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HOLIDAY FLAG PROJECT SUPPORTS LIONS CLUB VISION PROGRAM

Lions Club International is a world leader in promoting eye care and in the effort to prevent avoidable blindness. Over the years, the Adel Lions club has conducted an active vision program, and the community's support for the Holiday Flag Project provides the financial support to accomplish that goal. Within the organization, the Kids Sight coordinator and the vision coordinator have developed local partners to assist in identifying individuals with vision issues.



Working with the University of Iowa's Kid Sight program, the Adel club conducts free vision screenings at local daycares and preschools each year for kids ages 6 months to 5 years old. Good vision is essential to the learning process. Iowa law requires all students to be screened prior to entering school. Digital photographs of the children's eyes are sent to the University's Ophthalmology and Vision Sciences Department for

review. If a vision issue is identified by the ophthalmologists within the department, the parents are notified with medical recommendations. Each year, the Adel club screens 300 to 350 kids.

Working with the schools' nurses and local optometrists, individuals are referred to the club's vision coordinator, and a financial assistance request form is initiated.

The coordinator then approaches the individual to explain what assistance can be provided. Many older individuals have simply delayed eye care due to the total cost and limited insurance coverage. The typical cost of both an eye exam and new eyeglasses can range from \$300 to \$750 depending on frames and

LIONS, CONTINUED ON BACK

ADEL WEATHER FORECAST

FRIDAY HIGH 90 | LOW 69

Partly cloudy and humid



SATURDAY HIGH 91 | LOW 71

Mostly sunny and very humid



SUNDAY HIGH 95 | LOW 72

Hot with plenty of sunshine



MONDAY HIGH 95 | LOW 73

Hot with plenty of sunshine



TUESDAY HIGH 88 | LOW 67

Mostly cloudy and humid



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FROM THE PUBLISHER

WARNING LABELS ON SOCIAL MEDIA?

Surgeon General Dr. Vivek Murthy has called on Congress to require warning labels on social media in a way similar to what is mandatory on cigarette boxes, and I support him on this one.

Keep in mind, I am not a fan of excessive government regulation. At the federal level alone, more than 70 federal regulatory agencies currently exist, employing hundreds of thousands of people to write and implement regulations. They issue 3,500 new rules every year, and the regulatory code now is more than 168,000 pages long. Do we need another one? In the case of social media, the answer is yes.

Think about it. Car seats and baby formula are regulated, and I still won't tear the tag off my pillow because it says I cannot do so "under penalty of law." Not everyone follows the rules, but many do. Warning consumers — including our youth — about the perils of social media will help, and we simply can't trust the big tech companies to regulate themselves.

Here is what Surgeon General Murthy stated in an advisory in 2023: "Children are exposed to harmful content on social media, ranging from violent and sexual content, to bullying and harassment. And, for too many children, social media use is compromising their sleep and valuable in-person time with family and friends. We are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis — one that we must urgently address."



And here is what he wrote recently in an opinion piece in The New York Times: "It is time to require a surgeon general's warning label on social media platforms, stating that social media is associated with significant mental health harms for adolescents. A surgeon general's warning label, which requires congressional action, would regularly remind parents

and adolescents that social media has not been proved safe. Evidence from tobacco studies show that warning labels can increase awareness and change behavior."

Social media is used by most all young people, with up to 95% of those 13-17 years old reporting using a social media platform and more than a third saying they use social media "almost constantly." Recent research shows that adolescents who spend more than three hours per day on social media (and they nearly all do) face double the risk of experiencing poor mental health outcomes, such as symptoms of depression and anxiety.

Will a warning label cure all the problems? No. But I have no doubt it will help.

Have a great week, and thanks for reading. ■



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Living Weekly

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THIRD MONDAY BINGO

Enjoy Bingo on Monday, July 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. ■

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. ■

ADM BOOSTER CLUB GALA

The second annual Adel-DeSoto-Minburn Booster Club Gala will be Saturday, Aug. 24, 5:30-11:30 p.m. at The Rewind hotel in West Des Moines, 6075 Mills Civic Parkway. The evening includes a sit-down dinner, two cash bars, games, silent auction, live auction and live music by Tony Bohnenkamp. All proceeds going back to the ADM Booster Club. A ticket link is available online at <https://e.givesmart.com/events/D5y/>. ■



SAND VOLLEYBALL TOURNAMENT

A sand volleyball tournament for ages 18 and older will be held Saturday, Aug. 10, starting at 1 p.m. at Evans Park. Cost is \$100 per team. The tournament is sponsored by the ADM Volleyball program. For information, email trevor.irwin@admschools.org. ■

ADM SPORTS SCHEDULE

Friday, July 12

7 p.m. **Baseball:** Varsity Districts @ Ballard

Saturday, July 13

7 p.m. **Softball:** Varsity Regional Semifinal vs. TBA

Monday, July 15

7 p.m. **Baseball:** Varsity Substate vs. TBA

Tuesday, July 16

7 p.m. **Softball:** Varsity Regional Final vs. TBA



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RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

GENEVIEVE (BREWER) RUTLEDGE

Genevieve (Brewer) Rutledge, 94, of Adel, died at Mercy West Hospital in West Des Moines on Friday, July 5, 2024. Memorial services were Wednesday, July 10, at Adel United Methodist Church. The family greeted friends and family July 9 at Caldwell Parrish Funeral Home in Adel.

Carol was born Nov. 6, 1929, in Early to Dr. Cleaves Reitzell Brewer and Zaidee Stanford. After graduating Early High School, she attended Morningside College in Sioux City, where she earned a bachelor's degree in music. She and John Perry Rutledge, also of Early, were married Dec. 26, 1950. They moved to York, Nebraska, in 1953 and Adel in 1970.

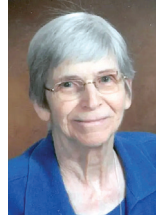
Carol performed for 18 years as a violinist with the Des Moines Symphony. As an accomplished pianist, she taught for many years. Carol was a member of Adel United Methodist Church, accompanying services on the piano and singing tenor in the choir. After retiring from West Central Mental Health Center, she volunteered at the Adel Public Library and enjoyed studying Spanish at ADM High School.

Carol's skills in wood carving resulted in a ribbon from the Iowa State Fair and many fine pieces that she enjoyed giving to friends and family. She was similarly adept at cooking, baking and gardening. Her grandkids relished their holiday visits.

Carol was preceded in death by her parents; sister, Barbara Jean Cowles; and dear friend, Judy Forsman of Adel.

She is survived by her brother, Leon S. "Doc" Brewer; son, Scott; daughters, Barbara (Ted) Raife and Jean Couch; grandchildren, Patrick (Brenda Trenter) Rutledge, Tim Rutledge, Thomas (Sabrina) Rutledge, Dan Marshall, George (Amy) Raife, John Raife, Annie (Katy Porte) Raife, Megan (Isaac) Sprague and Michael (Ishea) Couch; and eight great-grandchildren.

Memorial contributions may be directed to Adel United Methodist Church. ■



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FUNERAL NOTICE

Funeral notices can be emailed to tammy@iowalivingmagazines.com

PATRICIA ANN RICKERT

Patricia Ann Rickert, 75, of Adel, died Thursday, July 4, 2024, at Karen Acres Health Care Center. Patricia was born in Leon on Sept. 26, 1948, to Vern Williams and Barbara (Hartnell) Williams. She attended Mormon Trail High School in Garden Grove and graduated in 1966. She married Ronald Rickert on Feb. 3, 1968, and they spent more than 50 years together.

Patricia worked for the United States Postal Service for 30 years. She enjoyed doing jigsaw puzzles and spending time with her grandchildren and attending their events. She will be remembered as an incredible mother, grandmother and friend to many.

Patricia was preceded in death by her parents; her husband, Ronald Rickert; her infant daughter, Michelle Rickert; her in-laws, Roy and Louise Rickert; her nephew, Mike Middlebrook; and her niece, Staci Middlebrook.

She is survived by her daughter, Nicole (Jamie) Morey; son, Clay (Gretchen) Rickert; grandchildren, Devin and Savannah Morey and Liv and Luke Rickert; sister, Kay (Dennis) Middlebrook; nieces, Carla (Shane) Housley and Mendy Middlebrook; and other extended family members.

A funeral service was held Tuesday, July 9, at Caldwell Parrish Funeral Home Adel Chapel. Burial was at Humeston Cemetery in Humeston.

Memorial contributions can be made to the family for future designation. Online condolences for the family can be made at caldwellparrish.com. ■



ROBERT CHARLES GILMER

Robert Charles Gilmer, 69, of Grimes, died at his home on Saturday, June 29, 2024. Robert was born in Des Moines on May 9, 1955, to William Gilmer and Grace (Crouse) Gilmer. He was raised alongside his four siblings in Adel and graduated from Adel High School.

Robert worked many jobs throughout his career but was most recently a courier with Iowa Pathology Associates. Those who knew Robert the best would describe him as outgoing and friendly. He was known for managing to find someone he knew no matter where they went. He also enjoyed trains and riding horses at his friends' farms.

Robert is preceded in death by his parents; his sister, Kathryn Reed; and his brother, Thomas Gilmer. He is survived by his partner of almost 20 years, Paula Roys; his son, Travis Gilmer; his brothers, Bill (Marcia) Gilmer and David Gilmer; and many nieces, nephews and cousins.

A memorial service was held Thursday, July 11, at Panther Creek Church of the Brethren. Burial followed at Panther Creek Church Cemetery. Memorials can be made to Panther Creek Church of the Brethren. Online condolences can be made to the family at caldwellparrish.com. ■



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EVENTS IN THE AREA

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COUNTY FAIRS

- **July 9-13:** Dallas County Fair in Adel.
www.dallascountyfair.com
- **July 12-18:** Marion County Fair in Knoxville.
www.marioncofair.com
- **July 17-21:** Madison County Fair in Winterset.
www.madisoncountyfair.net
- **July 17-21:** Story County Fair in Nevada.
www.sc-fair.weebly.com
- **July 18-21:** Boone County Fair in Boone.
www.boonecountyfairia.com
- **July 19-25:** Jasper County Fair in Colfax.
www.jaspercofair.com
- **July 24-29:** Warren County Fair in Indianola.
www.warrencofair.com
- **July 25-28:** Polk County Fair at the Iowa State Fairgrounds in Des Moines.
www.polkcountyfairiowa.com

ANKENY SUMMERFEST

July 12-14

**The District at Prairie Trail,
1500 S.W. Main St., Ankeny**
www.ankenysummerfest.com

Over the course of this three-day long event, 24 food vendors will set up shop to serve hungry attendees, 13 musical acts will be performing throughout the weekend for listening pleasure, and plenty of family-friendly activities like a parade and carnival will be in the area.

CLIVE FESTIVAL

July 19-20

**Clive Aquatics Center parking lot/
Greenbelt Landing**

Highlights include the annual Thunder Over Clive Fireworks Show both evenings at 9:30 p.m., live music, the popular Clive Fire Department

Slip-N-Slide, Clive Running Festival, and much more. For more details, visit https://www.cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php.

FOUR SEASONS FESTIVAL

July 19-20

Polk City

Highlights include the parade at 10 a.m. Saturday, July 20, the Bill Riley Talent Show, live music, festival food, kids activities and more. For details, visit gopolkc.com/four-seasons-festival.

WAUKEE ARTS FESTIVAL

July 19-20

Centennial Park, Waukee

www.waukeeartsfestival.org

Centennial Park in Waukee will host plenty of eye-catching local art from some of the area's best artists over the two-day-long festival. Live music and food trucks will be available to enjoy alongside the artwork.

NATIONAL BALLOON CLASSIC

July 26 - Aug. 3

Memorial Balloon Field,

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www.nationalballoonclassic.com

Just look up. Beautifully colored hot air balloons adorn the skies of Indianola. The National Balloon Classic has been dropping jaws of Iowans and travelers with its wondrous display for more than 50 years. ■

RECIPE

CAESAR SALAD-INSPIRED TACOS

(Family Features) From putting a family meal on the table after activities to hosting a large crowd at your next get-together, a seasonal favorite like Caesar salad can serve as the perfect canvas for creating quick, easy-to-prepare meals.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads – including 11 Caesar salad varieties like the Caesar Chopped Salad Kit – Fresh Express provides tasty, versatile salad kits that can be modified to fit nearly any kind of meal you might be craving.

Available in the refrigerated produce department, these premium mixes can be eaten as a standalone salad when time is of the essence or taken beyond the bowl and fused with another beloved classic, like tacos, for a burst of flavor and texture in every bite. These Fried Chicken Caesar Tacos, ready in just 30 minutes, feature savory Caesar salad – crisp, chopped romaine; herb-seasoned crouton crumbles; cracked pepper; grated Parmesan cheese; and a delicious Parmesan Caesar dressing — enveloped in a crispy, golden chicken shell. ■

CHICKEN CAESAR TACOS

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

Ingredients:

- 3 eggs
- 3 cups all-purpose flour
- 1 packet taco seasoning
- 2 chicken breasts, sliced in half horizontally
- 3 cups neutral oil
- 1 bag (9.4 ounces) Fresh Express Caesar Chopped Salad Kit

Directions:

In shallow bowl, beat eggs. In separate bowl, combine flour and half packet of taco seasoning.

Place chicken in resealable bag and, using meat tenderizer, pound to 1/4-inch thickness.

In medium saute pan, heat oil over medium heat.

Season chicken breasts with remaining taco seasoning.

Coat chicken in flour mixture, dip into beaten eggs then coat chicken in flour mixture again, pressing firmly to adhere.

In pan with hot oil, cook battered chicken until golden brown, flipping halfway through, until chicken reaches minimum internal temperature of 165 F, 4-5



minutes per side (depending on thickness). Fry in batches to avoid overcrowding pan, if necessary.

Once fully cooked, fold chicken over to create taco shell shape. Place sheet pan on top to hold shape, 3-4 minutes.

In large bowl, combine lettuce, dressing, croutons and cheese from salad kit.

Once chicken taco shells set, carefully remove sheet pan. Fill each taco shell with prepared salad mixture.

To build sandwiches, place sliced pork on bottom halves of toasted buns. Top with prepared salad mixture and sauteed onions. Finish with top halves of buns.

SWEET CORN 5K RUN/WALK

Registration is open for the Sweet Corn 5K Run/Walk to be held Aug. 10. The race will take place along the scenic brick streets of Adel. Register at <https://runsignup.com/Race/IA/Adel/AdelSweetCornFestival5K>. ■

ADEL MASONIC BREAKFAST

The Adel Masons will be serving a breakfast at the Masonic Lodge, 411 S. 12th St., on Aug. 11 from 9 a.m. to noon. Menu includes biscuits and gravy, pancakes, scrambled eggs, bacon, milk, orange juice and coffee for \$9 per plate. ■

LIONS, FROM FRONT

the prescription lenses needed. This program applies to individuals of all ages in the community, with financial assistance based on need. Each year, the Adel Lions Club provides financial assistance to numerous individuals in the community.

In situations where individuals are identified with a form of binocular vision disorder, vision therapy may be an option. The human visual system is designed so that the eyes and the reciprocating muscles work together with such a high degree of precision that the two eyes perform as if they

were one. Lack of eye coordination can affect social and intellectual development. Vision therapy sessions are available in the local area, but typical fees run \$120 per session with 20-40 sessions needed depending on test results. A total fee in the \$3,500 to \$5,000 range is realistic. The Lions Club has helped with these sessions and is prepared for future requests. Once again, this program is available to individuals in the community based on financial need.

We appreciate everyone's participation in the Holiday Flag project.

— Adel Lions Club ■

CLASSIFIED ADS

HELP WANTED: DOG BATHER: Handsome Hounds Boarding and Grooming in Adel is looking for the right candidate to join our team as our dog bather. The Bather is responsible for bathing, drying and brushing pets. Additionally, the Bather is responsible for the maintenance and cleaning of the grooming area. We offer boarding services in addition to grooming. To learn more about our opening please visit our website <https://adelgroomingboarding.com/were-hiring> or call 515-993-4466.

FIRST AID, CPR AND AED CERTIFIED TRAINING: 7/20/24 from 9 a.m. to 1 p.m. at Raccoon valley community house in Adel. \$75/person, to register: email cplifesavingskills30.2@gmail.com.

HELP WANTED: Moss Brothers in Dallas Center is seeking a Parts Sales Person. Retail experience is preferred but will train. Some computer experience is helpful. Full time hours available. Hourly pay dependent on experience. Apply in person at 2476 240th Street Dallas Center.

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