

# POLK CITY *Living Weekly*

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## POLK CITY CITIZENS ACADEMY COMING FALL 2021

The Citizens Academy is a program that allows a group of residents to learn more about Polk City local government. The focus is to maximize the learning component within a small focus group of local residents. Join the Citizen Academy this fall for a four-part series to learn and become more engaged. Find more information at <https://www.polkcitiya.gov/home/news/polk-city-citizens-academy-coming-fall-2021>.

## FREE CLINIC AND FOOD PANTRY TEAM UP FOR OPEN HOURS

St. Luke's Free Clinic and NP Comet Cupboard Food Pantry are teaming up for walk-in hours at Polk City United Methodist Church. Visit on the first and third Wednesdays of the month; the food pantry will be open from 5-6:30 p.m. Clinic hours are 6-8 p.m. For more clinic information, call 515-238-6425; for more food pantry information, email [dbequeai967@msn.com](mailto:dbequeai967@msn.com).

## RETIREMENT SEMINAR OFFERED

Dan Rundahl of Rundahl Financial Consultants is offering a free retirement seminar at Kirkendall Public Library, 1250 S.W. District Drive, Ankeny, Aug. 23 and Aug. 26, 6-7 p.m.

## ICE CREAM SMORGASBORD AND AUCTION

An ice cream smorgasbord and auction will be held Sunday, Aug. 29, starting at 5 p.m. at Sheldahl United Methodist Church, 6th and Hubbell in Sheldahl. Cost is \$7 for adults. Bring your lawn chairs.

## SEEN AT THE POLK CITY FARMERS MARKET JUNE 10



Mike Blair



Kendra Foster



Josh Skinner



Theresa Hotchkiss

### 5-DAY FORECAST

**FRIDAY HIGH 88 | LOW 69**  
Times of clouds and sun



**SATURDAY HIGH 89 | LOW 71**  
A thunderstorm in spots



**SUNDAY HIGH 92 | LOW 73**  
A strong t-storm possible



**MONDAY HIGH 89 | LOW 72**  
Strong p.m. t-storms possible



**TUESDAY HIGH 87 | LOW 68**  
Humid with variable clouds



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FROM THE PUBLISHER

# STEALING LIFE LESSONS

My friend Tommy and I stole salt shakers, ashtrays and “open” signs from an ice cream shop in our hometown when we were teenagers. We thought it was a funny prank, at least until one of the owners saw us do it and called our parents. What happened next was a very serious learning moment for both of us that changed our views on theft of any sort.

After the you-know-what chewing we received from our parents, we were forced to face the people we stole from and return the items. Mr. and Mrs. Colwell, who owned and managed the ice cream shop, lit into us, and deservedly so. These are the folks who served us ice cream after our little league games, greeted us with smiles every time they saw us, and allowed us to hang out in their shop. They could have called the police, but they didn’t. That would have been too easy. Instead, they sat us down and



explained how hard they worked to have a business, and how every penny mattered.

They described how those salt shakers and ash trays and open signs may not have seemed like a big deal to us, but why they were to them. And, most importantly, they wanted us to know that stealing, of any kind, was not a habit that a young person should form. They were right, and Tommy and I immediately realized this and thanked them.

When I got home, my father gave me a similar speech, but he also let me know how disappointed he was in me — and in himself. Yes, himself. He told me that he clearly did not do a good job in raising me if I felt that stealing was OK. That single comment made this teenager realize how my actions have consequences on other

people. I am not sure how much Dad thought through what he said, but his comments had more impact on me than any yelling or screaming or grounding ever did.

I often wonder how those with a history of crime would have fared if their parents — or Mr. and Mrs. Colwell — would have had that same conversation with them. I also wonder if I, as a parent, have handled matters in the same way with my kids.

That’s a little something for us all to think about the next time we are wronged by a young person. Our comments — and how we handle the situations with them — could halt future wrongdoings and have a long-term positive effect on them.

Thanks for reading. ■

Shane Goodman  
President and  
Publisher

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## AN EASY-TO-MAKE SUMMER SWEET

When it's beyond hot outside and the kids are begging for a delicious afternoon snack, sometimes it's difficult to know where to turn. The pantry is full and the refrigerator is stocked, yet nothing sounds appetizing when it's scorching outside.

Combining three simple ingredients you probably already have in your kitchen can save the day and provide a refreshing and scrumptious snack.

Try this 3-Ingredients Strawberry Ice Cream on warm days ahead. It's chilled to perfection with fresh strawberries and fluffy whipping cream to create a creamy texture perfect for the kiddos.

Start by pureeing 1 pound of fresh strawberries. Add 1 pint of whipping cream and sweetened condensed milk to a mixing bowl then beat until stiff peaks form.

Fold the strawberry puree in with the whipping cream mixture. Pour into a loaf pan and freeze for 5 hours.

Before serving, let ice cream soften for 5-10 minutes.

It's delicious, rich and has sweet strawberry flavor that can help satisfy nearly any sweet tooth. It's a wonderful treat after



long summer days spent playing outside, splashing in the pool or just relaxing, soaking up the sun.

Find more summer dessert recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

### 3-Ingredient Strawberry Ice Cream

Servings: 4-6

- 1 pound fresh strawberries, stems removed
- 1 pint heavy whipping cream
- 1 can (14 ounces) sweetened condensed milk

In blender, puree strawberries. In bowl of stand mixer, beat whipping cream and sweetened condensed milk until stiff peaks form. Fold in strawberry puree. Pour into loaf pan. Freeze 5 hours.

Before serving, let ice cream soften 5-10 minutes. ■

## RVTV RETURNS TO POLK CITY LABOR DAY

WHO-13 News RVTV crew will be having their first leg of the event stop in Polk City, Monday, Sept. 6 (Labor Day.) It is an excellent opportunity to showcase what Polk City is and has to offer to the viewing area. As in their previous stop in 2019, they arrive in town around noon, work on stories, and then the festivities begin at 4 p.m. on the square and go until 10:30 p.m. to end the news broadcast.

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# POLK CITY COMMUNITY LIBRARY NEWS

BY PAM WITT AND MELISSA ULBRICH

The library will be closed Monday, Sept. 6 in observance of Labor Day. Join the staff on the Square for RVTV. The library will also be closed from Oct. 4-10 while new carpet is being installed.

Library hours beginning Sept. 7 will be:

- Monday-Wednesday: 9 a.m. to 7 p.m.
- Thursday: 9 a.m. to 8 p.m.
- Friday 9 a.m. to 5 p.m.
- Saturday 10 a.m. to 3 p.m.

## JOKE OF THE WEEK



What does a zombie vegetarian eat?  
 “Graaaaaains!”

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## WEEKLY EVENTS

Story Time is held Mondays and Tuesdays at 10 a.m. Join Ms. Melissa at the library for stories, songs and an activity or craft. Choose the day that works best for you. Register online for one of the programs each week. Every story can be logged in our 1,000 Books Before Kindergarten program, too.

**Geri-Fit Strength Training**  
 Workouts are held Mondays at 1 p.m. These work for all fitness levels. The program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. The program is for ages 50 and older. Stretch bands are available upon request.

Coffee Wednesdays are 10 a.m. to noon for women to gather for coffee and conversation.

## BUSINESS OWNERS: WOULD YOU LIKE THE POLK CITY LIVING WEEKLY DISTRIBUTED IN YOUR BUSINESS?

The Living Weekly publications are available for FREE at hundreds of locations in the communities of Grimes/Dallas Center, Adel, Johnston, Waukee and Polk City. Contact Patrick Clemmons at 515-953-4822, Ext. 304 or email [patrick@dmcityview.com](mailto:patrick@dmcityview.com) for more information. ■

## CLASSIFIED ADS

**MOVING SALE:** Aug. 7, 8am to 3pm, 2243 Monterey Dr, Windsor Heights. Furniture-DR, BR, LR and refrigerator. Miscellaneous kitchen items, Precious Moments, Cabbage Patch dolls, picture frames, shelves, clothes

**WANTED:** Townhome in Polk City. Prefer ranch type. Minimum 2 bedroom, 2 bath, with 2 car garage. In the 1300sf range. Call Larry 515-979-1405.

**OFFICE SPACE FOR SUBLEASE:** 1010 S. 3rd St. Suite 2B, Polk City. 843 Square feet. This space was used by an insurance agency and features a waiting area, reception desk, bathroom, and 2 offices. It is in the professional building with a doctor and dentist. The lease is just under 2 years. Call for a walk-through. Call Sheri Burke (515) 321-0876.

**FOR SALE:** Miniature Australian Shepherd puppies. You will love one (or two!) of these. Located 15 miles into Missouri. Calls only. 660-373-2178.

**BICYCLES WANTED:** Wanted bicycles any age or condition is ok. BMX also, will pick up. 515-238-3343.

**FOR SALE:** Three wheel double baby/toddler Stroller \$35.00/Call or text and I will send photos. 515-238-3198.

**GERMAN SHEPHERD PUPPIES:** With shots, perfect pets, farm-raised, ready now 515-380-2515.

**FOR SALE:** New large dog kennel for sale \$100. Call 515-491-8676.

**WANTED - VINYL RECORDS:** Paying cash for Rock, Blues, Jazz and Pop records from the 60's-90's. Please call Brian at 515-326-5033.

**HELP WANTED:** Looking for a career, not just a job? Tired of being under pressure for in-branch sales referrals? Consider joining our growing team where we focus on high quality, high touch customer service. Now Hiring Full-Time Teller/ Universal Banker. Charter Bank – Ankeny and Grimes Locations. For a full job description please inquire within, go to [www.charterbanker.com/about/employment](http://www.charterbanker.com/about/employment), call: 515-331-2265 or email: [employment@charterbanker.com](mailto:employment@charterbanker.com).

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