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# Living Weekly

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# RIBBON CUTTING



Matta Family Dental held a ribbon cutting at its new facility, 25096 Highway 6 in Adel, on Sept. 18. ■

## ADEL WEATHER FORECAST

**FRIDAY HIGH 85 | LOW 56**  
Warm with plenty of sunshine 

**SATURDAY HIGH 84 | LOW 56**  
Warm with plenty of sunshine 

**SUNDAY HIGH 83 | LOW 57**  
Mostly sunny and warm 

**MONDAY HIGH 83 | LOW 55**  
Mostly sunny and warm 

**TUESDAY HIGH 80 | LOW 56**  
Intervals of clouds and sun 



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FROM THE PUBLISHER

# HAVE NO FEAR. UNDERSHIRTS ARE HERE!

There are two types of men in this world: those who wear undershirts and those who don't. I have been both.

As a youth, I never understood the need to wear one shirt underneath another shirt. Seemed silly. Too many layers. Too hot. And too much laundry.

My dad always wore an undershirt. White. Crew neck. And 100% cotton. He should have been featured in a Fruit of the Loom commercial. The weather or the outerwear of the day didn't matter. Dad wore an undershirt. Always. We once had a conversation about long john underwear, and he stated how, once you start wearing them, you feel naked without them. He must have applied that same logic — and to an even greater degree — with undershirts.

As a young adult, I began to understand the undershirt code. It could have been a rite of manhood, or something like that. For me, it began when I started regularly

wearing button-down dress shirts and had a desire to have a layer between me and that costly shirt. I rationalized that I could have armpit stains in my undershirt, but I didn't want them on my dress shirts. That extra layer helps avoid the transparency issue that happens with some shirts, too.

Apparently, there are other reasons to wear an undershirt, too. The Tommy John website says you should do so because they absorb sweat, they protect your dress shirts, they keep you warm in winter, they hide body hair, they provide support, they help with body odor, they can be stylish, they are comfortable, they are easy to care for, and they are affordable. Fair enough.

My mother had a fascination with bleach, and our undershirts were soaked in it. If a white piece of laundry was being



washed, bleach was used. It kept the whites white, she said. And our undershirts needed all the brightening they could get.

So, I wear undershirts, and I use bleach. When my white undershirts begin to turn a shade of grey, I buy a package or two of new ones. For some odd reason, I really look forward to those purchases.

I realize I am in the minority with this undershirt obsession, but I am not alone. Studies show that about 30% of men in the United States wear undershirts regularly to “enhance comfort” and “maintain a polished appearance.” Or, more than likely, because their dad wore them.

Have a great week, and thanks for reading. ■

Shane Goodman  
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ADEL  
*Living Weekly*

A publication of Big Green Umbrella Media, Inc.  
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## THAT'LL WORK VS. DES MOINES

The public is invited to this high-energy fundraiser for New Hope Care Community on Wednesday, Oct. 22 from 6-8:30 p.m. at ADM South Gymnasium, 801 Nile Kinnick Drive North. Enjoy a fun, faith-filled evening of trick shots, friendly competitions, laughter and inspiration as Dude Perfect Trick Shot World Champion Mike Shields (aka That'll Work) takes the stage in this high-energy, family-friendly event. This unique event isn't just about trick shot entertainment. It's a fundraiser to support the work of New Hope Care Community, a faith-based nonprofit offering recovery programs, counseling, and neurological rehab services. Tickets: [www.zeffy.com/en-US/ticketing/trickshot-showdown](http://www.zeffy.com/en-US/ticketing/trickshot-showdown). ■

## SPECTACULAR TEA AND STYLE SHOW

Saturday, Sept. 27, the Adel Historical Museum board will be holding a delightful tea and style show at the Raccoon Valley Bank Community House, 1016 Main St., from 2-4 p.m. The show will be presented by three local boutiques: Azalea Lane, Real Deals and Valtera Boutique. The community house will be decorated, with china tea cups, plates and silver and an arrangement, all to bring your pampered afternoon to life! Tea sandwiches and desserts, as well as beverages, will be served during the style show and a quilt drawing will be held. Tickets are \$25, with a limited number available.

Following the style show, guests are encouraged to take the short trip up the block to the museum at 1129 Main St., where more intriguing activities await. There you may sign up for a chance on a stunning fall arrangement by well-known decorator Aubrey Dunbar. Guests may also participate in a scavenger hunt throughout the museum with silent auction items available to be sold to the highest bidder. As a thank you for supporting this museum fundraiser, guests will be given a commemorative plate or Christmas ornament.

Reserve your tickets by calling 515-993-4488 or 515-201-4201. ■

## ADM SPORTS SCHEDULE

### Friday, September 26

7 p.m. **Football:** Varsity vs. Boone

### Monday, September 29

5 p.m. **Football:** Freshman @ Boone

6:30 p.m. **Football:** JV @ Boone

### Tuesday, September 30

4 p.m. **Esports:** Varsity vs. Gilbert

5:15 p.m. **Volleyball:** Freshman vs. Gilbert

5:15 p.m. **Volleyball:** JV vs. Gilbert

7:15 p.m. **Volleyball:** Varsity vs. Gilbert



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## ADEL HAY DAY FESTIVAL

The first Adel Hay Day fall festival will be held on Friday, Oct. 3, 2-7 p.m. Adel Hay Day is full of fall fun and activities for families and will take place at four different stations along the Raccoon River Valley Trail throughout Adel. Participants will walk from station to station and take part in the activities along the way.

- **Station 1** - Burned Bridge:

Kids fall games, fishing for apples, entertainment, goodie bag pickup

- **Station 2** - Rotary Plaza: Chalk

the walk, face painter, Pulse 101.7 radio, photo booth, candy for goodie bag. Adel Police officers will be on site for traffic control to ensure that families cross Highway 169 safely.

- **Station 3** - City Hall's parking

lot: Decorate bikes and strollers, pie battleship, Iowa Beverage alcohol truck, non-alcoholic beverages and refreshments, entertainment, candy for goodie bag

- **Station 4** - 18th Street

Trailhead: Bounce house, hayrack rides down Brickyard Road, pumpkin decorations, s'mores bag, live music at Brickyard Burgers & Brews, candy for goodie bag. ■

## GOOD SAMARITAN FOOD PANTRY ADDS HOURS

The Good Samaritan Food Pantry has added more Saturday hours. The pantry is now open the first and third Saturdays of the month from noon to 2 p.m. in addition to every Monday and Tuesday from noon to 2 p.m. ■

## CANDIDATE FORUM

The public is invited to a candidate forum on Tuesday, Oct. 21 from 6:30-8 p.m. at ADM High School Auditorium, 801 Nile Kinnick Drive South. Candidates for Adel City Council and mayor will share their vision for the future of their community. This forum will give residents the opportunity to hear directly from those seeking election, learn about their priorities, and understand their perspectives on the issues that matter most.

The moderated program will include opening remarks, candidate questions, and closing statements. Audience members will also have the chance to submit questions in advance.

City Council candidates are Randy Cornelison, Nate Hawkins and Eric Trout. Mayoral candidates are Timothy Crannell and Jim Peters.

All community members are encouraged to attend, ask questions, and engage in the democratic process. Whether you are a long-time resident or new to Adel, this forum is a chance to connect with candidates and make an informed choice on Election Day (Nov. 4). ■

## BRICK STREET MERRY MARKET

Sunday, Nov. 23, noon to 5 p.m., Adel Community House, 1016 Main St., Adel. Come shop local, handmade vendors. ■

## BUILDING BRAVE TEAMS PEDIATRIC CANCER AWARENESS EVENT

On Friday, Sept. 26, the Adel DeSoto Minburn Tiger Football team is hosting the Boone Toreadors for their "Pediatric Cancer Awareness" event. The month of September is Pediatric Cancer Awareness Month, so it is timely.

At the entrance of the game, Building BrAve Teams will have a booth set up where entrants can donate a small toy, comfort item, or travel sized toiletry to be placed in a goody basket for families that are currently hospitalized following a pediatric cancer diagnosis. ■

## DALLAS COUNTY COAT GIVEAWAY

The Dallas County Coat Giveaway will be held Saturday, Oct. 11, 9-11 a.m., at Adel First Christian Church, 218 N. Ninth St., Adel. More than 300 new coats and 100 gently used coats, sizes infant through adult, will be available. In addition, the Clothes Closet will be open. The Coat Giveaway focuses on coats for residents of Dallas County and rural surrounding communities, though everyone is welcome. It is sponsored by the Adel Rotary, the Adel Women's Club, the Knights of Columbus from St. John's Church, and the Adel Christian Church. Everything is free. ■

## ADEL WOMEN'S CLUB INTERNATIONAL DAY OF SERVICE

Adel Women's Club invites the public to participate in its International Day of Service on Saturday, Sept. 27, from 9-10:30 a.m., at the Adel Public Library, 303 S. 10th St. This is a come and go event. The day's focus is to help end domestic and sexual violence across the United States and internationally. The group is collecting personal care products and grocery store gift cards to donate to Crisis Intervention. A speaker will share remarks at 9:15 a.m. and there will be a station set up for creating cards of encouragement and teddy bear washcloths. If you have items to donate but can't attend or have questions, contact adelwomensclub@gmail.com or Paula Joiner at 515-339-5529. ■

## PUBLIC INVITED TO PRAISE HOUR

The public is invited to join in on Saturday nights at 5:30 p.m. beginning Oct. 4 for a Praise Hour at Adel United Methodist Church, 115 S. 10th St., Adel. Adel UMC's Praise Band, Chosen Family, is excited for the opportunity to share the Good News of the Lord. ■

## JOURNEY THROUGH GRIEF FALL 2025

A fall session of Journey Through Grief is being offered by UnityPoint Hospice. The free program provides education and support for those coping with the loss of a loved one. The program includes six sessions covering grieving and coping tools. Sessions began Sept. 16 but people can still join. Sessions run through Nov. 18, with two a month, at 6 p.m. Dates are Sept. 30, Oct. 7 and 21, and Nov. 4 and 18. Light refreshments will be provided. The sessions are held at St. John's Catholic Church, 24043 302nd Place, Adel. For registration and questions, contact Olivia Collins-Jones at 515-414-9115 or Olivia.collins@unitypoint.org. ■

## ADM FINE ARTS BOOSTERS CRAFT SHOW

Calling all vendors for the annual ADM Fine Arts Craft Show on Saturday, Nov. 8 at Meadow View Elementary, 1300 S. 15th St., Adel. To register and for more information, visit [www.admcraftshow.com](http://www.admcraftshow.com). ■

## BOWLING LEAGUE SHORT SEASON OFFERED

The Adel Family Fun Center is rolling out a brand new "short season" bowling league. Sunday Micros League kicks off Sunday, Sept. 28 at 6 p.m. Teams of four, no experience necessary, great for beginners, and only eight weeks long. Sign up at [www.affcbowl.com/leagues](http://www.affcbowl.com/leagues). ■

## CLASSIFIED ADS

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- **Oct. 14-19:** "Disenchanted! The Hit Musical Comedy"
- **Oct. 21-26:** "A Beautiful Noise: The Neil Diamond Musical"

**MADISON COUNTY COVERED BRIDGES FESTIVAL**

**Oct. 11-12**

Winterset Square, Winterset

[www.exploremadisoncounty.com](http://www.exploremadisoncounty.com)

Discover Madison County's rich history and iconic covered bridges. Enjoy food and art vendors, a car show, a parade and more. Starting at 9 a.m. in Winterset Square, Winterset.

**ARCHIVES ACROSS AMERICA: UNLOCKING GENEALOGY RESOURCES**

**Saturday, Oct. 18, 9 a.m.**

Iowa Genealogical Society Library

628 E. Grand Ave., Des Moines

The Iowa Genealogical Society will host this one-day conference at the IGS Library and via Zoom. Featured speaker Tina Beard will present on the Library of Congress, the National Personnel Records Center, the U.S. National Archives, and Midwest repositories. Registration is \$70 for members and \$90 for non-members. Details at [www.iowagenealogy.org](http://www.iowagenealogy.org).

**GREAT IOWA PET EXPO**

**Oct. 18-19**

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[www.greatiowapetexpo.com](http://www.greatiowapetexpo.com)

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**IMT DES MOINES MARATHON**

**Oct. 19**

1001 Grand Ave., West Des Moines

[www.desmoinesmarathon.com](http://www.desmoinesmarathon.com)

Since 2002, the annual marathon has been taking participants on a run throughout Iowa's Capital.

**DEDICATION OF ADDITION TO REVOLUTIONARY WAR MONUMENT**

**Saturday, Oct. 4, 1 p.m.**

State of Iowa Capitol Grounds

1007 E. Grand Ave., Des Moines

As our country makes plans to celebrate the 250th anniversary of the American Revolution, the Sons of the American Revolution has announced a unique kick-off event. At the Revolutionary War Monument, the public is invited to join in a recognition of the 41st name, Matrom Elmore, being added to the monument.

**HARVEST AND HANDMADE FAIR**

**Saturday, Oct. 4, 10 a.m.**

Water Works Park

2201 George Flagg Parkway, Des Moines

Held in conjunction with Vintage in the Valley, this event offers handmade crafts and rare finds, entertainment, food vendors and the biergarten. ■



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## RECIPE

# ADD REAL FLAVOR, SIMPLICITY TO BUSY SEASON MEALS

*(Family Features)* Make a smooth shift into the fall busy season with this loaded Philly cheesesteak baked potato. It takes a traditional side dish and delivers an easy meal full of flavor and nutrients from California dairy foods.

When life is busy, add this dish both kids and adults will love to your weekly meal-planning list. The real California sour cream, milk, butter and cheese offer real flavor, real protein, real simplicity and real convenience, plus they are made with sustainably sourced milk from dairy farm families. Look for the Real California Milk seal on your favorite dairy foods at the grocery store. ■

## LOADED PHILLY CHEESESTEAK BAKED POTATO

*Recipe courtesy of Real California Milk*

*Prep time: 10 minutes*

*Cook time: 1 hour, 11 minutes*

*Servings: 4*

### Ingredients:

- 4 large russet potatoes, washed
- 1 cup Real California sour cream
- 1-2 tablespoons Real California whole milk
- 1/4 cup Real California unsalted butter, divided
- 1 small green bell pepper, thinly sliced
- 1/2 small yellow onion, thinly sliced
- kosher salt, to taste
- freshly ground black pepper, to taste
- 1 pound fresh shaved sirloin steak
- 2 cups shredded Real California provolone cheese



### Directions:

- Preheat oven to 425 F and line baking sheet with aluminum foil.
- Prick potatoes all over with fork. Bake until potatoes are tender and fork inserted easily comes out, 45 minutes-1 hour. Split tops of potatoes open

with knife and fluff potato flesh with fork. Set aside.

- In small bowl, combine sour cream and milk, adding more milk as needed, until sour cream is pourable. Set aside.
- In large skillet or on griddle over medium-high heat, heat 1 tablespoon butter. Add peppers and onions; cook until tender, 3-4 minutes. Season with salt and pepper, to taste. Transfer to plate and set aside.
- Clean skillet then melt remaining butter. Add steak and cook until fully cooked and lightly browned, 3-4 minutes. Season with salt and pepper, to taste. Return vegetables to skillet and toss to combine.
- Evenly top each potato with 1 tablespoon butter, steak mixture and cheese. Transfer to oven and bake until cheese is melted, 2-3 minutes. Drizzle with sour cream and serve.

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