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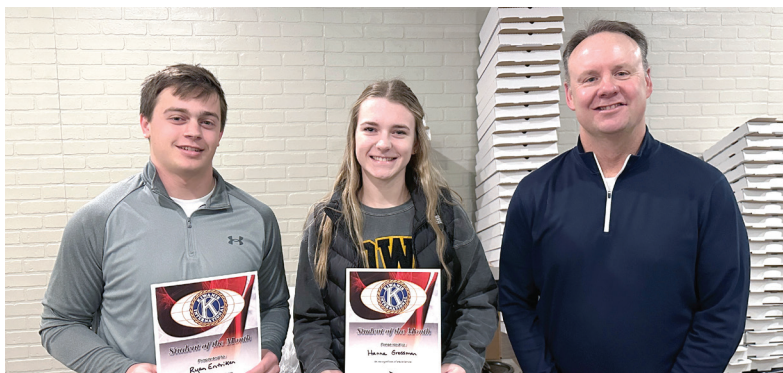


A BIG GREEN UMBRELLA MEDIA PUBLICATION

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ADM STUDENTS OF THE MONTH

Do you know how the ADM Scholarship Foundation was started? In the mid-1980s, then High School Principal Stan Norenberg had a vision. He wanted to establish a foundation that would grant a scholarship to every Adel-DeSoto graduating senior going on to post-secondary education. (Minburn came into the school district later.) He shared this dream with a visiting speaker, a WHO radio broadcaster. A week later, Mr. Norenberg received a check for \$150 from the broadcaster with a note saying, "To attain a dream, you need to start somewhere." In 1985, the foundation was established. Today, more than \$889,000 in



Adel Kiwanis member Eric Sheppers presented certificates to the Adel Kiwanis Students of the Month, Ryan Entriken and Hanna Grossman, at the Dec. 12 club meeting at Patrick's Restaurant in Adel.

scholarships have been given to 907 students. All contributions given to the Foundation are invested, and the income is used to provide the scholarships.

Local businesses, in conjunction with the ADM High School and the Scholarship Foundation,

STUDENTS, CONTINUED ON BACK

ADEL WEATHER FORECAST

FRIDAY HIGH 16 | LOW 1

Windy and cold; periods of snow



SATURDAY HIGH 4 | LOW -14

Cloudy, windy and frigid



SUNDAY HIGH -6 | LOW -15

Frigid; mostly cloudy



MONDAY HIGH -4 | LOW -15

Brisk and bitterly cold



TUESDAY HIGH 4 | LOW -3

Mostly cloudy and frigid



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FROM THE PUBLISHER

HOW MUCH DO YOU KNOW ABOUT JANUARY?

Welcome to a new year and another month of January. Think you have this month all figured out? I decided to test your knowledge today. Give it your best shot. The answers are at the end.

1. Who is January named after?

- a. Janus, the Roman god of doors and gates
- b. Jan Brady
- c. Jan Michael-Vincent
- d. Jan van Dommelen

2. Which precious stone is associated with January birthdays?

- a. Jasper
- b. Garnet
- c. Moonstone
- d. Pearl

3. What is the flower symbol for January?

- a. Rose
- b. Orchid
- c. Daisy
- d. Carnation

4. Which two Zodiac signs fall in January?

- a. Capricorn and Aquarius
- b. Leo and Virgo
- c. Taurus and Aries
- d. Gemini and Cancer

**5. On which date is Martin Luther King Jr. Day observed?**

- a. First Monday of January
- b. Second Monday of January
- c. Third Monday of January
- d. Fourth Monday of January

6. Which famous Apple product was announced on Jan. 9, 2007?

- a. iMac
- b. iPad
- c. Apple Watch
- d. iPhone

7. Which U.S. president was born on Jan. 9, 1913?

- a. Richard Nixon
- b. John F. Kennedy
- c. Lyndon Johnson
- d. George Washington

8. What beverage was first sold in cans starting Jan. 24, 1935?

- a. Soda
- b. Milk
- c. Prune juice
- d. Beer

9. What historic event took place on Jan. 16, 1919, in the United States?

- a. Prohibition began
- b. Declaration of Independence was signed
- c. The Louisiana Purchase occurred
- d. FDR's first fireside chat happened

Answers: 1 = a; 2 = b; 3 = d; 4 = a; 5 = c; 6 = d; 7 = a; 8 = d; 9 = a

Have a great week, and thanks for reading. ■

**Shane Goodman**

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THIRD MONDAY BINGO

Enjoy Bingo on Monday, Jan. 15, 6-8 p.m. at the Masonic Lodge, 411 S. 12th St., Adel. Seventeen games (\$0.25/card) plus an 18th Progressive Blackout (\$1/card) will be held. Packaged snacks and non-alcoholic drinks will be available. Bring a dauber if you have one. They will also be for sale. ■

WEDNESDAY NIGHT MEAL

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

HELP VETERANS AT THE DES MOINES VA HOSPITAL

Federal funds may not be used to purchase personal items for veterans at VA Hospitals. Like many other American Legion Auxiliaries, Adel ALA Unit 464 steps forward to collect clothing and other items needed by vets in the Des Moines VA Hospital or in its domicile. Currently, the following are being requested: men's sweatpants/athletic pants (size S-XXL), men's sweatshirts (size S-XXXL), men's coats (size-XXL), men's underwear (size S-L), great condition large print used books, individually wrapped snacks, and decaf ground coffee.

Donations are welcomed to be dropped off at 1305 S. 15th St., Adel, or contact Shirley McAdon at 515-993-4862 for pick up.

In this holiday season, we are thankful for the generosity of our community to recognize the service of our veterans through your donations. ■

ADM SPORTS SCHEDULE

Friday, Jan. 12

- 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
- 7:30 p.m. **Basketball:** Boys Varsity @ Ballard

Saturday, Jan. 13

- 10 a.m. **Wrestling:** JV Tournament vs. Multiple Schools
- 10 a.m. **Wrestling:** Varsity vs. Multiple Schools

Tuesday, Jan. 16

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



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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MARK O. HEEFNER

Mark O. Heefner, 73, died on Jan. 3, 2024, at home after a long battle with Diffuse Lewy Body Disease. A memorial service will be held on Saturday, Jan. 13, 2024, at 1 p.m. at Panther Creek Church of the Brethren. Mark was born on April 5, 1950, in Cedar Rapids to Richard and Dorothy (Miller) Heefner.



Mark graduated from Cedar Rapids Washington High School in 1969 and from McPherson College in McPherson, Kansas, in 1973. He married Patricia (Pat) Logsdon on Aug. 24, 1969. After graduating from college, Mark and Pat moved to Adel where they raised their four children. He was a member of Panther Creek Church of the Brethren. Mark and his brother, Dan, began their own construction business, Heefner Construction, in 1973. They operated the business for 50 years building 75-plus houses in the Dallas County area. All of Mark's kids worked for Heefner Construction at one time or another, with Jay eventually joining the business working alongside his dad.

Mark enjoyed anything woodworking, fishing, spending time with the grandkids and cheering on the Iowa Hawkeyes. He loved coaching his kids in Little League baseball and softball. He tried giving his daughter, Jamie, a few tips on bowling and miniature golf, but she would have none of that. He thoroughly enjoyed watching the kids play sports, especially high school baseball and softball. He also spent time with the high school softball program helping with field work or whatever else needed to be done. When the kids were in high school, he also enjoyed the many hours spent helping with the Panther Creek Church youth group.

Mark is survived by his wife, Pat, of Adel; his children, Jeff (Jenny Purvis) Heefner, James (Leosan) Heefner, Jay Heefner and Jamie (Josh) Hachmeister; eight grandchildren, Sean Heefner, Lauren Heefner, Jake and Scarlett Heefner, and Nash, Nyah, Nell and Nori Hachmeister; two brothers, Dan (Jana) Heefner and Sam (Cindy) Heefner; two brothers-in-law, Jim (Donna) Logsdon and Kenny Logsdon; and numerous nieces and nephews.

He was preceded in death by his parents; his sister, Galeda Burkholder; and his father-in-law and mother-in-law, Virgil and Coletta Logsdon; and his beloved little Chihuahua, Sadie.

In lieu of flowers, memorial contributions may be directed to Panther Creek Church of the Brethren or Wesley Life Hospice. ■

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ADEL LIBRARY EVENTS

303 S 10th St, Adel • 515-993-3512 • adelpl.org

STORYTIMES

- **Winter Playtime**, ages 2-5, Jan. 19, 9-11 a.m.
- **Move & Groove Storytime**, ages 5 and younger, Tuesdays at 10 a.m.
- **My First Storytime**, ages 0-35 months, Wednesdays at 9:30 a.m.
- **Preschool Storytime**, ages 3-6 years, Thursdays at 10 a.m.
- **Elephant and Piggie Party**, preschool through second grade, Jan. 20 at 10 a.m.

AFTER-SCHOOL PROGRAMS

- ***STEAM with ISU Extension: Tricky Towers**, grades K-5, Jan. 16 at 10 a.m.
- **Teens Game: Chess**, grades 6-12, Jan. 18 at 4 p.m.
- ***Elementary Book to Art: Marshmallow Snowflakes**, grades K-5, Jan. 23 at 4 p.m.
- **Teen Hang-Out**, grades 6-12, Jan. 25, 4 p.m.

- ***Library D&D**, grades 7-12, Jan. 26, 2-4 p.m.

ADULT PROGRAMS

- **Exercise Group**, Monday through Thursday at 9 a.m.
- **50s Plus Senior Gathering**, Jan. 16, 10 a.m. to 1 p.m.
- ***Yoga at the Library**, every Wednesday in January at 5:45 p.m.
- **Cook Book Club**, Jan. 17 at 11 a.m.
- **Homeschool Meet-Up**, Jan. 22, 9-11 a.m.
- **Evening Book Club**, Jan. 25 at 6 p.m.
- **Adult Speaker Series: Iowans Who Fought**

Against the Union by David Cannon, Jan. 16 at 10 a.m. in the library community room.

**Programs with an asterisk require registration. You can easily register at adelpl.org.*

Please note that the library will be closed Jan. 15 for Martin Luther King Jr. Day. ■

FAITH'S FLOCK PRESCHOOL OPEN HOUSE AND 2024-2025 REGISTRATION

Prospective families are invited to come see the preschool and meet the teachers the night before registration opens to the public for the 2024-2025 school year. Online registration opens on Monday, Jan. 15, at 8 a.m. at www.adelpreschool.com. Classes are offered for ages 2 1/2 through 5. ■

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THEATER & DANCE

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120 Abraham Drive, Ames

actorsinc.org

Jan. 25-27, Feb. 2-4: "Holmes & Watson"

ANKENY COMMUNITY THEATRE

1932 S.W. Third St., Ankeny

ankenycommunitytheatre.com

Feb. 9-18: "The Odd Couple, Female Version"

CLASS ACT PRODUCTIONS

201 First Ave. S., Altoona

captheatre.org

Feb. 16-18, 23-25, March 1-3: "The Music Man Jr."

DES MOINES PERFORMING ARTS

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

dmpa.org

Jan. 23-28: "Mamma Mia!"

Jan. 27: Havana Hop

Feb. 6-11: "Company"

Feb. 15: Capital City Pride Presents: Brea Baker

Feb. 17: The Peking Acrobats

DES MOINES COMMUNITY PLAYHOUSE

831 42nd St., Des Moines

dmplayhouse.com

Feb. 2-18: "Our Town"

SIMPSON COLLEGE

513 N D St., Indianola

simpson.edu/academics/departments/departments-theatre-arts

Feb. 16-18: "The Telephone & The Medium"

STEPHENS AUDITORIUM

1900 Center Drive, Ames

center.iastate.edu/events

Jan. 30: "Jesus Christ Superstar"

Feb. 2-3: Barjché

Feb. 8: Langston Hughes Project

Feb. 29 through March 3: "Always Plenty of Light at the Starlight All Night Dinner"

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines

tallgrasstheatre.org

Feb. 2-18: "Equus"

MUSIC

DES MOINES CIVIC CENTER

Des Moines Civic Center, 221 Walnut St., Des Moines

dmpa.org

Feb. 23-24: Harry Potter and the Order of the Phoenix™ in concert

DES MOINES SYMPHONY

Des Moines Civic Center, 221 Walnut St., Des Moines

dmsymphony.org

Feb. 3-4: Discover Groundbreaking Innovation

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines

hoytsherman.org

Feb. 6: Hélène Grimaud: Lauridsen Great Pianist Series at 7:30 p.m.

Feb. 9: Nickel Creek at 7:30 p.m.

Feb. 23: Postmodern Jukebox at 8 p.m.

Feb. 24: Marty Stuart and his Fabulous Superlatives at 7:30 p.m.

Feb. 29: Cat Power sings Dylan: The 1966 Royal Albert Hall concert at 7:30 p.m.

WELLS FARGO ARENA

Wells Fargo Arena, 223 Center St., Des Moines

iowaeventscenter.com

Jan. 25: Disturbed - Take Back Your Life tour with Falling In Reverse and Plush

Feb. 2: WINTER JAM 2024 ■

RECIPE

QUICK, EASY RECIPES TO ADD TO YOUR DINNER ROTATION

(Family Features) Making time for meals together can have a positive impact on the wellbeing of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in “Canadian Family Physician.”

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in “New Directions for Child and Adolescent Development” showed these conversations help improve children’s vocabularies more than being read aloud to.

Making time for meals together shouldn’t require spending all night in the kitchen, however. A simple-to-prepare ingredient like eggs can help you spend less time cooking and more time with family. ■

POBLANO FRITTATA

Servings: 4 (2 wedges per serving)

- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped
- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream

Directions:

In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place



two wedges on each plate. Top with tomatoes and sour cream.

Nutritional information per serving:

244 calories; 8.5 g total fat; 2.5 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 192 mg cholesterol; 177 mg sodium; 27 g carbohydrates; 4 g fiber; 8 g total sugars; 13 g protein.

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. 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 Scholarship Chairwoman Shirley McAdon may be contacted for a letter of club sponsorship at 515-993-4862. ■

STUDENTS, FROM FRONT

sponsor the Student of the Month program. Each month, the coaches and teachers of ADM choose students who have excelled academically and/or athletically to be recognized.

The students named for the month of December are:

Student of the Month: Kelby Dimler — *Raccoon Valley Bank*

Kiwanis: Hanna Grossman and Ryan Enriken

Fine Arts, Journalism: Kaylin Dains and Brooklynn Snyder — *Lincoln Savings Bank*

Wrestling: Jon Hatchitt — *Adel Family Dentistry and River Valley Insurance*

Wrestling Cheer: Jemma

Weber — *Fareway*

Boys Basketball: Tyler Gelhaar — *Cullen Howe Real Estate-RE/MAX Precision*

Girls Basketball: Celie Gardiner — *Adel Lions Club*

Basketball Cheer: Kae Nau — *Adel HealthMart*

Dance: Jordan Crannell — *Core Physical Therapy and Azalea Lane Boutique*

More information regarding the Scholarship Foundation may be found on <https://www.admschools.org/district-2/action-center/adm-scholarship-foundation> or by contacting any of the board of directors listed on the website. ■

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FOR SALE: Sew steady sewing extension portable table made in the USA by Dreamworld Bonners Ferry, Idaho. Clear with ruler marking on one side. Text or phone 515-321-0301.

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BICYCLES WANTED: Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

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