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## SEEN IN ADEL



**LIONS CLUB DONATES TO BACKPACK PROGRAM:** The Adels Lions Club donated \$5,000 to the ADM Schools Kids Backpack Program organized by the Adels Food Pantry. Participating in the check presentation are Dawn Flora, Lions Club President Scott Jungman and Carole Erickson-Schepers. ■

### ADEL WEATHER FORECAST

**FRIDAY HIGH 6 | LOW -14**

Brisk and partly cloudy

**SATURDAY HIGH 4 | LOW -8**

Sunny and bitterly cold

**SUNDAY HIGH 26 | LOW 23**

Brisk and partly cloudy

**MONDAY HIGH 35 | LOW 28**

Low clouds; sleet possible

**TUESDAY HIGH 37 | LOW 26**

Low clouds



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FROM THE PUBLISHER

# HEELS, CRUSTS OR BUTTS?

The words we Americans choose say a lot about us. Sometimes they define us as being rural or urban. Other times, they uncover what part of the country we are from. And, more often than not, they are simply the words our parents or schoolteachers taught us to use. Even so, we still decide between words.

What do you call the long piece of furniture in your living room? Is it a couch? Or a sofa? Or a davenport?

How do you refer to those flying, glow-in-the-dark insects? Fireflies? Lightning bugs? Firebugs? Glowworms? June bugs?

And how about those clothes you slip into on your bottom half, one leg at a time? Are they pants? Trousers? Slacks?

What word(s) do you use to define the comfortable shoes you

put on your feet? Sneakers? Or tennis shoes?

Some of us still use cash, but where do we store it? For us men, is it in our billfold? Or our wallet?

One of the most geographically defined words is the name of that fizzy stuff we sometimes consume. Do you call it pop? Or do you say soda? Or coke? Or the blandest choice, soft drink?

When you have a pop or a soda or a coke or a soft drink, do you do so at dinner? Or supper? Or lunch?

Let's not forget about breakfast and one of its most beloved menu items. Depending on where you reside, you may call them pancakes. Or flapjacks. Or hotcakes. Or Johnnycakes. Or silver dollars. The name doesn't



matter to me, as long as they are covered in maple syrup.

When you get food to go, do you call it takeout or carryout? Or both?

When you buy food, do you do so at the grocery store or the supermarket? And do you put your food items in a grocery cart or a buggy or a carriage?

And, last but not least, is my favorite word distinction. What do you call the pieces of bread on the ends of the loaf? Are they the heels? Or crusts? Or butts?

What ones did I miss? Send me a note and let me know.

Have a great week, and thanks for reading. ■



Shane Goodman  
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## WE WILL RUN YOUR ADEL NEWS ITEMS FOR FREE.

Email your news by Wednesday at 5 p.m. to: [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or call 515-953-4822, ext. 302

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# SEEN IN ADEL



**CHAMBER HOLDS RIBBON CUTTING:** The Adel Partners Chamber of Commerce held a ribbon cutting for Central Iowa Vapors on Nov. 28 in Adel. ■

## THIRD MONDAY BINGO

Enjoy Bingo on Monday, Feb. 19, 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. ■

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## ADM SPORTS SCHEDULE

### Friday, Jan. 19

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

### Saturday, Jan. 20

- 9 a.m. **Wrestling:** JV Invitational @ Marshalltown
- 9:30 a.m. **Wrestling:** Varsity Tournament @ Interstate 35

### Tuesday, Jan. 23

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

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## FUNERAL NOTICES

Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### LEONARD L. MASSURE

Leonard L. Massure, 92, of De Soto, died Tuesday, Jan. 9, 2024, at Iowa Methodist Medical Center in Des Moines. Leonard was born in Dallas County on Oct. 12, 1931. He graduated from Linden High School and attended college. He lived in the De Soto area since 1968 and in Dallas County most of his life.

Leonard worked in building maintenance most of his career, including working as a welder and doing body shop work. He once was a member of Early Wheels of Iowa Car Club.

Leonard is survived by his sons, Steve (Becky) Massure and Richard Massure; his daughters, Gail McAvoy and Sharon Lopez; eight grandchildren; and 13 great-grandchildren.

He was preceded in death by his parents, Walter and Clare Massure; a son, Larry Massure; and brothers, Glen Massure and Merrill Massure.

A memorial service will be held at a later date with burial in the West Linn Cemetery in Linden. Memorial contributions may be directed to the family for a future designation. Online condolences may be expressed to the family at [www.caldwellparrish.com](http://www.caldwellparrish.com). ■



## ADEL LIBRARY EVENTS

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

### STORYTIMES

- **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

- **Teen Hang-Out**, grades 6-12, Jan. 25, 4 p.m.
- **\*Library D&D**, grades 7-12, Jan. 26, 2-4 p.m. ■

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## DALLAS COUNTY CONSERVATION

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.

### HARD WATER HIKE

**Sunday, Feb. 4, 1-2:30 p.m.**

**Snyder Tract, Minburn**

Take a hike on the "hard water" of the frozen North Raccoon River and ponds at Snyder Tract and enjoy these natural areas from a new perspective. In the event of warm weather, the program will be held as a land-based hike. Registration required.

### NIGHT HIKE

**Wednesday, Feb. 7, 6-7:30 p.m.**

**Voas Nature Area, 19286 Lexington Road, Minburn**

As day turns into night, most people head indoors. However, this is the time when most animals become active. The program begins shortly after sunset to acclimate participants' vision to darkness. Then explore your senses, view the night sky and call owls. Your perception of the dark will never be the same. Registration required.

### VALENTINE'S ADULT EVENING HIKE

**Tuesday, Feb. 13, 7-8 p.m.**

**Voas Nature Area, 19286 Lexington Road, Minburn**

Join a naturalist on an evening stroll around Voas

Nature Area to learn about mating behaviors and courtships of wildlife. Dress for the weather. This hike is for adults age 18 and older only. Registration required.

### EAGLE WATCH

**Sunday, Feb. 25, noon to 4 p.m.**

**Saylorville Reservoir, Cottonwood Recreation Area**

The return of the bald eagle is a conservation success story and a cause for celebration. Gather at the open waters below the Saylorville Reservoir, where these birds historically congregate, to learn about their recovery. Spotting scopes or binoculars are recommended. This program is a joint effort between DCCB, Iowa Audubon and the Corps of Engineers.

### WILDERNESS TRAIL TALES

**Monday, Feb. 26, 7:30-8:30 p.m.**

**Hanging Rock, Redfield**

Last summer, for the 29th year running, DCCB led a backpacking trek to the 4-million acre Selway-Bitterroot Wilderness complex in Idaho. Join a group by a fire to view the photos, hear the stories and learn the lessons of the nine high schoolers who hit the trail on this hike. Registration required. ■

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## EVENTS IN THE AREA

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# ENJOY THE SNOW!

## (ONCE THE WIND CHILL WARNINGS END)

### SKATING RINKS

Lace up the skates! Several communities across the metro offer ice skating experiences for little or no cost.

- **Brenton Skating Plaza**, 520 Robert D. Ray Drive, Des Moines
- **Metro Ice Sports Facility**, 5100 N.W. 72nd St., Urbandale
- **West Des Moines RecPlex**, 6500 Grand Ave., West Des Moines
- **Centennial Park**, 605 S.E. Driftwood Lane, Waukee
- **Crosshaven Park**, 7909 N.W. 95th St., Johnston
- **Greenwood Park Pond**, 100 45th St., Des Moines
- **Johnston Commons Ice Rink**, 6700 Merle Hay Road, Johnston
- **Johnston Town Center Ice Rink**, 6245 Merle Hay Road, Johnston
- **MacRae Park Pond**, 1021 Davis Ave., Des Moines
- **Indianola Ice Skating Rink**, 2204 W. 2nd Ave., Indianola Activity Center
- **Raccoon River Park Ice Rink**, 2500 Grand Ave., West Des Moines
- **Sunrise Park**, 506 S.E. Peterson Drive, Ankeny

### SLEDDING HILLS

Car hoods, boogie boards, doors and sleds, too. Just find the hills.

- **Altoona: Lions Park**, 507 13th Ave., S.W.
- **Ankeny: Northcreek Park**, 2301 W. First St.
- **Clive: Campbell Park**, 12385 Woodlands Parkway
- **Clive: Country Club Glen Park**, 16335 Sheridan Ave.
- **Clive: Mercy West Clinic**, 1601 N.W. 114th St.
- **Des Moines: Blank Golf Course**, 808 County Line Road



The skating rink at The Yard in Johnston

- **Des Moines: Grandview Golf Course**, 2401 E. 29th St.
- **Des Moines: Capitol Hill**, 1111 E. Court Ave.
- **Des Moines: Ewing Park**, 5300 Indianola Ave.
- **Des Moines: Greenwood Park**, 4500 Grand Ave.
- **Des Moines: MacRae Park**, 1021 Davis Ave.
- **Des Moines: Union Park**, 725 Thompson Ave.
- **Des Moines: Waveland Golf Course**, 4908 University Ave.
- **Urbandale: Winter Park**, 5110 N.W. 72nd St.
- **Waukee: Warrior Park and Sledding Hill**, 1050 Fourth St.
- **West Des Moines: Jordan Creek Elementary**, 4501 Fuller Road
- **West Des Moines: Pearson Park**, 1256 19th St.
- **West Des Moines: Southwoods Park**, 350 S. 35th St. ■

## RECIPE

# QUICK, EASY AND NUTRITIOUS MEALS

*(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.”

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. ■

## SWEET POTATO HASH WITH EGGS

**Servings: 4 (1 cup per serving)**

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled
- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)

### Directions:

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining



eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on “keep warm” setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

### Nutritional information per serving:

258 calories; 7.5 g total fat; 2 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 186 mg cholesterol; 244 mg sodium; 39 g carbohydrates; 6 g fiber; 9 g total sugars; 10 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. ■

# 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. ■

# 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. ■

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**WANTED:** Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

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**FOR SALE:** Stainless steel fingerprint-resistant General Electric electric glass top double oven range. Has air-fry, conv bake, warming burner, self or steam clean used 7 1/2 months \$700. Text or call 515-321-0301

**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.

**LOOKING TO BUY VINYL RECORDS:** Paying cash for 60's-90's rock, blues, country and jazz. Call Brian at 515-326-5033.

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**WANTED:** Electronics, stereo receivers, guitar or amps, speakers, radios, etc. Any age or condition for parts or repair. Call 515-445-6023.

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