

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

EARTH DAY 5K HELD FOR PARK FUNDS

The Polk City Friends of the Park is a registered 501(c)3 nonprofit that formed in January 2022 with a mission to enhance, grow and promote Polk City's parks, trails and green spaces for the benefit of the entire community. Last year, the organization raised money for a shade structure at Leonard Park, which will provide a shaded area with two picnic tables, offering a place to relax or host birthday parties.

This year, one of the organization's goals is to help fund the Pocket Park, located between Giggles Salon and La Familia on the Square. This land is owned by the city and was a muddy makeshift beer garden for Fenders Brewing for a while.

The City received a Pocket Park Grant, which required a 50% match from the city.



Preparing for a fantastic start to the Earth Day 5K are Sarah Hoodjer, vice president of the Polk City Friends of the Park; Jessica Faue, president of the Polk City Friends of the Park; and Jason Thraen, director of parks and recreation.

"Our goal is to fundraise enough money that none of the parks and recreation budget has to cover this and it will be fully funded by grants and donations," shares Jessica Faue, president of the Polk City Friends of

the Park.

"The Pocket Park will be an outdoor area for food and drinks and will include a mural. It will

5K, ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 78 | LOW 62

A heavy t-storm in the p.m.



SATURDAY HIGH 76 | LOW 59

Drenching afternoon t-storms



SUNDAY HIGH 69 | LOW 49

Low clouds



MONDAY HIGH 71 | LOW 53

Pleasant with clouds and sun



TUESDAY HIGH 75 | LOW 51

Partly sunny and pleasant



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FROM THE PUBLISHER

DIGGING UP DANDELIONS

Dandelions and kids go hand in hand. Yellow stains and all.

Most of us can remember being a child and playing in the green grass of spring about this time of year. And most of us can recall our first sight of those bright yellow “flowers” in the grass, and how we proudly picked them and gave them to our mothers. Our mothers then politely thanked us and discreetly tossed them in the garbage while we weren’t looking. Sound familiar?

The era doesn’t seem to matter, as that scenario played out almost exactly as I stated above for generations. What has changed is how we deal with the dandelions and other weeds today.

I thought topping off all those dandelions in the lawn with the mower blade would suffice in the weed management plan. Mom disagreed.

She never put fertilizer or weed killer on the lawn. The rain and sun

were the fertilizer, and I was the weed killer. Mom would send me out with a garden trowel to hand-dig each dandelion in the yard — and she would inspect each one to be sure I got the entire root. Oddly, it was a task I looked forward to. It sure beat staining the deck or doing the dishes.

That dandelion-removal process did make mowing more challenging, though, as the cut dandelions allowed me to see the mower’s path. Without them, I had to guess on what I mowed and what I didn’t, as the dry summer months didn’t make for a lush lawn. I mowed more dead grass and dirt than anything green, but I still mowed because that’s what Mom demanded. I tried to debate the need for mowing with her from time to time, but I never seemed to win that argument. In fact, it usually ended



with me having an additional task, like using those awful hand-trimming sheers to edge. So I learned to dig out dandelions by hand, mow dead grass and dirt, and shut my mouth.

Back to those yellow dandelions stains. Do you remember how they never seemed to wash off your fingers, no matter how hard you scrubbed? But yellow fingers were OK. In fact, they were a colorful symbol of being a kid, as were the green grass stains on your jeans and the black grease spots from your bicycle chain on your socks. Getting dirty was just part of the growing-up process.

Don’t you miss those days?

Thanks for reading, and have a great week. ■



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FOUR SEASONS FESTIVAL

Friday and Saturday, July 15 and 16

Join this fun-filled weekend at the Four Seasons Festival in Polk City. The festival will feature food trucks, a beer garden, youth and teen activities, a toddler zone, vendor fair, contests and competitions, among many more activities. Friday's highlights are a family movie, three-point shootout, and live music. Saturday morning is the fun run, parade, and Kiwanis pancake breakfast. The afternoon includes live music, family-friendly activities, bandstand contests, punt-pass-kick contest and car show, followed in the evening by youth/teen movie, live music and dancing. Visit <https://www.fourseasonsfestival.com/> for more details and see next month's North Polk Living for a story about the festival. ■

NPHS SPORTS SCHEDULES

Friday, May 12

5:30 p.m. **Soccer:** Girls JV vs. Bondurant-Farrar

5:30 p.m. **Soccer:** Boys JV @ Bondurant-Farrar

7 p.m. **Soccer:** Girls Varsity vs. Bondurant-Farrar

7 p.m. **Soccer:** Boys Varsity @ Bondurant-Farrar

Saturday, May 13

9 a.m. **Tennis:** Girls Varsity Regional @ Ballard

Monday, May 15

10 a.m. **Golf:** Boys Varsity Districts @ Atlantic Golf and Country Club

12 p.m. **Golf:** Girls Varsity Invitational @ Ballard Golf & Country Club

Tuesday, May 16

TBD **Soccer:** Boys Varsity Substate vs. TBA @ TBA

9 a.m. **Tennis:** Girls Varsity Regional vs. TBA @ TBA

5 p.m. **Baseball:** Varsity Double Header vs. Waukee Northwest

Wednesday, May 17

TBD **Golf:** Girls Varsity Regional @ Carroll Country Club

3 p.m. **Tennis:** Boys Varsity Substate vs. TBA

5 p.m. **Baseball:** JV Double Header vs. Waukee Northwest



JOKE OF THE WEEK



My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away!!!

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EVENTS IN THE AREA

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Des Moines Regional Sports Card Show

May 14: Des Moines Regional Sports Card Show. The rarest cards and collections on display at Hilton Garden Inn West Des Moines, 205 South 64th St. #8623, West Des Moines; www.facebook.com/groups/IowaCardShows

May 19: Sip and Stroll with a glass of wine through the Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines; www.dmbotanicalgarden.com/events

May 20-21: Spring Fling Sleepy Hollow Renaissance Faire. A weekend in the past at Iowa's only permanent renaissance village will see events of old such as jousting, circus acts and live music. 4051 Dean Ave., Des Moines; www.sleepyhollowrenfaire.com/#/select

May 20 – Sept. 24: Brewery Running Series: A series of 5k runs that spread across central Iowa at several breweries, including Coralville on May 20, Newton on June 10, Decorah on June 17, Clive on Aug. 26, Des Moines on Sept. 17 and Ankeny on Sept. 24. www.breweryrunningseries.com

May 21: Valley Junction Arts Festival will be held in the 100-200 Blocks of Fifth Street, West Des Moines. The Valley Junction Art Committee has helped give the public the opportunity to meet, interact with and purchase original work by more than 50 artists.

June 4: 13th Annual Garden Art Show starts at noon, 4320 Franklin Ave., Des Moines. Mature shade

trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, metal, glass beads, mosaics and sculpture.

MAY MUSICAL EVENTS

May 12: Yoke Lore at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 14: Psychostick & Bit Brigade at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com

May 16: Martin Sexton & KT Tunstall at 7:30 p.m. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; www.hoytsherman.org

May 16: Giovannie & The Hired Guns at 7 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 17: Loudness at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com

May 18: EmceeTv Presents One Night with Joey Cool at 5 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com

May 18: Brian Herrin Band at Jasper Winery, 2400 George Flagg Parkway, Des Moines; www.jasperwinery.com/summer-concert-series

May 19: The Nadas at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 19-20: Greenbelt Music Festival in Clive just off the Greenbelt Trail will feature headliners Jameson Rodgers and The Infamous Stringdusters to kick off warm weather returning to the state.

May 21: An Evening with Machine Head at 8 p.m. Wooly's, 504 E. Locust St., Des Moines; www.firstfleetconcerts.com/first-fleet-venues/woolys

May 21: COLD Year of the Spider 20th anniversary tour at 7 p.m. Leftys Live Music 2307 University Ave., Des Moines; www.leftyslivemusic.com ■

RECIPE

A TASTY MEAL FOR A HEART-HEALTHY SUMMER

(Family Features) As you plan your summer fun, think also about adopting healthy habits that can help keep your blood pressure under control. When your blood pressure is consistently high — a condition called hypertension — blood flows through arteries at higher-than-normal pressures. This can cause serious health problems not just for your heart, but also for your blood vessels, kidneys, eyes and brain.

Following a heart-healthy eating plan, such as the Dietary Approaches to Stop Hypertension (DASH), which emphasizes vegetables, fruits, whole grains, fish, poultry, beans, nuts, low-fat dairy and healthy oils, can help keep your blood pressure in a healthy range. Developed through research by the National Heart, Lung, and Blood Institute (NHLBI), DASH focuses on reducing sodium and limiting foods that are high in saturated fat, including fatty meats, full-fat dairy and tropical oils.

Get your summer off to a heart-healthy start by talking to your health care provider about your blood pressure numbers and what they mean. ■

HAWAIIAN HULI HULI CHICKEN

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Sauce:

- 2 tablespoons ketchup
- 2 tablespoons light soy sauce
- 2 tablespoons honey
- 2 teaspoons orange juice
- 1 teaspoon garlic (about 1 clove), minced
- 1 teaspoon ginger, minced
- 12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)
- 1 cup fresh pineapple, diced (about 24 pieces)
- 8 wooden skewers (6 inches each), soaked in water

To make sauce:

Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Directions:

Preheat grill to medium-high heat. Preheat oven to

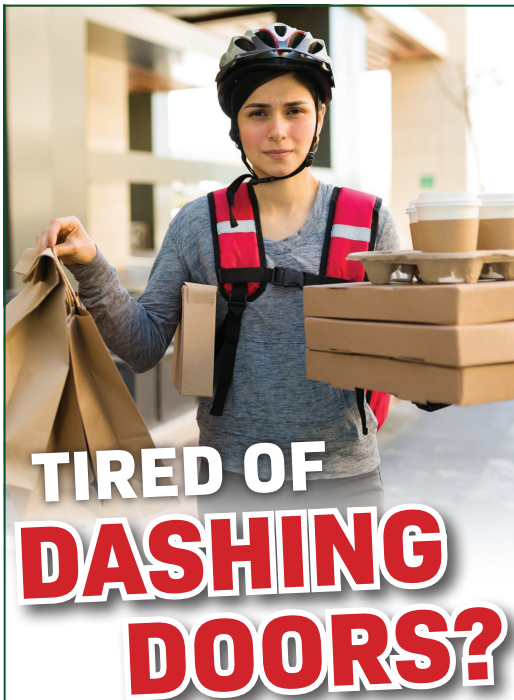


350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.



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mike@dmcityview.com for more information.

FARMERS MARKET

Thursday evenings through Sept. 18, 4-7 p.m.

Polk City Square

The Polk City Farmers Market is underway. Enjoy visiting a variety of vendors and live entertainment. ■

ELKHART CITY FESTIVAL

Saturday, June 24

Elkhart is celebrating its 10th year of the Elkhart City Festival with a variety of family-friendly activities. This year features a truck pull, car show, 5K run/walk, parade, petting zoo, bounce house and other activities for all ages. The festival also include food trucks and vendors. A live band and fireworks cap off the evening. ■

POLK CITY LIBRARY

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

ANNOUNCEMENTS

The library will be closed May 29 in observance of Memorial Day.

ACTIVITIES

• **Adult DIY Card Crafting**, Monday, May 22, 6 p.m. Join Jane and Kim in making handmade cards that are fun to create and reasured by the recipients. 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 7 and older. Register online at polkcitlibrary.org one month in advance.

SUMMER READING

• **Summer Reading Registration at the Farmers Market** Thursday, May 25, 4-7 p.m. Get signed up for our 2023 Summer Reading Program and have fun as a family. Registration will begin at the library on Friday, May 26.

• **Reading is Delicious!** Summer Reading programs for all ages will be held June 1 through July 31. Watch our website and Facebook for all the details. ■

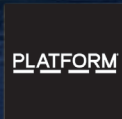
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COPS & BOBBERS

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. ■

GARAGE SALE AND BAKE SALE

Sheldahl United Methodist Church, Sixth and Hubbell, is holding a garage sale and bake sale in conjunction with the Slater Citywide Garage Sales on Saturday, June 3, 9 a.m. to 1 p.m. Garage sale items are sold for a freewill donation. Items include a lot of denim rag rugs. A bake sale is also planned. Free coffee and bottled water will be available. ■



The Earth Day 5K drew a crowd for the fundraising event.

5K, FROM FRONT

have year-round tables and benches, flowerpots and bike racks.”

She adds that the organization is well on its way to meeting this goal and has already passed their fundraising from last year.

One way the group raised funds this year was through the recent Earth

Day 5K. The event, held on April 22, had 200 registered families and individuals.

For more information about the organization and upcoming events, visit its Facebook page or polkcit friendsoftheparks.com.

See the complete story by Lindsey Giardino in the May issue of North Polk Living magazine. ■

CLASSIFIED ADS

FOR SALE: 1996 Ford F-150. De Soto Asking \$5,600. Call 515-974-9203.

FOR SALE: Nice TV stand cabinet. Lots of space above and below the TV area. \$75. Call or text 515-238-3198 and I can send photos.

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

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.

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: 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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