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SEEN IN ADEL


MORE PHOTOS INSIDE




The ADM Dance Team performed during the varsity basketball games in Adel on Jan. 24. Pictured are Alicia and Brenna Garrity ■

ADEL WEATHER FORECAST

FRIDAY HIGH 19 | LOW 8
Cold; periods of clouds and sun 

SATURDAY HIGH 32 | LOW 26
Mostly sunny and not as cold 

SUNDAY HIGH 43 | LOW 35
Rather cloudy and not as cold 

MONDAY HIGH 53 | LOW 35
Partly sunny and mild 

TUESDAY HIGH 53 | LOW 34
Mild with plenty of sunshine 



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FROM THE PUBLISHER

A SIMPLE, SHORT-SLEEVE T-SHIRT

It was a simple, short-sleeve T-shirt. One color. Three words on it — Algona Little League.

It was what I and all the other kids wore to each of our Little League games. Each team had a different color, of course, but the uniform didn't get any more complicated than that. Yes, we each had a baseball mitt, too, but no cleats. No pants. No jerseys. No hats. No batting gloves. Just a T-shirt. And the cost of it was included in the modest participation fee.

Today, the cost to play in organized youth sports is out of the park. And, maybe as a result, fewer American kids are playing sports. This is detailed in a recent column by Hanna Skandera entitled, "No kid should be priced out of playing sports." She wrote how the importance of reversing this trend cannot be overstated.

"Youth sports are not just games; they are a critical component of childhood development. Simply put, the well-being of our nation hinges, in part, on our investments in youth sports today."

She noted how youth sports are becoming steadily more privatized, quoting how "pay-to-play" youth sports is a \$30- to \$40-billion dollar industry and that American families spend an average of almost \$900 annually per child to participate in organized sports.

She also points out the growing socio-economic gap in sports participation, stating, while more than two in three kids from wealthier families are playing sports, only about one in three from the poorest families get the same opportunity.

"Sports teach teamwork, discipline, perseverance and resilience — traits that are essential both on and off the field," she wrote. "For many kids from challenging family situations, sports offer a sense of belonging and purpose and put them on the path to a more stable future."

But, in the big picture, do sports really matter?



"Participation in sports has been linked to better academic performance, higher self-esteem, and a greater likelihood of college attendance," she wrote. "Studies show that 66% of students who earn all A's play organized sports compared to just 24% of students with mostly D's and F's."

Skandera stated how kids who play sports have higher lifetime earnings and have vastly lower rates of depression, obesity and other serious health conditions. She says investing in youth sports is a matter of public health and national pride. She may be right, and it may start by getting back to the simpleness of sports. Parents should not have to spend hundreds of dollars to equip their child to play in a sport. A simple T-shirt will do just fine.

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.
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ADM SCHOLARSHIP FOUNDATION STUDENTS OF THE MONTH

ATTENTION: All students in the senior class at ADM High School planning to go on to post-secondary education should complete an application for a scholarship from the ADM Scholarship Foundation. The instructions and application can be found on the school website, or you can obtain information from the high school counselor. All applications must be submitted by the date specified. The scholarship winners will be announced at the commencement ceremonies in May. All contributions given to the foundation are invested, and the income is used to provide the scholarships. The amount of \$947,500 has been given in scholarships to 967 students since the foundation's inception in 1985.

Each month, the teachers and/ or coaches designate students that have achieved recognition in their specific category. The Students of the Month for January and February are listed follows:

JANUARY:

- **Student of the Month:** Evelyn Horgen — Raccoon Valley Bank
- **Kiwanis:** Ella Greer and Olivia Gehring
- **Fine Arts:** Alayna Freeman (Choir) and Patrick Lee (Band) — Lincoln Savings Bank
- **Girls Bowling:** McKynna Beemer — Iowa Spring Manufacturing
- **Boys Bowling:** Owen Evans — Azalea Lane Boutique
- **Wrestling:** Landon Moorhead — Adel Lions Club
- **Boys Basketball:** Hudson Lorensen — Adel TV and Appliance
- **Girls Basketball:** Lauren Hagedorn — Cullen Howe Real Estate-RE/MAX Precision
- **Dance:** Cordy Piepmeier — Adel Rotary Club
- **Wrestling Cheer:** Marley Akey — Adel Vision Clinic

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STUDENTS, ON BACK

ADM SPORTS SCHEDULE

Saturday, Feb. 22

TBD **Wrestling:** Varsity State Tournament @ Wells Fargo Arena - Des Moines

7 p.m. **Basketball:** Girls Varsity Regional Semifinal @ Gilbert

Monday, Feb. 24

7 p.m. **Basketball:** Boys Varsity Substate vs. Clarke

Tuesday, Feb. 25

7 p.m. **Basketball:** Girls Varsity Regional Final vs. TBA

Wednesday, Feb. 26

TBD **Esports:** Varsity State @ Marshalltown Orpheum Theatre

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SEEN IN ADEL

THE ADM DANCE TEAM PERFORMED DURING THE VARSITY BASKETBALL GAMES IN ADEL ON JAN. 24.



Clare Garrity



Emmy and Avery Garrity



Genevieve Book



Scott and Jordan Crannell

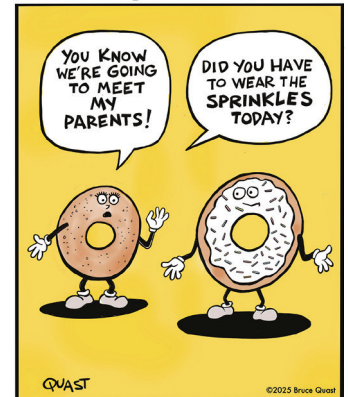
MOBILE FOOD BANK

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 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, March 9, from 9 a.m. to noon at the Masonic Lodge, 411 S. 12th St. ■

Comfortably Dumb by Bruce Quast



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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. ■

CHAMBER PRESIDENT SOUGHT

The Adel Partners Chamber of Commerce is seeking a president. The president serves as the chief executive officer and is responsible for the overall leadership, management and operation of the chamber. This role involves executing the vision and mission of the chamber, promoting economic growth, advocating for the business community, and enhancing the chamber's role as a key resource for local businesses. The president works closely with the board of directors, city of Adel, staff, members and community stakeholders to advance the interests of the business community and ensure the chamber's long-term success. For more information about duties, salary and application process, visit <https://business.adelpartners.org/jobs/info/executive-and-management-president-71>. ■



50S PLUS MEETINGS AND EVENTS

The 50s Plus Seniors group has been going for the last three years, during which time 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. Programs are open to anyone, not just seniors.

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. ■

POSITIONS AVAILABLE

The City of Adel Parks and Recreation Department is seeking qualified individuals for management of Island Park Campground. Island Park Campground is nestled among mature oak and elm trees along the Mill Slough, a branch of the North Raccoon River. It has approximately 38 camper sites and 14 tent-only sites. The campground offers many modern features and many water recreation opportunities. For more information, the Request for Proposals, Campground Lease and Grounds Map, go to: adeliowa.gov.

The City of Adel Parks and Recreation Department is also hiring for the following summer positions.

Aquatic Center Lifeguards, ages 15 and older, \$13 per hour first year.

Aquatic Center Concessions/ Admission, ages 15 and older, \$11 per hour first year.

Ball Field Concessions, ages 15 and older, \$13 per hour.

Youth League Umpires, ages 15 and older, \$45-plus per game, DOE.

Grounds Maintenance Ball Field Prep / Parks Mowing Trimming, ages 16 and older, \$15 per hour. ■

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RECIPE

BREAKFAST INSPIRED BY MAKE-A-WISH KIDS

(Family Features) Whether your brunch favorites include pastries and pancakes or fruits and French toast, enjoying a meal together is a heartwarming way to start the day.

Now, you can savor all your favorite flavors inspired by wish kids. This Peanut Butter and Apple breakfast recipe is made with the freshness and irresistibly soft texture of Butterbread from Nature’s Own, which partnered with Make-A-Wish on a \$500,000 donation to highlight and support wish kids through 2026.

Since 1980, the global nonprofit has granted more than 375,000 wishes in the U.S. to children with critical illnesses, helping them build the strength and hope needed to fight their illnesses. Granted wishes can be life-changing, bringing a sense of normalcy to families that can impact entire communities.

To celebrate the partnership, the Slice of Hope Campaign was launched, introducing in-store displays as well as a digital “Well Wish Wall” where shoppers can submit their well wishes for kids to see.

Special-edition bread loaf packaging also highlights the collaboration by sharing inspiring stories from three wish kids: Addison, who fulfilled her dream of experiencing the wonders of Pearl Harbor; Aden, who ventured out for an epic fishing trip; and Joanna, born with an adventurous spirit that wouldn’t rest until she learned to surf the breathtaking shores of Hawaii.

“We are truly honored to partner with Make-A-Wish on this meaningful two-year journey, committing to help grant life-changing wishes,” said Krystle Farlow, senior director of brand management for Nature’s Own. “Together, we hope to continue to inspire and spread goodness, one wish at a time.” ■

PEANUT BUTTER AND APPLE

Total time: 10 minutes

Servings: 1

Ingredients:

- 2 tablespoons peanut butter
- 1 slice Nature’s Own Butterbread
- 1/2 apple, thinly sliced
- 1 teaspoon honey

Directions:

Spread peanut butter on one side of bread.

Arrange apple slices on top of peanut butter.

Drizzle honey over apple slices.



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ADEL FIREMAN'S DANCE

The Adel Fireman's Dance is April 5 at Country Lane Lodge, 29300 Prospect Circle, Adel. It will feature the music of Suede. Doors and silent auction open at 5 p.m. Dinner, catered by DM Bacon and Meat Company, will be served at 6 p.m. The band plays from 7:30-11 p.m. All proceeds go to the Adel Fire Association to help purchase needed equipment. Tickets are \$40 and available from any Adel Volunteer firefighter or message the group on Facebook, Facebook.comAFD25. ■

STUDENTS, FROM INSIDE

FEBRUARY:

- **Student of the Month:** Ella Goodrich — Raccoon Valley Bank
- **Kiwanis:** Tate Truitt and Aniston Tollari
- **Fine Arts:** Ac Dec — Nic Carmichael and Caleb Klassen — Lincoln Savings Bank
- **Girls Bowling:** Alabama Astley — Cullen Howe Real Estate-RE/MAX Precision
- **Boys Bowling:** Jaxson Book — Adel Dentistry
- **Wrestling:** Ethan Johnson — Adel HealthMart
- **Boys Basketball:** Reid Kluesner — Fareway Stores

- **Girls Basketball:** Ellis Smith — Iowa Spring Manufacturing
- **Dance:** Jordan Crannell — Adel TV and Appliance
- **Wrestling Cheer:** Claire Roorda — Patrick's Restaurant
- **eSports:** Cadence Hougham (Rocket League) and Isaac Hatchitt (Overwatch 2)

A special thank you to the local businesses that sponsor the Student of the Month program. These businesses contribute annually to maintain the program through the ADM Scholarship Foundation. More information on the Scholarship Foundation program can be found online at www.admscholarshipfoundation.com. ■

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