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RESIDENTS' CHOICE HONORS

RESIDENTS' CHOICE CERTIFICATES WERE PRESENTED TO THE TOP THREE FAVORITES IN VARIOUS CATEGORIES.



Adel Veterinary Clinic



Eric and Anna Trout, Billy's Ice Cream Shoppe



Wyatt Setterburg and Colby Peacock, NexGen Baths



Meggan Cronin and Molly Kuhns, Optima^e LifeServices

MORE PHOTOS INSIDE

ADEL WEATHER FORECAST

FRIDAY HIGH 56 | LOW 33
Mostly sunny 

SATURDAY HIGH 58 | LOW 43
Windy with clouds and sun 

SUNDAY HIGH 62 | LOW 44
Mostly cloudy; showers at times 

MONDAY HIGH 69 | LOW 41
Warmer with clouds and sun 

TUESDAY HIGH 63 | LOW 44
Intervals of clouds and sun 

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FROM THE PUBLISHER

MATCH GAME 2024

A few years ago, I wrote a column that seemed to connect with many of you about Tupperware containers and the assortment of lids we have that don't seem to match anything. I also expressed my frustration in how to store these plastic containers and their tops. My email was full of replies of similar annoyances from many of you, with a few solutions, too.

At the Goodman home, we have worked through some of the Tupperware troubles, as my wife found a lid sorter that actually works, for the most part. As for what they pair up with, well, that's still an ongoing match game.

I don't spend a lot of time in the kitchen, but when I do, I like to be able to find things. In recent searches, I realized we have a new cupboard dilemma. It seems that our nation's obsession with carrying water around everywhere has reached a new level. A regular glass no longer will make do. Neither will a plastic bottle. Not even a portable mug. And heaven forbid someone actually drink out of a water fountain. As many of you know, we now apparently must tote

30 ounces or more of water around in massive stainless steel insulated tumblers. The brand names Yeti and Stanley have become synonymous for these trendy types of cups, and they don't come cheap. Fortunately, some knock-off brands have evolved that work just as well. Unfortunately, these things come in a variety of sizes with a variety of lid options that don't interchange. Sound familiar?

Yes, our cupboards that were full of mismatched Tupperware containers and lids are now full of mismatched stainless steel insulated tumblers and lids. Seriously, how many of these things does one family need?

It seems I am part of the problem, or at least that is what my wife tells me. I enjoy a cup of coffee in the morning on my drive to work, and I often pour it in one of those stainless steel insulated tumblers. I don't like to have those awkward lids that prevent the cup from spilling but don't prevent coffee from dripping down my chin. So



I pass on the lid, which I am told creates the initial separation. From there, I don't know where these things go. I have checked the dryer, and they are not in there with my single socks. I looked under my car seat, but all I found was some loose change and what I think was once a banana peel. I even looked in the cupboards at work, but that only resulted in finding even more of these mismatched cups and lids.

In dealing with our Tupperware container dilemma, I didn't hesitate to throw the old, crusty ones away. The mismatched lids, too. But these stainless steel insulated tumblers don't seem to wear out, and they are too expensive to simply discard. So, the collection of mismatched tumblers and lids continues to grow, and I swear I saw the Tupperware containers and those dastardly lids are smirking at me.

Have a great week, and thanks for reading. ■

Shane Goodman
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Living Weekly

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ADEL WOMEN'S CLUB SALAD LUNCHEON

Enjoy a salad luncheon on Monday, April 8, 11 a.m. to 1 p.m. Salads, sandwiches, desserts and drinks will be served at the First Christian Church, 218 N. Ninth St., Adel. A \$10 donation will be collected at the door. Adel Women's Club supports many local organizations, including the Adel American Legion Auxiliary, Adel Fire Department, Adel Historical Museum, Adel Public Library, ADM Fine Arts Boosters, ADM Scholarship Foundation, Crisis Intervention Center, Dallas County Extension, Girl Scouts, GFWC/IFWC Scholarship, Good Samaritan Food Pantry, Kid's Clothes Closet and more. ■

THIRD MONDAY BINGO

Enjoy Bingo on Monday, April 15, 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. ■

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.

- **April 18**, Nature Club, varying times. Register by age group.
- **April 21**, noon to 3 p.m., Earth Day Celebration; 1-3 p.m., Exploratory Beekeeping.
- **April 27**, 7 a.m., Birds & Bagels. ■

COLLISION? DEER? HAIL? DENTS? DINGS?



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ADM SPORTS SCHEDULE

Friday, April 5

5 p.m. **Soccer:** Boys Varsity Tournament vs. Multiple Schools

Saturday, April 6

9 a.m. **Soccer:** Boys Varsity Tournament vs. Multiple Schools

10:30 a.m. **Track:** Boys JV/Varsity Invitational @ Iowa City West

Monday, April 8

4 p.m. **Golf:** Girls Varsity Meet @ Pleasantville Golf & Country Club

4 p.m. **Golf:** Boys Varsity Meet @ Winterset Golf Course

4:30 p.m. **Track:** Boys JV/Varsity @ Valley

5:30 p.m. **Soccer:** Boys JV vs. Gilbert

5:45 p.m. **Soccer:** Girls JV @ Gilbert

7 p.m. **Soccer:** Boys Varsity vs. Gilbert

7:15 p.m. **Soccer:** Girls Varsity @ Gilbert

Tuesday, April 9

4:30 p.m. **Track:** Boys JV/Varsity vs. Multiple Schools

4:45 p.m. **Track:** Girls JV/Varsity @ Pella

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DALLAS COUNTY CONSERVATION EVENTS

To register for events, visit www.dallascountyiowa.gov/conservation or call the DCCB office at 515-465-3577.

PARTIAL SOLAR ECLIPSE VIEWING

Monday, April 8, 12:30-3 p.m.

Hanging Rock Park, 416 Redfield St., Redfield

Would you like to see a total solar eclipse but don't have the time to travel to Indiana? DCCB will be gathering for a viewing party at the astronomical clock near the Hanging Rock restrooms. The phenomenon begins at 12:43 p.m. and ends at 3:17 p.m., with 2 p.m. as close to totality as we get in Iowa with the sun being 80% obscured. Participants are free to come and go. A limited number of viewing glasses will be available. Registration required.

WEIRD ARTIFACTS

Sunday, April 14, 1:30-2:30 p.m.

Forest Park Museum, 14581 K Ave., Perry

Join the museum curator for a look at some odd artifacts in the Forest Park collection. This is a great chance to view and discuss some of the strangest items in the museum. Registration is not required.

SPRING HIKE

Saturday, April 20, 10-11 a.m.

Kuehn Conservation Area, 32828 Houston Trail, Earlham

Come enjoy spring time with a hike around Kuehn Conservation Area to see what nature is up to with the shift in seasons. Trek down the forest trails to the lower prairie. Dress for the weather. Registration required. ■

ADEL PUBLIC LIBRARY EVENTS

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

BY OLIVIA OSBORN

Join us for Storytime this month. Three mornings a week, we read books, sing songs, make crafts and have fun together.

- **Move & Groove Storytime** (0-5 years old), every Tuesday in April at 10 a.m. *Except April 30.

- **My First Storytime** (0-36 months), every Wednesday in April at 9:30 a.m.

- **Preschool Storytime** (3-6 years old), every Thursday in April at 10 a.m.

We have morning programs for homeschoolers, along with after-school programs. Check them out below.

- **Teen: Book & Recycled Art** (grades 6-12), April 11, 4 p.m.

- ***STEAM with ISU Extension: Wonder of Nature** (grades K-5), April 16, 10 a.m.

- ***Elementary Fun: Pokemon** (grades 2-5), April

23, 4 p.m.

- **Teen: Spring Fling Party** (grades 6-12), April 25, 4-5:30 p.m.

- ***Library D&D** (grades 7-12), April 26, 11 a.m. to 1 p.m.

Did you know that we have programs for adults, too? We have book clubs, in-person speakers, exercise groups, and more.

- **Exercise Group**, Monday through Thursday, 9 a.m.

- **50s Plus Senior Gathering**, April 23, 10 a.m. to 1 p.m.

- ***Yoga at the Library**, Every Wednesday in April, 5:45 p.m.

- **Homeschool Meet-Up**, April 29, 9-11 a.m.

- **Brown Bag Book Club**, April 11, noon

- **Evening Book Club**, April 25, 6 p.m.

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

RESIDENTS' CHOICE HONORS

RESIDENTS' CHOICE CERTIFICATES WERE PRESENTED TO THE TOP THREE FAVORITES IN VARIOUS CATEGORIES.



Terry Chapman of Adel & Winterset TV & Appliance Heating & Cooling



Alicia Hadfield and Deb Bengtson accept the Residents' Choice award for Sweet Corn Festival.



Matt Hemphill, Becky Anderson, Kara McClure, Katrina Christianson, Christina Kroeger and Jamie Bergkamp of Bergkamp, Hemphill and McClure, PC.



Alecia Lleshi, Laura Juffer and Andie Cox of Handsome Hounds Boarding and Grooming. Not pictured are Jordyn Jackson and James Finnegan. ■

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EVENTS IN THE AREA

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Wild Lights Festival at Blank Park Zoo

WILD LIGHTS FESTIVAL

April 5 - May 27, 7:30-10:30 p.m.

Blank Park Zoo, 7401 S.W. Ninth St., Des Moines
blankparkzoo.com/events/calendar/wild-lights-festival

The Blank Park Zoo's Wild Lights Festival returns. Visitors can bear witness to more than 50 hand-crafted creations that light up the zoo. The illuminated Asian mythical creatures create plenty of photo opportunities for families.

TORI'S ANGELS 'SPREADING OUR WINGS'

April 11, 5:30-8:30 p.m.

Stine Barn, 4000 Turnberry Drive, West Des Moines
torisangels.org

The Tori's Angels Foundation has helped more than 145 kids with life-threatening medical challenges until their 19th birthday. This fundraising event includes cocktails and hors d'oeuvres; live and silent auctions including Chicago Cubs tickets /hotel/field passes package, Chiefs and Packers tickets, bourbon and wine baskets and travel packages; and an opportunity to meet some of the kids and families who have been assisted.

MIDDLE OF THE MAP TATTOO CONVENTION

April 12-14

Hy-Vee Hall, 730 Third St., Des Moines

middleofthemaptattoo.com

Exhibits, seminars and entertainment, all inside one building that will put any ink enthusiast in tattoo heaven.

Awards will be presented throughout the weekend for different styles, best sleeves and more. Live musical performances are also featured.

POETRY PALOOZA

April 19-20

Grand View University,
1200 Grandview Ave., Des Moines

poetryamp.org/poetry-palooza

Poetry slams, panels, workshops and book launches create a palooza of poetry. This festival celebrates esteemed poets, cultivates students and emerging talent, and demonstrates the positive power of poetry.

SPRING GALLERY NIGHT

April 19

Historic Valley Junction,
137 Fifth St., West Des Moines

valleyjunction.com

Spring Gallery Night in Historic Valley Junction showcases artwork by regional, national and international artists during their annual Spring Gallery Night. From original artwork, custom jewelry, ceramics, glass, furniture, folk art, fine art reproductions and much more.

DRAKE RELAYS

April 24-27

Drake Stadium, 2719 Forest Ave., Des Moines

godrakebulldogs.com

The Drake Relays draw premier track and field athletes from around the country and some of the best in-state high school track athletes to Des Moines.

GARY'S RIDE: BEAT BRAIN CANCER

Saturday, May 18, 10 a.m.

Rider check-in and pickup is 9-9:45 a.m.

Waukee Raccoon River Valley Trailhead,
Hickman Road and N. 10th St., Waukee

Help support local brain cancer patients and their families by making a charitable contribution toward Gary's Ride's \$45,000 goal. Registration is now open for Gary's Ride. Adult riders registered by May 6 receive the 2024 T-shirt. Register at www.garysrideiowa.org/shop. ■

RECIPE

A BETTER-FOR-YOU WAY TO BEGIN THE DAY

(Family Features) Starting a journey toward better health and wellness can begin the same way you can (and should) start each day: with a nutritious breakfast. A morning meal loaded with nutrient-boosting flavor provides the foundation you need not only for the day at hand, but for a sustainable long-term eating plan, as well.

Consider this Sweet Potato Breakfast Bake as a budget-friendly way to feed your family with plenty of leftovers for days to follow. Full of eggs, bell peppers and turkey sausage, it's a surefire crowd-pleaser that's also loaded with shredded sweet potatoes. According to the American Diabetes Association, sweet potatoes are a "diabetes superfood" because they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease. ■

SWEET POTATO BREAKFAST BAKE

Recipe courtesy of Tessa Nguyen, RD, LDN, on behalf of the North Carolina Sweetpotato Commission

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 12

Ingredients:

- Nonstick cooking spray
- 1 cup sweet potatoes, shredded
- 1/2 cup cooked turkey sausage crumbles or cooked turkey bacon
- 1/4 cup green onions, sliced
- 1/2 cup bell pepper, diced
- 9 eggs, beaten
- 1/2 cup cheddar cheese, shredded
- 1/2 teaspoon black pepper

Directions

Heat oven to 400 F. Spray 13-by-9-inch baking



dish with nonstick cooking spray.

Evenly spread sweet potatoes, sausage or bacon, green onions and bell peppers in dish. Pour eggs carefully into baking dish. Sprinkle shredded cheese and black pepper over eggs.

Bake 15 minutes.

Slice into 12 pieces and serve hot.

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HELP VETERANS AT THE DES MOINES VA HOSPITAL

Since federal funds may not be used to purchase personal items for veterans at VA Hospitals, American Legion Auxiliary Units like Adel ALA Unit 464 step forward to collect clothing and other items needed by veterans 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 athletic shorts (size S-XXL), men's underwear (size S-L), shampoo, large-print books, individually wrapped snacks, and decaf ground coffee.

Donations can 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. ■

EARTH DAY TRASH CLEAN-UP

Monday, April 22, 10:30 a.m. to noon
North Raccoon River Wildlife Area
Snyder Tract, Lexington Lane, Minburn

Join others for an Earth Day classic: a public lands trash clean-up. Come to learn more about the interesting Snyder Tract property and help make a difference for the land, water and wildlife in Dallas County by removing trash and junk of all sizes. Work gloves, pants and closed-toed shoes are recommended. Registration not required. ■



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FOR SALE: 2009 Artic Cat 550 4 Wheeler. Comes with 60 inch blade. 770 miles. Very clean. \$4,000. Call 515-360-8755.

WANTED: Vacuum cleaner repairman who makes house calls in Adel. 515-414-5319.

FOR SALE: Used Toro 48" ZX time cutter riding lawn mower. Works fine. \$500. 515-314-9803 and leave a message.

HELP WANTED: Looking for a handyman or carpenter to tear an old fence down and rebuild in Van Meter. We have the material and have started work but would rather pay someone to do it. It is wood covered with chicken wire attached to railroad ties. If interested please call 515-321-0301.

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