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SEEN IN ADEL



ADEL ROTARY SUPPORTS EAGLE SCOUT PROJECT: Adel Rotary has again been able to support an Eagle Scout project. Austen Ireland has received approval to build a GaGa Ball Pit in Evans Park to complement the other recreation opportunities there. Once Austen received approval, he had to raise funds to meet the budget for the project and then organize fellow scouts to help with the construction. Adel Rotary salutes the scouts and thanks them for all the projects that help make our community a good place to live. Pictured: Amanda Schwantes, Adel Rotary, presents a \$350 check to Austen Ireland in support of his Eagle Scout project. ■

ADEL WEATHER FORECAST

FRIDAY HIGH 84 | LOW 62
Partly sunny

SATURDAY HIGH 79 | LOW 60
Humid; times of clouds and sun

SUNDAY HIGH 83 | LOW 62
Partly sunny and humid

MONDAY HIGH 82 | LOW 62
Partly sunny and humid

TUESDAY HIGH 84 | LOW 63
Times of clouds and sun

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FROM THE PUBLISHER

CORNFLOWER BLUE. DUSTY LAVENDER. KELLY GREEN.

Blondes. Brunettes. Redheads. I thought hair color was limited to those three. Boy, was I wrong.

For natural hair colors, that small number may be close. But if you are dyeing your hair, you have up to 1,000 different choices, according to fantasyhairlovers.com. No, I did not make up that website.

Burnt sienna. Cornflower blue. Dusty lavender. Kelly green. Metallic copper. Mustard yellow. Peacock blue. Sandy blonde. Seafoam green. Sunflower yellow. Zinc blonde.

Keep in mind I have never dyed my hair, and I don't have plans to do so anytime soon. Admittedly, I don't have a lot of hair left to dye even if I wanted to, but I am OK with the gray that keeps creeping up my sideburns. Any hair on my head is good hair, I rationalize.

I come from a family of redheaded Irish people, but my hair was actually brown in my

younger years. Mom, on the other hand, was proud of her red hair. As she aged, she kept dyeing it dark red in our kitchen sink. Maybe it was chartreuse, or dusty rose. I don't know. She was just trying to hold off the gray hairs, until she finally gave up.

Human hair color is apparently the pigmentation of human hair follicles and shafts due to two types of melanin: eumelanin and pheomelanin. Coincidentally, I think those were the names of the two guys in Milli Vanilli. Maybe not. Anyway, the more melanin that is present, the darker the hair, apparently. Upon further study, I learned that the hair color tone depends on the ratio of black or brown eumelanin to yellow or red pheomelanin. I hope you got that all down, because I am not repeating it.



I will repeat this, though, and I do quite often. I had a coworker with dark hair who had a goatee most of his adult life. When the hair color of his mini-beard started to turn gray, he decided to dye it black. What he didn't expect was it to look like a mink. The jet black goatee was shaved off immediately.

Some younger people opt to dye their hair purple, green or even gray. Or, maybe more accurately, pastel purple, mint green or lavender gray. I don't get it, but I am probably not supposed to. I am not too far from permanently giving in to the Mr. Magoo look — natural vanilla.

Have a great week, and thanks for reading. ■

Shane Goodman
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STORYTIMES

- **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

- **Mario Party: In Real Life*** – Sept. 17 at 4 p.m.
- **Pokémon Club*** – Sept. 24 at 4 p.m.
- **No School Event: Bubble Party** – Sept. 27 from 9:30-11:30 a.m.

*Registered event, register at adelpl.org.

TEEN

- **Bingo for Books** – Sept. 26 at 4 p.m.
- **Library D&D*** – Sept. 27 at 1 p.m.

*Registered event, register at adelpl.org.

ADULTS

- **50s+ Senior Gathering** – first and fourth Tuesday of the month at 10 a.m.
- **Adult Speaker Series: Exercise Your Independence** – Sept. 17 at 10 a.m.
- **Welcome to Medicare** – Sept. 26 at 6 p.m.
- **Evening Book Club** – Sept. 26 at 5:30 p.m. ■

ADM SPORTS SCHEDULE

Friday, Sept. 13

4:15 p.m. **Football:** Freshman @ Lewis Central
7 p.m. **Football:** Varsity @ Lewis Central

Saturday, Sept. 14

8 a.m. **Volleyball:** Varsity Invitational @ Southeast Polk

Monday, Sept. 16

4:30 p.m. **Cross Country:** Girls @ Ballard Golf & Country Club, Huxley

4:30 p.m. **Cross Country:** Boys @ Ballard Golf & Country Club, Huxley

6 p.m. **Football:** JV vs. Lewis Central



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DALLAS COUNTY CONSERVATION

To register, visit dallascountyiowa.gov/conservation or call the office at 515-465-3577.

FALL EQUINOX CELEBRATION

Sunday, Sept. 22, 6:30-7:30 p.m., Hanging Rock Park shelter house, Redfield. Join a DCCB naturalist at the astronomical clock to celebrate the celestial change of seasons. Fall is when nature wears her prettiest dresses. Sing the sun down and reflect on the meaning of the season. Registration required. ■



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WEST GLEN TOWN CENTER
Friday, September 20 from 5-9 p.m.

For a ticket price of **\$25** (*\$25 in advance, \$35 at the event*), attendees will receive **10** drink tickets that can be redeemed at participating stops for a sample size whiskey cocktail! Also enjoy wine samples at participating locations!

PARTICIPATING BUSINESSES:

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FOR INFORMATION, DRINK MENU AND TO PURCHASE TICKETS:
WHISKEYWALK.DMCITYVIEW.COM



THE EVENT WILL BE HELD RAIN OR SHINE

VINTAGE & MADE FAIR

The indoor/outdoor Vintage & Made Fair celebrates the handmade and vintage community on Saturday, Sept. 21, 9 a.m. to 4 p.m., at the Dallas County Fairgrounds, 28057 Fairgrounds Road, Adel. You will find antiques, vintage, home décor, jewelry, handcrafted goods, seasonal flora, food and beverage trucks, live local music and everything you need to create a vintage and handmade lifestyle. Admission is \$10 with 12 and younger free. ■

WENDYSUE IN CONCERT

The public is invited to a free concert by Wendysue on Monday, Sept. 16, 7 p.m. at Faith Lutheran Church, 602 S. 14th St., Adel. For more information, call 515-993-3848. ■

FOOD DRIVE TO BE HELD SEPT. 28

Adel Women's Club is taking part in the General Federation of Women's Clubs (GFWC) 2024 National Day of Service. This year's NDS campaign spotlights food insecurity and hunger in the United States. The club will be hosting a food drive on Saturday, Sept. 28 from 9 a.m. to noon. Food and/or monetary donations can be dropped off at the Lincoln Savings Bank Parking Lot at 312 Nile Kinnick Drive in Adel. Donations will bless our community and that of Greenfield. Most needed items include: canned meat, canned fruit, flour, sugar, boxed dinners, cereal, soup, peanut butter, jelly, and full-size personal care products. Those making donations will receive a thank you donut courtesy of Caseys and a Real Deals discount coupon while supplies last. ■

CHURCH ADMINISTRATIVE ASSISTANTS CONFERENCE AND CHRISTIAN CONCERT

The Church Administrative Assistants Conference will be held Tuesday, Sept. 17 at Faith Lutheran Church in Adel. Speakers include professional national speaker Lena Scullard. For more details, visit www.idwlcms.org/news.php to review the conference brochure. Register at www.surveymonkey.com/r/AAConf. ■

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. ■

NEEDS LIST FOR VETERANS AT THE DES MOINES VA HOSPITAL

Federal funds may not be used to purchase personal items for veterans at VA hospitals. Individuals and groups, like the Adel American Legion Auxiliary Unit 464, step forward to collect clothing and other items needed by veterans in the Des Moines VA Hospital or in the domicile. The following items are most requested now: men's sweatpants/athletic pants (size M-XL); men's sweatshirts (size XL-XXL); men's athletic shorts (size S-5XL); small, simple sports bras; men's and women's slip-on shoes (all sizes); backpacks; large-print books; individually wrapped snacks; and decaf ground coffee.

Donations can 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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Norwalk Music Fest

Sept. 14: Norwalk Music Fest. All participating musicians are from central Iowa. The fest will have food vendors, games, beer tent and activities. Norwalk City Park, 907 North Ave., Norwalk. www.norwalkhometownpride.org/home

Sept. 20-21: Beaverdale Fall Festival. A community festival featuring food, drinks, art, commercial vendors and plenty of entertainment. Downtown Beaverdale. www.fallfestival.org

Sept. 20-22: Pufferbilly Days 2024. More than 30 different events happen during the Pufferbilly Days celebration. Everything from spelling bees to concerts, pet shows, car shows and more. Downtown Boone, 903 Story St. www.boonecounty-chamber.com

Sept. 21-22: Latino Heritage Festival. An action-packed weekend for the largest celebration of Latino heritage in Iowa. Western Gateway Park, 1205 Locust St., Des Moines. www.latinoheritagefestival.org

Sept. 26-27: Third Annual "Ron Don" Cigar, Bourbon & Brew Bash. The fun is in the name: cigars, bourbon and brews, with a pheasant hunt on day one. Country Lane Lodge, 29300 Prospect Circle, Adel. www.rmhdsmoines.org

Sept. 26-28: Des Moines Area Quilt Guild Quilt Show. You'll be hard pressed to find something more comfortable to keep you warm than a homemade quilt. Luckily, this show has you covered. Iowa State Fairgrounds, 3000 E. Grand Ave. www.woodsidesquilting.com/dmaqq-quilt-show.html

Sept. 27-28: Oktoberfest. To no one's surprise, there will be a lot of beer. However, there's plenty of fun to go around the entire weekend with food, music and competitions. Lauridsen Amphitheater, Des Moines Water Works Park, 2251 George Flag Parkway. www.oktoberfestdsm.com

Oct. 5: Flannel Fest. Local vendors inside the Dogpatch Urban Gardens will be stocked with all things autumn. Dogpatch Urban Gardens, 4600 N.W. 51st St., Des Moines; www.dogpatchurbangardens.com

Oct. 5-6, 12-13, 19-20: Apple and Pumpkin Festival. Wagon rides, corn maze, corn pool and, of course, apple and pumpkin picking. From 9 a.m. to 6 p.m. on Saturdays and noon to 6 p.m. on Sundays at Wills Family Orchard, 33130 Panther Creek Road, Adel; willsfamilyorchard.com/apple-pumpkin-fest

Oct. 5: Middlebrook Fall Festival. Food trucks, free face painting, farmers market and adult beverages. Middlebrook Farm, 4300 Cumming Ave., Cumming; www.middlebrookfarm.com ■

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RECIPE

A GROWNUP TWIST ON A CHILDHOOD FAVORITE

(Family Features) When you're looking for recipe inspiration, don't be afraid to take things back to your childhood with a little home cooking. Even better, now you can enjoy those kid favorites as the main course (with an adult touch, to boot) in this baked broccoli mac.

It's a warm, cozy solution that pairs with bread and a salad for dinner or can be halved and served as a side. ■

BAKED BROCCOLI MAC

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

Ingredients:

- 1 box (1 pound) pasta noodles, such as cellentani, elbow or penne
- 2 cups chopped broccoli
- 2 cups chicken broth
- 1 cup heavy whipping cream or half-and-half
- 2 cups mozzarella
- 1/2 block pasteurized cheese product, cubed
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- salt, to taste
- pepper, to taste

Topping ingredients:

- 2 cups breadcrumbs
- 1/2 stick butter
- 1/2 cup grated Parmesan cheese

Directions:

Heat oven to 350 F.



In large pot, cook pasta according to package instructions. Drain well then add broccoli, chicken broth, cream, mozzarella, pasteurized cheese product, garlic powder and onion powder. Season with salt and pepper, to taste. Mix well.

To make topping: In bowl, mix breadcrumbs, butter and Parmesan cheese.

Pour macaroni mixture into large baking dish then sprinkle with breadcrumb mixture. Bake 30 minutes.

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The Adel Women's Club met Sept. 9.

WOMEN'S CLUB KICKS OFF CLUB YEAR

Adel Women's Club had its first meeting of the Club year on Monday, Sept. 9. Dennis Leininger with Blue Kindness was the guest speaker along with officer Hayley Pickett. The goal of Blue Kindness is to facilitate positive interactions between Adel's citizens and the officers of the Adel Police Department. They surprised the group with coupons for coffee from the Morning Grind and Ice Cream from Billy's in appreciation for receiving the Good Neighbor award for September. The members also collected items for DeSoto Intermediate, including 20 pants/leggings, 95 underwear, 80 pairs of socks, and 10 ADM logo items. The club's next meeting is Oct. 7 at 1 p.m. at the Adel Public Library. Visitors are always welcome. For more information, email adelwomensclub@gmail.com or find the club on Facebook. ■

THIRD MONDAY BINGO

Enjoy Bingo on Monday, Sept. 16, 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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HELP WANTED: Patrick's Restaurant 211 S. 7th St Suite C in Adel, Iowa is now hiring for multiple positions. Dishwasher 4:30pm to 9:00pm, Tuesday-Friday. Host/Hostess/Bus Person Saturday and Sunday 9am-1:30pm. Must be able to work in a fast paced environment and be reliable. Please come in or call to apply, 515-993-3884 Ask for Elisabeth.

HELP WANTED: Parish Administrator AT Grace Lutheran Church, Adel. Part-time. 16 hours/week with flexibility during church office hours (M-F, 8 a.m. - 4 p.m.). \$16-\$18/hour. To apply, submit a resume to Pastor Tania Schramm, pastortania515@gmail.com.

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