

POLK CITY Living Weekly

WWW.IOWALIVINGMAGAZINES.COM



A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED!

SEEN AROUND TOWN



Monica Converse and Nicole Aicher delivered gifts to the school on Dec. 16.

GO POLK CITY FEBRUARY LUNCHEON

The February Luncheon for Go Polk City Chamber and Economic Development will be Feb. 9, 11:30 a.m. to 12:30 p.m. at Luana Savings Bank Community Room. Jeremy Siepker, police chief, will be the speaker, Papa's Pizzeria will be catering the event. RSVP online at <https://www.gopolkcity.com/calendar>. ■

GET YOUR 2022 CURB IT! CALENDAR

This information is available as a magnet that can be picked up at City Hall. It can also be downloaded from Metro Waste Authority's website. The calendar shows which weeks to put out your Curb It! cart, as well as any holiday collection delays. If you have questions about your recycling, visit www.WhereItShouldGo.com or call 515-244-0021. ■

5-DAY FORECAST

FRIDAY HIGH 25 | LOW -1
Not as cold, becoming breezy



SATURDAY HIGH 39 | LOW 21
Partly cloudy, breezy



SUNDAY HIGH 32 | LOW 4
Periods of clouds and sun



MONDAY HIGH 26 | LOW 25
Mostly sunny



TUESDAY HIGH 45 | LOW 26
Mostly sunny



FROM THE PUBLISHER

BREAK OUT THE LONG JOHNS

It's cold outside, and that means one thing — it's time to break out the long johns.

I recall being a child and staying with family friends on their farm for a few days. The woman of the household was a wonderful lady named Marge, and she told me that we would be making long johns. The brain of this 5-year-old envisioned some sort of sweatshop with sewing machines humming away. I was pleasantly surprised to find out that she and I would be in the kitchen making long donuts with a maple glaze of incredibly sugary frosting. Not too many years later, I learned to also appreciate thermal underwear and its waffle weave texture just as much. Long johns were — and continue to be — necessary clothing in the winter weather of northern Iowa, and they were effective sweat-soaker-uppers worn under the then-legal, plastic “sauna suits” we wrestlers wore when trying to make weight.

Even in my suit-and-tie days out of college, I was known to wear long johns. While in a meeting at The Des Moines Register where we were all seated in chairs in a circle, I could see my coworker Shannon laughing at me from across the room. With my legs crossed at the knee, I leaned forward and tried mouthing, “What’s so funny?” She kept laughing. Shannon could see that I was becoming irritated with her, and she finally blurted out, “Quit being such a jerk. I am just laughing at your long underwear that I can see from your suit pant leg.” Laugh all you want, Shannon. I was toasty warm.

Maybe you wonder where the term “long johns” came from. Some say it began with soldiers in World War II who donned the thermal underwear, but the words appeared many years



prior. According to a story in the Summit (Colorado) Daily, the invention of long johns is credited to John Smedley in the English town of Matlock in Derbyshire. Smedley manufactured the clothing on the premises of his Lea Mills in the late 18th century, the story says. The name “long johns” supposedly refers to American boxer John L. Sullivan, who reigned as the heavyweight champion from 1882-1892.

So now you know. The next time you slip into some long johns, you can think of John Smedley and John L. Sullivan. And the next time you eat a delicious maple-glazed long john donut, you can think of me.

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



POLK CITY
Living Weekly

A publication of Big Green Umbrella Media, Inc.

Address: 8101 Birchwood Court, Suite, D, Johnston, IA 50131

Website: 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

POLK CITY PUBLIC LIBRARY

Book Club (grades 5-7), Tuesday, Feb. 8, 4 p.m. “Gregor the Overlander” by Suzanne Collins. Pick up your copy of the book while supplies last.

BEE MINE Bear Workshop, Saturday, Feb. 12. Pre-registration is required. The event will be at the Polk City United Methodist Church as the Friends of the Library organization sponsors a Build-a-Bear style story time and bear workshop. Children 12 and younger will visit the Comet Cupboard and then enjoy a story time before entering the bear factory where they will build their own teddy bear. Please bring a donation for the Comet Cupboard to the event. Register at polkcitylibrary.org

Adult Coloring, Tuesday, Feb. 15, 5-7 p.m. Colored pencils and gel pens will be provided. You are also welcome to bring your own. For ages 17 and older.

Book Club (grades K-2), “Magic School Bus: The Great Shark Escape,” Tuesday, Feb. 15, 4 p.m. Pick up your copy of the book while supplies last.

Book Club (grade 3-5), “Shiloh” by Phyllis Reynolds Naylor. Wednesday, Feb. 16, 4 p.m. Pick up your copy of the book while supplies last.

Adopt a House Plant, Thursday, Feb. 17, 6 p.m. Do you have a plant that you no longer want? Do you have a plant that you could take cuttings of? Bring them in to share and swap.

Monday Adult Book Club, “Killers of the Flower Moon” by David Grann, Monday, Feb. 21, 2 p.m. ■

CHINESE NEW YEAR CELEBRATION

Jester Park Nature Center, Saturday, Feb. 5, 10:30 a.m.

Celebrate the year of the tiger. During this program, learn all about the history of the Chinese New Year, similarities between Chinese zodiac and western astrology, and, of course, tigers! All ages are welcome to this free event. Registration required by Feb. 4. Register online at <https://www.polkcountyiowa.gov/conservation/>. ■



Raccoon Valley Bank
Just Right FOR YOU
1009 COURT STREET, ADEL • 515-993-4581
FDIC WWW.RACCOONVALLEYBANK.COM

THIS SPOT IS AVAILABLE.
Contact Dan Juffer at
dan.juffer@dmccityview.com

NPHS SPORTS SCHEDULES

Friday, Feb. 4

4:30 p.m. **Basketball:** Girls JV1 vs. Ballard

6:00 p.m. **Basketball:** Girls Varsity @ Ballard

7:00 p.m. **Basketball:** Girls JV2 vs. Ballard

7:30 p.m. **Basketball:** Boys Varsity @ Ballard

Saturday, Feb. 5

12:00 p.m. **Wrestling:** Varsity Sectionals @ Winterset

Monday, Feb. 7

5:45 p.m. **Basketball:** Boys Freshman @ Johnston

7:00 p.m. **Basketball:** Boys 9B @ Johnston

Tuesday, Feb. 8

4:30 p.m. **Basketball:** Boys JV vs. Bondurant-Farrar

6:00 p.m. **Basketball:** Girls Varsity vs. Bondurant-Farrar

7:30 p.m. **Basketball:** Boys Varsity vs. Bondurant-Farrar

COMPLETE AUTO REPAIR & TOWING



BRAKE SERVICES - UNDERCAR SERVICES
FLEET REPAIR - TOWING SERVICES
Since 1997
WWW.JTOWNAUTO.COM | 515-251-5839

EVENTS IN THE AREA

EMAIL EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**LIL DURK IN CONCERT****Horizon Events Center, 2100 N.W. 100th St. in Clive**
Saturday, Feb. 5, 6 p.m.

Durk Derrick Banks, or Lil Durk, garnered a cult following with the release of his “Signed to the Streets” mixtape series. That led to a record deal with Def Jam Recordings and his debut studio albums, “Remember My Name” and “Lil Durk 2X.” www.horizoneventscenter.com.

ERIC CHURCH - THE GATHER AGAIN TOUR**Wells Fargo Arena, 730 Third St. in Des Moines**
Saturday, Feb. 12, 8 p.m.

For more information, visit www.iowaeventscenter.com.

**‘TOOTSIE’****Feb. 8-13****Des Moines Civic Center, 221 Walnut St.**

The Willis Broadway Series returns with “Tootsie.” For more information, visit www.desmoinesperformingarts.org.

CAT SHOW**Saturday - Sunday, Feb. 12-13****Iowa State Fairgrounds**

A flood of fancy-footed felines compete for various awards and distinctions. This Fairgrounds event will be at E. 30th and University in Des Moines in the Animal Learning Center. For more information, visit www.iowastatefairgrounds.org.

**CITYVIEW CHOCOLATE WALK****Friday, Feb. 25, 5-9 p.m.****West Glen Town Center, 5465 Mills Civic Parkway,**
West Des Moines

Like chocolate? Like chocolate drinks? They you’ll love this event. CITYVIEW and West Glen Town Center once again present the Chocolate Walk. For a ticket price of \$20 (\$30 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. Find the registration link at <https://chocolatewalk.dmcityview.com>.

‘THE REVOLUTIONISTS’**Tallgrass Theatre Company, 2019 Grand Ave., West**
Des Moines**Feb. 4-20**

Four beautiful, tough women lose their heads in this irreverent, girl-powered comedy. www.tallgrasstheater.org

IOWA WOLVES HOME GAMES**Saturday, Feb. 5 vs. Agua Caliente Clippers/**
Clippers, 7 p.m.**Sunday, Feb. 6 vs. Austin Spurs/Spurs, 4 p.m.****Tuesday, Feb. 8 vs. Austin Spurs/Spurs, 10:30 p.m.**
Wells Fargo Arena, 730 Third St., Des Moines

For more information, visit iowa.gleague.nba.com. ■

RECIPE

COOKING SWAPS TO HELP MANAGE CHOLESTEROL



(Family Features) When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38% of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

- **Reduce saturated fat** – Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.

- **Eat more fish** – Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.

- **Use liquid oils in place of solid fats** – For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.

- **Lower dairy fats** – Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.

- **Increase fiber and whole grains** – Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at heart.org/cholesterol. ■

CHICKEN TORTILLA SOUP

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

Servings: 4

- 1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes
- 2 cups frozen whole-kernel corn, thawed
- 2 cups fat-free, no-salt-added chicken broth
- 1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves, minced
- 1/4 teaspoon salt
- 2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
- 1 corn tortilla (6 inches), torn into pieces
- 2-4 tablespoons snipped fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper, cut into matchstick-size strips

Directions:

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

FILM REVIEWS

By Michael C. Woody

"THE KING'S MAN"

Tap the brakes on this origin story for the Kingsman franchise. The first movie is really great, the second was a notch or two lower, and this effort is like that open can of pop in the fridge from New Year's...flat and not enjoyable.

Grade: C



"THE KING'S MAN"

"DON'T LOOK UP"

If you've seen "VICE," "The Big Short" or "Anchorman," you know writer/director Adam McKay is a funny guy. Here he turns his attention to world politics. A researcher has discovered a comet racing toward Earth that is certain to wipe out the planet. The President, Meryl Streep, needs to downplay this event as it will interfere with her goals. COVID? Global warming? You figure it out but be prepared to laugh. A lot. On Netflix.

Grade: B+

"MATRIX RESURRECTIONS"

I'm excited that I could almost follow this third in a trilogy. Almost. The first two movies are a complete mystery to me... mumbo jumbo and video game-like action. The third seemed easier to understand. It is not great but a relief to actually almost know what is going on. Find it streaming on HBO/Max.

Grade: B



"MATRIX RESURRECTIONS"

"LICORICE PIZZA"

This one is showing up on many Top 10 lists for the best movies of the year. I gotta admit, I'm not sure why. I also can't figure out why this movie was made. A kinda cute relationship between a young couple in the early 1970s. Waterbeds, Richard Nixon and Bradley Cooper as Barbra Streisand beau Jon Peters had my head spinning. Not in a good way. What's the point?

Grade: B ■



"LICORICE PIZZA"

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.

*Banking that fits into
the palm of your hand!*

Online banking, anywhere you go with the
GSB Mobile Banking app!



MEMBER FDIC
Grinnell
State Bank
www.grinnell.bank

205 Broadway St
Polk City, IA 50226
515.984.6211

Also located in Johnston,
Grinnell & Marengo

WINTER SHUFFLEBOARD LEAGUE FOR ADULTS IS OPEN

Join Polk City Parks and Recreation staff for six weeks of shuffleboard fun. A five-week regular season is planned with a double elimination tournament to crown the champions. Each week, your team of two will play three to 15 games. Registrants must sign up as a team; individuals will not be taken. Only one member per team needs to register. Registration deadline is Thursday, Feb. 17. Must be 18 years and older to participate. The league will play on Thursdays, Feb. 24 - March 31 from 6-9 p.m. at American Legion Post 232. Cost is \$20. ■

INAUGURAL 'CRAZY FOR CRIBBAGE' TOURNAMENT PLANNED

Are you crazy about cribbage? Then join us for an afternoon of 15s, 31s, nobs, and nibs. After eight games, the scores will be added up and a champion crowned. Prizes will be awarded. On-site registration may be available if openings remain. Registration deadline is Wednesday, March 2. This is open to all ages and will be held Saturday, March 5, 1-4 p.m. at American Legion Post 232 Cost is \$5.. ■

MEMBERS SOUGHT FOR PARK COMMISSION

Polk City currently has multiple vacancies on the Park Commission. This seven-member commission acts in an advisory role to City Council. Meetings take place the first Monday of the month at 6 p.m. For an application, visit https://www.polkcityia.gov/sites/g/files/vyh1if5571/f/uploads/boards_and_commissions_application.pdf. ■

CLASSIFIED ADS

FOR SALE: Heavyweight Ashley dining table: Dark distressed wood and bronze, seats 8, 4 matching chairs and 2 bench seats. **London brand queen-size sleeper sofa:** Upholstered fabric. **Jacoby lawn furniture:** 2 chairs, 2 side tables, purchased from Home Depot, powder-coated steel, slatted back and seat w/ red, white and blue pattern on beige cushions. Call 515-478-4594. Please leave a message.

PUPPY: 5-month-old Yorkie puppy for adoption. Up to date on shots and gets along with other pets. New job leaves me with little to no time to take care of puppy. Call 626-226-0049.

LOOKING TO BUY: Vinyl Records. Will pay cash for your 60s, 70s and 80s rock as well as jazz and blues. Please call Brian at 515-326-5033.

FOR SALE: Three wheel double baby/toddler Stroller. \$35. Call or text for photos. 515-238-3198.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disk CD player/DVD. 213,000 miles. Asking \$750.00. Call 515-238-3198. Located 5 miles from Grimes.

BABY BED FOR SALE: Has changing table on one end, 5 drawers for storage. Well Built. Needs a home to put it to use. Call 515-238-3198.

BUNK BEDS FOR SALE: Twin bottom/single top. Really nice. \$200.00 takes them away to a usable home. Text or call 515-238-3198 and I can return photos for viewing.

SEND IN YOUR FREE CLASSIFIED AD BY THURSDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

FAMILY-OWNED ★ LOCAL

MENTION THIS AD FOR 10% OFF MATERIALS
APPLY ON OUR WEBSITE. EXCLUSIONS APPLY. CALL STORE FOR DETAILS.

DES MOINES' #1 FLOORING STORE

HARDWOOD TILE CARPET LAMINATE

THE FLOORING GUYS FREE ESTIMATES

TILE ★ CARPET ★ VINYL ★ HARDWOOD

515-508-0024 ★ www.theflooringguysdsm.com

ADVERTISE HERE!

POLK CITY *Living Weekly*

LOW-COST ADVERTISING THAT WORKS

Contact Dan Juffer at (515) 371-2290 or dan.juffer@dmcityview.com



JOKE OF THE WEEK



If a child refuses to nap, are they guilty of resisting a rest?