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ADEL SWEET CORN FESTIVAL

By Chantel Boyd

The sweet corn is ripe and ready to eat. What better reason can there be for celebrating? Adel Partners Chamber of Commerce invites the public to "Find your fun!" at the 44th Adel Sweet Corn Festival, presented by many area sponsors, on Saturday, Aug. 12. And don't forget all the important happenings the day before. Friday, Aug. 11, the corn — tons of it — will be shucked, and the Sweet Corn Festival Princess crowned.

The crowning of the princess will occur at 6:30 p.m. The event is open to Adel-DeSoto-Minburn girls entering second through fourth grade this fall. The princess and her court are selected by random drawing.

Saturday, Aug. 12, the Sweet Corn Festival will be in full swing when it kicks off with the 5K, with more than 400 participants expected to run or walk.

The top three finishers in both



After the parade, enjoy free sweet corn and family activities.

women's and men's categories as well as the top two men and top two women in each age category will receive medals. The race is starting earlier this year with a 7:30 a.m. start and expected finish by 8:30 a.m. to allow plenty of time to head to the 9:30 a.m. parade on Main Street.

After the parade, families can

check out the many activities being held throughout the day around Adel, including the vendor fair, food vendors, and free sweet corn feed that starts at 11 a.m. and lasts until the thousands of ears of corn are gone. The Semi Sweet Corn Classic

FESTIVAL, CONTINUED ON BACK

ADEL WEATHER FORECAST

FRIDAY HIGH 89 | LOW 64

Mostly sunny; a.m. t-storm



SATURDAY HIGH 89 | LOW 63

Times of clouds and sun



SUNDAY HIGH 80 | LOW 61

Cloudy with t-storms



MONDAY HIGH 80 | LOW 59

Partly sunny and pleasant



TUESDAY HIGH 81 | LOW 60

Mostly sunny and pleasant



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FROM THE PUBLISHER

HOW MUCH DO YOU KNOW ABOUT THE BUTTER COW?

Sweet Corn Festival attendees know about butter, but how much do you know about the butter cow?

With the Iowa State Fair Aug. 10-20, it's time to focus our thoughts and energy on this Iowa icon. Six hundred pounds of low-moisture, pure-cream butter. This iconic sculpture was first created in 1911 and has been a mainstay at the Iowa State Fair almost every year since. If you are an Iowan, you probably know more about the butter cow than you want to admit. If you are not from Iowa, you probably wonder what in the world a butter cow is. Either way, you may appreciate these "little known facts." The answers are posted at the end of the survey.

1. How long can the butter from the butter cow be reused?

- a. Up to a year
- b. Up to five years
- c. Up to 10 years

d. Up to 12 years

2. Is the butter cow made of solid butter?

- a. Yes
- b. No

3. How many toast slices could be buttered with butter used to sculpt the butter cow?

- a. 4,200
- b. 8,500
- c. 14,500
- d. 19,200

4. A sculpture was made of Gov. Branstad out of something other than butter. What was it?

- a. Solid gold
- b. Colby cheese
- c. Mustache hair
- d. Wood

5. Who was the first Iowa State Fair butter sculptor?

- a. Norma Duffy
- b. Leonardo da Vinci



- c. John K. Daniels
- d. Sarah Pratt

6. Butter sculpting was suspended at the Iowa State Fair — and nationally — when?

- a. During World War I
- b. During World War II
- c. During the extreme heat of 1973
- d. During the COVID-19 pandemic

7. Older butter is better for sculpting, true or false?

- a. True
- b. False

Answers: 1 = c; 2 = b; 3 = d; 4 = b; 5 = c; 6 = b; 7 = a

Have a great week, and thanks for reading. ■

Shane Goodman

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MUSEUM OPEN

The Adel Historical Museum, 1129 Main St., will be open every Saturday from 1-3 p.m. through the month of August. ■

DE SOTO FUN DAYS

De Soto Fun Days, Saturday, Sept. 16, will feature free activities for kids and adults, including a parade, car show, bouncy houses, face painting, balloon artist, zoomers, Silly Sally, craft making, dunk tank, kids water fights, bingo and fireworks. Food trucks and a beer garden with a live band will also be featured. ■

THIRD MONDAY BINGO

Enjoy Bingo on Monday, Aug. 21, 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. ■

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DALLAS COUNTY CONSERVATION EVENTS

SUMMER COLOR PRAIRIE WALK

Aug 15, 9-10 a.m.

Forest Park Museum, 14581 K Ave., Perry

The prairie that once was dull brown-yellow grass and bare plant stalks in the winter is now a rainbow of colors during the mid-summer months. Join us for a relaxing walk to take inventory of what's going on in our prairies and get a closer look at some of our common prairie wildflowers. Registration required.

CREEK WALK

Aug. 16, 10-11 a.m.

Kuehn Conservation Area,
32828 Houston Trail, Earlham

Want to beat the summer heat? Tag along with Naturalist Erica on a hike down to Waterfall Creek to splash around in an enchanting part of the forest. Registration required.

ON-CALL: MONARCH TAGGING

Sometime in September determined by monarchs
Location TBD

Catch and tag monarch butterflies en route to Central Mexico to help with an international monarch migration research project. Dates and locations are TBD, as we can't predict the timing of migration or the suitability of weather. Register to join notification list.

TOYS AND GAMES

Sept. 3, 1:30-2:30 p.m.

Forest Park Museum, 14581 K Ave., Perry

We will play with some of the unique games in the Forest Park Collection. Bring your favorite to share. Register to be notified of cancellation.

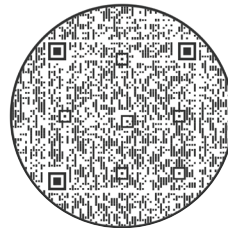
FALL EQUINOX SUNSET CELEBRATION

Sept. 23, 6:30-7:30 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 the Fall Equinox. Participants will be invited to recognize the four directions, share in a song led by the drum, and register SOL sitting on the clock's equinox stone. No registration required.

To register for for events, visit <https://www.eventbrite.com/cc/summer-2023-public-programs-june-september-2243469?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclxcollection&utm-source=cp&aff=escb> ■



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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-on 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. ■

ADEL LIBRARY NEWS

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YOUTH PROGRAMS:

- **Storytime in the Park (Evans Park)** – Aug. 14 at 10 a.m.
- **Dallas County Conservation Storytime** – Aug. 18 at 10 a.m.
- **Storytime in the Park (Evans Park)** – Aug. 28 at 10 a.m.

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 exercise group that exercises to easy walking videos and our yoga program on Wednesday nights for some relaxation in the middle of the work week.

ADULT PROGRAMS:

- **Yoga at the Library** – Every Wednesday at 5:45 p.m.
- **Exercise Group** – Monday through Thursday at 9 a.m.
- **50s+ Senior Gathering** – first and fourth Tuesday of the month at 10 a.m.
- **Brown Bag Book Club** – Aug. 10 at 12 p.m.
- **Cook Book Club** – Aug. 16 at 11 a.m.
- **Plant Propagation Class with Master Gardener** – Aug. 17 at 6 p.m.
- **Evening Book Club** – Aug. 31 at 6 p.m. ■

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EVENTS IN THE AREA

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The Iowa State Fair

IOWA STATE FAIR**Aug. 10-20****Iowa State Fairgrounds,****3000 E. Grand Ave, Des Moines**

The Iowa State Fair hosts a variety of musical acts. From pop, country, boy bands to rock, the state fair will have any music fan's taste covered. In addition, enjoy all the activities to be had and the myriad of food offerings, including 64 new food items this year. For a full schedule, visit www.iowastatefair.org/entertainment/fair-schedule.

**WORLD FOOD & MUSIC FESTIVAL****Aug. 25-27****Western Gateway Park, 1205 Locust St., Des Moines**

Enjoy a weekend of international cuisine, live music and performances. For a full schedule, visit www.dsmpartnership.com/worldfoodandmusicfestival.

**FOOD TRUCK FRIDAYS****Friday, Aug. 25, and Friday, Sept. 8, 5:30-8 p.m.****Campbell Park, 12385 Woodlands Parkway, Clive**

The Clive Parks and Recreation's popular Food Truck Friday events feature local music, food trucks, and beverages in a family-friendly setting. Campbell Park is now a cashless facility. Entertainment on Aug. 25 is Randy Burk and the Prisoners. On Sept. 8, entertainment is Brian Herrin Trio.

INGERSOLL LIVE**Aug. 26, 3-10 p.m.****2800 block on Ingersoll Avenue**

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit www.theavenuesdsm.com.

CELEBRATE WOMEN'S EQUALITY DAY**Saturday, Aug. 26, noon to 2 p.m.****McDonalds Woods Park, Norwalk (rain location, Norwalk Easter Public Library)**

Celebrate 103 years of women winning the right to vote. Women and daughters, bring your favorite poem, speech or drawing that depicts how you feel about our struggles, success. If willing to help with food, supplies and/or set up, call 515-631-9153.

THE WATER RIDE**Saturday, Aug. 26****Confluence Brewing Company**

Start at Confluence Brewing Company and enjoy the Des Moines trails. Join in riding for a cause and help raise awareness and funds to support water and education projects in Ghana, Africa. Show up around 11 a.m. to sign in or register and get your Water Ride gear. Start riding your bicycle at noon from Confluence with riders throughout the community. Over the past 10 years, the money raised through various Water Ride events has helped fund three wells and the creation of TMP Academy, a primary school in Ghana. All proceeds from this event go directly to ensuring all students of TMP Academy have access to education when finances would otherwise be a barrier they are unable to get around. TMP Academy currently educates over 150 kids. To date, more than \$45,000 has been raised. Official 2023 Water Ride stops are Confluence Brewing Co., 515 Brewing and Peace Tree Brewing DSM. The event link is www.facebook.com/events/278203251215477/?active_tab=discussion. ■



RECIPE

BREAKING BETTER-FOR-YOU BREAD

(Family Features) For many looking to make healthy dietary changes, weight loss is a primary concern. Because the Dietary Guidelines for Americans recommend 45-65% of daily calories come from carbohydrates, an eating plan like the ketogenic diet (or keto, for short), which involves consuming a low amount of carbs and replacing them with healthy fats, can be a popular choice for achieving weight loss goals.

Replacing carb intake with fat can put your body in a metabolic state called ketosis, which makes you more efficient at burning fat for energy. The keto diet can also help reduce blood sugar and insulin levels and lower risk for certain diseases.

Those following the keto eating plan typically significantly reduce or avoid consuming bread, pasta, rice and baked goods, which are all traditionally high in carbohydrates. However, Toufayan Bakeries introduced a line of keto-friendly wraps, pitas and flatbreads that are high in fiber and protein while containing no sugar and being lower in carbs than traditional bread.

Try serving these satisfyingly light solutions as the base ingredients in this Keto Enchilada Quesadilla recipe from chef George Duran. ■

KETO ENCHILADA QUESADILLA

Recipe courtesy of chef George Duran

Yield: 1 quesadilla

- Rotisserie chicken, pulled and chopped
- enchilada sauce
- olive oil
- Toufayan Bakeries Keto Wraps
- Tex-Mex cheese, grated
- jarred or fresh jalapenos, thinly sliced
- cilantro, chopped
- salsa, for serving

Directions:

In bowl, mix pulled chicken and enchilada sauce until fully covered. Set aside.

Spray or brush olive on both sides of keto wrap and place on nonstick pan or skillet over medium heat. Once wrap is heated on one side, flip and heavily



top entire wrap with grated cheese. Allow cheese to melt then disperse chicken mixture, sliced jalapenos and chopped cilantro on half of wrap. Fold wrap over ingredients and cook until quesadilla is golden brown on both sides.

Cut into three triangles and serve with salsa.



Live music will be featured at the Raccoon Valley Bank Stage and Pavilion, so enjoy your lawn chair or blanket and enjoy.

FESTIVAL, FROM FRONT

Truck Show will be at the Dallas County Fairgrounds.

There is also a bags tournament from 11:30 a.m. to 4 p.m. hosted by St. John's Catholic Church, and the Adel-DeSoto-Minburn Tigers volleyball hosts a co-ed sand volleyball tournament in Evans Park.

Other fun activities include local artists and bands; food trucks with a variety of tasty options; arts and crafts and informative booths; games and activities for kids and adults of all ages, like face painting and spraying fire hoses; and a car show. The car show is back for 2023 with a 1980s theme. Bring your

cars for the parade and stay for the afternoon show.

Admission is free, so bring your friends and family for summer fun in the sun. Remember to bring a blanket or lawn chair for the Street Party from 6 p.m. to midnight, with live music performances at the Raccoon Valley Bank Stage and Pavilion. Mark your calendars and join the fun on Aug. 12.

The 2023 theme is "Find the Fun" at the Sweet Corn Festival, and it will not be hard to find the fun at this family festival.

For the complete Sweet Corn Festival Guide, see the Adel Living magazine at www.iowalivingmagazines.com ■

CLASSIFIED ADS

HUGE GARAGE SALE: CASH ONLY, Aug. 17 and 18 noon-7 p.m. Aug. 19 10 a.m. - 3p.m. 1403 Janet Circle, Adel. Too much to list. Medical scrubs/supplies, graco pack/play, longaberger, furniture, clothes, linens, bedding, kitchen, candles, music, home decor, small appliances, knock-knacks, holiday, games, toys, puzzles, books.

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

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