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SEEN IN ADEL



BOUTIQUE OPENS IN NEW LOCATION: The Adel Partners Chamber of Commerce hosted a ribbon cutting for Azalea Lane Boutique's new location at 803 Main St., Adel, on Feb. 10. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 60 | LOW 38

Mostly sunny, windy and mild



SATURDAY HIGH 71 | LOW 52

Mostly sunny, breezy and warm



SUNDAY HIGH 74 | LOW 35

Very windy and mostly sunny



MONDAY HIGH 54 | LOW 30

Partly sunny, windy and cooler



TUESDAY HIGH 59 | LOW 32

Sunny, breezy and mild



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FROM THE PUBLISHER

LIFE LESSONS FROM A WRESTLING COACH

I met some friends recently who were in town for the Iowa High School State Wrestling tournament. It is a reunion of sorts for wrestlers and fans around the state to congregate over food and drink and talk about the glory days. I look forward to it each year.

This year, I had the opportunity to meet a great man from my hometown of Algona. His name is Phil Bode. He was a state runner-up for the Bulldogs at 154 pounds in 1969. After high school, he accepted a scholarship to wrestle at Louisiana State University, and he decided to make the state his home from then on.

Phil accomplished what very few have for the sport of wrestling, launching or working with 10 wrestling programs in the state. Accolades about him could fill this column, but, instead, I am sharing three stories that will hit home regardless of your interest, or lack thereof, in wrestling.

Lesson No. 1: The 5-minute rule. Phil said he coined the 5-minute rule, and he has used it throughout his coaching career. He told his athletes that, when they won, they would be hoisted on

their teammates' shoulders, and they would all celebrate the victory... for 5 minutes. He also told his wrestlers that, when they would lose, he would give them time to reflect, scream, cry or do whatever they had to do to react to the loss... for 5 minutes. Then, win or lose, they would move on. That's great advice for all of us in addressing the challenges we face in our lives.

Lesson No. 2: Those who defeat you are not your enemies. Most all of us who competed in athletics distinctly remember our losses. Phil shared how he was defeated 11 times by Keith Abens of Humboldt, who went on to be a two-time All-American at Iowa State. "I learned that Keith was not my enemy; he was my motivator. Those losses inspired me to improve every day. Without that inspiration, I would not have achieved what I have done in my lifetime."

Lesson No. 3: Go all in. Phil wanted to start a wrestling program at a high school in Louisiana where he was hired to coach football, but the district would not fund the



purchase of a wrestling mat. After discussing with his wife, they decided to use their cars as collateral for a personal loan of \$4,000 to buy one. On Christmas Eve, Phil received a phone call that the truck with the mat on it was at the high school for delivery. When he went to unload it, the school principal showed up and asked why there was a wrestling mat in the gym, pointing out he didn't approve the purchase. "I bought it," Phil told him. "And here's the deal. If you like the job I do with this team, then the district can buy the mat from me in two years for \$4,000. If you don't like the job I have done, then I will leave and take the mat with me." The program thrived, and Phil's message moving forward was quite simple: "If you are not willing to put everything you have into something you truly believe in, then you are not all in."

Phil Bode was all in, and he still is. ■



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ADEL
Living Weekly

A publication of Big Green Umbrella Media, Inc.
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SEEN IN ADEL

THE ADEL PARTNERS CHAMBER OF COMMERCE CHAMBER HAPPENINGS, OPPORTUNITIES & WISDOM (CHOW) EVENT WAS HELD FEB. 15 AT THE ADEL PUBLIC LIBRARY WITH SPEAKERS DENNIS LEININGER WITH BLUE KINDNESS AND ADEL POLICE CHIEF WADE BOOK.



Cara Campbell and Philip Stueve



Dusty McFarland and Andrew McGuire



Cody Jay and Shirley McAdon



Deb Bengtson and Derek Garrett



Carmen Johns and Kali Downs



Courtney Puls, Kristie Anderson and Kristi Fuller

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ADM SPORTS SCHEDULE

MONDAY, MARCH 4, 2 P.M.
TRACK: BOYS JV/VARSITY @ UNI

TUESDAY, MARCH 5, 2 P.M.
TRACK: GIRLS JV/VARSITY @ UNI

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RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

ADEL PUBLIC LIBRARY EVENTS

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

BY OLIVIA OSBORN

In March, we are celebrating Smokey Bear's 80th birthday. Join Smokey in completing a reading challenge to learn about wildfires and the environment in honor of his birthday. You'll get to read books, earn badges, and maybe even snag a couple of prizes.

Along with our regular storytimes this month, we have a few special programs planned:

- **Move & Groove Storytime (0-5 years)** – Every Tuesday in March at 10 a.m. *Except March 12
- **My First Storytime (0-36 months)** – Every Wednesday in March at 9:30 a.m. *Except March 13
- **Preschool Storytime (3-6 years)** – Every Thursday in March at 10 a.m. *Except March 14
- **Dallas County Conservation Storytime (Ages 3 and older)** – March 4 at 10 a.m.
- ***Unicorn Storytime (3-7 years old)** – March 12 at 10 a.m.
- ***Family Program: Fire Safety & Bears** - March 14 at 10 a.m.
- ***Easter Storytime & Egg Hunt (Preschool-second grade)** – March 28 at 4 p.m.

AFTER SCHOOL PROGRAMS

- **Homeschool Book Club (first grade and up)** – March 7 at 10 a.m.
- **Teen Advisory Board (grades 6-12)** – March 7 at 4 p.m.
- **Tail Wagging Readers (all ages)** – March 7 at 4:30 p.m.
- **Laser Show with Absolute Science (all ages)** – March 11 at 1 p.m.
- **Teen Hang-Out (grades 6-12)** – March 13, 1-3 p.m.
- ***STEAM with ISU Extension: Touch & Feel Texture (grades K-5)** – March 19 at 10 a.m.
- ***Elementary Book to Art: Illustrators (grades K-5)** – March 19 at 4 p.m.
- ***Teen Tributes with Every Step Grief Services (grades 6-12)** – March 21 at 4 p.m.
- ***Library D&D (grades 7-12)** – March 22, 2-4 p.m.

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

NOTE: The library will be closed March 29 and 30 for Good Friday/Easter. We are excited to see you in the library this month! ■

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HELP VETERANS AT THE DES MOINES VA HOSPITAL

Federal funds may not be used to purchase personal items for veterans at VA Hospitals. Like many other American Legion Auxiliaries, Adel ALA Unit 464 steps forward to collect clothing and other items needed by vets in the Des Moines VA Hospital or in their domicile. Currently, the following are being requested: men's sweatpants/athletic pants (size S-XXL), men's sweatshirts (size S-XXXL), men's coats (size-XXL), men's underwear (size S-L), great condition large print used books, individually wrapped snacks, and decaf ground coffee.

Donations are welcomed to be dropped off at 1305 S. 15th St., Adel, or contact Shirley McAdon at 515-993-4862 for pick up. ■

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. ■

FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

PEGGY DIANE CUMMINGS

Peggy Diane Cummings, 71, of Adel, died on Friday, Feb. 23, 2024, at MercyOne Hospital in Des Moines. A visitation for Peggy will be held from 10-11 a.m. on Saturday, March 2, at SonRise Baptist Church in Adel, with a memorial service beginning at 11 a.m. A luncheon with the family will follow.

Memorial contributions are encouraged to the family for a future designation. Online condolences for the family can be made at caldwellparrish.com. ■

EVENTS AT THE BRENTON ARBORETUM

The Brenton Arboretum, 25141 260th St., Dallas Center, will be holding a variety of events. For more information or to register, visit www.TheBrentonArboretum.org/events.

- Wednesdays, March 6, 13, 20, 27, 10-11 a.m., Nature's Healing.
- March 7 and 21 and April 4 and 18, Nature Club, varying times. Register by age group.
- April 21, noon to 3 p.m., Earth Day Celebrations; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels. ■

FAITH'S FLOCK PRESCHOOL RUMMAGE AND BAKE SALE

Faith's Flock Preschool's annual Rummage and Bake Sale will be March 16, 8 a.m. to noon, at Faith Lutheran Church and Preschool. Donations of kids' items will be accepted on March 14 and 15 from 3-6 p.m. at the fellowship/gym entrance. Email Kylee at preschool@faithadel.com with any questions. ■

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EVENTS IN THE AREA

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TAMMY@IOWALIVINGMAGAZINES.COM

Clive Boutique

CLIVE'S CRAFT, VENDOR AND BOUTIQUE SHOPPING EVENT

Saturday, March 9

2100 N.W. 100th St., Clive

www.horizoneventscenter.com/event/clives-craft-vendor-and-boutique-shopping-event

Shop at an estimated 150-plus in-home business booths to help get you ready for spring and summer.

ELKS PANCAKE BREAKFAST BUFFET, BAKE SALE AND THE EASTER BUNNY

Sunday, March 10, 8 a.m. to noon

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

The Easter Bunny will be at the Elks breakfast to greet the children and have treats to share. The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Proceeds support the Elks Hoop Shoot Program, other youth activities and veteran support activities.

ALL IOWA AUTO SHOW

March 15-17

730 Third St., Des Moines

usatventures.com/expos/auto/iowa/#

The All Iowa Auto Show features dozens of manufacturers and auto dealers displaying brand new

makes and models under one roof.

ST. PATRICK'S DAY PARADE

March 16, noon

Grand Avenue, downtown Des Moines

www.friendlysonsiowa.com

The Friendly Sons of St. Patrick brings Des Moines its St. Patrick's Day parade, this year with a new route. The parade will proceed south on Robert D. Ray Drive to Grand Avenue and then west to Eighth Street with the parade officially ending at Eighth and Grand Avenue.

ELKS SPRING STYLE SHOW FUNDRAISER

Saturday, April 6 from 10 a.m. to 2:30 p.m.

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.

YOU CAN GROW ORCHIDS EVENTS

Saturday, April 13

Canoyer Garden Center,

3355 S.E. Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.

DOMES AFTER DARK

Fridays, 6-10 p.m. through March

Des Moines Botanical Garden,

909 Robert D. Ray Drive, Des Moines

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at dmbotanicalgarden.com. ■

RECIPE

CELEBRATE ST. PAT'S WITH A TRADITIONAL IRISH DISH

(Family Features) If St. Patrick's Day inspires feelings of hearth and home rather than leprechauns and green beer, you can celebrate tradition with warm, filling meals that harken back to Irish heritage. Soups and stews are certain to conjure up some nostalgia while soft, delicious cake is a perfect way to honor tradition regardless of your ancestry.

This Irish Sláinte Stew offers a warm welcome to guests with your own way of toasting to the holiday – Sláinte is “cheers” in Gaelic. This hearty meal is perfect for a crowd with traditional stew meat slow-cooked in a Dutch oven with beef broth, spices, carrots, potatoes, herbs and an Irish draught beer. Serve alongside crusty bread that's ideal for soaking up each delicious drop.

If you're looking for additional ways to honor tradition this St. Patrick's Day, consider a few other cozy Irish dishes: boxty (potato pancakes, similar to latkes), boiled cabbage, Irish soda bread, shepherd's pie, corned beef and cabbage, potato soup, Irish coffee, colcannon (mashed potatoes and greens), coddle (typically including pork sausage, potatoes and onions) or seafood chowder.

To find more ways to celebrate St. Patrick's Day, visit Culinary.net. ■

IRISH SLÁINTE STEW

- Oil, for drizzling
- 1 pound stew meat
- 1-2 pinches salt, plus additional to taste, divided
- 1-2 pinches pepper
- 3 tablespoons flour
- 48 ounces beef broth
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 cups potatoes, diced
- 1/2 onion, diced
- 2 tablespoons garlic pepper
- 1 tablespoon dried thyme
- 1/2 tablespoon dried rosemary
- 1 tablespoon dried chives
- 1 bottle Irish draught beer of choice
- crusty bread, for serving

Directions:

In Dutch oven over medium heat, drizzle oil and brown stew meat with salt and pepper. Sprinkle flour over meat.



Add beef broth, carrots, celery, potatoes, onion, garlic pepper, thyme, rosemary and chives. Add Irish draught beer.

Bring to boil, stirring, 5 minutes. Simmer 2 hours, stirring occasionally.

Serve with crusty bread.

DALLAS COUNTY CONSERVATION

To register for for events, visit www.dallascountyiowa.gov/conservation, click on "Public Programs" and scroll down to see program descriptions and to register. If you don't have computer access or need assistance, call the DCCB office at 515-465-3577.

VOAS VOLUNTEER DAY

Saturday, March 2, 9 a.m. to noon

Voas Nature Area, 19286 Lexington Road, Minburn

November's Voas Volunteer Day was such a success that DCCB is having an early spring volunteer day as well. The group will use loppers and handsaws to continue clearing an oak savanna area that is overgrown. Children are welcomed and encouraged to participate. Registration required.

RAPTOR EXHIBIT OPEN HOUSE

Monday, March 11, 10-11 a.m.

Forest Park Museum, 14581 K Ave., Perry

The DCCB Barred Owl has moved to a new location at Forest Park Museum. Consideration of a lot of science, regulation, history and species-specific behavior went into the design of the mew (also known as the raptor exhibit). Learn about the details and better understand this winged education ambassador.

MARCH BIRD HIKE

Tuesday, March 12, 8:30-10:30 a.m.

Voas Nature Area, 19286 Lexington Road, Minburn

Looking for something fun to do with your family over spring break? DCCB will be exploring the diverse habitats at Voas Nature Area to view early migratory species. There is usually a diversity of waterfowl at this time of year. Beginner and seasoned birders welcome. Binoculars and books will be provided. Registration required.

KUEHN WINTER FUN

Wednesday, March 13, 10-11 a.m.

Kuehn Conservation Area, 32828 Houston Trail, Earlham

Spend a day of spring break with a DCCB naturalist at Kuehn for some late winter fun. Explore, play games and check out the bird blind (all in the upper area of Kuehn). Dress for the weather. Registration required. ■

CLASSIFIED ADS

HIRING: Do you want to make a difference? Are you caring, creative and passionate about helping others? Optima LifeServices is hiring Service Coordinators, Direct Support Professionals and Job Coaches. Call 515-478-1189 or stop by 401 Visions Parkway, Suite A.

FOR SALE: Leather lift chair - like new! Battery pack - \$1,200 or best offer. Like new, hip length ladies winter (Liz Claiborne) winter coat, size 14. Call Clara at 515-360-2802.

FOR SALE: Vertical cloth blind. 40" x 36". It is a very light gray color. \$75. Text or phone 515-321-0301.

WANTED: Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

LOOKING TO BUY VINYL RECORDS: Paying cash for 60's-90's rock, blues, country and jazz. Call Brian at 515-326-5033.

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