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KEY CLUB UPDATE



The Adel Kiwanis Club welcomed ADM seniors Anna Holloway and Haley James to the Jan. 13 Club meeting at Patrick's Restaurant in Adel. The girls provided an update on the ADM Key Club, which the Kiwanis Club sponsors. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 16 | LOW -1

Sunny, breezy and colder

**SATURDAY HIGH 27 | LOW 13**

Not as cold; mostly sunny

**SUNDAY HIGH 30 | LOW 18**

Mostly cloudy with a bit of snow

**MONDAY HIGH 29 | LOW 14**

Intervals of clouds and sunshine

**TUESDAY HIGH 29 | LOW 16**

Considerable cloudiness



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FROM THE PUBLISHER

SINGIN' IN THE RAIN — AND THE SHOWER

Gene Kelly was “Singin’ in the Rain” in 1952 in one of the simplest yet beautifully orchestrated productions ever seen. This was before AI. Before CGI. Before most any “i.” MTV didn’t exist yet, but this “video” from the musical film of the same name, a light-hearted depiction of Hollywood in the late 1920s, captivated movie-goers with Kelly’s graceful steps while he danced through puddles in a rainstorm.

Rumors from the production say that Kelly had a 103-degree fever on the day of the shoot, and he still completed it on one take. If true, this production is even more amazing.

Most of us wouldn’t even consider singing in the rain. Instead, we run through it as quickly as possible to get to our cars, our offices or our homes to avoid getting soaked.

That’s not to say we don’t sing while in water. In fact, surveys show

that nearly three-fourths of us admit to singing in the shower. Most all of us are a rock star in the bathroom. But, why do we sing in the shower?

According to howstuffworks.com, some people say they sing in the shower to relieve stress in a private, comfortable space. The warm water and solitude apparently release dopamine, which enhances mood and creativity.

Others say singing in the shower improves mood further by increasing oxygen in the blood through deep breathing, and the act itself distracts from daily problems, providing more stress relief.

The acoustics of the bathroom are also a factor, as they “enhance the quality of the voice through reverberation and added bass, making a person sound better, which boosts confidence and encourages



more singing.”

I will admit it. I sing in the shower. And, keep in mind, I flunked chorus in eighth grade. That doesn’t stop me from singing along to whatever my Amazon Alexa is playing for me in the mornings. This isn’t a new practice for me either. As a teenager, I would fire up my Panasonic RX 5010 AM/FM cassette boombox and sing along to my favorite songs, after first tuning in to my morning fix of Paul Harvey’s “The Rest of the Story” on the radio dial.

So, thank you, Gene Kelly, for showing us that it’s OK to sing while water runs over our heads — in the rain or in the shower.

Have a great week, and thanks for reading. ■



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GARY'S RIDE

On Saturday, May 16, 10 a.m. to 2 p.m., Gary's Ride will be held, starting at the Waukee Raccoon River Valley Trailhead and ending in Dallas Center downtown Main Street. The event will be held to increase awareness of glioblastoma and support Richard Deming Cancer Center's terminal brain cancer patients through their integrative medicine program, Iowa Oncology Research Association for Glioblastoma Clinical Trials, MercyOne Des Moines Foundation for gift cards for terminal brain cancer patients and their families, and Gary's Compassion Fund for financial assistance for terminal brain cancer patients and their families. Help to "pedal" forward in reaching the funding goal and be the difference for these loved ones and their families afflicted by terminal brain cancer/glioblastoma. Registration and information is available at garysrideiowa.org. ■

REDFIELD COMMUNITY MEAL

The public is invited to the monthly Community Meal on Monday, Feb. 2, 4:30-6:30 p.m. at American Legion Post 261, 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 is sloppy joes, cheesy hash brown casserole, green beans with bacon and dessert. Free will donation. Proceeds go to the church's Outreach Fund. ■

SOUP SUPPER AT PEACE LUTHERAN CHURCH

Enjoy the Peace Lutheran Church's soup supper on Saturday, Feb. 7, 4-6 p.m. at the Peace Lutheran Church, 34128 L. Ave., Adel. Free will donation. ■

TAKING NEW PATIENTS

Adel Vision Clinic

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ADM SPORTS SCHEDULE

Friday, Jan. 30

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

Saturday, Jan. 31

- 10 a.m. **Wrestling:** Varsity RRC
Conference @ Ballard High School

Monday, Feb. 2

- 10 a.m. **Bowling:** JV/Varsity State
Qualifying Meet @ Perfect Games, Ames


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RACCOON RIVER PRESCHOOL'S TRIVIA NIGHT FUNDRAISER

Raccoon River Preschool is hosting its Trivia Night on Saturday, March 7, at Country Lane Lodge, 29300 Prospect Ave., Adel. The event features dinner, cash bar, game night and a live auction. Doors open at 5 p.m. and trivia, hosted by DJ Trivia, starts at 6 p.m. A live auction follows. Registration is \$30 per person or purchase a table for up to eight people. Sign up online at reccoanriverpreschool.com under the Fundraising tab. ■

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. ■

THIRD MONDAY BINGO

Enjoy 16 games of bingo (\$5/card for the night) plus a 17th Progressive Blackout (\$1/card) on Monday, Feb. 16, 6-8 p.m. at Masonic Lodge, 411 S. 12th St., Adel. Packaged snacks and nonalcoholic drinks will be available. ■

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 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. ■

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OBITUARIES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

DENA SMITH

Dena Smith, 64, of Perry, died Jan. 20, 2026. A funeral service was held Jan. 24 at Caldwell Parrish Funeral Home and Crematory in Adel. Interment followed at the Van Meter Cemetery in Van Meter.





She was born on Jan. 11, 1962, in Des Moines. She lived in Van Meter growing up and graduated in 1980. She also lived in Georgia for a period of time before returning to Iowa. She married Donnie Smith and had two children. She worked most of her life as a CMA until she retired at the age of 62.

She was preceded in death by her parents, Billy and DeAnna (Minshall) Buel; stepfather, Curtis Bruens; sister, RaAnna Withrow; and one grandchild. She is survived by her husband, Donnie Smith; son, Andrew Smith and wife, Kelly; daughter, Amie Smith and her boyfriend, Ethan; grandchildren: Dylan, Heaven, Shelby, Antonio, Winter and James; brother, Charles Buel and his wife, Karen; and many nieces and nephews. ■



DALLAS COUNTY CONSERVATION EVENTS

www.dallascountyiowa.gov/conservation | All programs are free to the public and open to all ages.

- Valentine Volunteer Day:** Saturday, Feb. 14, 9-11 a.m., Hanging Rock Park, 416 Redfield St., Redfield. The woodlands at Hanging Rock Park are being invaded by non-native shrubs and shade-tolerant trees. Help us remove these species to free up space for new growth and sunlight in our native oak-hickory forests. Grab your valentine and head to one of Dallas County's hidden gems, hanging rock park. A nice shelter area is available to pack a lunch and make it a date. <https://www.eventbrite.com/e/valentine-volunteer-day-tickets-1978844857237?aff=ebdsoporgprofile#location>

- Eagle Watch:** Sunday, Feb. 22, noon to 4 p.m., Cottonwood Recreation Area, 7400 Northwest 37th St., Ankeny. The return of the Bald Eagle is a conservation success story and a cause for celebration. We will gather at the open waters below the Saylorville Reservoir, where these birds historically congregate, and answer questions regarding the day's phenomenon. Spotting scopes or binoculars are recommended, though a limited number will be available to share. This program is a joint effort between DCCB, Iowa Audubon, and the Corps of Engineers. <https://www.eventbrite.com/e/eagle-watch-tickets-1978836287605?aff=ebdsoporgprofile>

- Shake your Winter Blues:** Friday, Feb. 27, 2-3:30 p.m., Voas Nature Area, 19286 Lexington Road, Minburn. Looking to get out of the house and off the screens? A change of scenery and a shock to the senses is a sure way to stimulate the mind and body. Come explore the outdoors by hiking the diverse habitats at Voas Nature Area with a naturalist. <https://www.eventbrite.com/e/shake-your-winter-blues-tickets-1978845337674?aff=ebdsoporgprofile>

- Voas Volunteer Day:** Saturday, Feb. 28, 9-11 a.m., Voas Nature Area, 19286 Lexington Road, Minburn. We will continue clearing invasive species out of an oak savanna at Voas Nature Area. November's Voas Volunteer Day was such a success that we are having an early spring volunteer day as well. We will continue clearing an oak savanna area that is overgrown. We will be using loppers and handsaws to clear honeysuckle, cedar trees, and autumn olive. Several past participants have used this to fill Master Gardener volunteer hours. No heat, mosquitoes, or poison ivy. Children welcomed and encouraged. Come help us liberate these smothered "wolf" oaks. <https://www.eventbrite.com/e/voas-volunteer-day-tickets-1978837531325?aff=ebdsoporgprofile> ■
 

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
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BRIGHT NIGHTS AND GREEN SIGHTS

Various dates

Greater Des Moines Botanical Garden

909 Robert D. Ray Drive, Des Moines

Explore ways to “find your true nature” at the Greater Des Moines Botanical Garden. For tickets visit <https://dmbotanicalgarden.com>.

- **Dome After Dark:** Friday evenings through March 27, 6-10 p.m. Extra evenings Saturdays, Feb. 14 and March 14, and Tuesday through Thursday, March 17-19. Experience the Botanical Garden in a whole new light. Explore the warm tropical conservatory and renovated Gardeners Show House, illuminated for a magical after-hours escape.
- **NEW to Dome After Dark: Igloo Experience:** Cozy up with up to five guests for an enchanting igloo experience, complete with admission to the event and Flora concessions. Perfect for friends, family or date night. Visit <https://dmbotanicalgarden.com> to reserve an igloo.
- **Friday Dinner at Flora:** Fridays, 6-7:30 p.m. Reserve your spot now for a delicious three-course dinner at Flora, including admission to Dome After Dark. Each week a new, enticing menu showcases a variety of cuisines. Reserve a table online, <https://dmbotanicalgarden.com>.
- **Learn on Saturdays:** Saturdays through Feb. 28, 10:30 a.m. to 12:30 p.m., join the Greater Des Moines Botanical Garden for its weekly educational lecture series presented by experts from across the state of Iowa. Purchase tickets online, <https://dmbotanicalgarden.com>.
- **Botanical Blues:** Sundays through March 29, noon to 4 p.m. Performances begin at 1 p.m. and 3 p.m. Your favorite Sunday Blues in Des Moines is here to keep away your winter blues every week. Each set lasts one hour, with a one-hour intermission in between. Settle in,

grab a drink, and soak up the sound in Iowa's only tropical music venue. Flora serves Sunday brunch beginning at 10 a.m. — perfect before the music starts. Concerts are held live in the conservatory, and guests are welcome to wander the indoor gardens during the show. Ticket info and lineups available at <https://dmbotanicalgarden.com>.

DINE & DANCE WITH CULTUREALL

Various dates and locations

Savor authentic ethnic cuisine and music presented by local talent. Enjoy these curated dining experiences at locally owned Des Moines area restaurants listed below. Each \$60 ticket includes dinner, music, dancing, story sharing and discovery. Learn more about CultureALL and its community partners by visiting CultureALL.org/events.

- **Sip & Cook - It's a Wrap! Hosted by Chef Nina Chau:** Friday, Jan. 30, Heavenly Asian Cuisine & Lounge, Valley Junction, 225 Fifth St., West Des Moines. Enjoy cocktails and appetizers while learning how to prepare your own custom wraps. Then dance to music from around the world: k-pop, tango, hip hop and more. Top off the evening with dessert.
- **A Night in Peru: Music, Culture and Traditional Flavors. Hosted by Chef Mariela Maya:** Monday, Feb. 16, Panka Peruvian Restaurant, 2708 Ingersoll Ave., Suite 200, Des Moines. A flavorful three-course meal with drinks accompany sweet stories about growing up in Peru. Come for a full night of dining, dancing and live Peruvian music performances.
- **Rhythm and Roots: an Afro-Caribbean Dinner. Hosted by Chef Amara Sama:** Tuesday, March 3, Palms DSM, 1905 Ingersoll Ave., Des Moines. Experience the harmony of African and Caribbean flavors as you sit down to dinner, then get back up again to join Afro-Caribbean dancing. ■

RECIPE

A CONVENIENT HOMECOOKED SOLUTION WITHOUT THE SLOW COOKER

(Family Features) Walking in the door to the smell of homemade chili is sure to warm you up from the inside-out, but if you forgot to set up the slow cooker before heading out the door in the morning, don't fret — a hearty bowl of beans, beef and stewed goodness can still await.

For a quick and easy version of the comfort food classic, consider this quick homecooked chili that is made in a skillet and ready in half an hour. Just brown ground beef with a chopped onion, stir in beans, tomato sauce, cubed sweet potato and a few simple seasonings and you're well on your way to a winter warmup. ■

QUICK HOMECOOKED CHILI

Recipe adapted from Allrecipes

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 6

Ingredients:

- 1 pound ground beef
- 1 onion, chopped
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) kidney beans
- 1 can (14 1/2 ounces) stewed tomatoes
- 1 can (10 ounces) diced tomatoes with green chilies
- 1 sweet potato, cubed
- water (optional)
- 1 teaspoon chili powder
- 1 pinch garlic powder
- salt, to taste
- pepper, to taste
- sour cream (optional)
- sliced avocado (optional)

Directions:

- In large saucepan over medium



PHOTO COURTESY OF UNSPLASH

heat, cook ground beef and onion until meat is browned and onion is tender, 5-7 minutes.

- Stir in tomato sauce, kidney beans, stewed tomatoes with juices, diced tomatoes with green chilies and cubed sweet potato. Add water to reach

desired consistency.

- Season with chili powder and garlic powder. Add salt and pepper, to taste.
- Bring to boil then reduce heat to low. Cover and simmer 15 minutes.
- Serve with sour cream and sliced avocado, if desired.

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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. ■

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STORYTIMES

- **Dallas County Conservation Storytime:** Monday, Feb. 2 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.

ELEMENTARY

- **Elementary Art Club:** Cave Painting – Tuesday, Feb. 3 at 4 p.m.
- **Tail Wagging Readers:** Thursday, Feb. 5 at 4:30 p.m.
- **Pokémon: Paper Catchers:** Tuesday, Feb. 10 at 4 p.m.
- ***Twisted Balloon Workshop:** Friday, Feb. 13 at 10 a.m.
- **Dog Man Bingo:** Tuesday, Feb. 17 at 4 p.m.
- ***Elementary Maker Lab: Door Handle Signs:** Tuesday, Feb. 24 from 4-5:30 p.m.
- ***Nerf Battle: Grades 2-5:** Friday, Feb. 27 at 2 p.m.

TEEN

- **Teen Advisory Board:** Wednesday, Feb. 4 at 4 p.m.
- **Teen Chef: Mug Cakes:** Wednesday, Feb. 11 from 2-4 p.m.
- **Teen: Hot Cocoa and Bingo:** Wednesday, Feb. 18
- ***Library D&D:** Friday, Feb. 20 from 1-3:30 p.m.
- **Teen Maker: Vinyl Stickers:** Wednesday, Feb. 25 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, Feb. 10 and 17 from 10 a.m. to 1 p.m.
- ***Adult Craft: Felt Ball Coasters:** Monday, Feb. 9 at 5:30 p.m.
- **Adult Bingo for Books:** Tuesday, Feb. 17 at 10 a.m.
- **Evening Book Club:** Thursday, Feb. 26 at 5:30 p.m.

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