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BASE PARTICIPATES IN ANNUAL DAY OF SERVICE TO COMBAT HUNGER

BASE has designated April 11 as an annual Day of Service. The business has been in the Adel community for more than 20 years and supports local organizations to get food and other necessities to those in need. BASE made Motivation Cards to support the Food Bank of Iowa Backpack Sack program. The team at BASE also participated in a food drive and delivered food and monetary donations to the Adel Good Samaritan Food Pantry Backpack Sacks and Kids Summer Food Bags programs available to support youth in and around the community.

“BASE is no stranger to supporting the Adel Good Samaritan Food Pantry over the years. Today, our team came together along with other area team members to support a great cause and combat hunger in the community we work and many of us live. It’s a tremendous feeling knowing the impact we are making to those in need,” said BASE President Adam Harrington.

BackPack Sacks provide meals to students in grades K-12 that are food insecure on the weekends throughout the school year, while the Kids Summer Food Bags are available to kids weekly throughout



BASE employees help combat hunger with donations of food and money.

the summer months and include seven breakfast food items, seven lunch, and seven snacks.

Holly Ambrose, a BASE employee, said, “It was awesome to see the entire team come together with donations and creative inspirational cards. We collected a ton of stuff that should make huge impact on the kids right here in our community, which is amazing to be a part of.” ■

ADEL WEATHER FORECAST

FRIDAY HIGH 60 | LOW 31
Windy; times of clouds and sun



SATURDAY HIGH 51 | LOW 30
Breezy with sun and clouds



SUNDAY HIGH 60 | LOW 39
Mostly sunny and warmer



MONDAY HIGH 66 | LOW 45
Breezy and cloudy; p.m. showers



TUESDAY HIGH 64 | LOW 37
Breezy with clouds and sun



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FROM THE PUBLISHER

GLOOM, DESPAIR AND AGONY ON ME

“If it weren’t for bad luck, I’d have no luck at all.” Those are the words from a song in an ongoing skit from the TV variety show “Hee Haw” that I recall from my youth. “Gloom, despair and agony on me.” If you remember the show, you are singing along. If not, be patient.

Some people think other folks have all the luck, and they don’t hesitate to state this repeatedly. They play the “victim” role, expecting the worst to happen to them over and over and over. And, quite often, it does.

I am convinced that self-fulfilling prophecies — a prediction that comes true, at least in part, as a result of a person’s belief or expectation that the said prediction would come true — are real.

Successful athletes envision themselves scoring that touchdown, hitting that homerun or making that three-pointer. They refuse to see themselves failing. That same confidence, that self-fulfilling prophecy, works in our personal lives, too. When we envision losing that weight, getting that promotion,

or finding that ideal mate, those things tend to happen more often.

I am not a gambler, and my father wasn’t either, but we did play a lot of board games together. When rolling the dice, he would call out the numbers he wanted, and he would often get them. “You have to talk to the dice,” he would tell me. My siblings and I thought he was lucky, but there had to be more to it than that.

I am convinced that much of this “luck” comes from internal confidence, but can positive comments and high expectations from others result in more success or “luck,” too? The Pygmalion Effect says yes. This psychological phenomenon states that high expectations lead to improved performance in a given area, and low expectations lead to worse performance. Psychologists Robert Rosenthal and Lenore Jacobson present this view in their book



“Pygmalion in the Classroom,” noting how teachers’ expectations of their students affect the students’ performance both positively and negatively.

Most of us would agree with this, as we have seen these effects of positive reinforcement. But what about the person who still chooses to be a victim? Gloom. Despair. Agony.

I recall a time as a child when we were having a family dispute. I told my sister that I just wanted “a normal family.” She told me there was no such thing. She was right. Everyone has issues. Some people choose to dwell on their problems and repeatedly tell others about them. Others put their best foot forward, smile and “talk to the dice.” Which one will you be today?

Have a great week, and thanks for reading. ■

Shane Goodman
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ADEL
Living Weekly

A publication of Big Green Umbrella Media, Inc.
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THIRD MONDAY BINGO

Enjoy Bingo on Monday, May 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. ■

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. ■

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 21**, noon to 3 p.m., Earth Day Celebration; 1-3 p.m., Exploratory Beekeeping.
- **April 27**, 7 a.m., Birds & Bagels. ■

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ADM SPORTS SCHEDULE

Friday, April 19

- 4:45 p.m. **Soccer:** Boys JV2 vs. West Des Moines Valley
- 5:30 p.m. **Soccer:** Girls JV @ Carroll
- 5:45 p.m. **Soccer:** Boys JV vs. Carroll
- 7 p.m. **Soccer:** Girls Varsity @ Carroll
- 7:15 p.m. **Soccer:** Boys Varsity vs. Carroll

Saturday, April 20

- 8:30 a.m. **Golf:** Boys Varsity Invitational @ Perry

Monday, April 22

- 4 p.m. **Golf:** Girls Varsity @ River Valley Golf Course
- 4 p.m. **Golf:** Boys Varsity @ Carroll
- 4:30 p.m. **Soccer:** Girls JV2 vs. Des Moines Roosevelt @ Mediacom Stadium
- 5:30 p.m. **Soccer:** Girls JV vs. Des Moines Roosevelt @ Mediacom Stadium
- 7:15 p.m. **Soccer:** Girls Varsity vs. Des Moines Roosevelt @ Mediacom Stadium

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RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

HISTORY

TOWARD CLEANER WATER AND BETTER HEALTH

Prior to the 1890s, there was no town water system, and the citizens of Adel had to depend on wells. Nearly every residence had a well. Most of these wells were hand dug, sometimes to depths of more than 100 feet. It was a slow process. The digger would be lowered down in a big wooden bucket, which he would then fill with dirt. The bucket was pulled to the top by a windlass, emptied, and returned for the next load.

In 1894, the town put in a public water system. A standpipe, or water tower, 100 feet high was constructed at the intersection of 15th and Main streets. Wells were constructed near the light plant and another near the standpipe from which water was pumped into it. Water mains were laid in the streets, and the water was piped into the residences and businesses. The ditches or trenches for the water pipes were all dug by hand. The diggers received \$1.50 per 10-hour day.

There were no city sewers prior to 1900. The better residences in town all had a garden, a woodpile, an outhouse and a barn. Everybody



of any consequence kept a horse and buggy, a cow and often a pig. The pig pen was generally near the barn, and the manure pile, built up each year from cleaning out the stables in the barn, was placed near the pen and sometimes in it. The wood pile was the only sweet-smelling thing on the premises, and the human outdoor plumbing added to the evil effluvia in the air. The first city sewer was built in 1900 and several other sewer lines were constructed in the years following. Since there was no treatment plant, they all emptied directly into the river.

A typhoid epidemic struck the city in 1914. It was after a gathering

of the Missionary Society at the TJ Wilkins home. The State Board of Health looked into the incident and concluded that the city water supply was not to blame. The culprit was, according to a lengthy report: "milk and cream which came from the farm of Gus Wilkins. It was found that the cows from which the milk was taken were pastured along the river, or mill slough, where fishermen and campers are frequent visitors. The entrance to the fishing ground is through the barnyard and past the farm buildings on the Wilkins farm, and the visitors who made use of the fishing grounds and camping place were the likely source of the infection."

After arriving at the above conclusions, the report goes on to make some recommendations to prevent future epidemics or sickness from typhoid. One of them was that the public water supply and sewer system, be made available to all the citizens. It was also recommended that an interceptor line be built to receive all of the present outlet sewers and convey the contents to a sewage treatment plant to be purified before its discharge into the river. ■

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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.

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.

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.

VOAS VOLUNTEER DAY: GARLIC MUSTARD REMOVAL

Saturday, April 27, 9-11:30 a.m.

Voas Nature Area, 19286 Lexington Road, Minburn

With the successful removal of the shrubby understory at the Voas oak savanna, we have created a disturbance that is ideal for the growth of invasive garlic mustard. The good news is that we have been able to control it wherever we pull it. If you have considered other outdoor volunteer days, but thought the work might be too difficult, garlic mustard is an easy pull. Children welcome and encouraged. Registration not required.

MOTHER'S DAY HIKE

Saturday, May 11, 10-11 a.m.

Voas Nature Area, 19286 Lexington Road, Minburn

Celebrate moms with a walk and talk about how some wild mothers take care of their young. Registration required.

INCREDIBLE MINERALS

Sunday, May 26, 1:30-2:30 p.m.

Forest Park Museum, 14581 K Ave., Perry

Join museum staff and volunteers as they show off the mineral collection of the museum. Staff will explain the collection's history and discuss many beautiful and extremely rare specimens. Visitors can bring in specimens for identification. Registration is not required. ■

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EVENTS IN THE AREA

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Drake Relays

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.

DRESS FOR SUCCESS POP-UP SALE

April 24-28

Valley West Mall,

1551 Valley W. Drive, West Des Moines

desmoines.dressforsuccess.org

Dress for Success collects clothing donations that are then sorted for interview or on-the-job appropriateness (those are then available for Dress for Success clients to have as they get into the workforce) and those items that aren't useful for those purposes are saved and sold at the annual Pop-up Sale.

MICHAEL JEFREY STEVENS AND CHRISTIAN HOWES

Sunday, May 5, 2 p.m.

Caspe Terrace, 33158 Ute Ave., Waukee

Over the past 40 years, pianist/composer Michael Jeffrey Stevens has been associated with some of the most important figures in modern jazz. Ranked among the top violinists in jazz, Christian Howes has demonstrated his virtuosity and creativity on numerous recordings since the early 2000s. As

evidenced by their 2023 release, "Precipice," when you combine these two improvisers, you end up with pure beauty and joy in every note. Tickets for Jazz at Caspe Terrace concerts are \$30 each and can be ordered by calling 515-279-6452 or emailing abegold1951@gmail.com. You can also purchase tickets at jazzatcaspe.weebly.com. Seating is limited to 130 so reservations are encouraged. Caspe Terrace is owned and operated by the Jewish Federation of Greater Des Moines.

CENTRAL IOWA WIND ENSEMBLE PRESENTS 'LOLLIPOPS & POSIES'

Sunday, May 5, 3 p.m.

Franklin Events Center,

4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.

MOTHER'S DAY BREAKFAST BUFFET AND BAKE SALE

Sunday, May 12, 8 a.m. until noon

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

Enjoy a delicious Mother's Day breakfast which 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 for \$10 — children younger than 10 just \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran activities. ■

RECIPE

MAKE MOM'S DAY EXTRA SPECIAL

(Family Features) Don't let Mother's Day pass by as just another day on the calendar. Make this year's celebration a true ode to the moms in your life with some extra special touches at breakfast and beyond.

Give Her the Day Off: Whether she's the culinary expert of the home or cooking is usually a team effort, make sure her morning is one of rest and relaxation while you handle kitchen duties from prep to cleanup. These Bacon-Wrapped Egg Muffins are easily customizable to suit your family's favorite tastes with nearly endless possibilities. Just make sure to place a foil-lined cookie sheet under the muffin tin to make cleanup a breeze. ■

BACON-WRAPPED EGG MUFFINS

Recipe courtesy of "Cookin' Savvy"

Ingredients:

- 1 pound regular-sliced bacon (not thick-sliced)
- 10 eggs
- 1/2 cup shredded cheese
- 1/3 cup half-and-half or milk
- 1 tablespoon garlic pepper
- 1/3 cup chopped fresh or frozen spinach

Directions

Preheat oven to 400 F.

Using muffin tin, wrap bacon around inside of each muffin hole. In bowl, whisk eggs, cheese, half-and-half, garlic pepper and spinach. Pour into each hole, filling about halfway to avoid overflowing while cooking. Cook 40 minutes, or until eggs are golden.



Tips: Place muffin tin on cookie sheet lined with aluminum foil to catch grease and make cleanup easier. If you want bacon taste without lining muffin holes, mix fried bacon pieces into eggs.

Substitutions: Line each hole with hashbrowns then add egg mixture. Use broccoli instead of spinach, if desired.

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JANET LEE WAHLERT

Janet Lee Wahlert, 69, of Adel died on Monday, April 8, 2024, at Spurgeon Manor Nursing Home in Dallas Center. Janet was born in Des Moines on Oct. 3, 1954. She grew up in Des Moines and graduated from Hoover High School where she was a state champion swimmer. Her ability for swimming led her to swim under scholarship at the University of Northern Colorado at Greeley. Janet was also an avid skier and member of a competitive ski team in the Des Moines area. She married Lee Wahlert on Sept. 22, 1979. They spent the last 20 years together owning and operating River Valley Golf Course in Adel.

Janet's life revolved around service. Whether it was helping patients with muscular dystrophy, volunteering at the Red Cross, or working with children with special needs, Janet was there to lend a helping hand. She also worked as a nurse for several years, was a volunteer with Boy and Girl Scouts, and was the head coach of the ADM dance team for many years. Not only did Janet take care of members of her community, but she also prided herself on taking care of her family and loved to be involved in any activities her kids or grandkids participated in.

Janet was preceded in death by her parents and her brother, Paul Ford.

She is survived by her husband of nearly 45 years, Lee Wahlert; her children, Roxanne (Joseph) Dardano, Matt Wahlert and Curt (Andrea) Wahlert; her grandchildren, Beau Wahlert, Lilee Wahlert, Isabella Dardano and Noah Dardano; her brother, Jim Ford; her great aunt, Lil; and many cousins and friends.

Burial will be at the Iowa Veterans Cemetery in Adel. Family and friends are invited to a luncheon celebrating Janet's life from noon to 2 p.m. on Wednesday April 24, at the Veterans Reception Center in Van Meter.

In lieu of flowers, memorial donations are encouraged to the Muscular Dystrophy Association or the American Red Cross. Condolences can be made to the family at caldwellparrish.com. ■



CLASSIFIED ADS

FOR SALE: Ladders - 14' fiberglass extension \$110, 16' fiberglass folding \$60, 9' Werner step \$60, also 16' scaffold \$110, 4 gallon buckets \$2 each, 2 lp bottles, Two 20# lp cylinders. Call 515-979-2601.

FOR SALE: Pelonis AC/dehumidifier/fan. This is a free-standing unit which drains through a hose or floor drain. Remote and all booklets included. Only used one season. Cost was \$300 new. Asking \$250. It can be seen during Adel Citywide Garage Sale weekend at 600 S. 12th St. #3C or call 515-339-8647.

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

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.

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