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SEEN IN ADEL



KIWANIS CLUB HONORS SENIORS: ADM seniors Kelli Storck and Addison Reynolds were presented Adel Kiwanis Club certificates at the weekly Club meeting at Patrick's Restaurant on Dec. 10. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 45 | LOW 12
Mostly sunny



SATURDAY HIGH 18 | LOW 0
Partly cloudy



SUNDAY HIGH 7 | LOW -6
Mostly sunny



MONDAY HIGH 5 | LOW -5
Mostly sunny



TUESDAY HIGH 20 | LOW 14
Mostly sunny



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FROM THE PUBLISHER

THE J IS FOR GENIUS

You can tell a lot about people by the coffee cups they use. And if they don't drink coffee, well, enough said. But, back to the coffee cups.

I normally like things all lined up, in order, all the same. So, a mix of colors, sizes and shapes of coffee cups presumably would drive a guy like me nuts, right? Wrong. I love it! It's kind of like our Christmas tree with ornaments from various people through the years. Coffee cups are a lifetime diary of sorts.

We have coffee cups with goofy dog sayings. Christmas quotes. Even grandma and grandpa mugs now.

Many of our coffee cups have logos for insurance agents, real estate agents and banks. They come from customers of ours, places we do business with and friends, mostly.

One of my favorites is a white

cup with gold paint wearing off of it and a giant "J" on the side. Presumably, this cup was purchased for my wife, Jolene, but I like to use it and tell people the J stands for genius.



When at work, I reach for a dark blue 114th Fighter Wing military cup that a past employee left behind. Right size. Right shape. Right message.

After watching me spill a cup or two of coffee, one of my daughters gave me a broad-based Yeti cup that won't knock over. So far, it has worked.

Meanwhile, I prefer ceramic cups, as I don't like my coffee to taste like plastic or metal. And Styrofoam? No thanks. But when I am drinking hot tea, I want a clear glass cup, especially the Dolly Parton-themed one a friend gave

us.

Our modern world also necessitates two more coffee cup requirements, at least for me. The cup needs to fit under my single cup serving machine without my having to take the bottom tray out each time. And, for my morning commute, my cup needs to be Goldilocks style and fit properly in the cupholder in my truck. Not too loose that it rocks from side to side. Not too snug that I have to take both hands to get it out. Just right.

How about you? Do you have a coffee cup preference? And what does your choice say about you? Send me a note and let me know.

Have a great week, and thanks for reading. ■



Shane Goodman
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305

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A publication of Big Green Umbrella Media, Inc.
8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact
Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact
Dan Juffer
515-371-2290
dan.juffer@dmcityview.com

SEEN IN ADEL



KIWANIS CLUB DONATES TO FOOD PANTRY: The Adel Kiwanis Club made a \$6,250 donation to the Adel Good Samaritan Food Pantry at the weekly club meeting at Patrick's Restaurant in Adel on Dec. 10. ■

ADM SPORTS SCHEDULE

Friday, Jan. 17

- 4:30 p.m. **Basketball:** Girls JV @ North Polk High
- 4:30 p.m. **Basketball:** Boys JV @ North Polk High
- 5:45 p.m. **Basketball:** Boys Freshman @ North Polk High
- 6 p.m. **Basketball:** Girls Varsity @ North Polk High
- 7:30 p.m. **Basketball:** Boys Varsity @ North Polk High

Saturday, Jan. 18

- 9 a.m. **Wrestling:** JV Tournament vs. Multiple Schools @ ADM
- 9 a.m. **Wrestling:** Varsity Tournament vs. Multiple Schools @ ADM
- Noon **Bowling:** JV/Varsity Meet @ Statesmen Lanes



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THIRD MONDAY BINGO JAN. 20

Enjoy bingo on Monday, Jan. 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. ■



MOBILE FOOD BANK

Adel Mobile Food Bank is the fourth Wednesday of the month at New Hope Church, 25712 Highway 6, Adel, from 5-6:30 p.m. or until the food is gone. This is a drive-thru pickup for free groceries. ■

WANT TO HELP A VETERAN?

Federal funds may not be used to purchase personal items for veterans at VA hospitals. Individuals and groups, like the Adel American Legion Auxiliary Unit 464, step forward to collect clothing and other items needed by veterans in the Des Moines VA Hospital or in the domicile. The following items are most requested now: individually wrapped snacks; decaf coffee; men's sweatpants/athletic pants (M-XL); men's sweatshirts (XL); men's athletic shorts (M-XL); small, simple sports bras; backpacks; men's jackets (L-XL); men's slippers (11-12, 13-14); and large print books.

Donations may be dropped off at 1305 S. 15th St., Adel, or contact Shirley McAdon at 515-993-4862 for pick up. ■

ADEL PUBLIC LIBRARY

303 S 10th St, Adel • 515-993-3512 • adelpl.org

CLOSED JAN. 20.

JANUARY STORYTIMES

- **Move and Groove Storytime** – Every Tuesday at 9:30 a.m.
- **My First Storytime** – Every Wednesday at 9:30 a.m.
- **Preschool Storytime** – Every Thursday at 9:30 a.m.

JANUARY SPECIAL STORY TIMES

- **Dino Storytime** – Tuesday, Jan. 21 at 4 p.m.
Registration required at adelpl.org.

ELEMENTARY PROGRAMS

- **Winter Playtime** – Every Friday from 9-11 a.m.
- **Building League** – Tuesday, Jan. 28 at 4 p.m.

TEEN PROGRAMS

- **Teen: Hang Out** – Thursday, Jan. 23 at 4 p.m.
- **Library D&D** – Friday, Jan. 24 at 1 p.m.
Registration required at adelpl.org.
- **Teen: Cozy Watercoloring** – Thursday, Jan. 30 at 4 p.m.

ADULT PROGRAMS

- **Yoga** – Every Wednesday at 5:45 p.m. Registration required at adelpl.org.
- **50s-plus Senior Gathering** – Jan. 21 at 10 a.m.
- **How to: Digital Library Services** – Tuesday, Jan. 21 at 10 a.m.
 - **Evening Book Club** – Thursday, Jan. 30 at 5:30 p.m. ■

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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

RITA L. WINDUST

Rita L. Windust, 74, died Jan. 11, 2025. She was born on Feb. 5, 1950, to Charles “Nonie” and Nellie (Harmon) Bowles. Rita was raised in Adel and graduated from Adel High School. She briefly resided in Berlin, Germany, where her high school love was stationed with the military. She married Art Keller in 1971. Rita gained two stepsons, Kevin and Ken, from the union. The couple spent many years fostering children and were happy to fold Lynnette into their family. They later had two children, Lane and Amber. Rita ran an in-home daycare for several years.



Rita became widowed in 1992 and began working outside the home in various administrative positions. She married James “Jim” Windust in 1996. She retired from the National Pork Board as a mailroom and administrative assistant in 2018 and was delighted to be back home again taking care of Jim, her cherished pups, and also helping care for her grandchildren. She enjoyed going to the casino, spending time with her siblings, visiting Branson and watching game shows. She shared her cooking and crocheted blankets.

She is survived by her husband, Jim, of nearly 29 years; her beloved dog, Katie; children, Kevin (Kim) Keller, Ken (Toni) Keller, Lynnette Ryan, Lane (Carie) Keller, Amber (Cody) Dakan; grandchildren, Kelsey (Michael) Pieken, Anastacia Keller, KC Keller, Caiden and Paige Keller, and Ella, Caleb and Delaney Dakan; siblings, Andy Bowles, Fern Stucker and Louise Mague; as well as many other extended family and friends.

She was preceded in death by husband, Art Keller; and siblings and siblings-in-law, Frances Bowles (infant), Florence (Robert) Stucker, Benny Stucker, Charles (Joan) Bowles, Bonnie Bowles, John Mague and Patricia Sperry.

Visitation is Thursday, Jan. 15, 5-7 p.m. at the Caldwell Parrish Funeral Home in Adel. Funeral service is there Friday, Jan. 17, 10-11 a.m. No graveside service will be performed. ■

STEVE BLAIR

Steve Blair, 72, of Adel, died Jan. 7, 2025, at his home. Steve was born on June 22, 1952, in Des Moines to Paul Junior and Katherine Mae (Duncan) Blair. He graduated from East High School in Des Moines in 1971. He served in the U.S. Coast Guard. On Nov. 28, 2003, Steve married Ollie Mae Smith at Walnut Woods State Park in West Des Moines. For many years, Steve owned his own business fixing alternators and starters. He later worked for the natural gas companies in Texas as a compressor mechanic.



Steve enjoyed fishing, the outdoors, camping, anything he could fix or tinker with, firearms, finding new hobbies and new business ventures, cutting the sleeves off his shirts and writing offensive comments on Facebook. Steve had a rough and stubborn exterior, but, past that, was a softness in his heart that was full of love for his family.

Steve is survived by his wife of 21 years, Ollie; children, Steve (Kristi) Blair, Lori (Robert) Lucas and John Blair; step-children, Esteban Leal and Amanda Blair; brothers, Robert (Mary) Blair and J. Martin (Debra) Blair; along with a host of grandchildren and great grandchildren. He was preceded in death by his parents and his son, Tomas Blair.

Funeral services were Jan. 14 at Caldwell Parrish Funeral Home, Adel Chapel. Burial followed in the Highland Cemetery in Mystic. In lieu of flowers, memorial contributions may be directed to the family for a future designation. Online condolences may be expressed at www.caldwellparrish.com. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO TAMMY@IOWALIVINGMAGAZINES.COM

VENDOR MARKETS

Jan. 18, Feb. 15, March 15, April 19, 10 a.m. to 6 p.m.

Outlets of Des Moines

801 Bass Pro Drive N.W., Suite 315, Altoona

Each show has a variety of vendors from Avon, Living Oils, Small Town Laser, Unicorn Clouds, MJ's Hometown Honey, 3D by LouAnn, Tupperware, Tastefully Simple, Good Vibrations Gems & Crystals, plus others. Come check out the vendors and buy local. If interested in being a vendor, email k2marketplacemagic@gmail.com for information.

PLAYHOUSE CLASSES OFFERED

Various dates

The Des Moines Playhouse

831 42nd St. Des Moines

The Des Moines Playhouse offers classes year-round for ages 4 through adult. New this winter is an audition workshop for teens and adults. Registration is now open for spring break and spring classes and summer camps. Scholarships are available through the Jeanne Hopson Angel Fund. For class descriptions, registrations and more information, visit dmplayhouse.com/education/classes-and-camps.

The Audition Workshop Series for ages 14 through adult will be led by Playhouse artistic director Katy Merriman. Held each Saturday in February, sessions will focus on song selection, cold reads, dance auditions with "Waitress" choreographer Kent Zimmerman, and a master class with area directors. Students can sign up for one, two, three or all four sessions.

Spring classes, starting March 2, are focused on musical theatre for pre-K through grade 7.

Spring break finds students in grades 5-8 learning "Seussical Kids," a 35-minute version of the popular Broadway musical, with performances at the end of the week. Students in grades 3-4 will rehearse and perform a play while younger students will use favorite books to create scenes to share.

For more information on Playhouse educational offerings, contact Robin Spahr, Playhouse education director, at rspahr@dmplayhouse.com, 515-974-5365.

CITYVIEW'S FIRE AND ICE

Saturday, Jan. 18, 1-4 p.m.

Historic Valley Junction Foundation

137 Fifth St., West Des Moines



Join CITYVIEW's Fire and Ice, an interactive winter pub crawl in Historic Valley Junction. Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area. Tickets are \$25 in advance and \$35 at the door. For tickets, visit <https://fire-and-ice.dmcityview.com>.

POLK COUNTY HERITAGE GALLERY EXHIBIT

Until Jan. 24

Polk County Administration Building

111 Court Ave., Des Moines

polkcountyheritagegallery.org

DSM Exhibited 2024 - Annual Juried Show is on display. ■

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RECIPE

CONVENIENT BREAKFAST TO KICKSTART THE NEW YEAR

(Family Features) Starting the morning on the right foot can set the tone for a productive day. Even when crunched for time before work or school, eating a filling breakfast before heading out the door is an important part of setting yourself up for success.

Between work, kids and making it to that early morning workout session, finding time to prepare a quick and tasty meal can be a real challenge. For a flavorful and easy breakfast try something new and delicious with this One-Pot Rice Shakshuka. A dish with origins in the Middle East and Northern Africa, shakshuka is traditionally made with a base of tomatoes, vegetables and seasonings, such as cumin and paprika. Then eggs are cracked on top and cooked in the sauce.

This version takes it a step further with the addition of Minute Instant White Rice, which provides a heartier texture to keep you feeling satisfied longer. Simply precooked and dried — nothing added but convenience — you can enjoy its light, fluffy texture after just 5 minutes in the microwave or on the stove. Plus, it works for those with dietary restrictions, including gluten-free, vegan or vegetarian. ■

ONE-POT RICE SHAKSHUKA

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 6

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 1 red bell pepper, seeded and diced
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1 can (28 ounces) diced tomatoes with garlic and herbs
- 2 cups water
- 1 1/2 cups Minute Instant White Rice
- 6 eggs
- 1 tablespoon finely chopped fresh parsley



Directions:

Heat oven to 400 F. In high-sided, ovenproof skillet over medium heat, heat oil. Add onion, bell pepper, cumin and smoked paprika; saute 8-10

minutes until vegetables are tender.

Add tomatoes and water to skillet. Bring to boil. Stir in rice and reduce heat to low. Cover and cook 3-5 minutes, or until most water is absorbed.

Using spoon, create six small wells in rice mixture. Crack one egg into each well. Transfer skillet to oven; cook 12-15 minutes, or until rice is tender, egg whites are set and yolks are runny, or until cooked as desired.

Garnish shakshuka with parsley before serving.

Tip: For spicy eggs, stir 1 tablespoon harissa paste into rice mixture before adding eggs. Or serve shakshuka with hot sauce.

TAKING NEW PATIENTS
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DALLAS COUNTY CONSERVATION EVENTS

www.dallascountyiowa.gov/conservation or call the DCCB office at 515-465-3577.

To register for events, visit www.dallascountyiowa.gov/conservation, click on “Public Programs” and scroll down to see program descriptions and to register. If you don’t have computer access or need assistance, call the DCCB office at 515-465-3577.

WHO’S HOO?

Forest Park Museum, Saturday, Jan. 18, 9 a.m.

Registration required. Join a naturalist to learn about owls seen in Iowa, practice some calls and meet the DCCB education ambassador owl. This program will be inside.

VOAS OWL PROGRAM

Voas Nature Area main entrance, Monday, Jan. 20, 9-11 a.m.

Registration required. The common owls of Iowa can be located at night by mimicking their calls. The uncommon owls are found during the day roosting in cedar trees. Venture off trail to look for pellets, whitewash and feathers and perhaps experience an “eye-to-eye epiphany.”

CRITTER CRAFTS: BIRDS & BIRD FEEDERS

Forest Park Museum, Monday, Jan. 20, 11 a.m. to noon.

Registration required. Pack up the kids and join a naturalist to learn about Iowa’s birds. The group will read a story book, discuss common birds and finish by making pinecone bird feeders for participants to take home.

2025 PHENOLOGY SERIES: PART 1

Kuehn Conservation Area, Monday, Jan. 20, 1-2 p.m.

Registration required. Phenology is the study of cycles, patterns and observations over time in the natural world. Learn some mindfulness and observation techniques, take a short walk to put them into practice, then record observations from the season in your own nature journal. Return to the same place for future programs in this series to add new entries to your journal throughout the year. ■

CLASSIFIED ADS

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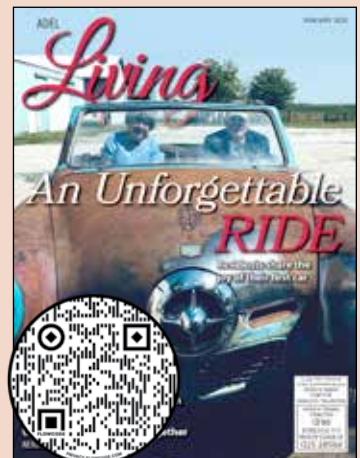
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