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# SEEN IN ADEL



**ADEL MURAL CELEBRATED:** The Adel Partners Chamber of Commerce hosted a ribbon cutting for the Adel Mural Project. The mural is interactive. When a QR code is scanned, the mural comes to life on the viewer's phone. The mural is located just off the square on the side of the Fiesta Mexican Restaurant building. ■

## ADEL WEATHER FORECAST

**FRIDAY HIGH 72 | LOW 48**  
Mostly cloudy and warmer



**SATURDAY HIGH 75 | LOW 50**  
Sunny and comfortable



**SUNDAY HIGH 79 | LOW 55**  
Partly cloudy and breezy



**MONDAY HIGH 78 | LOW 57**  
Sunny; possible p.m. t-storm



**TUESDAY HIGH 71 | LOW 57**  
Cloudy and cooler; a.m. showers



FROM THE PUBLISHER

# GRAB YOUR GOGGLES, FLIPPERS AND SPEEDO

Swimmingly. That's how you might feel about this column. Or about half of you anyway.

Are you ready to take a dip? Yes, it's early May, and a plunge in anything but an indoor, heated swimming pool might make you shiver. I get it, but I am still looking forward to soaking outdoors in water soon.

What I did not realize is, according to global data, about half of you reading this don't know how to swim. No freestyle. No backstroke. No butterfly. Floating is even a struggle. Yikes.

I spent the bulk of my childhood summers in water, mostly at the city pool but also in nearby lakes. Air conditioning was not as readily available in as many places back then, and being in water was a great way to beat the summer heat.

Despite being in water a lot, it took a while for me to actually learn how to swim. The 10-foot area of the pool was the danger zone, and I knew better than to cross that rope. Then my older brother Steve

decided it was time for me to learn how to swim, and he tossed me into the deep water from the side of the pool as far as he could throw me. It was literally sink-or-swim time, and I rapidly dog-paddled my way back to the side. And he did it again. And again. I wasn't very happy about it at the time, but that is exactly how I learned to swim. A baptism by water, you might say. It's not for everyone, but it worked for me.

Meanwhile, more than half of the global population does not know how to swim. That totals, worldwide, at least 4 billion people. Depending on which half you are in, the number may or may not surprise you. The alarming statistic, though, is that an estimated 372,000 people die from drowning worldwide every year, according to the World Health Organization. Drowning is the third-leading cause of unintentional injury deaths



and accounts for 7% of all injury-related deaths globally. Maybe not surprisingly, the highest drowning rates are among children 1-4 years, followed by children 5-9 years. Also, maybe not surprisingly, males are twice as likely as females to drown. Ten people drown every day in the United States.

Those statistics can be a downer on a Tuesday morning, or they can be inspiration for some of you to learn how to swim. With more than 10,000,000 swimming pools around the world, there are plenty of places to get started. So grab your goggles, flippers and Speedo (maybe not the Speedo), and get ready to meet me at the pool. And if you are already a swimmer, send me a note and let me know how you learned.

Have a great week, and thanks for reading. ■

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# ACCESSIBILITY TOWN HALL MEETING

Robert Fisher of Adel will be hosting a town hall meeting to raise awareness about the importance of power-operated doors to make local businesses accessible. Rep. David Young, Sen. Sarah Trone-Garriot and a representative for Sen. Grassley will be in attendance at the event, to be held Monday, May 13, 4:30-5:30 p.m. at the Adel Public Library Community Room.

Fisher advocated for a power-operated door at the Adel Post Office, which was recently installed. Fisher says the doors are important for people in wheelchairs, parents carrying babies, people with arm weakness and others. "My motto is making the world a better place for people with disabilities," says Robert. "It's very important, and I am passionate about it."

The town hall will include information about power-operated doors and how they can benefit residents and businesses. Business owners are especially encouraged to attend. ■

# 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. ■

# 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. ■

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## ADM SPORTS SCHEDULE

### Friday, May 10, 2024

- 4:30 p.m. **Soccer:** Boys JV2 vs. Carlisle
- 5:30 p.m. **Soccer:** Girls JV vs. Carlisle
- 5:30 p.m. **Soccer:** Boys JV vs. Carlisle
- 7 p.m. **Soccer:** Girls Varsity @ Carlisle
- 7 p.m. **Soccer:** Boys Varsity vs. Carlisle

### Saturday, May 11, 2024

- 9 a.m. **Soccer:** Girls JV2 Triangular @ Bondurant-Farrar High School
- 3 p.m. **Soccer:** Boys JV Triangular @ Bondurant-Farrar

### Monday, May 13, 2024

- 9 a.m. **Esports:** Varsity State @ Marshalltown Orpheum Theatre
- 10 a.m. **Golf:** Boys Varsity Districts @ Atlantic
- 12 p.m. **Golf:** Girls Varsity Invitational @ Ballard

### Tuesday, May 14, 2024

- 5 p.m. **Baseball:** JV vs. Dowling Catholic
- 7 p.m. **Baseball:** Varsity vs. Dowling Catholic

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# EVENTS AT THE BRENTON ARBORETUM

A variety of programs are planned at The Brenton Arboretum, 25141 260th St., Dallas Center. For more information or to register, visit [www.TheBrentonArboretum.org/events](http://www.TheBrentonArboretum.org/events).

- **Nature Club**, varying times, register by age group: May 16, June 6 and 20, July 4 and 18, Aug. 1 and 15, Sept. 5 and 19; Oct. 3 and 17, Nov. 7 and 21, Dec. 5 and 19.
- **Nature's Healing**, Wednesdays in May, 10-11 a.m.
- **Plein Air Art Festival**, May 19, 1-4 p.m.
- **Homeschool field trip**, May 20, 10 a.m. to noon.
- **Animal Odyssey camp**, May 30-31. ■

## ADEL PUBLIC LIBRARY EVENTS

- **Library D&D (grades 7-12)** – May 17 at 1 p.m. Registration required.
  - **Exercise Group** – Monday through Thursday at 9 a.m.
  - **Yoga at the Library** – Every Wednesday in May at 5:45 p.m. Registration required.
  - **Homeschool Meet-Up** – May 20 from 9-11 a.m.
  - **Evening Book Club** – May 30 at 6 p.m.
- Register for programs at [adelpl.org](http://adelpl.org). ■

## NEEDS LIST FOR 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. ■

### WE WILL RUN YOUR ADEL NEWS ITEMS FOR FREE.

Email your news by Wednesday at 5 p.m. to:  
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## FUNERAL NOTICES

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

### TERRY LEE CLARK

Terry Lee Clark, 76, of Adel, died Friday, May 3, 2024, at MercyOne Medical Center. A visitation will be held on Sunday, May 19 at Caldwell Parish Funeral Home in Adel where family will greet friends from 1-3 p.m. with a prayer service beginning at 3 p.m. Committal services will be at 11 a.m. on Monday, May 20, at the Iowa Veterans Cemetery in Van Meter, with a luncheon following at the Van Meter Legion.

Terry was born Jan. 25, 1948, in Des Moines. He graduated from Van Meter Community School in 1966. He attended Grand View University before joining the United States Air Force in 1968. He was united in marriage to Deanna (Dee) Dooley on Nov. 9, 1968. They were blessed with two children, Jeff Clark and Dana Clark.

After many years of working at Firestone in Des Moines, Terry eventually retired from the U.S. Postal Service and Iowa National Guard. He maintained the family farm in rural Van Meter and was a member of the Van Meter Legion Post 403.

Terry is survived by his daughter, Dana Clark, and her two children, Irelynn and Finn, all of Adel; additional granddaughters, Cassidy (Brandon) Abrams and Stormi (Austin) Reichle; grandson Zachary Mitchell; great-grandchildren, Adam Mitchell and Ezekiel and Lane Abrams; sisters, Patti Clark of Adel and Tina Putnam of Grimes; sister-in-law Davia (Chuck) Kahle; brothers-in-law Fr. Thomas Dooley and Steve Lininger; and numerous nieces, nephews, other family and friends.

He was preceded in death by his wife of 48 years, Deanna; son, Jeff Clark; brother, Ronald Clark; sister, Cheryl Connolly; sisters-in-law, Patricia Hamilton, Kathleen (Kandy) Lininger and Judy Clark.

Terry enjoyed taking a drive in his 1962 Corvette, enjoying conversation over a cup of coffee or a few beers, but, most importantly, spending time with his friends and family, especially his grandchildren. He will be dearly missed by those left to remember the legacy he created. Memorial contributions may be directed to the Van Meter Legion Post 403. Condolences can be made to the family at [caldwellparrish.com](http://caldwellparrish.com). ■



### MICHAEL CLARK

Michael Clark, 76, of Winterset, died at the Iowa VA Hospital in Des Moines on Thursday, May 2, 2024. Mike was born on April 20, 1948, in Indianapolis, Indiana. He proudly served his country in the Army. He worked as an appliance repair technician for many years, first at his own business, Alco Appliance, then at Adel Winterset TV & Appliance. He married Sandra Lynn Newby in Mt. Ayr on Oct. 24, 1978.

Mike enjoyed working in the garage, riding motorcycles and cars, and fishing. He always said he had the fastest car in Sarasota County and was a nomadic motorcycle enthusiast. In his younger years, he raced motorcycles and stock cars. He liked to garden with his wife, Sandy, and was always proud to be a father to four girls, Michelle, Mindy, Melissa and Kimmie.

Mike is survived by his daughters, Melissa and Kimmie Clark; cousin, Buddy Clark; and many nieces, nephews and extended family. He was preceded in death by his wife, Sandy; daughters, Michelle and Mindy Clark.

Funeral services were held May 7 at Caldwell Parrish Funeral Home, Winterset Chapel. Burial of cremated remains took place May 8 at the Iowa Veterans Cemetery with military honors. Memorial contributions may be directed to the Van Meter American Legion. Online condolences may be expressed to the family at [www.caldwellparrish.com](http://www.caldwellparrish.com). ■



**EVENTS IN THE AREA**EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**GREENBELT MUSIC FESTIVAL****May 17-18****Horizon Events Center, 2100 N.W. 100th St., Clive**  
[horizoneventscenter.com](http://horizoneventscenter.com)

This music festival returns to the Horizon Events Center with double-digit musical acts to fill your weekend, starting Friday at 3 p.m. and going till Saturday at 11 p.m. Kids 12 and younger enter for free. Indoor and outdoor stages. The Friday entertainment is headlined by Railroad Revue with Lindsay Lou and Yonder Mountain String Band. Saturday's headliners are Umphrey's McGee, Sierra Hull, and Daniel Donato's Cosmic Country. Enjoy vendors, a silent disco, goats, Kids Zone, face painting, food trucks and more.

**ANKENY ART FESTIVAL****May 11****Uptown Ankeny,**  
**Third Street and Walnut Street, Ankeny**  
[www.ankenyartcenter.org/artfestival2024](http://www.ankenyartcenter.org/artfestival2024)

Join the Ankeny Art Center for a fun-filled day of art, demonstrations, shopping, food, live music and more.

**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. Register at [www.garysrideiowa.org/shop](http://www.garysrideiowa.org/shop).

**VALLEY JUNCTION ARTS FESTIVAL****May 19, 10 a.m. to 4 p.m.****100-200 Blocks of Fifth Street, West Des Moines**[www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival](http://www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival)

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival.

**VIETNAM WAR LIVING HISTORY EVENT****Iowa Gold Star Military Museum,**  
**7105 N.W. 70th Ave., Johnston****Saturday, June 1, 9 a.m. to 5 p.m. and Sunday,**  
**June 2, 9 a.m. to 1 p.m.**

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free. ■

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## RECIPE

# MAKE MOM'S DAY WITH A CRAVEABLE BRUNCH

*(Family Features)* There's perhaps no better occasion to show off your kitchen skills than Mother's Day, a perfect opportunity to turn the tables on mom and let her relax while you handle cooking duties. A homemade breakfast — or better yet, letting her sleep in for brunch — is a sure way to win her over and show how much you care.

If a full Mother's Day celebration is on the menu, try this hearty dish. A frittata provides the best of both worlds, as it's a filling meal that's also easy to make — just let the oven do the work. This Apple, Tomato and Goat Cheese Frittata is no exception as it calls for a handful of everyday ingredients you can whisk together in a cinch. While it's in the oven (about 30 minutes, give or take) you can put the finishing touches on your last-minute decorations and handwritten cards. ■

## APPLE, TOMATO AND GOAT CHEESE FRITTATA

### Ingredients:

- 6 eggs
- 1 teaspoon hot pepper sauce
- 2 teaspoons kosher salt
- 20 turns fresh cracked pepper
- 1/4 cup whole milk
- 1 Envy Apple, small diced
- 1/2 cup sundried tomatoes, chopped
- 4 ounces goat cheese, crumbled
- 2 tablespoons thinly sliced chives

### Directions

Preheat oven to 350 F.  
In large mixing bowl, whisk eggs, hot pepper sauce, salt, pepper and milk until well combined.  
Stir in apples, tomatoes, goat cheese and chives until well combined.  
Using 1/3 measuring cup, spoon frittata mixture into oven-safe large skillet or 9-by-9-inch pan.  
Bake 25-30 minutes, or until eggs are set.  
Let cool slightly then serve.



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# SEEN IN ADEL

THE ADEL PARTNERS CHAMBER LUNCH WAS HELD APRIL 18.



Courtney Puls and Carmen Johns



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## CLASSIFIED ADS

**SUNGLASSES SALE:** Adel Vision Clinic is having a sunglass sale from May 1 to 10. Prescription sunglasses are 30% off and non-prescription are 20% off. A representative from Ray Ban will be in the clinic on May 3 from 1-4 p.m. with additional styles. Adel Vision Clinic is located at 813 Main St.

**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:** Saris bike rack, holds 2 bikes, used twice, 3 years old, \$200. Call 515-249-7195.

**FOR SALE:** Palonis AC/dehumidifier/fan. This is a free-standing unit with remote. 110 volts with drain hose, exhaust pipe and window sliders. All parts, booklet and receipt included. Used only one season. Cost was \$300, asking \$250 O.B.O. Can be seen in Adel or I can text a pic. 515-339-8647.

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

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