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Kevin Howe, Cullen Howe RE/MAX Precision



Staff of Fiesta Mexican Restaurant in Adel



Sadie Pane and Elisabeth Michael, Patrick's Restaurant

ADEL WEATHER FORECAST

FRIDAY HIGH 47 | LOW 38

Mainly cloudy, breezy and mild



SATURDAY HIGH 51 | LOW 39

Mainly cloudy, breezy and mild



SUNDAY HIGH 50 | LOW 31

Clouds followed by sun



MONDAY HIGH 51 | LOW 28

Mild; times of clouds and sun



TUESDAY HIGH 51 | LOW 34

Partly sunny



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FROM THE PUBLISHER

WHAT MAKES SOMEONE A MIDWESTERNER?

I thought I knew where I was from, until I read an intriguing piece in the Wall Street Journal recently. The article was written about the surprising number of things that Americans get wrong about the Midwest. It basically points out how a large number of residents in Wyoming, Montana and even Arkansas consider themselves to be living in the Midwest. I really don't care. The more, the merrier, in my world. But the notion of being a Midwesterner when you are really not one doesn't seem to sit well with other folks from those outlying states. They don't know what they are missing.

Let's start with what states the Midwest officially includes. The U.S. Census Bureau says it is Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin. Most all of us living in these states would likely agree to this definition.

If it were only that easy. The Midwest is apparently one of four

U.S. census regions with the others being West, Northeast and South. Inside those four regions are several divisions, which include Pacific, Mountain, West North Central, East North Central, West South Central, East South Central, New England, Middle Atlantic, South Atlantic and East South Central. We Iowans are in the West North Central.

These designations are as clear as mud — or at least as clear as comedian Steve Martin's routine on smoking marijuana: "I would only smoke it in the late evening. Oh, occasionally the early evening, but usually the late evening — or the mid-evening. Just the early evening, midevening and late evening. Occasionally, early afternoon, early midafternoon, or perhaps the late-midafternoon. Oh, sometimes the early-mid-late-early morning... but never at dusk."

A more important question than where the Midwest is may be what



makes someone a Midwesterner. The website inspiredbyinsiders.com offers "25 Signs That You Are a True Native of the Midwest." Some of this reads like it was written by a person who is not a Midwesterner, but I do agree with a few: We know the importance of a good Jell-O salad. We have a strong connection to our hometowns. We know how to make a good s'more. We have experienced the magic of county fairs. We can handle extreme weather conditions. And we value humility and hard work.

Darn right. But there is one more that should be added: If it makes people feel better, we are also OK with them calling themselves Midwesterners — even if they are not.

Have a great week, and thanks for reading. ■



Shane Goodman
President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305

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8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact
Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact
Dan Juffer
515-371-2290
dan.juffer@dmcityview.com

ADM STUDENTS OF THE MONTH

Soon it will become reality that those babies we held in our arms 18 years ago will be entering a new era in their lives. Only four more months of the 12 years of learning remain. It is exciting yet a little frightening. In 1985, the ADM Scholarship Foundation was established to help the graduating students of ADM School District going on to post-secondary education attain scholarships. The information to apply for these scholarships is now available on your school website. Students, be sure to complete the application before the deadline. The recipients of the scholarships will be announced at the commencement ceremonies in May. To date, more than \$889,000 in 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, 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 January are:

- **Student of the Month:** Jadah Manning — *Raccoon Valley Bank*
- **Kiwanis:** Marissa Gerleman and Madison Siefken
- **Fine Arts — Band:** Keegan Holdmeyer; **Choir:** Owen Embree — *Lincoln*

Savings Bank

- **Wrestling:** Rhett Boston — *Adel Lions Club*
- **Wrestling Cheer:** Claire Roorda — *Adel Vision Clinic*
- **Boys Basketball:** Grant Rychnovsky — *Adel TV and Appliance*
- **Girls Basketball:** Aubrey Winter — *Cullen Howe Real Estate - RE/MAX*

Precision

- **Basketball Cheer:** Morgan Collins — *Core Physical Therapy*
- **Dance:** Genevieve Book — *Adel Rotary Club*

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

ADM SPORTS SCHEDULE

Friday, Feb. 2

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

Saturday, Feb. 3

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

Monday, Feb. 5

- 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

Tuesday, Feb. 6

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


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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

FREDERICK MICHAEL BOALS

Frederick "Rick" Michael Boals was born in Des Moines on Aug. 30, 1943, to Marcellus F. and Gladys E. (Davies) Boals. He lived in Urbandale most of his life before building a home in Adel. He died on Jan. 24, 2024.

In eighth grade, Rick met the love of his life, Cherie, which was the beginning of their 63 years together. He cherished and loved his family, had many lifelong friendships, and made new friends with everyone he met. Rick worked at Overhead Door in Des Moines and later began his own construction company. In 1974, he was the first director of the Urbandale Parks and Recreation Department, a career that he had for 30 years. Rick was instrumental in the development of park land and bike trails that attracted interest from cities all over the country. After retiring from the city, he continued working for many years as property manager at Bob Brown Chevrolet.

Rick was a natural athlete, playing baseball, hockey, semi-pro football for the Des Moines Warriors and was an avid golfer. In 1999, he won the raffle of a lifetime, a Harley Davidson Fatboy motorcycle and enjoyed traveling with a group of friends with Cherie on the backseat holding on tight.

Rick was preceded in death by an infant brother, David Boals; brothers, Daniel and Mark Boals; a sister, Gladys Hartley; and his parents, Marcellus and Gladys Boals. He is survived by his wife, Cheryl "Cherie" Boals; daughter, Kellie Connelly (Mike); son, Steven Boals (Toni); sisters, Margaret Ann Boatright and Carol Sue Light; grandchildren, Megan Connelly, Michael Connelly, Zach Boals (Bailey), Madeline Boals and Mitchell Boals; great grandchildren, Eleanor Edwards, Addison Boals and Barrett Boals, as well as several nieces, nephews and their families.

A celebration of Rick's life will be held on Sunday, Feb. 4, at the Urbandale Senior Center, 7305 N.W. Aurora Ave., Urbandale, beginning at 2 p.m. Memorials are suggested to the Animal Rescue League of Iowa. Interment at McDivitt Grove Cemetery, Urbandale, will be held at a later date. Online condolences are welcome at www.IlesCares.com. Arrangements by Iles Westover Chapel. ■



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ANN BEACH

Catherine Ann Beach was born on June 13, 1935, to Eli and Irene Iris (Bolger) Rees in Coon Rapids, where she graduated from high school in 1954. She worked for Bankers Trust and was later employed at Aid Insurance, Continental Life Insurance, HyLine and Nationwide.

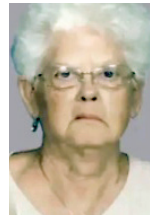
Ann married Charles Knute Beach on Jan. 6, 1957. They had one daughter, Dorene. They lived in Nevada where Charles worked for the Iowa DOT and moved to Ralston and later to Redfield in 1967.

Ann was a member of Questers and the United Methodist Women. She was a member of the Redfield Methodist Church and later became a regular attender of New Hope Church in Adel. She enjoyed time with her daughter, doing ceramics, embroidery, and going out to eat.

Ann died Jan. 23, 2024, at Adel Acres Nursing Home. She was 88.

Ann is survived by her daughter, Dorene Beach of Redfield; sister-in-law, Lavonne Rees; along with many nieces, nephews and cousins. She was preceded in death by her husband, Charles "Chuck" Beach; parents, Eli and Irene; sister, Jessie McGuire; and brothers, Tom Rees and Richard B. Rees.

A visitation and funeral service were held Monday, Jan. 29, at New Hope Church in Adel. Burial was in the Coon Rapids Cemetery. Memorial contributions may be directed to the Alzheimers and Dementia Society and/or Suncrest Hospice. Online condolences may be expressed to the family at www.caldwellparish.com. ■



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. ■

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EVENTS IN THE AREA

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TAMMY@IOWALIVINGMAGAZINES.COM**DOMES AFTER DARK****Fridays, 6-10 p.m. through March****Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines**

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at dmbotanicalgarden.com.

THE SNOW BALL**Feb. 3, 6:30-8:30 p.m.****Science Center of Iowa, 401 W. Martin Luther King Jr. Parkway, Des Moines***DSM.city/SnowBall*

This family-friendly event provides an evening of dancing, refreshments, photo opportunities, art projects and science exhibits.

DES MOINES ART CENTER EXHIBIT**Through Feb. 18: "Double Take"****4700 Grand Ave., Des Moines***Desmoinesartcenter.org***SIXTH ANNUAL SUPER BAGS TOURNAMENT****Feb. 11****Smash Park, 6625 Coachlight Drive, West Des Moines***smashpark.com/location/west-des-moines*

You honed your skills during tailgate season. Now it's time to see if you've got what it takes against the best bags, or cornhole, players in the metro area at Smash Park. Registration begins the day of at 9 a.m.

DES MOINES PERFORMING ARTS PRODUCTIONS**Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines***dmpa.org***Feb. 6-11:** "Company"**Feb. 15:** Capital City Pride Presents: Brea Baker**Feb. 17:** The Peking Acrobats**Feb. 20:** Les Ballets Trockadero de Monte Carlo**Feb. 27 through March 3:** "Les Misérables"**Feb. 27 through March 17:** "Dixie's Never Wear a Tube Top While Riding a Mechanical Bull"**IOWA WOLVES HOME GAMES****Wells Fargo Arena, 233 Center St., Des Moines***iowa.gleague.nba.com***Feb. 3** at 7 p.m. vs. Sioux Falls**Feb. 6** at 10:30 p.m. vs. Sioux Falls**Feb. 23** at 7 p.m. vs. Rio Grande Valley Vipers**IOWA WILD HOME GAMES****Wells Fargo Arena, 233 Center St., Des Moines***iowawild.com***Feb. 9** at 7 p.m. vs. Tucson**Feb. 10** at 6 p.m. vs. Tucson**Feb. 19** at 5 p.m. vs. Rockford**Feb. 21** at 7 p.m. vs. Rockford**CITYVIEW CHOCOLATE WALK****Friday, Feb. 23, 5-9 p.m.****West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines**

Like chocolate? Like chocolate drinks? Then you'll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided chocolate dessert samples. A shuttle bus from Majestic Limousine will be providing transportation to each location, although most are only a short walk away. For a link to purchase tickets, visit <https://chocolatewalk.dmcityview.com>. ■

RECIPE

A LIGHT BUT SATISFYING SOUP

(Family Features) On the lighter side when it comes to soup, but still satisfying, Tuscan 3 Bean Peasant Soup calls for shallots, diced tomatoes, spinach, cannellini beans, cooked small pasta and more for a true winter warmup. Served with toasted bread cubes, it's sure to warm loved ones up from the inside out.

Its key ingredient is Aunt Nellie's 3 Bean Salad, featuring premium green, wax and kidney beans in a light, sweet-tangy vinegar dressing. As a ready-to-eat solution, it can be served chilled, at room temperature or as part of comforting winter recipes. ■

TUSCAN 3 BEAN PEASANT SOUP

Recipe courtesy of Sarah Meuser on behalf of Aunt Nellie's

Prep time: 20 minutes

Cook time: 27 minutes

Servings: 8

- 10 ounces day-old crusty bread, such as ciabatta, cut into 1-inch cubes
- 2 tablespoons extra-virgin olive oil, plus additional for drizzling (optional)
- 2 medium shallots or 1 small yellow onion, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 1 can (15 1/2 ounces) cannellini beans, drained and rinsed
- 1 can (28 ounces) diced tomatoes
- 3 cans (14 1/2 ounces each) low-sodium chicken broth (about 6 cups)
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup small pasta, such as ditalini, uncooked
- 2 cups frozen cut leaf spinach or chopped fresh spinach
- 2 jars (15 1/2 ounces each) Aunt Nellie's 3 Bean Salad, drained
- 1 tablespoon lemon zest (optional)

Directions:

Preheat oven to 375 F. Place bread cubes in single layer on large baking pan. Bake until bread cubes are lightly browned, 8-12 minutes. Set aside.

Heat large saucepan or Dutch oven over medium heat. Add 2 tablespoons oil; swirl to coat. Add shallots;



cook 5 minutes, or until soft, stirring occasionally. Add garlic; cook 1 minute, or until fragrant. Add cannellini beans, tomatoes, broth and black pepper; bring to boil. Add pasta; cook 8 minutes, or according to package directions. Stir in spinach and bean salad. Simmer 5 minutes, or until heated through.

Ladle soup evenly into bowls. Top with toasted bread cubes and lemon zest, if desired. Drizzle with additional olive oil, if desired.

LEGISLATIVE UPDATE

A legislative update will be held Saturday, Feb. 24, at 10 a.m. at the Adel Public Library Community Room, 303 S. 10th St., Adel. Sen. Sarah Trone Garriott and Rep. David Young will be present. ■

50s PLUS SENIORS MEETING

The 50s Plus Seniors will meet Tuesday, Feb. 6, at the Adel Public Library from 10 a.m. to 1 p.m. A speaker from SHIIP will be featured at 10 a.m. to provide information about decisions that need to be made when approaching and during retirement. This is open to anyone wanting information in this area, not only seniors. If you have a family member you may be helping make a decision about retiring, this might be beneficial to you. ■

RED & BLACK BASH FUNDRAISER

The ADM Alumni Association presents the fifth annual Red & Black Bash Fundraiser Saturday, Feb. 24, at Country Lane Lodge, 29300 Prospect Circle, Adel. Doors open at 6 p.m. Raffle prizes, silent auction, DJ, food and drink are featured. All ADM supporters are welcome. Tickets are \$20 in advance and \$25 at the door. ■

FFA CHAPTER VISITS LEGISLATURE



Rep. David Young (R-Van Meter) welcomed members of the Adel-DeSoto-Minburn FFA chapter to the Iowa House. ■

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