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FIDGET PADS



Members of Adel Women's Club created 14 Fidget Pads this fall, wrapped them at the December meeting and distributed them with a holiday card at the Christmas party for the memory care residents of Spurgeon Senior Community in Dallas Center. These pads are a simple way to reduce anxiety and provide comfort and security. Adel Women's Club is dedicated to community improvement by enhancing the lives of others through volunteer service. For more information, contact adelwomensclub@gmail.com or find them on Facebook. ■

VALENTINE'S PJ PARTY

Enjoy story time, crafts and games at the Valentine's PJ Party Thursday, Feb. 13, 10-11 a.m. at The Brenton Arboretum Vista Room, 25141 260th St., Dallas Center. Local author Rachel Prohaska will read her book, "Hearts from Heaven." ■

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. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 35 | LOW 20

Sunny early then turning cloudy

SATURDAY HIGH 37 | LOW 13

Times of clouds and sun

SUNDAY HIGH 34 | LOW 19

Partly sunny

MONDAY HIGH 41 | LOW 26

Mostly sunny

TUESDAY HIGH 43 | LOW 27

Plenty of sunshine

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Contact Dan Juffer
at (515) 371-2290 or
dan.juffer@dmcityview.com



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FROM THE PUBLISHER

TRIED-AND-TRUE COLD REMEDIES

Have you had a bout of the wintertime sniffles yet? Or something worse? If not, you likely will. When you do get sick, do you have any tried-and-true-remedies you rely on? Most of us have some that were handed down by our parents or grandparents that we think make a difference — or at least make us feel a bit better while the sickness works its way out of our bodies.

Eating **chicken noodle soup** has been a common practice for centuries. Generations from virtually every culture swear by the benefits. The warmth of the broth. The rich, savory flavors of the chicken, vegetables and noodles. Campbell's was right. Soup is good food.

How about **hot tea**? There is something about sipping this stuff when I am sick that is irreplaceable. It relieves stuffiness. It soothes my sore throat. And that heat just feels good.

My go-to when I am really sick is the **blue liquid nighttime**

cold medicine. It feels warm going down, and it knocks me out. I just can't take it too late at night, or I am worthless the next morning.

A **hot bath** also feels great when my body aches. Getting undressed and into the tub isn't enticing when I am sick, but once I am soaking, the relaxation arrives. Getting out isn't fun either, but it is all worth it.

I can deal with most parts of being sick, but the sinus pressure is the worst. I realize **nasal spray** can be a challenge to wean from, but it sure provides instant relief. **Neti pots** and similar devices help me somewhat, too — as does a **humidifier.**

Orange juice isn't just for breakfast anymore. Some people swear by loading up on the natural vitamin C when they feel a cold coming on. And it tastes good. Why not?

In my father's day, most everyone seemed to rely on



taking **two aspirin** to cure everything. Dad had a little tin of Bayer aspirin in his pocket at all times, just in case.

When I was really sick as a child, Dad would put **vapor rub** on a hand towel and wrap it around my neck. It seemed to do the trick, or at least it smelled and felt like it was doing something. I still rely on it from time to time.

The best remedy for me, though, is **sleep.** When I am tired, my body lets me know. And some good, old-fashioned rest seems to be the best medicine.

Surely you have some other cold remedies that make you feel better. Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
President and
Publisher

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ADEL WOMEN'S CLUB OFFERS SCHOLARSHIPS

The Adel Women's Club is sponsoring General Federated Women's Club/Iowa Scholarships that range from \$500 to \$1,000 for high school graduating seniors attending post-secondary education schools in Iowa. Application packets may be obtained at the ADM High School Counseling Office and are due Feb. 1.

Vocal and instrumental camperships up to \$400 are also available to students who are entering eighth grade through 12th grade and will be attending a music camp this summer in Iowa. Application packets may be obtained from the ADM High School Counseling Office or from ADM music teachers and are also due Feb. 1.

Adel Women's Club President Paula Joiner may be contacted for a letter of club sponsorship at adelwomensclub@gmail.com or Scholarship Chairwoman Shirley McAdon may be contacted at skmcadon@centurylink.net or at 515-993-4862 for more information. ■

ADEL MASONIC BREAKFAST

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

OUR KIDS IN HEAVEN SUPPORT GROUP

The next Our Kids in Heaven support group meeting is Saturday, Feb. 1 at 10 a.m. at the Adel Public Library. The group will be doing adult coloring of valentines for the Adel nursing home residents. ■

**COLLISION? DEER?
HAIL? DENTS? DINGS?**



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ADM SPORTS SCHEDULE

Friday, January 24, 2025

- 4:30 p.m. **Basketball:** Girls JV vs. Winterset
- 4:30 p.m. **Basketball:** Boys JV vs. Winterset
- 5:45 p.m. **Basketball:** Boys Freshman vs. Winterset
- 6 p.m. **Basketball:** Girls Varsity vs. Winterset
- 7 p.m. **Basketball:** Girls JV2 vs. Winterset
- 7:30 p.m. **Basketball:** Boys Varsity vs. Winterset

Saturday, January 25, 2025

- 9 a.m. **Wrestling:** JV Invitational @ Marshalltown High School
- 9:30 a.m. **Wrestling:** Varsity Tournament @ Interstate 35

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RURAL & IN-TOWN - COMPETITIVE SPEEDS & PRICING

SOUP SUPPER

Peace Lutheran Church, 34128 L Ave., just north of KOA Campground, will hold its soup supper on Feb. 8, 4-6:30 p.m., for a freewill donation. ■

COMFORTABLY DUMB

By Bruce Quast



DALLAS COUNTY CONSERVATION

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.

ADULTS VALENTINE HIKE

Voas Nature Area

Thursday, Feb. 13, 5 p.m.

Registration required. Love is in the air across the natural world. Discuss how different members of the natural world go through courtship, bonding and the other types of relationships in our ecosystems. Feel free to bring your own headlamps and flashlights.

EYES ON BABY BIRDS, VOLUNTEER TRAINING

Forest Park Museum

Saturday, Feb. 15, 1-3:30 p.m.

Registration required. Each year, DCCB looks for volunteers to monitor bird nests, most in county parks. A short training is provided to help identify the development or behavior of specific birds. Training will be divided by species: 1-1:45 p.m., Eastern Bluebirds; 1:45-2:30 p.m., Osprey; and 2:30-3:15 p.m., Chimney Swifts. No previous experience needed. You will leave with a place, time and project.

MAPLE SYRUPING

Kuehn Conservation Area

Saturday, Feb. 22, 10-11:30 a.m.

Registration required. Get to know your local maple trees. Join a naturalist for a short hike to identify different maple trees, learn to tap and extract sap from the trees and the process it takes to make sweet maple syrup. ■

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7:00 a.m. - 3:00 p.m. M-F
7:00 a.m. - noon Sat.

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HISTORY

WHO IS THE HIGHWAY 6 BRIDGE NAMED AFTER?

BY MIKE FLINN

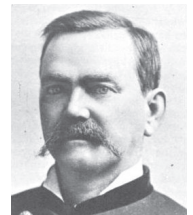
You've passed by the big green memorial sign every time you leave or enter Adel over the Highway 6 bridge and probably never paid any attention to it. Brothers Samuel and Elliott Rice, the two men named on the memorial, were Iowa Civil War generals. Samuel was born in New York in 1828. He studied law in Ohio before graduating from Union College in Schenectady, New York. In 1851, he moved to Oskaloosa to practice law and later became Mahaska County attorney. In 1856, he became Iowa's second attorney general. Samuel was mustered into the 33rd Iowa volunteer infantry as a colonel on Oct. 4, 1862. He commanded the Second Brigade 13th Division XII Corps at Helena, Arkansas. In August 1863, he was appointed Brigadier General U.S. Volunteers. Samuel was badly wounded in battle and returned to Oskaloosa where he died of his wounds on July 6, 1864.

Elliott Warren Rice was born in 1835 in Allegheny, Pennsylvania, and schooled in Virginia and Ohio. In 1855, he moved to Oskaloosa to

study law under his brother, Samuel. Elliott's service in the Civil War began before his brother's, having joined the 7th Iowa Volunteer Infantry Regiment as a corporal in July of 1861. On Aug. 30, 1861, he was promoted to major. In the battle of Belmont, in November of 1861, all of his superior officers became incapacitated, so he was given command of the regiment, proving his mettle. He also received the first of his seven war wounds in this battle. After fighting bravely in the Battle of Shiloh, one of the bloodiest battles of the Civil War, he received another promotion, this time to the rank of colonel. In 1864, he moved with General William Tecumseh Sherman toward Atlanta and fought at Resaca, New Hope Church and Kennesaw Mountain, Georgia. He was a brigade commander and received his promotion to brigadier general of volunteers on June 22, 1864. He then led the second division in the Siege of Atlanta. After helping take Atlanta, he transferred to XV Corps. As a leader in Sherman's March to the sea and the Carolinas campaign, he earned



Samuel Rice



Elliott Rice

the brevet rank of major general. He had enlisted as a corporal and earned promotions all the way to major general.

Elliott practiced law in Washington, D.C., for many years after the war, finally retiring and returning to Iowa. He lived out his final days in his sister's home in Sioux City, where he died on June 22, 1887. He is buried in Floyd Cemetery in Sioux City.

The official name of the structure is The Generals Elliott Rice and Samuel Rice Memorial Bridge. The Iowa Department of Transportation will also tell you the following facts: It is located on U.S. Highway 6 at mile post 115.88 over the North Raccoon River. It was memorialized in 2010 by posting a 230-inch by 24-inch sign at both ends of the bridge. Now you know. ■


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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**BONDU CHOWDER RIDE****Feb. 22, 10:30 a.m.****101 Main St. S.E., Bondurant**

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (Approximately 10 miles) on Saturday, Feb. 22. Check-in at 10:30 a.m. at Reclaimed Rails Brewing Company before the ride starts at 11 a.m.

VENDOR MARKETS**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.

DMPA CONCERT SERIES**Various dates, 7 p.m.****Temple Theater, 1011 Locust St., Des Moines**

Des Moines Performing Arts (DMPA) is excited to announce a new concert series. "Made in the Midwest" highlights the artistry of local musicians in the intimate Temple Theater. Celebrating the talents of independent artists from across our region, guests will enjoy a unique experience where the musicians take center stage in a venue known for its unparalleled acoustic quality.

The series will kick off with five artists just announced.

- **Feb. 14:** Brad & Kate, Pop/Folk
- **Feb. 15:** The Finesse, soul/pop
- **March 21:** Matt Woods, roots/blues
- **April 25:** Allegra Hernandez, rock
- **May 9:** Abbie Sawyer, folk/americana

The Finesse and Abbie Sawyer will be performing songs from their latest album releases, giving audiences

the chance to hear their new music live for the first time. Tickets are on sale now starting at \$20/show. You can purchase tickets by visiting DMPA.org, calling 515-246-2300, or stopping by the Civic Center Ticket Office at 221 Walnut St. You can also purchase tickets night of at the Temple Theater Ticket Office, 1011 Locust St., starting two hours before a performance.

2025 DIG SYMPOSIUM**March 1****FFA Enrichment Center on the DMACC campus in Ankeny**

The 2025 Dig Into Gardening (DIG) Symposium is coming up. Cost is \$85 per person. The symposium will provide attendees research-based gardening and horticulture techniques and best practices, all centered on the theme of "Gardening for Change." This day-long event is open to the public and presented in partnership with the Polk County Master Gardeners and Iowa State University (ISU) Extension and Outreach in Polk County. The DIG Symposium will feature keynote addresses, breakout sessions, and an expansive exhibitor hall. A broad range of experts, including local Master Gardener volunteers, ISU specialists and educators, and other local professionals, will be on hand to offer insight and expertise. Lunch is provided. To learn more about the symposium or to become an exhibitor, visit <https://polkcountymastergardeners.org/DIG-Symposium>.

DES MOINES COMMUNITY ORCHESTRA CONCERTS

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- **Sunday, Feb. 23:** Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- **Sunday, May 11:** Spring Concert, Carl's Favorite Finales, Sheslow Auditorium. ■

RECIPE

SIMPLIFY FAMILY DINNER WITH A ONE-POT SOUP

(Culinary.net) After a busy season of groups and gatherings, sometimes a new year calls for easy, filling meals you can enjoy with your nearest and dearest. Warm, hearty Meatball Tortellini Soup can do just that as a delicious one-pot solution. Visit Culinary.net to find more warming winter recipes. ■

MEATBALL TORTELLINI SOUP

Recipe courtesy of "Cookin' Savvy"

Servings: 6-8

Ingredients:

- 4 cups beef broth
- 1 can (14 ounces) diced tomatoes
- 16 ounces frozen meatballs
- 19 ounces tortellini
- 6 ounces frozen spinach
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 3/4 cup Parmesan cheese, plus additional for serving, divided
- salt, to taste
- pepper, to taste
- 1/4 cup heavy cream
- bread, for serving

Directions:

In Dutch oven, pour in beef broth and diced tomatoes. Fill empty diced tomatoes can with water and add to pot. Stir in meatballs, tortellini and spinach. Cook over



medium heat then add onion powder, garlic powder, Italian seasoning and 3/4 cup Parmesan cheese. Add salt and pepper, to taste.

Cook 25 minutes, stirring occasionally. Add heavy cream and cook 5 minutes.

Serve with bread and additional Parmesan cheese.

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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. ■

WILSON APPOINTED FOOD PANTRY EXECUTIVE DIRECTOR

The Board of Directors of the Good Samaritan Food Pantry in Adel announces the appointment of Brandie Willson as the new executive director.

Brandie brings a wealth of experience to this role, having a background in nonprofit work, volunteer recruitment and management, and community outreach. In addition, Brandie has years of experience in the food service industry including events and catering. She has successfully led initiatives that directly address the needs of the communities she serves.

"We are excited to have her expertise guiding our food pantry as we move into the next chapter of our mission," said a statement released by the board. "Having previously worked with Central Iowa Shelter and Services, Brandie brings a deep understanding of community engagement and a passion for service. We are confident that her leadership will continue to strengthen our ability to support those in need.

"Brandie will be instrumental in strengthening our internal operations, building lasting community partnerships, and enhancing our capacity to deliver essential services to those in need," the statement continued. "We are confident that her leadership will inspire new levels of success and collaboration within our organization and the broader community."

The Good Samaritan Food Pantry (GSFP) is a 501(c)(3) tax-exempt, non-profit organization that serves the residents of the ADM School District, the Van Meter School District, and the communities of Dexter, Linden and Redfield. The organization partners with the Adel Ministerial Alliance, local churches and businesses, civic organizations, Food Bank of Iowa, DMARC, and area residents to provide supplemental food and personal care items for those with need. ■

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WANTED: Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

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