

POLK CITY *Living Weekly*

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SEEN IN POLK CITY



The City of Polk City held a groundbreaking ceremony for the new Polk City City Hall and Community Center on April 19. The \$6.5 million facility will include city offices, council chambers, a 185-capacity community room with public restrooms and kitchen. The building will include 55-60 public parking spaces as well. Participating are City Council member Robert Sarchet, Council Council member Mandy Vogel, Council Council member Jeff Walters, Mayor Steve Karsjen, City Manager Chelsea Huisman and City Clerk Jenny Coffin.

POLK CITY WEATHER FORECAST

FRIDAY HIGH 51 | LOW 30

Breezy with clouds and sun

**SATURDAY HIGH 42 | LOW 29**

Low clouds; windy and chilly

**SUNDAY HIGH 52 | LOW 35**

Some sun, then clouds; cool

**MONDAY HIGH 61 | LOW 42**

Warmer with a passing shower

**TUESDAY HIGH 56 | LOW 44**

Cloudy with occasional rain



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FROM THE PUBLISHER

THE BANDIT'S 1977 TRANS AM

I was streaming Netflix the other night and came across the classic 1977 movie, “Smokey and the Bandit.” I was only 9 when it was released, and Mom wouldn’t let me see it in the theaters. I surely saw a TV version years later, but I had to watch the full version recently — and I am glad I did. While viewing, I smiled ear to ear when seeing the 1977 Pontiac Trans Am. Black and gold. T-tops. Painted eagle on the hood. And, of course, a CB radio. I began to wonder if any vehicle from film or TV was more iconic than that Trans Am. With that in mind, here are a few of my other favorites.

The DeLorean DMC-12 time machine from “Back to the Future” had most all of us in complete awe in the 1980s. This rear-engine, two-passenger sports car was manufactured by DeLorean Motor Company for the American market from 1981 until 1983. The gull-wing doors were the real eye-catchers. “Roads? Where we’re going, we don’t need roads.” Agreed.

A quick view of the Ecto 1 will get you saying “Ghostbusters”

faster than the streams of a proton pack weapon. The Ecto-1 is a 1959 Cadillac Miller-Meteor Sentinel ambulance conversion used in the 1984 film. If you saw one today, you would be impressed. But, who you gonna call?

The 1968 comedy film “The Love Bug” was the first in a series made by Walt Disney Productions. “Herbie” was the talking 1963 Volkswagen Beetle featured in the films. I loved it, and Mom did, too, as she let me see one of the later films of this series in the theater.

Maybe the most recognizable TV car is the 1955 Lincoln Futura Concept Car — the Batmobile. This superhero vehicle was featured in the live-action series, “Batman.” The 120 episodes aired on ABC from 1966 to 1968. Like some of you, I had a plastic toy version of the car — and the Bat Cave.

The definition of cool, though, belongs to the 1975 car in “Starsky & Hutch.” Starsky’s two-door Ford



Gran Torino was bright red with a large white vector stripe on each side. It was nicknamed the “Striped Tomato” by Hutch in an episode, and, as such, many fans referred to the car by that nickname, too. I remember one of these knock-offs — with the stripe and all — cruising around my hometown during that era. Definitely cool.

Another iconic car from TV is the orange 1969 Dodge Charger in “The Dukes of Hazzard,” which aired on CBS from 1979 to 1985. The General Lee is known for its signature horn, police chases and long jumps. Most viewers remember the doors being welded shut, requiring the Dukes to climb in and out through the windows.

What iconic cars from film or TV did I miss from your era? Shoot me a note and fill me in.

Have a great week, and thanks for reading. ■



Shane Goodman

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SEEN IN POLK CITY



ABOVE: City staff, city officials and others involved in the project participate in a groundbreaking ceremony for the new Polk City City Hall and Community Center on April 19. **RIGHT:** Polk City Mayor Steve Karsjen speaks at the groundbreaking ceremony.



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 www.polkcityumc.org/free-clinic.html. For more information, call Clinic Manager Tess Young at 515-238-6425. ■

VENDORS AND ENTERTAINMENT SOUGHT

The Polk City Farmers Market will get underway soon, and vendors and entertainment are needed. The market is Thursday evenings, 4-7 p.m. from May 18 to Sept. 18 at the Polk City Square. New vendors are sought as well as musical talents to perform at the historic bandstand. If interested, reach out to Go Polk City, 515-984-3098. ■

NPHS SPORTS SCHEDULES

Friday, April 21

- 4 p.m. **Golf:** Boys JV vs. Nevada @ Indian Creek Country Club
- 4 p.m. **Golf:** Boys Varsity vs. Nevada @ Indian Creek Country Club
- 4:30 p.m. **Tennis:** Girls JV vs. Pella
- 5:30 p.m. **Soccer:** Boys JV @ Grinnell
- 7 p.m. **Soccer:** Boys Varsity @ Grinnell

Saturday, April 22

- 9 a.m. **Tennis:** Boys Varsity Tournament @ Saydel

Monday, April 24

- 4 p.m. **Golf:** Girls Varsity Quadrangular @ Perry Golf & Country Club
- 4 p.m. **Golf:** Boys Varsity Quadrangular @ Perry Golf & Country Club
- 4:15 p.m. **Tennis:** Girls Varsity @ Saydel
- 4:15 p.m. **Tennis:** Boys JV vs. Saydel
- 4:15 p.m. **Tennis:** Boys Varsity vs. Saydel
- 4:30 p.m. **Track:** Girls Varsity @ Saydel
- 4:30 p.m. **Track:** Boys JV1 Coed Invitational @ Gilbert
- 4:30 p.m. **Track:** Boys JV2 Coed Invitational @ Gilbert
- 4:30 p.m. **Track:** Boys Varsity Coed Invitational @ Gilbert
- 5:30 p.m. **Soccer:** Girls JV @ Carlisle
- 5:30 p.m. **Soccer:** Boys JV vs. Carlisle
- 7 p.m. **Soccer:** Girls Varsity @ Carlisle
- 7 p.m. **Soccer:** Boys Varsity vs. Carlisle



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POLK CITY LIBRARY

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WEEKLY ACTIVITIES AT THE LIBRARY

• **Story Time:** Mondays and Tuesdays at 10 a.m. Join us at the library for stories, songs and an activity or craft. Choose the day that works best for you. Every story can be logged in our 1,000 Books Before Kindergarten program, too.

• **Geri-Fit® Strength Training Workouts** Mondays at 9 a.m. Strength training workouts that work for all ages and fitness levels. Geri-Fit is challenging, effective and safe to do. The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. Ages 50 and over. Stretch bands and a Zoom link are available upon request. No class Dec. 26 or Jan. 2.

• **Chair Yoga**, Tuesdays, 9 a.m. Join Rachel via Zoom. We will be broadcasting the class on the big screen in the library, or you can join us from home. Yoga is for everyone and every body. Yoga is not for flexible people but for people who want to become more flexible. This chair yoga practice will include breath work, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair, like a kitchen chair and a small hand towel or kitchen dish towel. Join the Zoom meeting on our website at polkcitlibrary.org. No class April 25.

• **Ageless Grace Workouts**, Wednesdays, 9 a.m. Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all five functions of the brain. This exercise program is performed in a chair and is based on everyday movements that are natural, and focus on the healthy longevity of the body and brain. The only material needed is a chair. If you would like to participate from home via Zoom, please call the library ahead of time. No class April 26.

• **Ladies' Wednesday Coffee**, Wednesdays, 10 a.m. to noon. Ladies, join us for coffee and conversation.

• **Sit N Stitch**, Thursdays 6-8 p.m. Bring your current project and join us for stitching and conversation.

• **Men's Friday Coffee**, 10 a.m. to noon. Gentlemen, drop in for coffee and conversation. Enjoy spending time and having a few laughs or interesting discussions with other men from around the area. ■

FILM REVIEWS

By Michael C. Woody

'THE LOST KING'

This might be the find of the month. Sally Hawkins plays a woman in a dead-end relationship who, after seeing Shakespeare's "Richard III," is inspired to learn more about him. She is amazed at how little is known about the former King of England, and she takes it upon herself to help right this wrong. Based on a true story, this is a wonderful film. **Grade: B+**



"THE LOST KING"

'JOHN WICK: CHAPTER 4'

Keanu Reeves is back as the man on the run from a group of evil bad asses looking to kill him. I enjoyed the first film, but the sequels went downhill from there. This is an action-filled, nearly-three-hour bloodbath. The sequences are brilliantly choreographed, but the plot is mind-numbing and even the action, toward the end, is too over the top. The ending is a relief, but I was less than thrilled with JW 4. **Grade: D**



"JOHN WICK: CHAPTER 4"

'A GOOD PERSON'

Writer/director Zach Braff gives us a look at a young woman whose life is thrown into chaos after a fatal car accident. Florence Pugh plays the young woman who spirals into substance abuse and depression. Morgan Freeman (always good) plays a man who tries to help. Difficult to watch at times but still very well done, and the acting is top-notch. **Grade: B- ■**



"A GOOD PERSON"

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**SENIOR LIFE CONFERENCE****April 24, 9 a.m. to 3 p.m.****Doors open at 8 a.m.****MidAmerican Energy RecPlex,
6500 Grand Ave., West Des Moines**

The Central Iowa Senior Educational Network (CISEN) presents its seventh annual Senior Life Conference. Registration fee of \$10 includes lunch, breakout sessions, a variety of exhibitors, medical screenings, door prizes and more. Pre-register to confirm lunch at www.centraliowasenior.com/ conference. Pay online or cash at the door. Go online at www.centraliowasenior.com to see the full schedule of events as well as the large variety of topics for breakout sessions.

CITY-WIDE GARAGE SALES**Friday and Saturday, May 5-6
Grimes**

Those who have been eagerly awaiting the garage sale season, prepare to find treasures throughout the community.

**THE VALLEY JUNCTION
FARMERS MARKET AND
MUSIC IN THE JUNCTION****Thursdays May 4 - Sept. 28, 4-8:30 p.m.****Historic Valley Junction,
100-300 blocks of Fifth Street and Railroad
Park**

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances events are scheduled throughout the season. Music starts at 6 p.m. May 4 features The Unfortunate Sons. Others in May are: May 11, Molly Nova and the Hawks; May 18, Black Diamond Loons; May 25, Dick Danger Band.



Kites on the Green

KITES ON THE GREEN**May 6, 10 a.m. to 5 p.m.****Johnston Commons**

The 10th annual Kites on the Green festival, a family-fun event will be held in the green space near the Johnston Public Library. Enjoy giant show kite displays, kite fighting, free kite building, kite racing, live music, an inflatable obstacle course and sidewalk chalk art and more. Also, learn about stormwater best management practices.

Schedule:

- 10 a.m.:** Opening ceremonies
- 10:30 a.m.:** No-Knots Stunt Team performance
- 11 a.m.:** Live music by Gladys's Lite Band
- 11:30 a.m.:** Running of the Bol's/Kite Battles
- 12:30 p.m.:** Live music by Gladys's Lite Band
- 1 p.m.:** Stunt Kite Demonstrations
- 1 p.m.:** Running of the Bol's/Kite Battles
- 3 p.m.:** Stunt Kite Demonstrations
- 3:30 p.m.:** No-Knots Stunt Team performance
- 5 p.m.:** Closing ceremonies.

All day: tours of the 1902 Simpson House, Giant Show Kite demonstrations, free kite kits to make and fly, inflatable obstacle course, an Iowa National Guard Climbing Wall, meet and greet with police and fire personnel, food trucks and a candy drop. ■

RECIPE

A FULL, FRESH MENU FIT FOR A BRUNCH FEAST

Birthdays, holidays or just casual Saturdays are all perfect excuses to enjoy brunch with your favorite people. Bringing everyone together with quiches, pastries, appetizers, desserts and more offers an easy way to kick back and relax on a warm weekend morning.

Serving up exquisite flavor doesn't have to mean spending hours in the kitchen. You can bring the cheer and favorite tastes with simple appetizers that are equal measures delicious and visually appealing.

These Savory Cheese Balls are easy to make and perfect for get-togethers and brunch celebrations. Texture and color are the name of the game with this recipe, and the result is a beautiful array of red, gold and green, all on one plate. ■

SAVORY CHEESE BALLS

Servings: 6-12

- 2 packages (8 ounces each) cream cheese
- 2 tablespoons caraway seeds
- 1 teaspoon poppy seeds
- 2 cloves garlic, minced, divided
- 1/4 cup parsley, chopped
- 2 teaspoons thyme leaves, chopped
- 1 teaspoon rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped
- crackers (optional)
- fruit (optional)
- vegetables (optional)

Directions:

Cut each cream cheese block into three squares. Roll each square into ball.

In small bowl, combine caraway seeds, poppy seeds and half the garlic.



In second small bowl, combine parsley, thyme, rosemary and remaining garlic.

In third small bowl, combine cranberries and pecans.

Roll two cheese balls in seed mixture, two in herb mixture and two in cranberry mixture.

Cut each ball in half and serve with crackers, fruit or vegetables, if desired.

JOKE OF THE WEEK



*What do dentists call
their x-rays?
Tooth pics!!!*

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EARTH DAY 5K

The Polk City Friends of the Parks is hosting its second annual Earth Day Family 5K Run/Walk on Saturday, April 22. Check-in and onsite registration is at 9 a.m. at the Polk City Square. Race starts at 10 a.m. Part of the race will be on grass. Cost is \$10 for individual and \$25 for family. Kids 10 and younger race for free.

A packet pick-up party will be Friday, April 21 for those who wish to attend, 5-8 p.m. at Fenders Brewing. Pick up your swag and enjoy an Event Beer. A portion of sales from Papa's Pizza will be donated to the Friends of the Parks.

Your support helps enhance, grow, and maintain the Polk City parks, trails and green spaces. This year, fundraising efforts will go towards updating the Polk City Square and the new Pocket Park. Registered 5k participants will receive a native flowering plant donated by Earl May and a slap koozie, and will be entered into a raffle for prizes ■

COPS & BOBBERS

Polk City Police and Iowa DNR are hosting their annual Cops & Bobbers youth fishing event on May 20, 8:30-10 a.m. at Big Creek Lake. ■

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 in Polk City is doing food rescue at the Polk City Fareway store three days a week.

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. ■

CLASSIFIED ADS

NANNY WANTED: I'm looking for a nanny for my 6 year old daughter. Mostly Mon through Fri and occasional Saturdays. Most days I work from 8-5:30. Preferably someone with a reliable vehicle. Pool pass would be provided. Text or call 515-205-4321.

LOOKING TO BUY VINYL RECORDS: Paying cash for 60's-90's rock and jazz and blues. Please call Brian at 515-326-5033.

WANTED: Electronics, stereo receivers, guitar or amps, speakers, radios, etc. Any age or condition for parts or repair. Call 515- 445-6023.

FOR SALE: Softball/Baseball Pitching/Hitting net. \$25. Call/Text 515-238-3198.

FOR SALE: 1981 Ford F100 Truck, Blue/white. Ran when I shut it off two years ago. For someone who wants to repair/restore. \$500 or make an offer to take it away. Call 515-238-3198.

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