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## STUDENTS OF THE MONTH



Ella Greer and Olivia Gehring were awarded ADM Students of the Month at the Adel Kiwanis Club meeting at Patrick's Restaurant on Jan. 14. ■

### ADEL WEATHER FORECAST

**FRIDAY HIGH 51 | LOW 26**

Partly sunny, windy and mild



**SATURDAY HIGH 48 | LOW 29**

Breezy, cloudy and mild



**SUNDAY HIGH 57 | LOW 25**

Considerable cloudiness



**MONDAY HIGH 35 | LOW 15**

Rather cloudy and much colder



**TUESDAY HIGH 36 | LOW 20**

Mostly cloudy



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FROM THE PUBLISHER

# AUTOGRAPH WITH EXCELLENCE

“Good enough.” Those two words are frequently heard coming out the mouths of the underachievers of the world. You have certainly heard them said, often with a few more words following like these:

“Good enough for now.”

“Good enough for government work.”

“Good enough for who it is for.”

“Good enough for the girls (or guys) I date.”

And the worst — “Good enough for me.”

My friend Mark mows his grass to near perfection. He sometimes takes razzing about it from his neighbors who mock him for this obsession. He once told me, “If you are going to do something — anything, really — why wouldn’t you do it to the best of your ability?” Not surprisingly, Mark is a successful self-made person who has faced many personal and professional challenges in his life but has tackled them all head on. He believes everything he does

— everything — is a reflection of him. We could all learn something from Mark.

Our publishing business is somewhat unique in that what we do is out there for everyone to critique every day. Readers don’t hesitate to point out our errors, and I appreciate that. Some who work for us express their annoyance of that criticism. They typically don’t last long. We are not perfect, but we most certainly should strive to be.

The subject of this column was inspired by a quote I read recently that said, “Every job is a self-portrait of the person who does it. Autograph your work with excellence.” I shared it with our staff, but the message goes beyond our jobs.

Cooking a meal. Ironing a shirt. Making your bed. Washing a car. And, yes, mowing the lawn. Even when no one else can see it, the end result of each of these



tasks is a self-portrait of who we are.

So, what makes one person want to “autograph with excellence” and another to continually say “good enough”?

Inspiration? Self-motivation? An inner drive to continually improve? A fear of failure? Obsessiveness? Compulsiveness? Or just a simple desire to do one’s best?

The answer is likely a bit of each of those and many more. It is also likely to be different for each person and, to some degree, each task. Meanwhile, what’s the harm in working to do one’s best and to autograph with excellence? It certainly seems better than the alternative.

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](mailto:tammy@iowalivingmagazines.com)

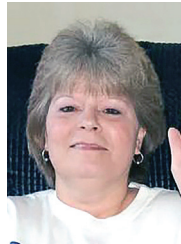
### KIMBERLY SUE DALTON

Kimberly Sue Dalton, 65, Adel, died Friday, Jan. 24, 2025, at EveryStep Kavanagh House in Des Moines. Kim was born June 24, 1959, in Des Moines to David Carroll and Phylis Jean (Elliott) Keasey. After her schooling, she worked and raised two daughters, Angi and Traci. She later had a son, Freddie Dalton, III.

In March of 1979, Kim was in a car accident that left her paralyzed; however, that did not take away her fight, courage and bravery to continue on. Kim loved the river, fishing, camping, being on a boat, her family and spending time with grandkids, great grandkids and Punky, her beloved cat.

Preceding her in death were her parents, son, and longtime partner, Andrew "AJ" James. Survivors include daughters, Angi Ostrem and Traci Vargas; brother, David Randall (Laura) Keasey; a host of grandkids; four great grandkids; nieces; nephews; other relatives and friends.

A memorial service will be held at 3 p.m. on Friday, Feb. 7, at Iles Brandt Chapel, 1301 Ash St., Dallas Center. Interment at Brethren Cemetery will take place the summer of 2025. Kim will be laid to rest next to AJ and Freddie Dalton, III. ■



## ADM SPORTS SCHEDULE

### Friday, Jan. 31

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

### Saturday, Feb. 1

- 9 a.m. **Bowling:** JV/Varsity vs. Norwalk @ Air Lanes
- 10 a.m. **Wrestling:** Varsity RRC Conference

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## 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. ■

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# 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. ■

# 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. ■

# 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. ■

## DALLAS COUNTY CONSERVATION

[www.dallascountyiowa.gov/conservation](http://www.dallascountyiowa.gov/conservation) or call the DCCB office at 515-465-3577.

To register for events, visit [www.dallascountyiowa.gov/conservation](http://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. - noon Sat.

[www.sdclandfill.com](http://www.sdclandfill.com)

## ADEL PUBLIC LIBRARY

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

### FEBRUARY STORYTIMES

- **Dallas County Conservation Storytime** – Monday, Feb. 10 at 10 a.m.
- **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.

### ELEMENTARY ACTIVITIES

- **Winter Playtime** – Every Friday from 9-11 a.m.
- **Comics and Cookies: Dogman** – Feb. 4 at 4 p.m.
- **Tail Wagging Readers** – Thursday, Feb. 6 at 4:30 p.m.
- **Pokémon Club** – Tuesday, Feb. 11 at 4 p.m.
- **Valentine's Day Escape Room** – Feb. 14. Time slots till 3 p.m.  
Registration required at [adelpl.org](http://adelpl.org)
- **Oreo Taste Test** – Tuesday, Feb. 18 at 4 p.m. Registration required at [adelpl.org](http://adelpl.org)
- **Building League** – Tuesday, Feb. 25 at 4 p.m.

### TEEN

- **Teen Advisory Board** – Thursday, Feb. 6 at 4 p.m.
- **Nerf Battle: Grades 6-12** – Friday, Feb. 7 at 2 p.m. Registration required at [adelpl.org](http://adelpl.org)
- **Teen: Clay Gnomes** – Thursday, Feb. 13 at 4 p.m.
- **Valentine's Day Escape Room** – Feb. 14. Time slots till 3 p.m. Registration required at [adelpl.org](http://adelpl.org)
- **Teen: Oreo Taste Test Challenge** – Thursday, Feb. 20 at 4 p.m.
- **Teen Hang Out** – Thursday, Feb. 27 at 4 p.m.
- **Library D&D** – Friday, Feb. 28 at 1 p.m. Registration required at [adelpl.org](http://adelpl.org)

### ADULTS

- **Yoga** – Every Wednesday at 5:45 p.m. Registration required at [adelpl.org](http://adelpl.org)
- **50s Plus Senior Group** – Feb. 4 and 18 at 10 a.m.
- **How to: Digital Library Services** – Tuesday, Feb. 4 at 10 a.m.
- **Homeschool Meet-Up** – Monday, Feb. 10 at 9-11 a.m.
- **Brown Bag Book Club** – Thursday, Feb. 13 at 12 p.m.
- **Family Puzzle Competition** – Friday, Feb. 22 at 10 a.m. Registration required at [adelpl.org](http://adelpl.org)
- **Adult Puzzle Competition** – Friday, Feb. 22 at 1 p.m. Registration required at [adelpl.org](http://adelpl.org)
- **AI and the Human Future** – Tuesday, Feb. 25 at 6 p.m.
- **Evening Book Club** – Thursday, Feb. 27 at 5:30 p.m. ■

## 50S PLUS MEETINGS AND EVENTS

The 50s Plus Seniors group has been going for the last 3 years, during which the group has played board games and enjoyed lots of conversations, plenty of coffee, and a lot of good food. They invite anyone in Adel and the surrounding area to join them the first and third Tuesdays of the month, 10 a.m. to 1 p.m. at the Adel Public Library, 303 S. 10th St. If you have just moved to the area and would like to meet new people, this is a great way to do it. The group now has programs included in its activities. Programs are open to anyone, not just seniors.

Feb. 18: Program on Granny Basketball history.

Feb. 25, 6:30 p.m. (note time change): AI and The Human Future.

March 18, noon: Prescription and over the counter drugs for seniors. ■

## 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." ■

# EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

## AXE-THROWING EVENTS

### Ironside Axe Club

2700 University Ave., Suite 100, West Des Moines

**Feb. 13:** A Galentines Ladies Night Out, 6-9 p.m.  
Celebrate with your girlfriends with axe throwing, a drink ticket, mead/wine tasting, chocolate and snacks, \$40.

**Feb 21:** Dark Roast Happy Hour Business  
Networking event, 5-7 p.m. Enjoy axe throwing, networking and beer. Free event, but donations are encouraged to help fund the events.

**March 22:** Pirate Take Over and Sea Shanty Sing  
Along featuring the Orkes and Trolls. \$1 off drinks for all pirates. \$10 axe throwing from 6-10 p.m. Sing-a-long from 7-9 p.m.

## "RIPCORD"

Jan. 31 - Feb. 16

### Tallgrass Theatre Company

2019 Grand Ave., Suite 100, West Des Moines

[tallgrasstheatre.org](http://tallgrasstheatre.org)

A sunny room on an upper floor is prime real estate in the Bristol Place Senior Living Facility, so when the cantankerous Abby is forced to share her quarters with new-arrival Marilyn, she has no choice but to get rid of the infuriatingly chipper woman by any means necessary. A seemingly harmless bet between the old women quickly escalates into a dangerous game of one-upmanship that reveals not just the tenacity of these worthy opponents, but also deeper truths that each would rather remain hidden. For information and tickets, visit <https://tallgrasstheatre.org/tickets/>.

## DES MOINES PERFORMING ARTS SHOWS

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines

[desmoinesperformingarts.org](http://desmoinesperformingarts.org)

**Feb. 13:** Capital City Pride Presents: Tee Franklin

**Feb. 17-19:** "The Giver"

**Feb. 21 to March 2:** "Mary Poppins Jr."

**Feb. 25 to March 2:** "Life of Pi"

## IOWA BEEF EXPO 2025

Feb. 8-16

### Iowa State Fairgrounds

3000 E. Grand Ave., Des Moines

[iowabeefexpo.com](http://iowabeefexpo.com)

There is a long list of highlights happening at the Iowa Beef Expo this year. Look for sales, tradeshow, banquets, contests (including an auctioneering contest), parades for each breed, and so much more. The junior shows highlight on Feb. 15 and 16.

## DES MOINES HOME AND GARDEN SHOW

Feb. 13-16

Iowa Events Center, 730 Third St., Des Moines

[desmoineshomeandgardenshow.com](http://desmoineshomeandgardenshow.com)

All things gardening will be on display at this event. The list of exhibitors is lengthy, from food and beverage to garden and landscaping. Don't miss the Inspiration Stage, Feature Gardens and appearances by the stars of HGTV's "Down Home Fab." ■

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RECIPE

# A SAVVY WEEKNIGHT FAMILY MEAL

*(Family Features)* Because this time of year can be crazy busy, drive-thru meals can easily become the norm. While fast-food burgers may do the trick once in a while, they can get old quick if your family is eating them every other night. This quick and easy baked spaghetti can bring everybody back to the table, and it won't break the bank either. ■

## BAKED SPAGHETTI

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

### Ingredients:

- 1 pound ground beef
- 1 pound spaghetti noodles
- 1 jar (16 ounces) alfredo sauce
- 1 jar (24 ounces) marinara sauce
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- salt, to taste
- pepper, to taste
- 2 cups shredded cheese
- French bread or breadsticks, for serving

### Directions:

Heat oven to 350 F.

Brown and drain ground beef.

Cook noodles according to package instructions. Drain noodles; add alfredo sauce and mix well.

Add marinara sauce, garlic powder and onion powder to ground beef. Season with salt and



pepper, to taste.

Place noodles in 9-by-13-inch baking dish. Spoon beef mixture on top but do not mix in. Cover with

shredded cheese then cover with foil and bake 30-40 minutes.

Serve with French bread or breadsticks.

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# FIBER COMING TO RURAL ADEL

Fast and reliable internet will soon be available to underserved and unserved Iowans. Panorama Fiber, an independent communications company located in Panorama and Guthrie Center that provides Internet, TV and Voice services to the surrounding areas, finished its Bagley fiber build in 2024, and service installations have begun for new customers from the rural Linden to Redfield fiber build. In spring 2025, construction will start in rural Redfield to Adel/Earlham, and in summer 2025 in rural Madison County. Rural residents in Redfield to Adel/Earlham and Winterset will have access to faster and more reliable internet.

“There are now limited internet options in these rural areas. In some places, including wooded and hilly sections, the internet service is not very good,” Panorama Fiber General Manager Andy Randol said. “Residents deserve fiber optic internet, and Panorama Fiber can’t wait to bring it to them. As we complete segments of the construction in 2025, we hope to begin service installations in phases, barring major weather issues or other disruptions.”

New Panorama Fiber customers will be able to select from Fiber Internet+ plans ranging from 200 Mbps to 2 Gig (2,000 Mbps) — all providing unmatched reliability and the best connections for streaming, gaming, work from home, and more.

The fiber builds in rural Redfield to Adel/Earlham and rural Madison County are partially funded by an award from the State of Iowa’s Empower Rural Iowa Broadband Grant Program, which helps bring ultra-fast internet to underserved and unserved areas. By the end of the project, Panorama Fiber will have installed hundreds of miles of fiber optic cables and extended network connections to roughly 1,000 locations in Dallas and Madison counties.

“It’s important to note that this award won’t cover all of our fiber build expenses. Panorama Fiber has a lot of skin in the game,” Randol said.

Residents of rural Redfield to Adel/Earlham or rural Madison County can visit [panorafiber.com/fiber-build](http://panorafiber.com/fiber-build) for details. Completion of forms is the initial step in the process and provides Panorama Fiber with the contact information required to move toward service installation. Those interested can also call 641-755-2424 to learn more about service availability.

“Due to rising construction costs, Panorama Fiber will only do fiber drops in 2025 to households that have filled out an Application for Service Form with us and committed to becoming one of our internet customers,” Randol said. “There’s no charge to customers for these fiber drops.”

To introduce fiber internet service to residents in these fiber build areas, Panorama Fiber staff members will be going door to door in selected sections prior to construction. ■

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