died on May 8, 2023. She graduated from high school in Earlham in 1963. She received her bachelor's degree in home economics at Iowa State University in 1967. She married Don Eichner in 1967, and they had two children, Jill and Ben Eichner. Marilyn then studied housing, focusing on energy conservation and indoor air quality, and earned a master's degree in 1982 and a Ph.D. in 1986 from Iowa State University. Marilyn married Wesley Bode in 1990, acquiring two step-children, Holle and Skyler Bode.

Marilyn worked at ISU, the University of Minnesota, and Kansas State University. She retired from Iowa State in 2010. She was a life-long pianist, played trumpet and french horn in high school, and rang handbells at numerous churches for about 45 years. Marilyn and Wes enjoyed traveling overseas.

Marilyn was preceded in death by her parents, Robert and Vivian (VanDyke) Lawson.

She is survived by husband, Wes Bode; daughter, Jill Eichner Brown (Luke); son Benjamin Eichner (Joanne); step-son Skyler Bode (Shirley); step-daughter Holle Andersen (Loren); seven grandchildren: Ehlana and Garion Brown, Avery and Luca Andersen, Zane Eichner, and Martin and Agatha Bode; brother, Bruce Lawson (Dianna), and their families. Marilyn was preceded in death by her sister-in-law, Phyllis, and several cousins.

Memorials are suggested to a food bank, an educational organization, the ACLU, or Planned Parenthood. Online condolences may be left at [www.caldwellparrish.com](http://www.caldwellparrish.com).

Memorial services will be held at 10 a.m. Monday, May 15 at Peace Lutheran Church, 34128 L. Ave., Adel. Burial will be at Iowa Veterans Cemetery at a later date. ■



### TERESA WAKEFIELD

Teresa Wakefield, 58, of Waukee, died unexpectedly on May 6, 2023. A funeral service will be held at 10 a.m. Saturday, May 13 at Caldwell Parrish – Adel Chapel. Burial will follow the service at the Wiscotta Cemetery. A visitation will be held Friday, May 12, at the funeral home from 5-7 p.m. and one hour prior to the service. Live streaming of the service will be available at [www.caldwellparrish.com](http://www.caldwellparrish.com), under Teresa's tribute wall.

Teresa Ann Wakefield was born Sept. 12, 1964, in Perry to Keith and Bonnie (Countryman) Hogan. She graduated from the Iowa Braille and Sight Saving School and then attended the University of Northern Iowa. On June 16, 1984, Teresa married Loren Wakefield. They had three children, Matthew, Ryan and Andrea. They raised their children in the Waterloo area until moving to Waukee.

She is survived by her mother, Bonnie Hogan; son, Matthew (Joelle) Wakefield and their children Zander and Jocelyn; daughter, Andrea (Mark) Lamb and their children Anthony, Nicholas and Raelynn; siblings David Hogan, Kevin (Tracy) Hogan, Joyce (Todd) Reynolds and nephew Michael, as well as other nieces, nephews and extended family members.

She was preceded in death by her husband, Loren; son, Ryan, and father, Keith Hogan.

Memorials may be directed to The National Federation of the Blind of Iowa or to the University of Iowa Stead Family Hospital.

Online condolences may be left at [www.caldwellparrish.com](http://www.caldwellparrish.com). ■





# SEEN IN ADEL

**IOWA SPRING MANUFACTURING RIBBON CUTTING:** The Adel Partners Chamber of Commerce held a ribbon cutting for Iowa Spring Manufacturing's new facility in Adel on April 20.



Kristi Fuller and Deb Bengtson



Julianna Cullen and Kevin Howe



Leslie Herron and Katie Lind



Adel Mayor Jim Peters, Kent York and Mark Hanson



Jason Urban, Adel Partners Chamber of Commerce board president, thanks Tim Bianco for his business expansion in Adel.



Terri Larson, Kami Covarrubias and Eddie Covarrubias



Gregg Davison, Chris Davison and Lorissa Moffitt



Brett Damos, Mollie Damos, Christi Setchell and Cameron Hybels

# BIKE SAFETY RODEO

The annual Bike Safety Rodeo is Saturday, May 13, 9-11 a.m. at the Adel City Parking Lot, 301 S. 10th St. Free bike and helmet inspections and bike rodeo course for kids 5-12 will be offered at this come-and-go event. Free giveaways and a drawing for a boy's bike, girl's bike, helmets and other prizes will be held. Must register but need not be present to win. The event is sponsored by Adel Rotary and Adel Police Department.

Bikes will be inspected and helmets checked for fit before children receive safety instruction and ride through the course. If the child does not have a bike helmet, a loaner helmet will be fitted to use during the event. Adults may also bring their bikes and helmets for inspection. Children completing the safety course will receive a certificate, bike safety information, a Rotary flyer, and a bottle of water. Other activities at the Bike Safety Rodeo include tours of a police car and a fire engine and the opportunity to visit with an Adel Police officer and Adel firefighters. In addition, the Raccoon River Valley Trail is nearby for riding or walking. For more information, contact Shirley McAdon at 515-993-4862. ■



# HONEY CREEK SERIES

The Honey Creek rodeo series will be at the Dallas County Fairgrounds Saturday, May 27, through Monday, May 29. Registration for all clinics is due by May 15. See the Honey Creek page on Facebook for registration and full schedule. Saturday and Sunday events conclude with a 7 p.m. Honey Creek Rodeo Performance. Barrel Races highlight at 11 a.m. and 4 p.m. on Sunday. ■

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## FILM REVIEWS

By Michael C. Woody

### 'SUPER MARIO BROTHERS'

Huge month in the theaters for those less than 3 foot tall. "Super Mario Brothers" opened in early May and has dominated the box office every week since. As I write this, the movie has made \$434 million dollars. If only it had been good. The film wasn't made for me, so I'll give it a pass this time. Obviously, its target audience loved it.

**Grade: C+**



"SUPER MARIO BROTHERS"

### 'PAINT'

Owen Wilson plays Carl Nargle, Vermont's No. 1 public television painter. Think Bob Ross, but you will see why his estate probably squashed that idea. The highlight of the film (and there are only a few) is seeing Wilson in the Ross afro. After that, the movie slides downhill fast. Wilson plays this character as a serial philanderer and not a very bright man. I think this could have been really good, but it's not even close. **Grade: C-**



"PAINT"

*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.*



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# DALLAS COUNTY CONSERVATION PROGRAMS



## MOTHER'S DAY HIKE

May 13, 10-11 a.m.

Kuehn Conservation Area,  
32849 Houston Trail, Earllham

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 cancelation at [DccbMothersDayHike.eventbrite.com](https://DccbMothersDayHike.eventbrite.com).

## MAY BIRD (AND AWE) HIKE

May 20, 8:30-10:30 a.m.

Kuehn Conservation Area  
32849 Houston Trail, Earllham

DCCB is offering seasonal bird hikes as part of the Beginner to Birder (B2B) Project, meant to nurture new birders or those who want to ramp up their skills. The diversity will increase each month as new birds arrive. Binoculars and books will be provided. Registration required at [DccbMayBirdHike.eventbrite.com](https://DccbMayBirdHike.eventbrite.com).

## MITAKUYE OYASIN – FORMING RELATIONS: MESKWAKI YOUTH DANCE & DRUM

May 21, 1-2 p.m.

Kuehn Conservation Area  
32849 Houston Trail, Earllham

Watch the Meskwaki Youth Dance & Drum group share traditional dances and shared songs as they interpret their place in the Meskwaki culture. Form new relations by joining in the dance! Register to be notified of weather cancelation at [DccbYouthDrumandDance.eventbrite.com](https://DccbYouthDrumandDance.eventbrite.com).

## FIRST-TIMER FAUNA AND FLORA PHOTOGRAPHY

June 1, 7-8:30 p.m.

Kuehn Conservation Area  
32849 Houston Trail, Earllham

Practice slowing down to notice beautiful intricate details of the natural world so you can capture them in images to last forever. The event starts with an informal presentation and discussion, then finishes with a hike around Kuehn to look for photo subjects during the evening “Golden Hour.” Tom Moss, nature photographer and master conservationist, will be the guest presenter. Registration required online at [DccbPhotography.eventbrite.com](https://DccbPhotography.eventbrite.com).

## INFORMATIONAL SESSION: DALLAS COUNTY VOLUNTEER WATER QUALITY MONITORING PROGRAM

June 3, 11 a.m. to noon OR 1-2 p.m.

Forest Park Museum, Perry

DCCB needs your help to discover more about what’s going on in our watersheds. This is not a training and requires no commitment, but it’s a chance to ask questions and see if this new program is right for you. According to the DNR’s statewide 2022 Impaired Waters Report, only 15 out of 2,617 waterbody segments (that’s 0.57%) could be declared to meet all their designated uses. Only 13% were labeled as “healthy.” Part of the reason why these numbers are so dismal is because data is absent or insufficient from nearly 60% of our state’s identified waterbody segments. For this reason, DCCB is starting a volunteer-based water quality monitoring program to help fill gaps in data and provide information to the public. Once a month, volunteers would collect and share chemical data from their assigned stream site(s) using simple field tests. Registration required online at [DccbWaterQuality.eventbrite.com](https://DccbWaterQuality.eventbrite.com). Email Zach. Moss@DallasCountyIowa.gov if you are interested in learning more but can’t attend this session. ■



## VACATION BIBLE SCHOOL

The public is invited to attend a free “stellar” vacation Bible school June 12-16 from 9 a.m. to noon at Faith Lutheran Church and Preschool, 602 S. 14th St., Adel. Kids will travel on a cosmic quest where they’ll have a blast shining Jesus’ light to the world. Stellar rockets kids on an out-of-this-world adventure that’s light years of faith-building fun. Register at [www.faithadel.com](http://www.faithadel.com). ■

## 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](http://www.raccoonriverpreschool.com). ■

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## EVENTS IN THE AREA

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Des Moines Regional Sports Card Show

trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, metal, glass beads, mosaics and sculpture.

## MAY MUSICAL EVENTS

**May 12:** Yoke Lore at 7 p.m. Woolly's, 504 E. Locust St., Des Moines; [www.firstfleetconcerts.com/first-fleet-venues/woolys](http://www.firstfleetconcerts.com/first-fleet-venues/woolys)

**May 14:** Psychostick & Bit Brigade at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; [www.leftyslivemusic.com](http://www.leftyslivemusic.com)

**May 16:** Martin Sexton & KT Tunstall at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; [www.hoytsherman.org](http://www.hoytsherman.org)

**May 16:** Giovannie & The Hired Guns at 7 p.m. Woolly's, 504 E. Locust St., Des Moines; [www.firstfleetconcerts.com/first-fleet-venues/woolys](http://www.firstfleetconcerts.com/first-fleet-venues/woolys)

**May 17:** Loudness at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; [www.leftyslivemusic.com](http://www.leftyslivemusic.com)

**May 18:** EmceeTv Presents One Night with Joey Cool at 5 p.m. Leftys Live Music 2307 University Ave., Des Moines; [www.leftyslivemusic.com](http://www.leftyslivemusic.com)

**May 18:** Brian Herrin Band at Jasper Winery, 2400 George Flagg Parkway, Des Moines; [www.jasperwinery.com/summer-concert-series](http://www.jasperwinery.com/summer-concert-series)

**May 19:** The Nadas at 8 p.m. Woolly's, 504 E. Locust St., Des Moines; [www.firstfleetconcerts.com/first-fleet-venues/woolys](http://www.firstfleetconcerts.com/first-fleet-venues/woolys)

**May 19-20:** Greenbelt Music Festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm weather returning to the state.

**May 21:** An Evening with Machine Head at 8 p.m. Woolly's, 504 E. Locust St., Des Moines; [www.firstfleetconcerts.com/first-fleet-venues/woolys](http://www.firstfleetconcerts.com/first-fleet-venues/woolys)

**May 21:** COLD Year of the Spider 20th anniversary tour at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; [www.leftyslivemusic.com](http://www.leftyslivemusic.com) ■

**May 14:** Des Moines Regional Sports Card Show. The rarest cards and collections on display at Hilton Garden Inn West Des Moines, 205 South 64th St. #8623, West Des Moines; [www.facebook.com/groups/IowaCardShows](http://www.facebook.com/groups/IowaCardShows)

**May 19:** Sip and Stroll with a glass of wine through the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; [www.dmbotanicalgarden.com/events](http://www.dmbotanicalgarden.com/events)

**May 20-21:** Spring Fling Sleepy Hollow Renaissance Faire. A weekend in the past at Iowa's only permanent renaissance village will see events of old such as jousting, circus acts and live music. 4051 Dean Ave., Des Moines; [www.sleepyhollowrenfaire.com/#/select](http://www.sleepyhollowrenfaire.com/#/select)

**May 20 – Sept. 24:** Brewery Running Series: A series of 5k runs that spread across central Iowa at several breweries, including Coralville on May 20, Newton on June 10, Decorah on June 17, Clive on Aug. 26, Des Moines on Sept. 17 and Ankeny on Sept. 24. [www.breweryrunningseries.com](http://www.breweryrunningseries.com)

**May 21:** Valley Junction Arts Festival will be held in the 100-200 Blocks of Fifth Street, West Des Moines. The Valley Junction Art Committee has helped give the public the opportunity to meet, interact with and purchase original work by more than 50 artists.

**June 4:** 13th Annual Garden Art Show starts at noon, 4320 Franklin Ave., Des Moines. Mature shade

## RECIPE

# A TASTY MEAL FOR A HEART-HEALTHY SUMMER

*(Family Features)* As you plan your summer fun, think also about adopting healthy habits that can help keep your blood pressure under control. When your blood pressure is consistently high — a condition called hypertension — blood flows through arteries at higher-than-normal pressures. This can cause serious health problems not just for your heart, but also for your blood vessels, kidneys, eyes and brain.

Following a heart-healthy eating plan, such as the Dietary Approaches to Stop Hypertension (DASH), which emphasizes vegetables, fruits, whole grains, fish, poultry, beans, nuts, low-fat dairy and healthy oils, can help keep your blood pressure in a healthy range. Developed through research by the National Heart, Lung, and Blood Institute (NHLBI), DASH focuses on reducing sodium and limiting foods that are high in saturated fat, including fatty meats, full-fat dairy and tropical oils.

Get your summer off to a heart-healthy start by talking to your health care provider about your blood pressure numbers and what they mean. ■

## HAWAIIAN HULI HULI CHICKEN

*Recipe courtesy of the National Heart, Lung, and Blood Institute*

**Prep time: 10 minutes**

**Cook time: 30 minutes**

**Servings: 4**

### Sauce:

- 2 tablespoons ketchup
- 2 tablespoons light soy sauce
- 2 tablespoons honey
- 2 teaspoons orange juice
- 1 teaspoon garlic (about 1 clove), minced
- 1 teaspoon ginger, minced
- 12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)
- 1 cup fresh pineapple, diced (about 24 pieces)
- 8 wooden skewers (6 inches each), soaked in water

### To make sauce:

Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

### Directions:

Preheat grill to medium-high heat. Preheat oven to



350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.



# 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. Bring a dauber if you have one. They will also be for sale. ■

## ADEL LIBRARY NEWS

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BY OLIVIA OSBORN

This month, we are busy preparing for our summer reading program (mark your calendars for the morning of June 5 to attend our summer reading kickoff), but we've still got plenty of plans for May, too. Check them out below.

• **Little Mermaid: Find Your Voice Party** – Wednesday, May 31 at 10 a.m. Calling all princes and princesses. We are having an under-the-sea party full of stories, crafts, snacks and activities. Our special guest, the Little Mermaid, will be joining us to read a few books, sign some autographs and pose with you. Make sure to bring your camera.

If you're an adult looking to get out of the house, we have plenty of options for you, too. There's no registration for our book clubs. Just pick up the current book at the front desk and join us. We also have some active programs, like the morning group that exercises to easy walking videos or our yoga program on Wednesday nights for some relaxation in the middle of the work week.

- **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 third Tuesday of the month at 10 a.m.
- **Brown Bag Book Club** – May 11 at 12 p.m.
- **Cook Book Club** – May 17 at 11 a.m.
- **Evening Book Club** – May 25 at 6 p.m.

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