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SEEN IN ADEL



MORE
PHOTOS
INSIDE

The ADM Varsity soccer team played Thomas Jefferson High School on May 23. Sarah Tapken is pictured in the 5-0 victory. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 91 | LOW 69

Mostly sunny



SATURDAY HIGH 89 | LOW 66

Times of clouds and sun



SUNDAY HIGH 83 | LOW 62

Times of clouds and sun



MONDAY HIGH 87 | LOW 60

Partly sunny and breezy



TUESDAY HIGH 83 | LOW 63

Mostly sunny



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FROM THE PUBLISHER

THAT PERSON IS A PRO

You have likely said the words in the above headline about someone, and maybe someone has said those words about you. It is a compliment given only to those who have truly mastered their area of focus.

A professional at work. A professional at a hobby. A professional in dealing with certain types of situations or certain types of people. You get the idea.

But “professional” is not a label you give yourself; it’s a description you hope others will apply to you.

So says David Maister, a former Harvard Business School professor, writer and expert on business management practices. And he’s right.

Some people think — and even say — they are professionals, but they are usually nowhere close.

In fact, those folks are often the ones to stay clear of. Instead, I have learned to trust those who never hesitate to say, “I don’t know.”

I have written in the past about the 10,000-hour rule that Malcolm Gladwell popularized in his book “Outliers.” The basic idea is that it requires 10,000 hours of concentrated practice in order to possess what is considered a world-class skill in something. I believe this, as long as continual improvement is part of it.

Why? Because, despite the popular saying being drilled in our heads, practice does NOT make perfect. If you are doing something the wrong way over and over, you won’t ever perfect



it. I have long preferred the quote, “Perfect practice makes perfect,” or maybe stated even better, “Perfect practices makes a professional.”

So what is it that makes someone a professional? Precision? Accuracy? Efficiency? The way they speak? The way they act? The way they dress? A certain level of education or experience? How they treat others? Organizational skills? Accountability? Honesty? A positive attitude?

Or is it all about results?

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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SEEN IN ADEL

The ADM Varsity soccer team played Thomas Jefferson High School on May 23.



Hannah Desmarais



Lauren Case



Helen Kirk



Hayden Dennis



Jordis Ichelson



Jada Grove



Josi Dufoe



Hayley James ■

ADM SPORTS SCHEDULE

Friday, June 23

- 10 a.m. **Baseball:** 9th @ Bondurant-Farrar
 4:30 p.m. **Softball:** Freshman @ Knoxville
 6 p.m. **Softball:** JV @ Knoxville
 7:30 p.m. **Softball:** Varsity @ Knoxville

Monday, June 26

- 10 a.m. **Baseball:** 9th vs. Gilbert
 4:30 p.m. **Softball:** Freshman vs. Bondurant-Farrar
 5:30 p.m. **Baseball:** JV vs. Bondurant-Farrar
 5:30 p.m. **Softball:** JV vs. Bondurant-Farrar
 7:30 p.m. **Baseball:** Varsity vs. Bondurant-Farrar
 7:30 p.m. **Softball:** Varsity vs. Bondurant-Farrar

Tuesday, June 27

- 10 a.m. **Baseball:** 9th vs. North Polk



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ADEL LIBRARY NEWS

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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!

- **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. ■

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 NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MICHAEL MALLBERG

Michael, (Mike, Big Mike, Moon Pie, Grandpa Turkey and Mally) Mallberg, died June 17, 2023, at Taylor Hospice House. A funeral mass of Christian burial will take place at 10:30 a.m. Friday, June 23, at St. John's Catholic Church in Adel. Burial will take place following the mass at Oakdale Cemetery in Adel.



Mike was born March 23, 1949, in Douglas, Arizona. Mike grew up in Minnesota where he played football; married Janice (Jan, JK, Toots) Braun on March 20, 1971; started his family; and spent half of his life. They settled in southern Minnesota and eventually moved to Adel.

Mike spent the bulk of his vocational life behind a wheel of some sort. He drove everything from an 18 wheeler to a limo, a shuttle van to a courier car. He finished his work life after selling AFLAC insurance and working in legal aid. But his true passion was his side hustle: high school and college football officiating. He continued to "work" after losing a lung to cancer and even after collapsing on a college field from cardiac arrest. He was back at it later that fall.

Mike was a great friend, a helpful member of his community, and man of deep faith.

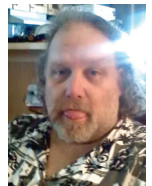
He was preceded in death by his parents, Dean Sr. and P. Virginia Nielsen, and his parents-in-law, Harry and Candice Braun.

He is survived by daughters Stacia and her husband Kevin Christians of Coralville and Tricia and her husband Shawn Crain of Nevada; his grandchildren, Bailey Crain, Gray Christians, Dane Christians, Briar Crain, Maeve Christians and Bryn Crain; his brother, Dean Jr. and wife Marilyn; and many brothers- and sisters-in-law, nieces and nephews, and friends.

Memorials are suggested to St. John's Catholic Church in Adel or Taylor House Hospice in Des Moines. Online condolences to the family may be left at www.caldwellparrish.com. ■

MICHAEL JAY CLIFTON

Michael Jay Clifton, 56, died at MercyOne Medical Center, June 12, 2023. In respect to Mike's wishes and the family, there will be no services held. A celebration of life will take place in the near future.



Mike was born Jan. 19, 1967, to Arnold and Janet Clifton. He attended ADM High School. He worked in construction most of his life and most currently worked at Kate-Lo tile in Urbandale. Mike had three children and made his home in Des Moines and later in rural Adel. He enjoyed spending time with his family and friends. He enjoyed fishing, camping, shooting and watching races. He enjoyed riding and working on motorcycles. He was always ready to lend a helping hand, offer simple advice or simply be a listening ear. Mike's presence brought comfort and joy to those fortunate enough to have known him. No matter the circumstances, he always had a smile on his face.

He is survived by his wife, Bobette; three biological children from a previous marriage: two daughters, Katie (Josh) Fenton of Des Moines and Brianna (Johnny) Alexander of Des Moines and son Michael Clifton of Des Moines; two bonus children, Kenny (Nicole) Thelen of Roland and Kim Mitchell Hanysh of Boone; four great-grandchildren, Addison, Brian, Kayla Klayden and one on the way; sister, Debbie Meinersand; and several aunts, uncles and cousins.

He was preceded in death by his parents, Arnold and Janet Clifton; brother, Scott Clifton; his grandparents; an aunt; two uncles; and several cousins. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**DES MOINES ARTS FESTIVAL****June 23-25****Pappajohn Sculpture Park,
1330 Grand Ave, Des Moines**

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival.org.

**WAUKEE FREEDOM 5K
FOURTH OF JULY****Tuesday, July 4**

The Freedom 5K is the sole fundraiser for Waukee Boy Scouts Troop 178. The 5K starts at 8:15 a.m., and a kids mile run starts at 7:45 a.m. The runs start and end at Lutheran Church of Hope Waukee. There will also be music, games, vendors and many door prizes. Those who register will receive a commemorative T-shirt. Register online at www.waukeetroop178.com. T-shirts will be sold for \$20 at the event to participants and non-participants.

**TWO-DAY CELEBRATION
OF INDEPENDENCE****Monday and Tuesday, July 3-4****Centennial Park Open Air Shelter, 1255 Warrior Lane**

Waukee will host an all-American celebration on July 3 and 4 in honor of Independence Day. Discounted armbands can be purchased online at Waukee.org/ registration during the month of June. Armbands cost \$10 and are valid only for July 4. Local organizations and



businesses can participate in the parade on Tuesday at 10:30 a.m. Advance registration required for the parade. Monday events include adult coed sand volleyball tournament, Movie in the Park "Top Gun: Maverick" (PG-13) and vendors. Tuesday is the parade, adult bags tournament, free ice cream social, inflatables, bingo, Des Moines Skydivers show, live performances by Riverside Drive and Oreo Meatwagon and fireworks.

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 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26. ■

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RECIPE

A SALTIER, EASY-TO-MAKE SNACK

(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.

If a salty treat is more your speed, consider this Salty Pecan Snack Mix for a grab-and-go breakfast as you head out the door or an easy way to keep hunger at bay in the afternoon. Because pecans pair with a variety of ingredients and flavors, they're a perfect partner for this combination of rolled oats, coconut, honey, cinnamon and more. ■

SALTY PECAN SNACK MIX

Recipe courtesy of Mallory Oniki and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 15

- 2 cups rice squares cereal
- 1 cup rolled oats
- 1 cup unsweetened coconut
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup butter
- 2 cups chopped pecans
- 1 cup oyster crackers

Directions:

Preheat oven to 350 F.

In bowl, add rice squares cereal, oats and unsweetened coconut.

In small saucepan over medium heat, add honey,



coconut oil, cinnamon and salt. Stir until mixture starts to boil then pour over snack mix and stir until well combined.

Transfer to baking sheet and bake 8-10 minutes.

In saucepan over medium heat, add butter. Stir until butter browns then add chopped pecans and oyster crackers. Turn heat to low and stir while pecans roast.

Remove snack mix from oven and add brown butter pecan and cracker mixture; stir to combine.

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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. ■

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. ■

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FOR SALE: Brown Lift chair. Used less than 4 years old. Can send pics. Asking \$400. Text 515-249-3143.

FOR SALE: 1981 Ford F100 Truck. Blue/white. Ran when I shut it off two years ago. For someone who wants to repair/restore. \$500 or make an offer to take it away. Call 515-238-3198.

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

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.)

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