

POLK CITY *Living Weekly*

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IN HONOR OF VETERANS DAY



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POLK CITY WEATHER FORECAST

FRIDAY HIGH 34 | LOW 17
Becoming windy and colder



SATURDAY HIGH 30 | LOW 15
Cold with sun and clouds



SUNDAY HIGH 34 | LOW 21
Partly sunny and cold



MONDAY HIGH 38 | LOW 23
Cloudy and cold



TUESDAY HIGH 41 | LOW 19
Mostly cloudy



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FROM THE PUBLISHER

THAT MYSTERIOUS CENTER SPACE

Hard, sturdy plastic. A palate of faded colors. Stackable and easy to clean. These words describe something most all of us used at more schooltime meals than we can count: the hot lunch tray.

Its image is likely coming to mind now. A silverware space along the left-hand side. A large space in the lower right for the entrée. A round circle in the lower left for a side. A small space in the upper left for dessert. Another small space (with a circle in the middle) in the upper right for the milk carton. And a mysterious small space in the upper middle that went unused. These 10-inch by 14-inch trays were an everyday item for decades in schools. I can still visualize the lunch ladies spraying them down.

Plenty of these — used and new — can still be found for sale. A couple decades ago, Jolene and I bought some. Our daughters were young, and we frequently went camping, so we thought these trays would be handy. They weren't. They undoubtedly

made life easier in cafeteria kitchens, but they were a pain to wash in the 10-inch by 10-inch sink of our travel trailer. Even so, they are a nostalgic piece of American history.

The school lunch itself also has an interesting history. Philadelphia and Boston were the first major cities to actively implement a school lunch program in the United States, sometime around 1894. It wasn't national policy until 1946 when the 79th Congress recognized the importance of school lunch and made it official with President Harry S. Truman signing the National School Lunch Act into law.

But is hot lunch good for you? I recall a classmate of mine once asking a teacher that. His reply? "Look at the lunch ladies." He later apologized to our class — and to the lunch ladies.

Back to those hot lunch



cafeteria trays. Are they now a relic? If you are like me, you likely haven't eaten in a school cafeteria in quite some time. According to a 2011 story in USA Today, some colleges trashed the trays in efforts to save water. The story reported that a senior-level math class found that eliminating trays could cause significant savings in washing costs. Without trays, the school would use less water, cleaning chemicals and labor in the cafeteria.

One could argue whether that make sense or not, but a very important question still remains: What was that mysterious space in the upper middle part of the tray designated for?

Have a great week, and thanks for reading. ■

Shane Goodman

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NORTH POLK COMET CUPBOARD FOOD PANTRY

The NP Comet Cupboard Indoor Food Pantry is open on the first and third Wednesdays of the month from 5-6:30 p.m. (no appointment necessary and no eligibility requirements). It is located in the Education Wing of Polk City United Methodist Church, 1421 W. Broadway St., Polk City.

The NP Comet Cupboard is also involved in food rescue from the Polk City Kum & Go store three days a week. The sandwiches are distributed through the NP Comet Cupboards in Polk City and Sheldahl and the Blessing Box Food Pantry in Elkhart.

The Tiny Food Pantry, an Eagle Scout project by Andrew George, sits at the entry drive to the church and is available 24/7. It is restocked regularly.

Those who wish to donate food or personal care items can place them directly inside the tiny pantry or bring them to the big red collection barrel inside the church. If you or someone you know are in need, take what you need.

Donations are welcome. Food items commonly needed are dry soup mixes, canned vegetables, canned fruit, canned tuna/chicken, canned pasta, instant mashed potatoes, dried pasta, pasta sauce, peanut butter, jelly, mac-n-cheese, cereal, pancake mix and syrup, instant oatmeal, cornbread/muffin mix, brownie/cake mix, breakfast bars, granola bars, popcorn, hot tea, cocoa packs, coffee. Donations of personal items such as chapstick, hand cream, Kleenex, hand sanitizer, etc. are also appreciated. For \$25, you can help fill one bag of groceries for a family facing financial hardships. ■

ST. LUKE'S FREE MEDICAL CLINIC

A free medical clinic is held the first and third Wednesdays of the month from 6-8 p.m. at Polk City United Methodist Church, 1421 W. Broadway St., for those in need. Before coming to the clinic, you are asked to read the procedures and restrictions in place by visiting <https://www.polkcitiumc.org/free-clinic.html>. For more information, call Clinic Manager Tess Young at 515-238-6425. ■

REGISTER FOR THE HOME LIGHTING CONTEST

The Kiwanis Club of Polk City is hosting a home lighting contest benefitting the Friends of the Parks' town square park improvements. Polk City residents are encouraged to celebrate the holidays by lighting up their home and joining the friendly competition. Register by Nov. 25. Lights need to be up by Dec. 2 for voting from Dec. 2-18. Cost to enter is \$50. Scan the QR code to register. ■



NPHS SPORTS SCHEDULES

Friday, Nov. 11

7:30 p.m. **Iowa State Band Extravaganza**
@ Stephens Auditorium

Saturday, Nov. 12

TBD **Football:** Varsity
State Playoffs -
Semi-Finals vs. TBA

Tuesday, Nov. 15

6 p.m. **Basketball:** Girls
Varsity Jamboree vs.
Multiple Schools

JOKE OF THE WEEK



*What kind of key
has legs but can't
open doors?
A turkey!*



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SEEN IN POLK CITY

POLK CITY FALL FESTIVAL WAS HELD ON OCT. 1.



Carrigan Rasmussen



Graeme Waithanji



Brandon and Monica Converse



Scout Master Pete Englund



Alice Nitchals



Alex Moats and Josh Foley



Elsie Simpson, Lyla and Leo Simpson



Eli, Stephanie and Jael Newman



Stacey and Mike Frelund and Heidi Wilson

FILM REVIEWS By Michael C. Woody

'LYLE, LYLE, CROCODILE'

(in theaters)

Based on a classic children's book series, "Lyle, Lyle, Crocodile" is one of the better family movies you will see this year. Not quite as fun as the latest "Minions" movie but, in its own way, maybe better. Javier Bardem plays a down-on-his-luck entertainer trying to get a big break. When he happens upon a tiny baby crocodile who can sing, he feels that his dream to be a superstar entertainer might come true after all. Fun, great songs and full of just plain old charm, "Lyle, Lyle, Crocodile" will delight kids and parents. **Grade: B+**



"Lyle, Lyle, Crocodile"

'AMSTERDAM'

(in theaters)

With a cast that includes Robert DeNiro, Chris Rock, Margot Robbie, Mike Meyers, Rami Malek, Christian Bale, John David Washington, Anya Taylor Joy and Taylor Swift, you kind of get excited about this movie. When you see that it was written and directed by David O Russell ("American Hustle," "Silver Linings Playbook," "The Fighter" and "Three Kings") you really become eager to see it. Imagine my shock when I saw a completely incoherent film that, to this day, I'm not sure what the plot was or why anyone would care. This might go down as one of the biggest wastes of talent I've ever seen. The best I can say is that it is a beautiful mess. **Grade: C-**



"Amsterdam"

'HALLOWEEN ENDS'

(in theaters)

Jamie Lee Curtis is back for the final chapter in the 13th "Halloween" series of movies. I still think the 1978 original is the scariest movie I've seen in theaters. The rest of the series has been up and down with perhaps more downs than ups. This last film is somewhere in the middle. We do get to see Michael Myers, the original creepy guy, but the movie actually focuses on a young man suffering from being bullied and a chance encounter with Myers that changes his life... and not in a good way. **Grade: C** ■



"Halloween Ends"

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.



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

CHRISTMAS WITH A CAUSE

Saturday - Sunday, Nov. 12-13
Gloria Dei Lutheran Church, 8301 Aurora Ave.,
Urbandale

Twenty-nine vendors will gather at this global market, where 100% of proceeds will fund humanitarian work locally and globally. Purchased gifts will help provide shoes for children in Kenya, hats for children in Tibet, support women rescued from sex trafficking — and the list goes on. Admission is free. Hours are 8 a.m. to 2 p.m. Saturday and 8 a.m. to noon Sunday. Food trucks will be present on Saturday starting 11 a.m. More information at christmaswithacause.org.

DOWNTOWN WINTER FARMERS MARKET

Saturdays, Nov. 12 and Dec. 3 from 9 a.m. to 1 p.m.
Historic Court District, Des Moines

Enjoy two more farmers markets before frigid weather sets in. Vendors will have seasonal local produce, meat, cheese, eggs, jam, jelly, salsa and other farm food available for purchase. Local artists, food trucks and street food vendors will also be present. Find more information at dsmpartnership.com/desmoinesfarmersmarket/winter-market.

HOLIDAY ARTS & CRAFTS SHOW

Friday - Sunday, Nov. 18-20
Varied Industries Building, 3000 E. Grand Ave.,
Des Moines

Iowa's largest show will feature more than 300 talented exhibitors from eight states presenting the Midwest's finest handcrafts, in addition to over 20 food vendors. Admission is \$8, with ages 10 and under free. All patrons will receive a three-day re-entry hand stamp. Show hours are Friday from 5-9 p.m., Saturday 9 a.m. to 5 p.m., and Sunday 10 a.m. to 4 p.m.

CHAMPAGNE & CHOCOLATE

Saturday, Nov. 19 from 6-9 p.m.
Greater Des Moines Botanical Garden, 909
Robert D. Ray Drive, Des Moines

Start the season at the Greater Des Moines Botanical Garden's annual holiday exhibition with champagne, chocolate and hors d'oeuvres while taking in performances by local artists. Champagne & Chocolate supports the Garden's We Grow Together program, which provides local nonprofits and community gardens free access and unique programs, and Pineapple program providing nearly 10,000 free admissions annually. Tickets and information at dmbotanicalgarden.com.

'COME FROM AWAY'

Tuesday - Sunday, Nov. 22-27
Des Moines Civic Center, 221 Walnut St., Des Moines

Lose yourself in this Broadway musical showcasing the light found in the darkness of 9/11. Based on the true story of 7,000 airline passengers who found themselves stranded in the small town of Newfoundland, Canada, and the residents who housed and fed them. Written by the Tony-nominated Irene Sankoff and David Hein and directed by Tony-winning Christopher Ashley. Tickets \$40 to \$130 at dmpa.org. ■



"COME FROM AWAY"
Photo by Matthew Murphy

RECIPE

AN EASY APPETIZER TO ADD HOLIDAY CHEER

(Family Features) Before the big meal, gifts and cherished moments at the family table, almost every holiday party starts with an important tradition: breaking the ice. This year, you can serve up a smile and start the party with this crave-inducing appetizer to get everyone talking.

The sweet touch of Roasted Garlic Whipped Feta Crostini from Milk Means More can be your delightful way to brighten the season of gifts and gatherings. With its creamy cheesiness from a homemade whipped topping boasting the richness of feta and whole milk, it's an easy and tasty way to invite friends, family and neighbors into your home. This shareable treat comes together in a cinch while adding pops of cheerful color to plates and platters. ■

ROASTED GARLIC WHIPPED FETA CROSTINI

Recipe courtesy of Liz Della Croce of "The Lemon Bowl" on behalf of Milk Means More

Prep time: 10 minutes

Cook time: 10 minutes

Servings: 16

- 1 bulb garlic (about 12 cloves)
- 4 tablespoons olive oil, plus additional for drizzling, divided
- 1 1/2 teaspoons salt, divided
- 1 1/2 teaspoons pepper divided
- 32 baguette slices
- 8 ounces feta cheese
- 1/2 cup whole milk, plus additional, if necessary (optional)
- 2 tablespoons lemon juice
- 1/2 cup pomegranate seeds
- 1/4 cup parsley, minced

Directions

Preheat oven to 400 F. Slice garlic bulb in half, exposing garlic heads, and place in center of large piece



of tinfoil. Drizzle each half with 2 tablespoons olive oil, 1/2 teaspoon salt and 1/2 teaspoon pepper. Wrap foil tightly around garlic and roast until caramelized, about 30 minutes.

Place baguette slices on large baking sheet and drizzle with olive oil. Bake on second rack in oven until golden brown, about 10 minutes; set aside.

In high-speed food processor,

pulse feta cheese, milk, lemon juice, remaining salt, remaining pepper and roasted garlic cloves until whipped and creamy, adding more milk as needed to reach desired consistency. Check for seasoning and adjust to taste.

To serve, spread each baguette slice with whipped feta and sprinkle with pomegranate seeds and minced parsley.

POLK CITY LIBRARY NEWS

1500 W. Broadway St. • 515-984-6119 • polkcitylibrary.org

Thanksgiving holiday hours

Closing at 5 p.m. Wednesday, Nov. 23

Closed Thursday, Nov. 24

Closed Friday, Nov. 25

Closed Saturday, Nov. 26

• Teen Hand-Painted Mini

Cactus DIY, Monday, Nov. 14, 5 p.m. Create your own faux cactus. All materials provided. Register online at polkcitylibrary.org.

• Book Club (K-second grade),

Tuesday, Nov. 15, 4 p.m. “Hug a Tree, Snoopy!” by Charles M. Schultz. Pick up your copy of the book while supplies last. Read, then join us for some fun discussion.

• Adult Coloring

Tuesday, Nov. 15, 5-7 p.m. Join us for a relaxing evening of coloring. Colored pencils and gel pens will be provided. You are also welcome to bring your own. Ages 17 and older.

• Messy Munchkins

Thursday, Nov. 17, 10 a.m. Self-directed sensory play activities will be provided. Come prepared to get messy. Activities may include water, shaving cream, paint, sand, rice... the list is endless.

• Bee my, Bee my Baby

Thursday, Nov. 17, 6 p.m. Spend a crisp November evening with Michael Blair, amateur apiarist, discussing the trials and tribulations of working with 500,000 bees. Learn about the

secrets of bee behavior as well as how to start a tiny livestock business.

• Book Club

Monday, Nov. 21, 2 p.m. “Beheld” by TaraShea Nesbit. A plain-spoken historical novel of the Mayflower Pilgrims and Plymouth Colony through a prism of female characters.

• K-5 STEAM: Turkey Slime

Monday, Nov. 21, 4 p.m. Join us for a fun activity with a new twist on an old favorite. Register online at polkcitylibrary.org.

• Book Club (third-fifth grade),

Tuesday, Nov. 22, 4 p.m. “The Story of Doctor Dolittle” by Hugh Lofting. Pick up your copy of the book while supplies last. We will discuss the book and then watch the movie.

• Adult DIY Card Crafting

Monday, Nov. 28, 6 p.m. Join Jane and Kim in making handmade cards that are fun to create and treasured by the recipients.

Make two cards each of four different designs using numerous techniques. There will be a \$5 material fee payable that night. Beginners are welcome. Feel free to bring scissors and adhesive if you have them, and prepare to have a good time. Ages 17 and older. Register at polkcitylibrary.org one month in advance. ■

CLASSIFIED ADS

ANNUAL HOLIDAY CRAFT OPEN HOUSE:

11/19/2022, 9 a.m. - 4 p.m., 701 Cottage Adel, IA. To pre-order pies call 515-480-4580. Handmade Folk Art crafts, Homemade chicken and noodles by the quart, ham ball, pies, pumpkin rolls, breads and much more.

HELP WANTED: I need help cleaning my small house in Granger. Give me a call. 515-205-9910.

FOR RENT: 3+ bedroom, 2 bath home with attached garage for \$1,650/month. Newly remodeled kitchen, quartz countertops with new appliances and lots of storage. Laundry room with W/D included. Fenced backyard. Near Evans Park and Meadow View Elementary. Call or text Sarah 515-779-8747.

NON-RUNNING PUSH MOWERS: If anyone wants non-running mowers I have 5 of them. Call 515-238-3198. Located 4 Miles from Grimes.

FOR SALE: Multi-colored Metal Twin Bed Set: Drawers underneath bed for storage. Coordinating dresser, mirror, and desk. Used but good condition. Manufactured by Powell. Hardware, extra drawer panels, and accessories included. Asking \$500 for entire set. Text 515-371-9332 for photos.

FOR SALE: Weary bones? Tired back? Try a Tempur-Pedic Full Motion Base XL Twin Bed; incl comfy mattress, 2 NEW sheet sets \$500 or OBO. Display book shelves \$20ea; Desk w/ bookcase top \$35; Brass lamps \$20ea, 1) 3-way, 2) touch; 2 dressers. Interested, leave msg at 515-992-3836.

FOR SALE: 2005 Saturn Relay FWD. Gold with Gold leather interior. Fully loaded/Quad seating/Multi Disc CD player/DVD. 213,000 miles. Runs Great. Uses no oil between oil changes. Asking \$1,000. Call 515-238-3198. Located 5 miles from Grimes.

BUNK BEDS FOR SALE: Nice bunk beds. Solid built. \$175. Call or text 515-238-3198 and I can send photos.

BICYCLES WANTED: Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

WANTED: Non-working lawn mowers & tillers, moped, etc. Will pick them up. Phone 515-445-6023.

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

LIST 50 WORDS OR LESS FOR FREE.