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# SEEN IN ADEL



**LIONS SUPPORT DRUMLINE:** Members of the Adel Lions Club presented an \$800 check to the ADM Drumline for the purchase of new equipment on Sept. 21. ■

## ADEL WEATHER FORECAST

**FRIDAY HIGH 51 | LOW 28**

Sunny then partly cloudy

**SATURDAY HIGH 56 | LOW 37**

Intervals of clouds and sun

**SUNDAY HIGH 60 | LOW 36**

Intervals of clouds and sun

**MONDAY HIGH 63 | LOW 38**

Sunny and mild

**TUESDAY HIGH 64 | LOW 42**

Mostly sunny



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FROM THE PUBLISHER

# IN THE MOOD

To be truly successful in working with others to accomplish great things, one has to be able to identify moods. I'm convinced of that.

Anxious. Alert. Calm. Passionate. Nervous. Agitated. Angry. Cold. Sometimes the signals jump out at you like a Halloween cat. Other times, they are subdued.

In the 1970s, we thought we had a solution — mood rings. And whether you liked them or not back then, they are making a comeback right now, according to a recent Fox News report.

Not familiar with mood rings? They were a fashion fad of the 1970s, supposedly invented in New York by Josh Reynolds and Maris Ambats, although some say Marvin Wernick developed the mood ring a decade earlier. Regardless, these rings contain liquid crystals that are temperature-sensitive and, we are told, can identify the

mood of the ring-wearers based on the corresponding colors they create. You may have heard the phrase “wearing your heart on your sleeve.” They are kind of like that.

Basically, as the body temperature of the person wearing the ring changes, the color of the crystal in the ring also changes. And, supposedly, each color represents a different mood, although science doesn't back any such claim. Even so, that is part of the fun. The colors and combinations vary by the mood ring manufacturer, but most have similar matches. If your ring color is red, you are said to be agitated, anxious or angry. If it is blue, you are calm or comfortable. If it is orange, you are unsettled or anxious. If it is green, you are alert or aware. And if it is black, you are



cold (or dead) — or the ring is broken.

We had a bunch of mood rings in my childhood home, as I had siblings who were teenagers during the 1970s. Mom loved them, too. And they even made their way into my elementary classroom. Yes, mood rings were all the rage 50 years ago. And now they — and other related emotion-telling accessories including necklaces and earrings — are hot again.

The Financial Times says, “The jewelry is brimming with nostalgia and the current cultural movement of being more open about feelings.” Well, there is no denying that.

Have a great week, and thanks for reading. ■



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# CASINO NIGHT



Adel Kiwanis Club was hired by the National Pork Producers Council to provide a casino night at their Iowa Conference on Oct. 4 at the Hotel Renovo in Urbandale. ■

## ADM PRESCHOOL REGISTRATION OPEN

Online registration to attend 4-year-old preschool during the 2024-25 school year is now open and will close on Dec. 1. Children must be 4 years old on or before Sept. 15, 2024 in order to register. Families who would like to send a student to 4-year-old preschool at ADM next school year must complete the online registration process by Dec. 1 to be considered as part of the initial selection process. Late registrations will be placed on a waiting list. Completing registration does not guarantee a spot.

For more information and registration, visit <https://www.admschools.org/schools/adel-elementary/preschool-2/>. If you have questions, contact Rikki Kuhns at [rikki.kuhns@admschools.org](mailto:rikki.kuhns@admschools.org) or 515-993-4283 ext. 1041. ■

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## ADM SPORTS SCHEDULE

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# ADEL

*(Editor's note: Charley Steinfeldt wrote this article about Adel for her fifth-grade literacy class at DeSoto Intermediate School.)*

By **CHARLEY STEINFELDT**

"We should come here again!" is what everyone says when they come to Adel! Boom! You hear that? Those are the cannons going off because we just scored a touchdown!

Ooh, do you smell that? That is Fiesta, one of the best restaurants in Adel! Dang, that place looks good! Oh, that's Billy's Ice Cream Store! I bet that's good after a day at the pool!

There are so many good restaurants in Adel. One of the restaurants is Fiesta. Fiesta is a Mexican restaurant, and their burritos are amazing! I would definitely recommend Fiesta if you are in town. Another good restaurant is Subway. At Subway, you can customize your own sandwich! Subway is a great place to stop if you are in a hurry or are on the way home from sports practice! At Subway, you can also sit and eat. There are many tables for you to eat at. Brickyard is also a great place to eat. At Brickyard, you can order burgers and fries. There are many more places, but those are some of the best!

On Friday nights, there are football games! Everybody goes to football games, so you're guaranteed to have friends there. There is also a section for 5th and 6th graders. It is like a mini student section! At the football games, a lot of people put on face paint. The most popular face paint style is red, black and white dots. The dots go from across one eyebrow across the nose and under the other eye. Also, whenever we score, a big loud canon goes off. And, the best part is, we never lose.

One of the best things about Adel is Billy's Ice Cream Store. Billy's is amazing in so many ways. First, you can make your own chilly billy. A chilly billy is where you can customize your own ice cream, and they mix it all together! You can choose three toppings. Some of those toppings are KitKat, MnM's, brownie bites, and hot fudge. They also sell slushies, ice cream sandwiches and pie. Billy's is so delicious, and I guarantee the best ice cream you will ever have.

Another amazing thing about Adel is the pool! The Adel pool has the

best slides ever. The diving boards are also amazing! There is a high one and a low one. For kids who are 8 and under, there is a mini tiger slide. There is also a concession stand. Everybody always brings something to stand on because the cement is HOT. The pool is the best place to go in the summer!

In Adel, we love festivals and fairs! One of our festivals is the Sweet Corn Festival. In my opinion, it is the best one! At the Sweet Corn Festival, there are little shops, there is a parade, there is a bags tournament and, the best part, the sweet corn! Another festival is the Tiger Fest! At Tiger Fest, there are bounce houses, tattoos, dunk tanks and rock walls. If you're not in town when they are going on, you will regret it!

There are many more amazing features of Adel, but those are some of the best. So remember, if you ever come to Adel, you have to go to a festival, the pool, Billy's, one of the many amazing restaurants and, the best part, the football games. If you're ever in Iowa, make sure to stop by. ■

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## FUNERAL NOTICE

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

### SHARON RAE SHUFELT

Sharon Rae Shufelt, 81, died Oct. 31, 2023, at Arbor Springs in West Des Moines. She was born Sept. 20, 1942, to Gilbert Edwin and Ada Darlene (Brown) Wright in Des Moines. Sharon graduated from Adel High School and then moved to Aurora, Illinois. In 1973, she married Neale Shufelt, who preceded her in death. She later moved to Sarasota, Florida, where she found great joy in the warm weather and the beach.

She was a talented musician who enjoyed music and played multiple instruments, sometimes more than one at a time. Sharon and her father would often entertain the rest of the family with their music.

Sharon is survived by a son, Jeremiah Shufelt (Jen Jankowski); sisters Joan Southard and Sandra Sargent (Roy); a brother, Larry Wright; and many nieces and nephews.

Sharon was preceded in death by her parents; one brother, Ed Wright; her son, Jason Shufelt; and many friends. A graveside service was held Nov. 3 at the Otterman Cemetery in Adel. Caldwell Parrish Funeral Home, Adel, was in charge of arrangements. ■



## 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. ■

## PEACE LUTHERAN CHURCH SPAGHETTI SUPPER

The Peace Lutheran Church Spaghetti Supper will be held Nov. 11, 4-6 p.m., at the church, located north of KOA campground, two miles north of I-80 on exit 106. A freewill donation will be accepted. Carry out will be available. ■

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## EVENTS IN THE AREA

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FESTIVAL OF TREES &amp; LIGHTS. Photo courtesy of Christopher Maharry



DES MOINES TURKEY TROT. Photo courtesy of Archi Trujillo

**LIVE MUSIC WEDNESDAYS****Historic East Village, AC Hotel, 401 E. Grand Ave.,  
Des Moines**<https://therepublicongrand.com>**Nov. 15, 22, 29**

Catch live music performances every Wednesday through December for free from 6-8 p.m. Performers listed in order of date are Andrew Hoyt, Tony Bohnenkamp and Brian Herrin.

**HOLIDAY BOUTIQUE****730 Third St., Des Moines**[www.iowaeventscenter.com/events/detail/des-moines-holiday-boutique-5](http://www.iowaeventscenter.com/events/detail/des-moines-holiday-boutique-5)**Nov. 10-12**

The sixth annual holiday shopping experience returns to the Iowa Events Center for a weekend of gift-buying fun. More than 200 companies will be in attendance to offer shoppers a wide range of holiday home decor, gifts for children and adults, food and more.

**GREATER DES MOINES EXHIBITED****Polk County Heritage Gallery, 111 Court Ave., Des Moines**<http://www.polkcountyheritagegallery.org>**Nov. 16 through Jan. 3**

Des Moines' best artists return to display the highest quality artwork the city has to offer. The annual show features artists' work that was blindly juried by Edgard Camacho.

**DES MOINES TURKEY TROT****Starting on Court Avenue, Des Moines**<https://desmoines-turkeytrot.com>**Nov. 23**

Voted "Top Trot" in Iowa years in a row by Runner's World Magazine, the 5k plus 5-mile race takes over Des Moines on Thanksgiving starting at 9 a.m.

**FESTIVAL OF TREES & LIGHTS****Iowa Events Center, 833 Fifth Ave., Des Moines**<https://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights>**Nov. 24-26**

Experience expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. From 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 5 p.m. on Sunday.

**CHRISTKINDLMARKET****Principal Park, 1 Line Drive, Des Moines**[www.christkindlmarketdsm.com](http://www.christkindlmarketdsm.com)**Nov 30 through Dec. 3**

Regional vendors with old-world, hand-crafted products at wooden vendor stalls, as well as lively performances of polka music, traditional dance and choirs in Yuletide Hall. Participate in children's activities or sip Glühwein (warm, mulled wine) and savor European beer. ■

## RECIPE

# SAVVY STEPS TOWARD GROCERY STORE SAVINGS

**(Family Features)** Whether you live alone or have multiple mouths to feed each day, grocery bills can add up. It's an inevitable expense for everyone, but there are tried-and-true ways to limit your spending and put money back in your pocket.

**Stick to your list:** It may sound obvious, but avoiding impulse purchases is one of the easiest ways to save at the store. Creating a menu and buying only what you need keeps the bill lower and helps limit food waste at home.

**Shop for seasonal produce:** While it's easy to get caught up buying specific items for specific recipes, remember to keep seasonality in mind. Oftentimes, in-season produce is more readily available and, therefore, cheaper. Enjoy seasonal classics like apple pies, crumbles and tarts, and consider adding this Baked Apples with Coconut and Crumble Topping recipe to your dessert rotation.

**Stretch your meals at home:** While it may not show a direct impact on your receipt, taking recipes further at home can limit how often you head to the store. For example, leftovers from one evening's rotisserie chicken dinner can be repurposed for the following day's lunches. Or you can turn steak night scraps into a memorable weekend steak-and-egg brunch. When you cook a large meal for guests, don't let all the extra food go to waste; freeze portions separately then enjoy them later as a family dinner. ■

## BAKED APPLES WITH COCONUT AND CRUMBLE TOPPING

**Servings: 8**

- 6 Envy Apples
- 3/4 cup dark chocolate
- 1/2 cup chopped roasted hazelnuts
- 1 cup instant or rolled oats
- 1/2 cup dried coconut
- 2 tablespoons flour
- 1/3 cup butter
- 2 tablespoons brown sugar
- maple syrup or honey, for serving

### Directions:

Core apples then score skin around apple a few times. Cut small slice from top and bottom to make apple more stable and give room for crumble topping.

Finely chop chocolate and combine with hazelnuts.

Arrange apple slices in lined baking dish.

Fill center of each apple generously with chocolate and hazelnut mixture (reserve about 2 tablespoons for



topping).

Preheat oven to 350 F.

Combine oats, coconut, flour, butter and brown sugar; mix well.

Top each apple generously with crumble mixture, creating small mound on top of each apple; sprinkle with reserved chocolate and hazelnut mixture.

Bake apples 20-25 minutes, or until crumble is golden and apples start to soften.

Serve with drizzle of maple syrup or honey.



## THIRD MONDAY BINGO

Enjoy Bingo on Monday, Nov. 20, 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. ■

## MEMORIAL WALL TO BE DEDICATED

On Veterans Day, Saturday, Nov. 11, at 10:30 a.m., at the Freedom Park in Minburn, a public dedication of the Dallas County Veterans Memorial Wall will be held. The DC Veterans Memorial Wall was organized by a small committee of Minburn citizens and will be completed this fall. The wall was built by family and friends dedicating a brick to a veteran they know, concluding in 325 bricks total. The Memorial Wall is placed near the Dallas County Freedom Rock, completing the Freedom Park. ■

### JOKE OF THE WEEK



*Did you hear about the guy who drank invisible ink? He's at the hospital waiting to be seen!*

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## CLASSIFIED ADS

**COMMUNITY THANKSGIVING:** FREE Thanksgiving Dinner on Nov. 23rd at Meadowview Elementary, 1300 S. 15th St, Adel from 11am to 1pm. To set up meal delivery or for more info, please call Lincoln Savings Bank at 515-993-5663.

**FOR SALE:** General electric glass top double oven range. It is electric, has air-fry, conv bake, warming burner, self & steam clean. used for 7 1/2 months \$850.00. Call 515-745-5002.

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