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INSIDE



HAPPIER AT HOME RIBBON CUTTING: The Adel Partners Chamber of Commerce hosted a ribbon cutting for Happier at Home at Sumpter Pharmacy on May 23. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 87 | LOW 66
Mostly sunny and pleasant



SATURDAY HIGH 86 | LOW 65
Cloudy with a t-storm



SUNDAY HIGH 80 | LOW 65
Cloudy with a t-storm



MONDAY HIGH 87 | LOW 62
Partial sunshine



TUESDAY HIGH 86 | LOW 65
Mostly sunny with a t-storm



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FROM THE PUBLISHER

WHY WE RESIST THE METRIC SYSTEM

How tall are you? How much do you weigh? What is the temperature outside?

I am confidently guessing that most of you know the answers to these questions, and I am also confidently guessing that none of you answered in meters, kilograms or Celsius degrees.

That is because the vast majority of the readers of this newsletter are Americans who use words like feet and pounds and Fahrenheit degrees when offering measurements. It is the imperial system that we inherited from Great Britain, and, for the most part, we like it.

Some of you may recall the push to convert to the metric system in the 1970s. Internationalists wanted us to be on the same system as most of the rest of the world. As such, in 1975, the United States passed the Metric Conversion Act, which was legislation meant to transition units of measurement from feet and pounds to meters and kilograms. Blame it on President Gerald Ford, if you want. The law was voluntary, but the school teachers I had convinced us we were going to need to learn the

metric system or be left behind. Forty-eight years later, the metric system is still an afterthought for most of us. A few laws require consumer goods to list in both metric and U.S. customary measures, but that's about it. Why?

Many theories exist regarding our resistance to the metric system, but much of it comes down to our general unwillingness to change and our purposeful unwillingness to be like those in other countries. Call it American arrogance if you like, but it's just part of Americana. And, for most of us, the imperial system just makes sense.

The metric system is mostly logical. I will give you that. It is numerically simple, based on the powers of 10. Meanwhile, a meter is .0000002 the distance from the equator to the North Pole. Of course.

Imperial units are not based on logical math but rather simple measurements most people can easily relate to. A foot is equal,



give or take, to the distance of, well, a human foot. An inch is about the width of a human thumb. You get the idea, and you don't need to know anything about the equator or the North Pole.

Converting to the metric system as a 7-year-old boy wasn't easy. I can't imagine how adults responded to it. As with most things, change is slow. In this case, very slow. Meanwhile, as our economy becomes more and more global, and as our population becomes blended with those from other countries, we are using the metric system more and more, whether we realize it or not. Who knows? In another 50 years, Americans may not even know what feet, pounds and Fahrenheit degrees even mean.

What do you think? Shoot me a note and let me know.

Have a great week, and thanks for reading. ■



Shane Goodman

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ADEL LIBRARY NEWS

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

BY OLIVIA OSBORN

After months of planning, it is finally time for our summer reading program.

Join us for early education programs and a few special story times this month.

• **Storytime at Kinnick-Feller Park** – June 26, 9:30 a.m.

Be sure to leave space on your calendar for our programs this month, we have something for everyone!

• **Explore Robotics with Aztechs FTC** – June 17, 10 a.m.

• **ISU Insect Zoo** – June 20, 1-2:30 p.m.

• **Teen's Gambit (chess program)** – June 22, 4-5:30 p.m.

• **Airbrushing with Shawn Palek** – June 26, 2 p.m.

• **Elementary Tote Bag Painting*** – June 27, 1:30-2:30 p.m.

• **Teen Canvas Painting*** – June 29, 4-5:30 p.m.

*Programs with an asterisk require registration. You can easily register at adelpl.org.

If you're an adult looking to get out of the house, we have plenty of options for you, too.

• **Yoga at the Library** – Every Wednesday in June at 5:45 p.m.

• **Exercise Group** – Monday-Thursday, 9 a.m.

• **50's+ Senior Gathering** – first and third Tuesday of the month at 10 a.m. (June 20 will be from 9 a.m. to noon)

• **Cook Book Club** – June 21 at 11 a.m.

• **Evening Book Club** – June 29 at 6 p.m. ■

DONATIONS SOUGHT FOR VETERANS

Current needs at the Des Moines VA Hospital are great-condition used books, individually wrapped snacks, men's hard-sole slippers, men's shoes (size 11 and 12), men's sweatpants/athletic pants (size M, L and XL), men's underwear (size M and L), reading glasses (+2.25, +3.00, and +3.25), duffle bags and backpacks. At the DM VA Community Resource and Referral Center, which helps veterans find housing, current needs are canned tuna, ready-to-eat meals (such as Hormel Compleats), and all-purpose spray-top cleaner.

Donations are welcome at the Adel American Legion Auxiliary Unit 464 drop-off box at 1305 S. 15th St., Adel, or contact Shirley McAdon at 515-993-4862 for pick up.

Thank you to our community for your generosity in supporting our veterans. ■

ADM SPORTS SCHEDULE

Saturday, June 17

9 a.m. **Baseball:** Varsity Tournament
@ Glenwood

Tuesday, June 20

4:30 p.m. **Softball:** Freshman @ Gilbert

5:30 p.m. **Baseball:** JV @ Gilbert

5:30 p.m. **Softball:** JV @ Gilbert

7:30 p.m. **Baseball:** Varsity Gilbert

7:30 p.m. **Softball:** Varsity @ Gilbert


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FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MICHAEL PATRICK TRACY

Michael Patrick “Mike” Tracy, 76, of Waukee died June 5, 2023. He bravely battled lung cancer after being diagnosed in December 2022. He was born on Aug. 6, 1946, in Ottumwa. He grew up around Des Moines. After graduating from Dowling Catholic High School in 1965, he enlisted in the Army Reserves where he served for the next six years. During that time, he began his career with Hy-Vee and would go on to a career in management.

On Sept. 16, 1967, Mike married Marjorie Myers in Des Moines, and they had three sons. While with Hy-Vee, the family lived in Des Moines, Marshalltown and Ames. In 1983, Mike and Marj bought Horseshoe Lanes in Adel, where their sons would graduate from high school.

After owning Horseshoe Lanes, Mike began to drive for Hy-Vac Laboratory Eggs in Adel. He was a member of Hillcrest Golf & Country Club in Adel.

Mike and Marj divorced in 2000, and he relocated to Waukee, where he joined Regency Homes as a warehouse manager. Eventually, he found his calling as a driver for the Iowa Donor Network (IDN). Throughout his career, regardless of his job, Mike never missed his Thursday tee time at Hillcrest.

He was a devout Catholic throughout his life.

Mike is survived by his former wife, Marj Tracy; children Jeff Tracy (Jen), Steve Tracy (Kelly) and John Tracy (Amy); eight grandchildren, Emillie, Joclyn, Cory, Nathan, Carson, Megan, Clare and Jack; sister Liz Stewart (Howard) and brothers Tim Tracy (Diane), Kevin Tracy (Sandy), Brian Tracy (Marcie) and Chuck Tracy.

In lieu of flowers, the family requests memorial contributions be made to the Iowa Donor Network, www.iowadonornetwork.org.

Mass of Christian burial was Tuesday, June 13 at St. Boniface Catholic Church in Waukee. Burial will be at Iowa Veterans Cemetery at a later date. Family greeted friends at Caldwell Parrish Funeral Home – Adel Chapel in Adel. Online condolences may be left at www.caldwellparrish.com. ■



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FUNERAL NOTICE

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SAMMUEL CLUTS

Sammuel Cluts was born on April 14, 1928, in the small farming community of Panora. Sam attended a one-room schoolhouse until he went to high school in Redfield.

It was in high school that Sam's ability in math was noted, and he was encouraged to attend college. In 1945, Sam enrolled at Iowa State University receiving a bachelor's degree in electrical engineering in 1949.

Also, in 1949, Sam married his high school sweetheart, Beverly A. Lamb, and the two moved to Indiana. Sam worked various jobs in engineering, ultimately ending up at Sargent and Lundy Consulting Engineers in Chicago. Sam received his master's degree in electrical engineering from Illinois Institute of Technology in 1959.

Sam and Bev lived in Chicago until 1957. They had three children. In the 1970s, Sam became the head of the Sargent and Lundy Transmission and Substation Division. His department was responsible for designing much of the electrical grid in this country and overseas. Sam became a well-known expert in the field of power distribution, often appearing as an expert witness in court cases and in Public Service Commission hearings. He often appeared as a keynote speaker at large industry conferences. Even after he had retired, Sam was called to the C.I.A. Headquarters in Langley, Virginia, to advise the C.I.A. on protecting the grid from attack after 9/11.

Sam retired in the 1990s, and he and Bev enjoyed camping and traveling abroad. Sam was a lifelong Cubs and Bears fan.

Sam is survived by his three children, Diane (James) Terrell, Janet (Michael) Levine, and Jonathan (Nancy) Cluts; and his two grandchildren, Nicholas Cluts and Kathryn (Nicholas) Clobes. Sam was preceded in death by his parents; his sisters; and his wife, Beverly.

In lieu of flowers, donations are suggested to the American Heart Association at www.heart.org or to a charity of your choice.

Services were held June 12 at Caldwell Parrish Funeral Home in Adel. Burial was at East Linn Cemetery, Redfield. ■



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RHYTHMS OF GRACE HOSTS OPEN HOUSE

The public is invited to an open house celebrating Rhythms of Grace, 23625 River Heights Drive, Dallas Center, central Iowa's newest therapeutic riding center, on Friday, June 23, 4-7 p.m. Guided tours will be offered, as well as therapy demonstrations at 4:30 p.m. and 6 p.m. Hot dogs and refreshments will be available for a freewill donation. Learn how therapeutic horseback riding enhances the quality of life for children and adults with diverse needs. For more information about Rhythms of Grace, visit <https://rhythmsofgraceequine.org/>. You can also find the event on their Facebook page. ■

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FUNERAL NOTICES

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NATHAN HOFFMAN

Nathan Hoffman, 48, of Waukee, died unexpectedly on June 12, 2023. He was born on Dec. 6, 1974, to Timothy Hoffman and Gwynn (Grout) Christiansen. He graduated from Adel-De Soto-Minburn Schools in 1993. Throughout his high school years, he made the honor roll every semester. He then attended the University of Northern Iowa.



Nathan was a plumbers union apprentice and worked for 11 years at Costco, where he was recognized as employee of the year.

Beyond his professional pursuits, Nathan will be remembered for his gentle nature and generous heart. Nathan found enjoyment in playing pool with his grandpa, Jack, his father, Tim, and his brother-in-law, Tom. He enjoyed swimming and cooking. He loved all animals, especially his cat, Mae.

Nathan is survived by his parents, Tim (Elaine) Hoffman and Gwynn (Jame) Christiansen; sisters, Kerry (Tom) Ausmus and Katie Hoffman; grandparents, Jack and Althea Hoffman; and nephews, Ben and Sam Ausmus. He was preceded in death by his grandparents, Loren and Lois Grout; step-father, Mike Zeisler; and uncle, Gary Grout.

Visitation will be held from 4-6 p.m., Friday, June 16, at New Hope Church near Adel. A memorial service will take place at 2 p.m., Saturday, June 17, at New Hope Church. Memorials may be directed to the AHeinz57 Pet Rescue in De Soto, and/or to the Furry Friends Refuge. Online condolences may be left for the family at www.caldwellparrish.com. ■



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SEEN IN ADEL

THE ADEL PARTNERS CHAMBER OF COMMERCE HOSTED A RIBBON CUTTING FOR HAPPIER AT HOME AT SUMPTER PHARMACY ON MAY 23.



Mike and Leslie Herron



Kelly Foster and Jessica Murray



Rebecca Hillmer and Jason Urban



Noah Doll and Nan Cooley



Scott and Tatiana Jones



Deb Bengtson and Shirley McAdon



Grace Kelly and Katie Lind



Jessica Murray, Allese Brooks and Kim Lawrence



Maria Rodriguez, Shelly Timm and Debbie Marcello

DALLAS COUNTY CONSERVATION PROGRAMS



JUNE BIRD (AND AWE) HIKE

June 17, 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 [DccbJuneBirdHike.eventbrite.com](https://www.eventbrite.com/organization/dccb-june-bird-hike)

SILLY SKUNKS

June 17, 10-11 a.m.

**Voas Nature Area,
19286 Lexington Road, Minburn**

Most people avoid going near them at all cost and run for tomato juice at the sight of one. But come learn why it's not bad having skunks as a wild neighbor — and the recipe for actually getting the smell of skunk spray out. *Register to be notified of weather cancelation. [DccbSillySkunks.eventbrite.com](https://www.eventbrite.com/organization/dccb-silly-skunks)

SUMMER SOLSTICE SUNSET CELEBRATION

Thursday, June 21, 8-9 p.m.

Astronomical clock at Hanging Rock, Redfield

Join DCCB naturalists at the astronomical clock atop the ridge at Hanging Rock to observe and celebrate the sunset of Summer Solstice. The meaning of the word solstice is, “sol”- sun and “stice”- to stand still. Perhaps the frenetic pace of your life could use a little stand-still time. Explore metering time in a different scale, a clock made of rocks, and enjoy the magic of a sunset. *Register to be notified of weather cancelation. [DccbSummerSolstice.eventbrite.com](https://www.eventbrite.com/organization/dccb-summer-solstice)

REPTILE TALK

June 23, 10-11 a.m.

Forest Park Museum, Perry

Learn about our scaled friends and meet a couple of our critters at this live animal program. *Register to be notified of weather cancelation. [DccbReptileTalk.eventbrite.com](https://www.eventbrite.com/organization/dccb-reptile-talk)

BOLD BADGERS

June 27 and July 1, 10-11 a.m.

**Voas Nature Area,
19286 Lexington Road, Minburn**

Terrifying? Destructive? A lot of people think so. Come learn why badgers get such a bad rap and how their behaviors can actually help other wildlife. *Register to be notified of weather cancelation.

[DccbBoldBadgers.eventbrite.com](https://www.eventbrite.com/organization/dccb-bold-badgers) ■



FILM REVIEWS

By Michael C. Woody

'GUARDIANS OF THE GALAXY: VOL. 3'

I've taken a ton of anticipated grief for my review of this latest Marvel film. I'm tired of sitting through these super-long Marvel films that substitute really long (and boring) special effects for a strong story and honest to goodness character development. Disney/Marvel seems content to give us two good-to-very-good films, and then they turn on cruise control. The second "Black Panther" film was a mess, and a really long mess. The "Ant-Man and the Wasp" movie was a mess, a really bad mess. I've had enough. Call me a cranky old man if you want, but I'm guessing many of you didn't see them anyway. Don't bother. **Grade: D**

**"GUARDIANS OF THE GALAXY: VOL. 3"**

'HYPNOTIC'

This movie will confuse and disappoint many people. Viewers will wonder why Ben Affleck is in the film. I was heading in that direction but then realized that Robert Rodriguez wrote and directed the movie. A buddy of Quentin Tarantino, Rodriguez plays in the action/comic book genre, and this movie made much more sense to me after seeing his name in the credits. A great film? No. Worth seeing if you like these kind of movies? Heck yes! **Grade: B**

**"HYPNOTIC"**

'THE MOTHER'

With husband Ben Affleck in "Hypnotic," Jennifer Lopez takes on an action role in the Netflix movie "The Mother." She plays a woman living in hiding with a lot of really nasty guys trying to kill her. She ships her daughter off to a safe place, but when the bad guys turn their attention to the daughter, J Lo's character comes out of hiding for some serious butt-kicking action. A great movie it isn't, but it has moments and ends up being fairly entertaining. **Grade: B ■**

**"THE MOTHER"**

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
TAMMY@IOWALIVINGMAGAZINES.COM

Cajun Fest. Photo by Anna Rohrs

CAJUN FEST**June 17****Cowles Commons, 221 Walnut St., Des Moines**

Cajun delights make their way into downtown Des Moines with a spicy food contest, mask making, costume contest, live music and all the Cajun food your heart desires. www.cajunfestiowa.com/cajun-fest-2023

JUNE BIRD (AND AWE) HIKE**June 17, 8:30-10:30 a.m.****Kuehn Conservation Area,
32849 Houston Trail, Earlham**

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 DccbJuneBirdHike.eventbrite.com.

JUNETEENTH WEEK**June 19-23****Various locations**

Juneteenth week will have several events across several locations in the metro. iowajuneteenth.org

SUMMER SOLSTICE SUNSET CELEBRATION**Thursday, June 21, 8-9 p.m.****Astronomical clock at Hanging Rock, Redfield**

Join DCCB naturalists at the astronomical clock atop the ridge at Hanging Rock to observe and celebrate the sunset of Summer Solstice. The meaning of the word solstice is, "sol"- sun and "stice"- to stand still. Perhaps the frenetic pace of your life could use a little stand-still time. Explore metering time in a different scale, a clock made of rocks, and enjoy the magic of a sunset. Register to be notified of weather cancellation. DccbSummerSolstice.eventbrite.com

SCHOOLHOUSE STORYTIME**Second and fourth Tuesday from 10:30-11:30 a.m.****Bennett School Museum,
4001 Fuller Road, West Des Moines**

This event is geared for pre-K, kindergarten and first grade students to enjoy an hour of stories, games, music and fun, with a historical element. While the program is geared towards younger students, all ages are welcome. Registration is not required, and there is no charge, but free-will donations are gratefully accepted. Parents must stay with their child(ren) during this storytime, and do not bring food or drink. Dates are June 13, June 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.

LEPRECHAUN BAGS TOURNAMENT**July 15, noon****Sully's Irish Pub, 860 First St., West Des Moines**

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information. ■

RECIPE

SAVE TIME WITH SWEET, SAVORY, SALTY SNACKS

(Family Features) Work, social commitments, kids' activities and the daily grind can take over schedules and wreak havoc on your opportunities to sit at the table for meals. As your calendar seems to fill up with meetings, family occasions and more, you might just find yourself skipping breakfast or lunch and opting for filling snacks instead.

In fact, according to the International Food Information Council's 2022 Food and Health Survey, 75% of Americans snack at least once per day, which means 2023 could become the year of the snack. Whether it's forgoing breakfast at home for a bite on the go or powering up with an afternoon morsel, one flavor favorite and nutritional powerhouse you can turn to is the pecan.

As pecans are used in an increasing number of snack innovations, they're being hailed as the fastest growing nut in new snack applications, according to Information Resources Inc. They're an ideal snack for punching up your routine with great taste, plant-based nutrition and an easy-to-pair profile.

For example, they're poised to remix your snack mix mentality as they complement sweet, savory, spicy and buttery combinations. Ready in less than half an hour, you can add some sweetness to your workday with this Pecan Snack Mix with Cranberries and Chocolate for a fruity, nutty, chocolatey twist on traditional trail mix. ■

PECAN SNACK MIX WITH CRANBERRIES AND CHOCOLATE

Recipe courtesy of Jess Larson and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 5 minutes, plus 10 minutes cooling time

- 1 cup pecan halves
- 1 cup rice squares cereal (wheat or cinnamon)
- 1/2 cup pretzels
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 1/2 tablespoons pure maple syrup
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup dried cranberries
- 1/2 cup dark chocolate chips

Directions:

In large, microwave-safe bowl, add pecans, rice squares cereal and pretzels. In small, microwave-safe bowl, add butter, brown sugar, maple syrup, salt and nutmeg.



Microwave butter mixture 1-2 minutes until melted then pour over dry mix. Toss well to combine.

Microwave snack mix in 45-second intervals, about 4-5 intervals total, until mix is fragrant, golden and toasty.

Cool mix completely then stir in cranberries and dark chocolate chips.

THIRD MONDAY BINGO

Enjoy Bingo on Monday, July 17, 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. ■

WEDNESDAY NIGHT MEAL

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

LETTER TO THE EDITOR

Today, June 13, 2023, as I was riding down the streets of Adel looking at all of the flags waiting for Flag Day, June 14, 2023, I reflected on the 78 years of my life and the places I have been. Adel looked like a little town right from a Norman Rockwell picture. More than that for me because, as most of you that will read this writing know, I am a person of color. Today, I was greeted by everyone I passed in my truck, in Casey's and all through the town of Adel. I have lived other places, and I must say that, through my life in those other places, I was discriminated against in jobs and in public places, etc. The one thing that I have found, living in Adel and Dallas County, is that I have always been treated like a welcomed member of the community. I have lived here for approximately 20 years. This is just to say thanks to all of you for making me feel at home! I love my Iowa and Adel and Dallas County. What a wonderful place to live. Thank you! ■

— Richard Beechum

CLASSIFIED ADS

BISHOP DRUMM GUILD GARAGE

SALE: Bishop Drumm Guild Garage Sale. Open from 8:30 am to 12:30 pm every Thursday until September 28.

YARD SALE: 1312 Prairie St., Adel, June 16-17 starting at 8 a.m. Lots of collectibles, deep freeze, dehumidifier, clothes, kitchen wares, furniture, linens and much more miscellaneous.

GARAGE SALE: Peace Lutheran Church, 34128 L Ave., Adel, Exit 106, north of KOA Campground. Friday, June 23, 8 a.m. - 5 p.m. and Saturday, June 24, 8 a.m. - 5 p.m. Furniture, kitchen and household goods, clothes, antiques, tools, toys, fabric/craft items, yard tools and flower pots and lots of miscellaneous.

FIRST CHRISTIAN CHURCH RUMMAGE

SALE: Kids chairs, toys, sofa, dorm refrigerator, air hockey table, tv, desk, armoire, much more. July 6 - 8. Open Thurs. & Fri. 9am - 5pm., Sat. 9am - Noon. Clothes Closet (free) open Saturday. 218 N. 9th Street, Adel (One block north of Courthouse.)

NOTICE: The Adel Barbershop will be closed the week of June 13-17.

HELP WANTED: Part Time Preschool Associate. Brick Street Kids Preschool is looking for a part-time Preschool Associate to assist with day-to-day operations, lesson planning/prep and assisting with teaching two small classes of 3, 4 & 5 year olds. The preschool follows the Adel-Desoto-Minburn school calendar and would pay for all inclement weather, holiday breaks, and no school days. The position is Monday-Friday, 8 am-12-pm, August 28th thru the end of May. For more information please email Brickstreetkidspreschool@gmail.com or call 515-490-3878. Brick Street Kids Preschool is located inside Grace Lutheran Church on the corner of Hwy 169 and Meadow Road in Adel.

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