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FOREIGN EXCHANGE STUDENTS



ADM foreign exchange students Luana Fonda from Kosovo and Helena Heitmuller from Germany, gave presentations about their home countries at the Adel Kiwanis Club meeting on Nov. 18 at Patricks Restaurant. Adel Kiwanis Club member Jackie Giles (center) is Helena's host mother. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 30 | LOW 22

Sun turning to clouds 


SATURDAY HIGH 35 | LOW 25

Partly sunny 


SUNDAY HIGH 46 | LOW 27

Clouds yielding to sun 

MONDAY HIGH 45 | LOW 24

Sunny to partly cloudy 

TUESDAY HIGH 36 | LOW 29

Mostly sunny 



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FROM THE PUBLISHER

THE 4 STAGES OF A MAN'S LIFE

Santa Claus may have come and gone for 2025, but he leaves his memory with us — especially us men. This week, I am expanding on a short story that has been circulating in some circles called “The Four Stages of a Man’s Life.” It’s quite accurate, and I am here to prove it.

The first stage of a man’s life is **believing in Santa Claus**. It was a magical time as a young child. Some of our earliest memories. Sure, we were still naughty, but we were nicer than normal because we knew an old man in a red suit was making a list and checking it twice. And, I really wanted that Evel Knievel stunt cycle.

The second stage of a man’s life is **not believing in Santa Claus**. There are a number of revelations in a man’s life when he discovers that things aren’t really what he thought they were. This was the first, and it was devastating. My siblings never told me, and neither did most of my friends — except little Johnny Cotten. We were in

second grade and eating lunch in the elementary school cafeteria when he dropped the bomb on me, making me feel like I was the last one to know. And, maybe I was, but I could have gone another year or two without this realization. I remind John of this each time I see him.

The third stage of a man’s life is when **he is Santa Claus**. Maybe not the white beard, red suit and a workshop of elves, but, let there be no doubt, he is Santa. Listening to the wishes of his children. Shopping the crowded stores. Wrapping the presents in special paper. And making sure they are under the tree Christmas morning, awaiting the jubilation. I did just fine on most of those tasks, most years. But, one year, I was quite tired and told Jolene I would wake up early and put the presents under the tree. Our daughter, Samantha, woke up before I did and came



into our bedroom crying. “Santa never came,” she exclaimed between the tear falls. “Let’s go look,” I replied frantically. “Maybe he put the presents somewhere else.” And, of course, we discovered that he put them in the basement. All was good.

The fourth stage of a man’s life is when **he looks like Santa Claus**. Yep. The gray hair and gray beard. The expanding waistline. An appreciate of milk and cookies. A yearning for tradition. And a strange fondness for reindeer. OK, maybe not the last one, but you get the idea.

That’s it. Four stages. And now, like some of you, I am in the final one and enjoying every minute of it.

Happy holidays to you all, and thank you for reading. ■



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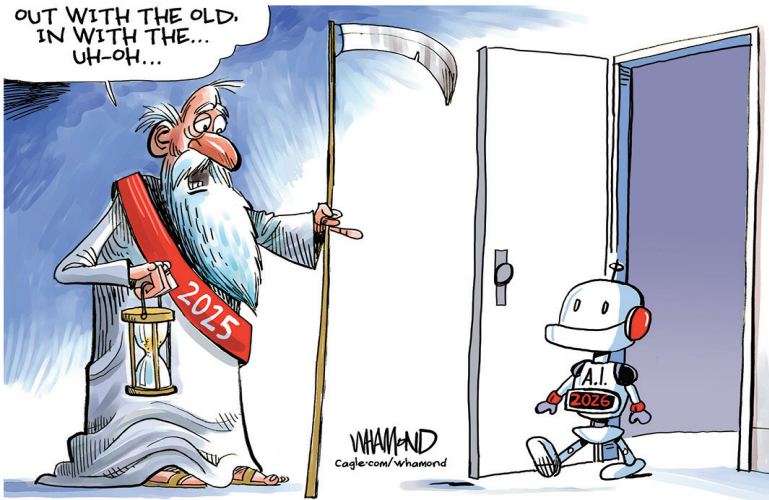
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DALLAS COUNTY CONSERVATION

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

All programs are free to the public and open to all ages.

- **What's A Bee Survey?** Saturday, Jan. 17, 10-11 a.m., Forest Park Museum, 14581 K Ave., Perry
- **Wilderness Trek Virtual Information Meeting:** Monday, Jan. 19, 1 p.m. or 6 p.m., virtual meeting
- **Snakes, Snakes, Snakes!** Monday, Jan. 19, 10 a.m., Forest Park Museum, 14581 K Ave., Perry
- **Full Moon Evening Hike:** Friday, Jan. 30, 6-7:30 p.m., Voas Nature Area, 19286 Lexington Road, Minburn ■

TAKING NEW PATIENTS
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adelvisionclinic.com

South Dallas County Landfill Agency
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ADM SPORTS SCHEDULE

Saturday, Jan. 3

10 a.m. **Wrestling:** Varsity Tournament @ Lewis Central

1 p.m. **Basketball:** Girls JV vs. Van Meter

1 p.m. **Basketball:** Boys JV vs. Van Meter

2:30 p.m. **Basketball:** Girls Varsity vs. Van Meter

2:30 p.m. **Basketball:** Boys Freshman vs. Van Meter

4 p.m. **Basketball:** Boys Varsity vs. Van Meter

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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. ■

WEDNESDAY NIGHT MEAL

Adel United Methodist Church, 115 S. 10th St., serves a meal Wednesdays, 5-6:30 p.m. in the fellowship hall downstairs. Serving is 5-6:30 p.m. This is a freewill donation meal. All are welcome. ■

REDFIELD COMMUNITY MEAL

The public is invited to join a monthly community meal on Monday, Jan. 5, from 4:30-6:30 p.m. at Redfield American Legion, 1116 Thomas St., Redfield. Enjoy a mouthwatering meal while supporting a local volunteer group. Bring your family, friends and appetite for a fun-filled evening of food, community and giving back. On the menu: Backdraft Baked Ziti, Flashover Salad, Fireline Breadsticks and Firefighter's Favorite Desserts. ■

DC FOUNDATION GRANT APPLICATIONS DUE FEB. 2

The Dallas County Foundation makes grants to IRS 501(c) (3), (5) or (6) federal income, tax- exempt organizations and 170(b) units of government organizations. Religious or political organizations are not eligible unless their project benefits the entire community. Areas of emphasis are: art, culture, humanities, education, health, human services, public/society benefits, environment/animals. Visit the Dallas County Foundation's website, www.dallascountyfoundation.org, for FAQs, grant writing tips, and for the application. Deadline is Feb. 2. ■



NEEDS FOR VETERANS AT THE VA

Veterans Day is a reminder that our veterans still need our help when they are hospitalized or homeless. Federal funds cannot be used at the Des Moines VA Hospital or Community Resource and Referral Center for personal items. That's when the Adel American Legion Auxiliary and other groups step up to collect contributions from the community as well as provide funds from Poppy Day donations.

Current new items needed are long sleeved shirts, XL boxers/briefs, duffle bags, sweatpants/sweatshirts (M-2XL), and pullover and zip-up sweatshirts (M-XL); personal care items; and coffee and snacks. Please refer to the Adel American Legion Facebook page for a detailed list. Of note is that Branch-of-Service clothing, blankets, hats and insulated mugs are residents' favorite items.

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

50s PLUS MEETINGS AND EVENTS

Enjoy board games, conversation, coffee and good food at the 50s Plus meetings. 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. ■

FAITH'S FLOCK PRESCHOOL REGISTRATION

Faith's Flock Preschool's registration for 26-27 school year opens to new families on Jan. 14. Register online at www.adelpreschool.com. Part-day and limited full-day options for ages 2.5 to 5 are available. Discovery Preschool class is specifically designed for 2.5 and young 3-year-olds. Staff emphasizes a balanced approach: structured learning and play-based exploration. ■

HISTORY

LET'S GO BOWLING

BY MIKE FLINN

The first bowling alley in Adel appeared in October 1902 in the Bly Building on the south side of the square. The grand opening featured a contest between the Woodward and Capital City bowling teams. AJ Lee, proprietor, announced, "If there are any who are prejudiced against the game, we ask you to come either to the opening contest or at any future time and investigate our method of conducting bowling alleys. Bowling is a lady's as well as a gentleman's game. On Thursday, Oct. 20 from 11 a.m. to 6 p.m., the alleys and room will be reserved for ladies and their escorts, and no gentlemen will be admitted unless accompanying a lady on this occasion. There will be no charges for the use of the alleys as we wish the ladies to become interested in the game as well as the gentlemen, and we ensure just as respectful treatment as they will receive at any other business houses in town."

Lee's bowling enterprise didn't last very long. In 1908, a new bowling alley was "fixed up" in the White building two doors north of the post office (west side of square) by a man named Ole Lee. This one lasted about 10 years.



In an attempt to augment his billiards business, Glenn Spillers, in January 1935, installed two lanes in the basement of his billiard hall.

The Adel Community Playhouse was established in those depression years to provide low-cost entertainment. In addition to the playhouse, there was a dance hall, skating rink and bowling alley. It was in the Quonset type building east of the square that would later be known as "The White Elephant." It was first managed by Hepworth and Hepworth and later by Dr. Scott, whose building was just west of the playhouse and now houses Fiesta Restaurant.

Duckpin Alleys were a short-lived form of entertainment during World War II. It was similar to bowling

except the balls and pins are smaller. WM Janssen opened his duckpin alley in the basement of the Williams Building in 1942. It was also short-lived.

1958 saw the end of Adel's bowling alley shortage in a big way. It was announced that Adel would soon have two bowling establishments for a total of 20 lanes. The "White Elephant" would once again have bowling to the tune of 12 lanes. Knute Anderson stated that he would have automatic pinsetters, shoe rental and the latest equipment. I don't remember the automatic pinsetters, but I do remember setting pins there during the short time it was in existence.

At the same time, Ken Culp, a local man, announced the construction of a new 50-foot by 145-foot building to house an eight-lane bowling alley. This would be just west of the Stables Motel on Highway 6 and would have the most modern equipment and plenty of parking. The business, now known as Adel Family Fun Center, remains today a popular place for recreational and league bowling. ■

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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**CITYVIEW'S FIRE AND ICE**

Saturday, Jan. 24, 1-4 p.m.

Valley Junction

CITYVIEW brings back its legendary Valley Junction area pub crawl. 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. Bring your friends, try new drinks and shop local in Valley Junction. Tickets are \$25 in advance and \$35 at the door. Follow the QR code for tickets.

**STAGE AND THEATER****DES MOINES PERFORMING ARTS**

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

www.dmpa.org

- Jan. 13-18: "SIX"
- Feb. 3-8: "Kimberly Akimbo."
- Feb. 24 to March 1: "The Outsiders."

DES MOINES COMMUNITY PLAYHOUSE

831 42nd St., Des Moines

www.dmplayhouse.com

- Jan. 9-25: "Red Riding Hood, Both Sides of the Story"
- Feb. 6 to March 1: "The Mousetrap"

ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames

www.actorsinc.org

- Jan. 29-31, Feb. 6-8: "Making God Laugh"

CLASS ACT PRODUCTIONS

201 First Ave. S., Altoona

www.captheatre.org

- Feb. 20-22, 27-28, March 1, 6-8: "Oliver! Jr."

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines

www.tallgrasstheatre.org

- Feb. 13 to March 1: "Disenchanted!"

DES MOINES YOUNG ARTISTS' THEATRE

Munro Building, Des Moines University Campus, 3380 Grand Ave., Des Moines

www.dmyat.org

- Feb. 20 to March 1: "Winnie the Pooh"

CINCH WORLD'S TOUGHEST RODEO

Jan. 9-10

Casey's Center, 233 Center St., Des Moines

Action-packed performance featuring some of the nation's most talented rodeo athletes, livestock and specialty entertainers. The world's toughest cowboys on a mission to become the Pro Rodeo's World Champion. More info: www.iowaeventscenter.com

CHEWBOCKA FEST 2026

Jan. 17

Confluence Brewing Company

1235 Thomas Beck Road, Des Moines

Confluence Brewing Company challenges any and all Star Wars fans to harness their inner Wookiee and get transported into this themed festival at this southside brewery. Practice your roars and get ready for a day full of fun activities. More info: www.confluencebrewing.com.

COMEDIAN CHARLIE BERENS

Jan. 24

Des Moines Civic Center

221 Walnut St., Des Moines

Charlie Berens brings his Midwest-style comedy to Des Moines, much to the delight of comedy fans in central Iowa. More info: www.desmoinesperformingarts.org. ■

RECIPE

PAIR SIMPLICITY AND FLAVOR WITH SEAFOOD PASTA

(Family Features) Simplifying family dinners after the holiday season starts with easy recipes that don't sacrifice flavor. To save time heading into the new year, add a recipe like shrimp spaghetti to your repertoire. It's a perfect winter warmup that makes kitchen duty a cinch while bringing loved ones to the table. ■

SHRIMP SPAGHETTI

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

Ingredients:

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided
- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach
- bread, for serving

Directions:

- Cook spaghetti noodles according to package instructions.
- In skillet over medium heat,



add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.

- Add chicken broth, Parmesan, heavy cream,

remaining garlic powder, onion powder and spinach to skillet; mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

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ADEL PUBLIC LIBRARY

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Hello from the Adel Public Library. We hope everyone had a happy and safe holiday season. We will be closed on Jan. 1 and Jan. 19.

STORYTIMES ARE BACK

- **Dallas County Conservation Storytime:** Monday, Jan. 5 at 9:30 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.

WINTER PLAYTIME

- This is an open playtime designed for children ages 2-5. Fridays, Jan. 9, 16, 23 and 30 from 9:30-11:30 a.m.

ELEMENTARY

- **Elementary Art Club:** Tuesday, Jan. 6 at 4 p.m.
- **Tail Wagging Readers:** Thursday, Jan. 8 at 4:30 p.m.
- **Pokémon: Charades:** Tuesday, Jan. 13 at 4 p.m.
- **Pet Rock Adoption Clinic:** Tuesday, Jan. 20 at 4 p.m.
- **Elementary Maker Lab - 3D Printed Marble Maze:** Tuesday, Jan. 27 from 4-5:30 p.m.*

TEEN

- **Teen Advisory Board:** Wednesday, Jan. 7 at 4 p.m.
- **Nerf Battle - grades 6-12:** Friday, Jan. 9 from 2-4 p.m.*
- **Teen Chef - Pizza:** Wednesday, Jan. 14 at 4 p.m.
- **Library D&D:** Friday, Jan. 16 from 1-3:30 p.m.*
- **Teen Craft:** Junk Journal: Wednesday, Jan. 21 at 4 p.m.
- **Teen Maker - 3D Printed Marble Run:** Wednesday, Jan. 28 at 4 p.m.

ADULTS

- **Exercise Group:** Meets every Monday through Thursday at 9 a.m.
- **Yoga:** Every Wednesday at 6 p.m.*
- **50s Plus Senior Group:** Tuesdays, Jan. 6 and 20 from 10 a.m. to 1 p.m.
- **Adult Craft: Mindful Doodle:** Monday, Jan. 12 at 5:30 p.m.*
- **AARP Fraud Watch:** Tuesday, Jan. 20 at 10 a.m.
- **Evening Book Club:** Thursday, Jan. 29 at 5:30 p.m.

*Registered event; register at adelpl.org. ■

CLASSIFIED ADS

SERVSAFE COURSE PLUS CERTIFICATION EXAM:

Saturday, January 10, 2026 9 a.m. to 6 p.m. Cost: \$160. Use current best practices in safe food handling to keep your food establishment in compliance and protect the health of both customers and staff. Contact Jackie at ISU Extension and Outreach at 515-993-4281.

FOR SALE: Homemade caramel corn for \$8.00 in gallon size bag. I also knit too. Call Sandy at 515-710-7844.

FOR SALE: Jigsaw puzzles 550 pieces. Little Farm Girl, Holiday scene, Christmas scene, Christmas Cottage, Covered bridge in fall. Sparkle Shine northern lights has never been opened \$10. The other puzzles are \$7 each. Call 5153210301.

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