

ADEL

Living Weekly

FREE!

WWW.IOWALIVINGMAGAZINES.COM



A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN IN ADEL

MORE
PHOTOS
INSIDE



FOOD TRUCKS AND LIVE MUSIC: A Food Trucks and Live Music event was held at Country Lane Lodge on Aug. 16. Pictured above are Emily James, Franny Mohrhauser, Melodie Braun and Shanlyn Doll. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 82 | LOW 53
Sunny



SATURDAY HIGH 85 | LOW 59
Mostly sunny



SUNDAY HIGH 79 | LOW 60
Mostly cloudy; stray shower



MONDAY HIGH 71 | LOW 54
Mostly cloudy; stray shower



TUESDAY HIGH 73 | LOW 50
Clouds and hazy sunshine



**Happier
at Home**
In-Home Care

Scan here to visit
our website



Locally Owned

Call Us Today! 515-335-4186



TO SUBSCRIBE TO THE FREE
DIGITAL VERSION OF THIS
WEEKLY NEWSLETTER,
SCAN THIS QR CODE.

FROM THE PUBLISHER

THE AGE YOU STOP FEELING YOUNG

Do you ever wonder what the age was when you stopped feeling young? Maybe it was so long ago that you can't remember. Or maybe you haven't reached it yet.

Local fitness guru LeMar Koethe, who launched 7 Flags Fitness Center in Clive in the early 1990s, told me frequently that age was only a number, and that how you take care of your body determines your real age. LeMar was right, at least partially. One also needs to take care of the mind and soul, at least from my perspective. And, even then, the aging process continues.

Veteran newsman Michael Gartner tells me he was invigorated by working with young people, and that connection is what he misses the most in his retirement. I agree with him as well, although I have learned that, as much as I enjoy working with younger people, I equally enjoy living by older people.

Clare Ansberry writes the Turning Points column for The Wall Street Journal. In her May

5 contribution, she addressed the "when you stop feeling young" subject, pointing out how Millennials are now starting to feel old. She shared how the average age when Americans stop feeling young, according to a study by Worldwide Independent Network of Market Research, is 43. She also shared findings from Found, a weight-management company, that say the ripe age of 42 is when the average American starts noticing physical signs of aging, including achy joints and gray hair.

As many of you may agree, whether you feel old or not primarily depends on the people you are around, kind of like how you may feel overweight or not depending on the size of those who surround you. I remember, not too long ago, frequently being the youngest person in the room. No anymore.

As interesting as the question of



what age Americans stop feeling young is, the equally interesting question is at what age Americans start feeling old. And, yes, the ages are different. According again to the Worldwide Independent Network of Market Research, the "feeling old" age is 52. Well, that age has slipped by, too, much like my vision and hearing. But my sense of smell still works great, which is evident by the prevailing scent of Bengay.

When my wife was asked through the years by other moms what the best stage of parenting was, she would often say, "The current stage." That answer continues through adulthood, regardless of what any study might say.

Happy aging, Millennials!

Have a great week, and thanks for reading. ■

Shane Goodman

President and Publisher
Big Green Umbrella Media
shane@dmciview.com
515-953-4822, ext. 305



ADEL
Living Weekly

A publication of Big Green Umbrella Media, Inc.
8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact

Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact

Dan Juffer
515-371-2290
dan.juffer@dmciview.com

SEEN IN ADEL



The Sweet Corn Festival parade was held on Aug. 12. Pictured above is the Adel American Legion.



Adel Mayor Jim Peters



Adel Fire Department



Serena Pane got to ride with Adel Police Officer Monte Keller during the parade. She won the honor as part of the Adel Library's Summer Reading Program.



Adel Partners Chamber of Commerce Citizen of the Year Rich Hughes and runners up Dixie Rhiner and Jan Tetrick. ■

ADM SPORTS SCHEDULE

Friday, Sept. 8

4:15 p.m. **Football:** Freshman vs. Lewis Central

7 p.m. **Football:** Varsity vs. Lewis Central

Saturday, Sept. 9

8 a.m. **Volleyball:** Freshman Tournament vs. Multiple Schools.

8 a.m. **Volleyball:** JV Tournament vs. Multiple Schools

8 a.m. **Volleyball:** Varsity Invitational @ Southeast Polk

Monday, Sept. 11

4:30 p.m. **Cross Country:** Girls @ Ballard Golf and Country Club

4:30 p.m. **Cross Country:** Boys @ Ballard Golf and Country Club

Tuesday, Sept. 12

5:15 p.m. **Volleyball:** Freshman vs. Bondurant-Farrar

5:15 p.m. **Volleyball:** JV vs. Bondurant-Farrar

7 p.m. **Volleyball:** Varsity vs. Bondurant-Farrar

FULLER

PETROLEUM SERVICE

MasterCard • Visa • Discover • GAS & DIESEL

1505 OLD PORTLAND RD • (515) 993-4001

24
HOUR
CREDIT CARD
PUMPS

**FRUSTRATED WITH
YOUR CURRENT
INTERNET PROVIDER?**

**TRY US.
NO OBLIGATION!**

NO CONTRACTS - UNLIMITED DATA - NO CREDIT CHECK

CALL FOR A FREE SITE SURVEY!



**DALLAS
COUNTY
DATA**

INTERNET - AUDIO/VIDEO - SECURITY CAMERAS
917 Main St., Adel, IA 50003 • **515-993-1900**

RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

ADEL LIBRARY NEWS

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

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

TOUCH-A-TRUCK

Sept. 29, 9-11 a.m. Spend the morning touching and exploring different trucks and vehicles used by the city public works department and a garbage truck from Ankeny Sanitation. This event will be located in the parking lot north of City Hall.

STORY TIMES

- **Move and Groove Storytime** – every Tuesday at 10 a.m.
- **My First Storytime** – every Wednesday at 9:30 a.m.
- **Preschool Storytime** – every Thursday at 10 a.m.
- **Storytime at Evans Park** – Sept. 11 at 10 a.m.
- **Storytime at Evans Park** – Sept. 25 at 10 a.m.

AFTER SCHOOL PROGRAMS

- **Elementary Art: Painting**, grades K-5, Sept. 19, 4 p.m.*

- **Teen: DIY Boba**, grades 6-12, Sept. 21, 4 p.m.*
- **Library Dungeons and Dragons**, grades 7-12, Sept. 22, 2-4 p.m.*
- **Teen Gaming: One Night Ultimate Werewolf**, Sept. 28, 4 p.m.

ADULT PROGRAMS

- **Yoga at the Library**, every Wednesday in September at 5:45 p.m.*
- **Exercise Group**, Monday through Thursday, 9 a.m.
- **50s+ Senior Gathering**, first and third Tuesdays of the month, 10 a.m.
- **Iowa History: Letters from the Farmhouse**, Sept. 15, noon to 1 p.m.
- **Brown Bag Book Club**, Sept. 14 at noon
- **Cook Book Club**, Sept. 20 at 11 a.m.
- **Homeschool Meet-up**, Sept. 20, 1-2 p.m.
- **Plant Propagation Class**, Sept. 28 at 6 p.m.*
- **Evening Book Club**, Sept. 28 at 6 p.m. ■

**CELEBRATE
YOUR
BIRTHDAY
WITH US**

**ADEL FAMILY
FUN CENTER**
BOWLING | BAR | GRILL

AFFCBOWL.COM/PARTY

**Raccoon
Valley Bank**

Just Right FOR YOU

1009 COURT STREET, ADEL • 515-993-4581
WWW.RACCOONVALLEYBANK.COM

**Patrick's
Restaurant**

On the Bike Trail

211 South 7th Street
Adel, Iowa • 993-3884

ADEL TIRE & SERVICE, INC.
515-993-4296

Complete Engine Work • Exhaust
Brakes • Tires • Suspension • Alignments
Oil, Lube, Filter • Air Conditioning

509 Greene St. (Hwy 6), Adel

ELECTRONICS - APPLIANCES - FLOORING - CABINETS - COUNTERTOPS - BLINDS

**Archer
Home Center**

Call 993-4241 Today!
archerhomecenter.com

ELECTRONICS - APPLIANCES - FLOORING - CABINETS - COUNTERTOPS - BLINDS

Arnold Motor Supply

Home of the "Parts Smart" people.

602 Greene Street, Adel, IA 50003
800-229-3473 • 993-4228

ADEL-OWNED ROOFING SPECIALIST

**JAMES
CONSTRUCTION CO.**
ROOFING & EXTERIORS
(515) 518-5211

South Dallas County Landfill Agency

2000 MAIN STREET, ADEL • 993-3148

7:00 a.m. - 3:00 p.m. M-F
7:00 a.m. - noon Sat.

www.sdclandfill.com

ADEL VETERINARY CLINIC
MEDICINE • ACUPUNCTURE • BOARDING

619 GREENE STREET
515.993.4707 • adelvet.com

ADEL AMERICAN LEGION AUXILIARY COLLECTS FOR VA HOSPITAL

The Adel American Legion Auxiliary is collecting donations for the VA Hospital and the VA CRRC to assist veterans with needs for clothing and other items. Currently, the following are being requested: great condition large print used books, individually wrapped snacks, +2.25 reading glasses, men's deodorant, men's shampoo and conditioner (no body wash), hair brushes, men's sweatpants/athletic pants (size M, L and XL), men's athletic shorts (size L, XL, XXL), and decaf ground coffee.

Donations are welcome at the Adel American Legion Auxiliary 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. ■

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, Sept. 18, 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. ■

TAKING NEW PATIENTS
Adel Vision Clinic
Quality Eye Care on the Square
813 Main St. • 515-207-7400
 Lucas Bell, OD • Barbara Scheetz, OD
adelvisionclinic.com

 **Adel HealthMart.**
 PHARMACY
 113 N. 9th Street
 Adel, Iowa • 993-3644
www.adelhm.com

 **IT'S HOT OUTSIDE!**
Make your A/C check appointment today!
& ADEL Winterset Est. 1960
 T.V. & APPLIANCE • HEATING & COOLING
916 MAIN STREET IN ADEL • 993-4287

COLLISION? DEER? HAIL? DENTS? DINGS?

WE DO THAT!
OLSON'S SINCE 1980
FREE ESTIMATES
 555 W. Hickman Road
 Waukee
515-987-1735

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

WALK TO CURE ARTHRITIS

Saturday, Sept. 16, 9 a.m.

Principal Park, Des Moines

Mark your calendars for this family-friendly fundraising event that supports The Arthritis Foundation, which marks 75 years of progress, supporting millions of adults and children living with arthritis. The Walk to Cure Arthritis celebrates those battling arthritis while raising money to support the elimination of this disease. Consider forming a team with friends and family or through your workplace or register individually. Volunteers and sponsors are needed.

To register, visit the event webpage, www.walktocurearthritis.org/iowa. To volunteer or learn about sponsorship or vendor opportunities, contact Sally Stalnaker at 402-262-0144 or ssalnaker@arthritis.org.

HALFWAY TO ST. PAT'S CAR SHOW

Sunday, Sept. 17

Mugsy's Pizza House,

1225 Copper Creek Drive, Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.

OKTOBERFEST

Sept. 22-23

Lauridsen Amphitheater,

Water Works Park, 2251 George Flagg Parkway

Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a silent disco featuring 11 DJs over three days, and much more. www.oktoberfestdsm.com.



Oktoberfest.

LOG CABIN DAYS FESTIVAL

Sept. 23

Warren County Fairgrounds,

1400 W. Second Ave., Indianola

The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fairgrounds.

LATINO HERITAGE FESTIVAL

Sept. 23-24

Western Gateway Park, 100 Grand Ave., Des Moines

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines. www.latinoheritagefestival.org.

QUILT SHOW

Sept. 21-23

4-H Building, Iowa State Fairgrounds

The "Quilting in the Key of Life" Quilt Show by the Des Moines Area Quilters Guild will be held at the Iowa State Fairgrounds. Hours for Thursday and Friday, Sept. 21-22, are 9 a.m. to 6 p.m. Hours on Saturday, Sept. 23, are 9 a.m. to 5 p.m. Admission is \$10. More than 500 quilts will be on display, with dozens of vendors, a colorful raffle quilt and several special exhibits. For more information, visit dmaqg.org or follow Des Moines Area Quilters Guild on Facebook. ■

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 delicious recipe for a Keto Egg and Sausage Flatbread from chef George Duran. ■

KETO EGG AND SAUSAGE FLATBREAD

Yield: 1 flatbread

- 1 Toufayan Keto Flatbread
- 1/4 cup shredded mozzarella cheese
- 2 cooked sausage links (approximately 2 ounces each), cut into pieces
- 1/4 cup thinly sliced red bell pepper
- 1 large egg
- 1 tablespoon fresh chives
- salt, to taste
- pepper, to taste

Directions

Preheat oven to broil.

On foil-lined baking sheet, place flatbread and top with mozzarella cheese; add sausage pieces and bell pepper.



Crack egg in center of flatbread and broil 5-8 minutes, or until egg is cooked to desired firmness.

Remove from oven and top with chives.

Season with salt and pepper, to taste, and serve.

Nutritional information per serving (1 flatbread):

435 calories; 29.1 g protein; 25.6 g fat; 8.6 net carbs.

NUT SALE

Adel Circle of Friends, along with Adel United Methodist Church, is taking orders for nuts that will arrive in mid-November. A variety of nuts, party mixes, and chocolate-covered options are available. Orders are due Oct. 15. For information on ordering, call Bev Smith, 515-993-4887 or Norm and Mindy Renner, 515-229-8459. ■

SEEN IN ADEL




FOOD TRUCKS AND LIVE MUSIC: A Food Trucks and Live Music event was held at Country Lane Lodge on Aug. 16. **LEFT:** Luke Fox performed. **RIGHT:** Melodie Braun and Laura Juffer. ■

Dan's TOWING & SERVICE
515-993-2054
 23581 Nantucket Road, Adel • Iowa

LENHART Family owned
PLUMBING COMPANY
 since 1950
 23589 Nantucket Road, Adel
 993-3426 www.lenhartdm.com

JOKE OF THE WEEK



Why did the deer go to the dentist?
It had buck teeth!

ANYTIME FITNESS
 215 S. 6TH STREET, SUITE A • ADEL
\$49 - 7 DAY JUMP START
 CALL TODAY! 515-993-3333

CLASSIFIED ADS

FOR SALE: 3 different music boxes \$3 each, extra large duffle bag \$5, barber kit \$5, support hose helper \$5. Call 515-321-3231.

HOUSE FOR RENT: 3 BR ranch on pavement west of Adel 1.5 bath, sun room, and large basement. \$1500 per month no smoking or pets please call Paul 515-979-2601.

FREE TO GOOD HOME: recliner couch good condition. Just for hauling. I just bought new one. Call 515-993-3814.

FOR SALE: 2 tents — a 3-man and a 4-man Eddie Bauer. 3 adult sleeping bags — 2 heavy weight and 1 medium weight. Large dry bags. Coleman 2-burner camping stove. Best Offer. ALSO 13 1/2-foot WE-NO-NAH single-person canoe. Phone 515-480-8299.

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

SEND IN YOUR FREE CLASSIFIED AD BY WEDNESDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

SIGN UP TO RECEIVE THE DIGITAL EDITION OF ADEL LIVING MAGAZINE FREE!

Scan the code below, or visit www.iowalivingmagazines.com.

Adel Living SEPTEMBER 2023

Making a house a home

Neighbors share their home improvement experiences