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ROTARY CLUB OF ADEL CELEBRATES 100 YEARS

The Rotary Club of Adel celebrates its 100-year anniversary with the dedication of Rotary Plaza on May 24 from 4-7 p.m. with an ice cream social, face-painting and live music. The Adel Partners Chamber of Commerce will help formally dedicate Rotary Plaza at 5 p.m.

When it was granted Rotary International Charter No. 170 on April 28, 1924, Adel had a population of 1,500, which made Adel the smallest town in the world to have a Rotary Club. With permission, Adel Rotary chose the transformation of Pedal Plaza into Rotary Plaza for its 100-year anniversary project by upgrading the



paving, adding landscaping, and installing a new Rotary bench, a Rotary arched entrance, musical flowers, a picnic table and interpretive signs. The drinking water fountain, Rotary bike rack, bike repair station and trash receptacles were relocated as part of the project.

Rotarians are committed to improving the quality of life for people and creating community. Providing this place for bikers and walkers to enjoy the amenities, just rest or linger to visit with others there, was one of the goals of the project. Visitors can take time to read the

informational plaques or join in the pop-up events planned for the space — an art show, a poetry reading, a jam session, or a solo musical or theatrical performance.

Contributors that will be recognized at the event include the Adel Partners Chamber Trail Committee, T-Mobile, the Rotary International Foundation, the Dallas County Foundation, the City of Adel, The Ball Team, Extreme Tree, Red Fern Landscape Design, and the Dallas County Conservation Board.

Come help the Rotary Club of Adel celebrate 100 years. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 83 | LOW 59
Partly sunny



SATURDAY HIGH 82 | LOW 51
Mostly sunny and breezy



SUNDAY HIGH 78 | LOW 61
Partly sunny; p.m. thunderstorm



MONDAY HIGH 80 | LOW 59
Partly sunny; p.m. thunderstorm



TUESDAY HIGH 74 | LOW 52
Strong a.m. thunderstorm



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FROM THE PUBLISHER

DO YOU TALK WITH YOUR HANDS?

I was recently watching two people I did not know having a conversation from afar. I could not hear what they were saying, but I could see their physical actions. One was standing calmly, hands by her side, making eye contact while she spoke and while she listened. The other had her hands and arms flailing, head moving side to side, feet fidgeting, eyes all over the place. Of all her actions, the hands and arms moving was the most noticeable, at least from a distance. It made me wonder, why do some folks “talk” with their hands while others don’t?

I did a bit of research, and the answer, maybe not surprisingly, seems to be based on who wrote the story and whether or not that person talks with his or her hands.

The first reference is from the Wu Tsai Neurosciences Institute at Stanford University, and it shared information on electrodes, brain patterns, motor cortex and neurons. I got lost in the first paragraph, but some of you may find it interesting. I am guessing very few of the

folks involved in the study do much talking with their hands.

The second was called “The Fascinating Science Behind ‘Talking’ With Your Hands,” and it said we all do it. This was clearly written by someone who does, which is noticeable by the renaming of the action to “gesturing.” It says gesturing helps you understand other people, acts as a “second language” and is a healthy part of child development. In short, it states that gestures help express thoughts more effectively, noting that the most popular TED Talks speakers used an average of 465 hand gestures, nearly twice as many as the least popular speakers. It also references research that found people who talk with their hands tend to be viewed as warm, agreeable and energetic, while those who are less animated are seen as logical, cold and analytical.

And finally, an article at



littlethings.com brings it “right down to Earth in a language that everybody here can easily understand.” Their piece is entitled “What ‘Talking With Your Hands’ Really Says About You,” and it says hand gestures make you easier to understand, indicate strong leadership skills, make you more likable, are a sign of intelligence, and help you to learn.

Now, I am not agreeing or disagreeing with any of these interpretations, but I do have a much simpler view. These who talk with their hands tend to talk a lot anyway, and those who don’t talk with their hands tend to be quieter and more reserved. What do you think? Do you talk with your hands? What does it say about you? Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

HAROLD 'RAY' CRANNELL

Harold Raymond "Ray" Crannell, 90, of Adel, died on Monday, May 6, 2024, at the VA Medical Center in Iowa City surrounded by family. Ray was born in Bouton on Christmas Eve in 1933. He spent his childhood on his family farm and graduated from Perry High School. After graduation, he entered the service. Ray served in the Korean War from 1953-1957 as a member of the United States Air Force repairing B29 Bomber plane engines. Upon his return from the service, Ray started his career as a hog buyer.



It was near his family home that Ray met the love of his life, Glenna Barnett, at the Lake Robbins Ballroom. They married on June 21, 1959, and raised four children together. They enjoyed listening to classic country music and dancing, finding hidden treasures at garage sales, traveling in their camper, and spending time with family. In his free time, Ray enjoyed tending to his yard/garden, tinkering in his garage, and creating woodworking projects. He will be remembered as a loving father, grandfather, brother and friend.

Ray is preceded in death by his wife, Glenna; his siblings, Helen, Doris, Donald and Roger; and his son, Steven Crannell.

Those left to cherish Ray's memory are his children, Michael (Alison) Crannell, Lisa (Dave Vajgrt) Gassman, and Matthew (Malinda) Crannell; his daughter-in-law, Vicki Crannell; his siblings, Larry (Linda) Crannell, JoAnn Noack and Donna Acklin; his sister-in-law, Dorthea Peterson; and eight grandchildren, 26 great-grandchildren, and many nieces and nephews.

A private family graveside service will be held at Violet Hill Cemetery in Perry. Memorial contributions can be made to the family for a future designation. Condolences can be expressed to the family at caldwellparish.com. ■

ADM SPORTS SCHEDULE

Friday, May 17

- 9 a.m. **Track:** Boys/Girls JV/Varsity Coed State Meet @ Drake Stadium
- 5 p.m. **Baseball:** Varsity Double Header vs. Waukee Northwest

Saturday, May 18

- 9 a.m. **Track:** Boys/Girls JV/Varsity Coed State Meet @ Drake Stadium

Monday, May 20

- 4:30 p.m. **Softball:** Freshman vs. Boone
- 5 p.m. **Baseball:** JV vs. Boone
- 5:30 p.m. **Softball:** JV vs. Boone
- 6 p.m. **Soccer:** Boys Varsity Substate vs. TBA
- 7 p.m. **Baseball:** Varsity vs. Boone
- 7:15 p.m. **Softball:** Varsity vs. Boone

Tuesday, May 21

- 9 a.m. **Golf:** Boys Varsity State @ Veenker Memorial Golf Course
- 6 p.m. **Soccer:** Girls Varsity Regional Semifinal vs. TBA



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RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

ADEL MEMORIAL DAY CEREMONY

The Adel American Legion Penoach Post 464 and Auxiliary Unit 464 invite everyone to attend the Memorial Day Ceremony at Adel Oakdale Cemetery Monday, May 27, starting at 9 a.m. This day is our opportunity to give thanks to the heroes who died and the loved ones left behind to make sure that their sacrifices are remembered and that their service to this nation will always be honored. Bring a lawn chair, since no seating is available. In case of inclement weather, the ceremony will not be held. ■

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. ■

HONEY CREEK YOUTH RODEO

Enjoy the future of rodeo: bulls, broncs, barrels and more, on Memorial Day weekend, Saturday and Sunday, May 25-26, 7 p.m. both nights, at the Dallas County Fairgrounds.

The first Honey Creek queen contest will be May 25, 10 a.m. A queen, 14 to 18 years old; junior queen, 9-13; and princess, 8 and younger, will be crowned. Awards will follow 3 p.m. slack.

On May 26, 8-10 a.m., come out to the Fairgrounds for a pancake breakfast hosted by the Goeders Family. A freewill donation will be accepted. ■

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. ■

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ADM SENIOR AWARDED SCHOLARSHIP

ADM senior Jadah Manning has been awarded the 2024 Special Education Teacher Scholarship of Iowa in recognition for her academic accomplishments and educational goals. During her time at ADM schools, Manning has proven herself as a leader both in and out of the classroom. For the past four years, she has participated in both individual and large-group speech, academic decathlon, and was recognized as the Fine Arts Student of the Month at ADM three times in three years.

After graduation, Manning plans to attend Northwestern College in Orange City, where she will study special education with a focus in elementary/early childhood education. Manning credits her classmate with autism, Brycen Timmer, and their shared friendship as her inspiration to pursue a career in special education. "He's a huge inspiration to me and everyone around him, and he's such a bright light in a dark world. He is one of the biggest factors in why I decided on special education for a career path," she said.

After earning her degree from Northwestern College, Manning hopes to teach at an elementary school in Iowa where she'll have the opportunity to work with students who have special needs of differing severities. "I plan on teaching for as long as I am able to, and I want to reach as many students as I possibly can," Manning said. ■

ADEL AMERICAN LEGION AUXILIARY DISTRIBUTES POPPIES

Visit the Adel Fareway Store on Friday, May 24, and on Saturday, May 25, to receive your poppy in honor of military veterans, the military and their families. Inspired by the poem "In Flanders Fields" by Col. John McCrea, the custom of wearing the poppy can be traced back to World War I.

"In Flanders field the poppies blow,
Between the crosses row on row,
That mark our places;
And in the sky the larks,
Still bravely singing, fly,
Scarce heard amid the guns below."

With more than 100 years of rich tradition, National Poppy Day on May 24 stands as a powerful reminder of the cost of our freedom. ■

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.

- **Nature Club**, varying times, register by age group: 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. ■

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. ■

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The Renaissance Faire at Sleepy Hollow returns. The park changes to immerse any and all comers into the olden days for a weekend full of fun. www.sleepyhollowrenfaire.com

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

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. ■

*Open House!***May 23rd, 2024****4PM-7PM**

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DAHL

RECIPE

SHOW OFF YOUR KITCHEN SKILLS

(Family Features) There's perhaps no better way to show off your kitchen skills than by working up a batch of Apple Ricotta Crepes, which require a soft touch to cook the light, silky batter to golden perfection. This rendition of the beloved thin pancakes calls for a ricotta spread and apple-cinnamon topping for a delightful pairing of savory and sweet.

Special occasions with those you love can be uplifted with the aroma and flavor Envy Apples that offer an invitation to savor small moments around the table. Available at Whole Foods and other major grocery stores, the craveable texture and crunch of this leading apple variety provides balanced sweetness as the ultimate apple experience for family gatherings. Along with their delicious flavor, the flesh remains whiter longer, even after cutting, slicing, dicing or cubing, so that homemade meals look as good as they taste. ■

APPLE RICOTTA CREPES

- 2-3 tablespoons sugar, or to taste

Crepes:

- 1 cup flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 cup whole milk
- 2 eggs
- 1 teaspoon vanilla
- butter, for cooking

Apple Topping:

- butter
- 2 tablespoons brown sugar
- Envy Apples, sliced or cubed
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- salt, to taste
- maple syrup

Ricotta Filling:

- 1 cup ricotta cheese
- 1 lemon, zest and juice only

Directions

To make crepes: In bowl, combine flour, sugar and salt. Add milk, eggs and vanilla then, using whisk, combine thoroughly. Mixture should be silky smooth. Refrigerate.

To make apple topping: In pan over medium heat, heat butter and brown sugar until bubbly and golden.

Add apples, cinnamon, nutmeg and salt, to taste; cook over medium-low heat until apples are soft. Turn off heat and finish with maple syrup.

To make ricotta filling: Combine ricotta, lemon zest, lemon juice and sugar, mix well and set aside.

In nonstick pan over medium-low heat, melt small amount of butter.

Add one ladle crepe batter, cook



until bubbles form, flip and cook until golden. Repeat with remaining batter. Stack crepes to keep warm and soft.

Spread ricotta

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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HISTORY

ADEL'S EARLY HOTELS

BY MIKE FLINN

The Hill House, a small story-and-a-half house, was probably the first establishment to be called a hotel in Adel. It was located near the Raccoon River where the ferry crossed (west of present county engineer's office) and served many gold seekers on their way to California.

At about the same time, Jacob Frush erected a building of walnut plank, aptly named The Plank House, that was used as a hotel for riders of the stagecoach. It was located at Sixth and Main and later became the Forrester House when the plank exterior was veneered with brick. In 1888, the Forrester House was sold to J. W. Buchanan, and the name was again changed, this time to the Adel House.

A small hotel, or rooming house, once stood at 112 S. Ninth St. It was a framed two-story building. In 1894, it was owned by Burt Morris and was also run by the Mendenhall family at one time. By 1914, it was called the Iowa Hotel with Mrs. Jenny McFarland as proprietress. It was a small hotel, but she made a success of it. It was conveniently located in a popular place for those not seeking a more expensive place. The building was removed when Dr. Whitmer came to Adel in 1903 and built his dental office and home there.

The property at 202 S. 11th was once a rooming house owned by

Bill Smith. It also might have been a stage stop, but I could find no record of that.

From its founding, Adel had to fight to keep its county seat designation. One of its shortcomings, often pointed out by those towns who aspired to be the county seat, was its lack of a first-class hotel. Citizens like Dr. Caldwell, J. W. Bly, J. W. Russell and S. M. Leach stepped up and formed the Adel Improvement Company which sold stock for the purpose of developing a hotel. The money was raised and, in 1888, a lot was selected at the northwest corner of the courthouse square. The new hotel was named the Arlington. The local newspaper described it at the time as "A first class hotel at which to stop. A better hotel than exists in any other town in the county. A hotel equal in all matters of comfort to any in the state and one that every citizen in Adel feels proud of."

In 1903, a small hotel was built on the corner of Main and Sixth and was also referred to as the Adel House. In 1914, when E. W. Woodruff took over operation, the name was changed to the Woodruff Hotel. Sometime later, the name was changed to the East Hotel. In the 1920s, Sunday dinners were served at the East Hotel for those with 35 cents to spend. When it was no longer needed as a hotel, it became the East Lynn Apartments and is the last of Adel's hotels still standing. ■

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: 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.

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ADEL MAY 2024

Living

COMPETING for TIME

Residents share how relationships are the "win" in sporting together

and asparagus tortellini