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# 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. ■

*“That Nation which respects and honors its dead, shall ever be respected and honored itself.”*

– BREVET LT. COL. EDMUND B. WHITMAN, 1868

## ADEL WEATHER FORECAST

**FRIDAY HIGH 73 | LOW 48**  
Cloudy with a couple showers



**SATURDAY HIGH 75 | LOW 58**  
Partly sunny and pleasant



**SUNDAY HIGH 71 | LOW 52**  
Cloudy with a strong t-storm



**MONDAY HIGH 77 | LOW 53**  
Partly cloudy and pleasant



**TUESDAY HIGH 77 | LOW 53**  
Pleasant with clouds and sun



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FROM THE PUBLISHER

# SKIN IN THE GAME

This week, we are going to find out how much skin you have in the game. That's right. Skin. We talk a lot about this outer covering of our bodies and even sometimes unfairly judge others because of it, but why? Too blotchy. Too dark. Too freckled. Too tan. Too pimply. Too pale. All this over skin? Apparently so.

Yes, skin is our largest organ, accounting for up to 15% of our body weight and covering approximately 22 square feet. And, yes, it has up to seven layers of tissue that guard our muscles, bones, ligaments and internal organs. It's important stuff, no doubt. It has also become part of our vernacular with a variety of somewhat awkward uses and meanings.

Those who are described as having "thick skin" may be called hardened, insensitive, implacable. Those who are called "thin-skinned" might be considered delicate, hypersensitive, emotional.

We have likely all met a deadline or goal by "the skin of our teeth,"

meaning we barely accomplished something great or narrowly missed something disastrous.

Being "comfortable in our own skin" is said to be a good thing, as we are content, confident and happy with who we are and not feeling the need to pretend or be someone we are not.

In the 1970s, we used to say, "Give me some skin" and then extend a hand for a high-five. That was far out, man.

To "save someone's skin" means to help someone get out of a dangerous or difficult situation. The phrase dates back to the 1500s when "skin," in this sense, referred to the body in the process of hanging or beheading.

To "get under someone's skin" means to irritate or upset that person. All this stuff about skin may be getting under your skin right now.

We are often told that beauty



is only skin deep, meaning what matters is a person's character and not his or her appearance. Meanwhile, American women alone spend an average of \$3,756 per year on beauty products and services, and beauty companies spend an estimated \$7.7 billion on advertising their products and services.

And finally, we all know there is more than one way to skin a cat, but why would we? Of course, this gruesome reference means various ways exist to accomplish the same task, but removing a cat's skin? Apparently, a debate on cat-skinning once existed, addressing whether to boil the cat after it was killed or while it was still alive.

And you thought you had skin in the game?

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.  
8101 Birchwood Court, Suite, D, Johnston, IA 50131  
www.iowalivingmagazines.com



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## ADEL PUBLIC LIBRARY EVENTS

303 S 10th St., Adel • 515-993-3512 • [adelpl.org](http://adelpl.org)

On Friday, June 7, 9-11 a.m., join library staff at the Community Stage and Pavilion on the corner of 10th and Main Street for the summer reading program kick-off. The morning will include a bounce house, butterfly tents, a balloon twisting artist, temporary tattoos for kids, popsicles and a summer reading sign-up booth. Other upcoming events:

- **Tail Wagging Readers (all ages)**, June 6, 4:30 p.m.
- **50s Plus Senior Gathering**, June 6 and 18, 10 a.m. to 1 p.m.
- **Adult Speaker: Iowa Author Hank Kohler**, June 6, 10 a.m.
- **\*Hands Only CPR and AED Training**, June 8, 9 a.m.
- **\*Welcome to an Oneida Powwow (grades 2-5)**, June 11, 2 p.m.
- **Crafty Teens: Dream Catchers (grades 6-12)**, June 13, 1-3 p.m.
- **Brown Bag Book Club**, June 13, noon
- **\*Storybook Experience with ISU Extension (grades K-5)**, June 14, 9-11 a.m.
- **\*Reader's Theater Camp (grades 2-5)**, June 17-21, 10 a.m. to noon every day
- **Reader's Theater Performance**, June 21 at noon
- **\*Family Program: Exploring the Land Down Under (ages 5 and older)**, June 17, 2 p.m.
- **Teen Book Club: "Mortal Engines" (grades 6-12)**, June 20, 1-3:30 p.m.
- **\*Library D&D (grades 7-12)**, June 21, 11 a.m. to 2 p.m.
- **Reading is G.R.A.N.D. with Juggler Dan Kirk (family event)**, June 24, 1 p.m.
- **\*Pokémon Training Camp (grades 2-5)**, June 25, 2 p.m.
- **Teen: Boba Tea and Manga (grades 6-12)**, June 27, 1-3 p.m.
- **Family Bluey Party (3-8 years and family)**, June 29, 9:30-11:30 a.m. ■

*\*Programs with an asterisk require registration. You can easily register at [adelpl.org](http://adelpl.org).*

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## ADM SPORTS SCHEDULE

### Friday, May 24

10 a.m. **Golf:** Girls Varsity State @ Pheasant Ridge Golf Course, Cedar Falls

4:30 p.m. **Baseball:** 9th @ Winterset

5 p.m. **Baseball:** JV s. Pella

7 p.m. **Baseball:** Varsity vs. Pella

### Saturday, May 25

8 a.m. **Softball:** Varsity Tournament @ Winterset

### Tuesday, May 28

TBD **Soccer:** Girls Varsity State @ Cownie Soccer Park

4:30 p.m. **Softball:** Freshman vs. Norwalk

5 p.m. **Baseball:** JV vs. Perry

5:45 p.m. **Softball:** JV vs. Norwalk

7 p.m. **Baseball:** Varsity vs. Perry

7:15 p.m. **Softball:** Varsity vs. Norwalk

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## THIRD MONDAY BINGO

Enjoy Bingo on Monday, June 17, 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. ■

## BIRTHDAY CELEBRATION

A birthday party will be held in honor of Mike Flinn's 80th birthday on June 16, 2-4 p.m. at Faith Lutheran Church in Adel. ■

## 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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# DALLAS COUNTY CONSERVATION EVENTS

To register for events, visit [www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation) or call the DCCB office at 515-465-3577.

## 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. No registration required.

## SUMMER YOUTH VOLUNTEER PROGRAM

**Tuesdays, June 4 - July 9, 8 a.m. to noon**

**Voas Nature Area, 19286 Lexington Road, Minburn**

Are you interested in a meaningful summer of service in the outdoors? This program is for students ages 10-14. The group will work on a savanna restoration project that began seven years ago. There will be an educational component and plenty of time to enjoy nature play. Registration required. Space is limited. Register if you know you can attend the majority of dates. For more information, email [mike.havlik@dallascountyiowa.gov](mailto:mike.havlik@dallascountyiowa.gov) or call the DCCB office at 515-465-3577.

## DCVWQMP TRAINING

**Tuesday, June 4, 6:30-8 p.m.**

**Forest Park Museum, 14581 K Ave., Perry**

In late 2023, the Dallas County Volunteer Water Quality Monitoring Program began collecting monthly water quality data from our rivers and creeks with a team of 14 dedicated volunteers. If you are ready to learn about monitoring procedures and adopt a site (or sites) for monthly monitoring, then this training is for

you. Email [zach.moss@dallascountyiowa.gov](mailto:zach.moss@dallascountyiowa.gov) to see if this program is a good fit for you.

## ADULTS IN NATURE

**Thursday, June 6, 7-8 p.m.**

**Kuehn Conservation Area,  
32828 Houston Trail, Earlham**

Spark the curiosity of your inner child by exploring Kuehn Conservation Area in this adults-only evening hike. Learn about local ecology, go over the significance of the park and get answers to any burning questions you may not have the chance to ask when kids have the spotlight. Registration required.

## OBSERVING OWLS

**Thursday, June 13, 9-10 a.m.**

**Voas Nature Area, 19286 Lexington Road, Minburn**

Kick off the Summer Wildlife Series with owls. Come learn about Iowa owls, their calls and meet the DCCB barred owl education ambassador. Registration required.

## JUNE BIRD HIKE

**Saturday, June 15, 8-10:30 a.m.**

**Kuehn Conservation Area,  
32828 Houston Trail, Earlham**

The Kuehn Conservation Area is a birding hot spot. It has a fantastic diversity of habitats and is located along the Raccoon River corridor. Spring migration will be wrapping up, so the birds you see and hear will likely be nesting. This will be a moderate hike on even ground. Beginning birders, including children, are welcome and encouraged. Some binoculars and books will be provided. Registration required. ■

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## EVENTS IN THE AREA

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Decoration Day and Historic Baseball at Living History Farms

- **MAY 25: Decoration Day and Historic Baseball.** Living History Farms explores the origins of Memorial Day. Interpreters will demonstrate Decoration Day at 1 p.m. with a historical baseball game to close out the day. Living History Farms, 11121 Hickman Road, Urbandale. [www.lhf.org](http://www.lhf.org)
- **MAY 25: Strawberry Picking.** Gather strawberries for some homemade jam, a strawberry pie, or whatever your heart may desire. Center Grove Orchard, 32835 610th Ave., Cambridge. [www.centergroveorchard.com](http://www.centergroveorchard.com)
- **MAY 26: A Finesse Family Cookout.** “The Finesse” invites people to a soulful celebration where music and food fuse together for one great night. xBk, 1159 24th St., Des Moines. [www.xbklive.com](http://www.xbklive.com)
- **MAY 31 - JUNE 2: Greek Food Festival.** A weekend celebration of delicious food, music and dancing. 1110 35th St., Des Moines. [www.facebook.com/StGeorgeDSM](http://www.facebook.com/StGeorgeDSM)
- **MAY 31: Summer Nights Live Street Party.** Two nights of live music and local vendors. Free. Indianola Town Square, Indianola. [www.indianolachamber.com](http://www.indianolachamber.com)
- **JUNE 1: Iowa Craft Brew Festival.** Unlimited samples of the best brews and ciders Iowa has to offer. Not to mention plenty of food vendors, games and non-alcoholic options as well. Water Works Park, 2201 George Flagg Parkway, Des Moines. [www.iowacraftbrewfestival.com](http://www.iowacraftbrewfestival.com)
- **JUNE 1: Family Fest.** Dance performances,

acrobatic aerial displays and plenty of fun for the whole family (it is in the name after all). Starting at 11 a.m. City of Johnston, 6245 Merle Hay Road, Johnston. [www.johnstontowncenter.com](http://www.johnstontowncenter.com)

- **JUNE 1-2: Iowa State Fair Flea Market.** All types of goods to purchase from antiques to collectibles, home décor and so much more. 4-H building, Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines. [www.iowastatefairgrounds.org](http://www.iowastatefairgrounds.org)
- **JUNE 2: 14th annual Whirlythings Garden Art Show.** An exciting evening for local art enthusiasts. Several mediums will be on display starting at noon at 4320 Franklin Ave., Des Moines. [www.whirlythings.com](http://www.whirlythings.com)
- **JUNE 6, 13, 20, 27: Ankeny Beats and Eats.** Recurring Thursdays featuring drinks, food and entertainment for all ages. Ankeny Market and Pavilion, 715 W. First St. [www.ankenyiowa.gov](http://www.ankenyiowa.gov)
- **JUNE 6-8: Governors Days.** A three-day festival in Grimes with food trucks, live entertainment and parade. Grimes South Sports Complex, 750 S James St., Grimes. [www.governorsdays.com](http://www.governorsdays.com)
- **JUNE 7: Wine and Craft Beer Fest.** Plenty of samples of the best wine and craft beer Iowa has to offer, from 5-8 p.m. at the Enabling Garden 1050 First Ave., S. Altoona. [www.altoonachamber.org](http://www.altoonachamber.org)
- **JUNE 7-9: Pride Fest.** There were more than 40,000 attendees at last year’s celebration. Live performances, food, drinks, all in the name of Pride. Historic East Village, Des Moines. [www.capitalcitypride.org/pride-fest](http://www.capitalcitypride.org/pride-fest) ■

## RECIPE

# TAKE FAMILY FAVORITES AL FRESCO

*(Family Features)* Bright sunshine, warm patios and fresh foods go hand in hand. As warm weather and sunny days call you outdoors, bring the whole family along with favorite meals that blend perfectly with a soft breeze and the subtle sounds of nature.

Salad season means fresh ingredients from lettuce and veggies to favorite toppings and beyond. Add a crisp bite to your next al fresco occasion with this Southwest Ranch Taco Salad featuring Newman's Own's Southwest Ranch Dressing. The dressing is creamy and smoky with a kick of spice and features no artificial flavors, no colors from artificial sources and no MSG, making it a perfect companion for salads and dips. In fact, you can enjoy this seasonal salad even more knowing that 100% of profits from the sale of the dressing goes toward helping nourish and transform the lives of children facing adversity. ■

## SOUTHWEST RANCH TACO SALAD

- 1/2 head romaine lettuce
- 1 pint cherry tomatoes
- 2 small avocados
- 1 tablespoon extra-virgin olive oil
- 1 pound ground beef (80/20 ground chuck)
- 2teaspoons Newman's Own Mild Taco Seasoning
- 1/4 cup water
- 1 can (15 1/2 ounces) black beans
- 1 1/2 cups canned corn
- 1 cup shredded sharp cheddar cheese
- 2 tablespoons chopped fresh cilantro, plus additional for serving (optional), divided
- 1 cup Newman's Own Southwest Ranch Dressing
- 6 ounces tortilla chips



### Directions

Coarsely chop lettuce, halve cherry tomatoes and pit, peel and slice avocados. Set aside.

In large frying pan over medium-high heat, heat olive oil. Brown ground beef, stirring occasionally, 4-5 minutes. Add taco seasoning and water; cook according to package directions, 5-8 minutes, or until meat is thoroughly cooked.

Drain and rinse black beans. Set aside.

Divide lettuce among serving bowls or plates. Top with ground beef, tomatoes, avocados, black beans, corn, cheese and 2 tablespoons cilantro. Tuck in tortilla chips.

Drizzle with southwest ranch dressing and sprinkle with additional cilantro, if desired.

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## FUNERAL NOTICES

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### KENT LEROY KNOLL

Kent Leroy Knoll, 73, of Adel, died Tuesday, May 14, 2024, at his home. Kent was born in Des Moines on March 20, 1951, to Ivan Knoll and Lola (Wicks) Knoll. He was raised alongside his sister, Gayle, and his two brothers, Burke and Bruce. He attended ADM schools for several years and continued to cheer on the Tigers throughout his life. He was even inducted into the ADM Hall of Fame as their biggest fan, an honor that Kent was proud to display.



He enjoyed going to country concerts with his siblings, cheering on the Hawkeyes, and going out to dinner or to the mall with family. He was a pillar of Panther Creek Church of the Brethren in Adel where he made many lasting friendships. Thanks to the help of his electric wheelchair, Kent was able to enjoy all Adel had to offer, including the Sweet Corn Festival and the rodeo. He also looked forward to going to the Iowa State Fair every year.

Thanks to the caretakers at Mainstream Living, Kent was able to spend time at home while still receiving the support he needed. He enjoyed working on his computer, doing research and keeping his siblings informed about the family's medical history. He never let his disability determine what he could do.

Something that Kent held close to his heart was his time spent at Camp Sunnyside every summer, where he created amazing memories. Kent will be remembered as an incredible brother, uncle and friend to many.

Kent was preceded in death by his parents. He is survived by his siblings, Gayle (Richard) Arnburg, Burke (Robyn) Knoll and Bruce (Beth) Knoll; his nieces and nephews, Dustin (Marcy) Conover, Wade (Ashley) Conover, Rachel (Bradon) Knoll, Kyle (Cassie) Knoll and Cole Knoll; as well as seven great nieces and many close friends.

A visitation was held May 20 at Panther Creek Church of the Brethren in Adel with a service there May 21. Burial followed in Oakdale Cemetery.

Memorial contributions are encouraged to Camp Sunnyside, Mainstream Living or Panther Creek Church. Online condolences can be made to the family at [caldwellparrish.com](http://caldwellparrish.com). ■

## 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: 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.
- **Animal Odyssey camp**, May 30-31. ■

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ADEL *Living* MAY 2024

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