

# POLK CITY *Living Weekly*

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## POLK CITY WEATHER FORECAST

**FRIDAY** HIGH 78 | LOW 51  
Sunny and pleasant



**SATURDAY** HIGH 79 | LOW 52  
Sunny and pleasant



**SUNDAY** HIGH 83 | LOW 57  
Sunny



**MONDAY** HIGH 85 | LOW 61  
Sunny



**TUESDAY** HIGH 87 | LOW 63  
Sunny with a stray t-storm



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FROM THE PUBLISHER

# PARENTS' RULES

Like most teenage kids, I liked posters — and I had some classics. The Farrah Fawcett red swimsuit poster. The Evel Knievel wheelie and cape poster. And more KISS posters than I could count.

The problems were where — and how — I could hang them.

Of course, my bedroom was the only room in the house where my posters would be allowed. Mom didn't think the Fonz should be hung up in the kitchen. I understood.

Mom's rules on how posters could be applied to the wall were the real trick. Pushing thumbtacks into the sheetrock was out of the question, as that left holes in the walls. Using tape to adhere them to the walls might work, if it was the right tape that didn't take off paint or leave residue behind. And that chewing-gum-like stuff

that was supposed to stick to the poster and the wall sounded great, except it left an oil-like stain on the posters.

The last option was the only option, at least from Mom's perspective. She didn't really care what happened to my posters, but the walls were not to be marked up in any way. Period.

Do you ever notice how some of your parents' rules stick with you throughout your lifetime? Mom's instructions on not using thumbtacks and tape were based on her being the one having to patch and paint the walls in our home. When my kids were wanting to hang posters in their rooms, I had the same rules — and I wasn't even the one who painted.



Mom's rules also apply at our workplace today. I cringe when I see items that employees have taped or thumbtacked into walls or woodwork, as I know how much I paid to have those walls painted or woodwork repaired. I gladly supply bulletin boards to anyone who needs them, but some folks just can't resist the temptation to tape, staple or push tacks into sheetrock.

How about you? Which of your parents' rules stuck with you for a lifetime? Shoot me a note and let me know.

Have a great week, and thanks for reading. ■



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# 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 includes food trucks and vendors. A live band and fireworks cap off the evening. ■



# 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 June's North Polk Living for a story about the festival. ■

# 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. ■

## NPHS SPORTS SCHEDULES

### Friday, May 26

TBD **Golf:** Girls Varsity  
State vs. TBA @ TBA  
TBD **Tennis:** Girls Varsity  
State vs. TBA @ TBA  
4:30 p.m. **Baseball:** Freshman  
Double Header vs.  
Saydel

### Saturday, May 27

TBD **Tennis:** Girls Varsity  
State Meet vs. TBA @  
TBA  
9 a.m. **Softball:** Varsity  
Tournament @  
Lynnville-Sully  
9:30 a.m. **Baseball:** Varsity  
Tournament @ Ankeny

### Tuesday, May 30

TBD **Soccer:** Girls Varsity  
State Tournament vs.  
TBA @ TBA  
TBD **Tennis:** Girls Varsity  
State Meet vs. TBA @  
TBA  
4:30 p.m. **Baseball:** Freshman  
Double Header vs.  
Boone

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## SUMMER READING

The 2023 Summer Reading Program is here. This year's theme is Reading is Delicious. We have programs for kids, teens and adults.

### KIDS AND TEENS: JUNE 5-JULY 27

Stop by the library to pick up our paper packets for details on how to participate. See what free events we have, and how to earn prizes. We'll have Movies on Mondays, Story Time on Tuesdays, Comets Kids Club on Wednesdays (K-5), and our Performers Series on Thursdays during our summer reading program. There will also be teen events. Programming runs June 5-July 31, but you can begin logging your reading June 1.

### ADULTS: JUNE 1-JULY 31

Tickets towards grand prizes can be earned by reading and attending programs. We have a fun lineup of summer programs including Home Brewing with Fenders, Cookie Decorating with Rising Sun, How to create a Charcuterie Board, Death by Chocolate, a discussion with local author Jolene Philo and publisher Anne Fleck of Midwestern Books, and more.

## MOVIE MONDAYS

**June 5, 12, 19 and 26 at 10 a.m.**

Each Monday, we will be showing a movie in the Library multi-purpose room that will be fun for the whole family to watch.

June 5: "Moana"

June 12: "Peter Rabbit"

June 19: "Lion King"

June 26: "Paddington Bear"

## STORY TIME TUESDAYS

**June 6, 13, 20, 27 at 10 a.m. or 11 a.m.**

Join us at the library for stories, songs, bubbles, and a craft or activity. Weekly registration is required. Registration will open on Tuesday of the previous week.

## COMETS KIDS CLUB (K-5) WEDNESDAYS - SPONSORED BY BUTLER ENGINEERING

**June 7, 14, 21, 28 at 10 a.m. or 11 a.m.**

Join us at the library for fun arts and crafts activities. Weekly registration is required. Registration will open on Wednesday of the previous week.

## D.I.Y. TEEN "FOOD" SQUISHIES

**Monday, June 5, 2 p.m.**

Teens will have fun creating their own squishies in the shape of food in this fun craft program. Register online at [polkcitylibrary.org](http://polkcitylibrary.org)

## ADULT CRAFTAFTERNOON: PRESSED FLOWER BOOKMARKS - SPONSORED BY POLK CITY WOMEN

**Tuesday, June 6 at 2 p.m.**

Join us for a fun afternoon of crafting. We will be making simple bookmarks. All supplies will be provided. Ages 17 and older. Register online at [polkcitylibrary.org](http://polkcitylibrary.org)

## WEDNESDAY BOOK CLUB

**Wednesday, June 7, 7 p.m.**

Join us for a discussion of "Dancing Under the Red Star" by Karl Tobien. Margaret Werner's survival in the Siberian death camps of Stalinist Russia.

## SINGER/SONGWRITER, DENNIS WARNER

- SPONSORED BY MEASURE, INC.

**Thursday Summer Children's Performers Series, Thursday June 8, 10 a.m. at Luana Bank**

Join us while we listen to folk singer and songwriter, Dennis Warner.

## ADULT D.I.Y.: GARDEN GNOME CRAFT

**Thursday, June 15, 6 p.m.**

Join us for a fun evening of crafting. We will be painting flower pots and assembling them into a garden gnome craft. All supplies will be provided. Ages 17 and older. Register online at [polkcitylibrary.org](http://polkcitylibrary.org). ■

## JESTER PARK NATURE CENTER ACTIVITIES

*Polk County Conservation invites the public to enjoy its parks and programs. For links to more information on any of these opportunities, visit [www.jesterparknaturecenter.com](http://www.jesterparknaturecenter.com). The Jester Park Nature Center is a focal point within our community where recreation, education, tourism and conservation efforts all intersect into a gathering place for people of all ages to engage in the natural world. We want all to enjoy the outdoors and learn about Iowa's natural heritage.*

### OUTDOOR RECREATION & WELLNESS CENTER

Located adjacent to the nature center, is the Outdoor Recreation & Wellness Center. Within the building there is indoor archery and air rifle range, as well as a bouldering room. You can also rent summer and winter equipment such as canoes, kayaks, paddle boards, cross-country skis, and snowshoes.

### BISON & ELK HERDS

The bison and elk herds that live in this wildlife animal enclosure have been popular attractions at Jester Park for almost four decades. In 2012, renovations were made to the area and the Elk and Bison Educational Plaza was opened to the public. Improvements include an accessible observation deck, educational displays, spotting scopes, high quality art components and an inviting viewing and picnic area. An electric fence surrounds the animal exhibit. Please use caution and stay away from exhibit fencing.

### BOATING

Jester Park offers two boat ramps leading into Saylorville Lake. One is located off Jester Park Drive near the main campground, with the other located at the Lincoln Access beside the Mile-Long Bridge. The U.S. Army Corps of Engineers warns boaters to use caution upstream from the Mile-Long Bridge. A "No Motorized Vessel Zone" is located north of the Mile Long Bridge from April 1 to Aug. 31. During periods of flood storage, restriction may be lifted.

### CAMPING AND CABINS

Jester Park offers more than 148 campsites along the lakeshore and across the wooded hills overlooking Saylorville Lake. There are 80 electric sites, 62 non-electric sites, four walk-in primitive sites, and two youth areas. Two campground shower houses are

open mid-April through the end of October (weather permitting).

### EQUESTRIAN ACTIVITIES

The Jester Park Equestrian Center offers riding lessons, shows and clinics, team building, trail riding, wagon and sleigh rides, camps, and therapeutic and at-risk programming.

### GOLFING

The Jester Park Golf Course is an 18-hole championship course. Excellent playing conditions and challenging holes have helped make Jester Park a popular course for state tournaments. Jester Park also offers a 9-hole par 3 course especially popular with beginning golfers, as well as a modern Golf Learning and Practice Facility with driving range and practice greens.

### JESTER PARK LODGE

The Jester Park Lodge is a full service banquet and conference center nestled along the northwest shore of Saylorville Lake at Jester Park with all of the amenities you expect. Minutes away from Des Moines and yet a world apart. More information [here](#).

### MINIATURE GOLF

Located next to the Jester Park Driving Range, the new Jester Park Miniature Golf Course is an 18-hole, nature-themed miniature course packed full of fun obstacles with the added bonus of a beautiful park view.

### NATURE PROGRAMS

Polk County Conservation naturalists offer many year-round nature programs at Jester Park. View their complete calendar to learn about upcoming programs at Jester and other parks in Polk County. ■



## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

CelebrAsian

**CARLISLE BIKE NIGHTS****Third Saturdays through September, 5-10 p.m.****School Street, downtown Carlisle**

Bike Nights will be hosted by the Carlisle Chamber of Commerce along with music, raffles, beverages and food from Carlisle restaurants. June 17 features Richard Arndt; July 15 features Joe Inman; Aug. 19 features Luke Farland; and Sept. 16 features Adam Whitehead. Activities include Best Bike Contest and Best Audio Contest Sept. 16. Prize is a free oil change donated by Smart Sound and Cycling. Bring your lawn chair and enjoy the evening, even if you don't have a bike.

**CELEBRASIAN****May 26-27****Western Gateway Park,  
1205 Locust St., Des Moines**

Celebrate the largest Asian American event in Iowa as this festival will bring a wealth of Asian history, food, performances and other activities to Downtown that will allow all to experience much that Asian culture has to offer.

**MADISON COUNTY AIRING OF THE QUILTS****May 31-June 3**

The Iowa Quilt Museum's community-wide quilt festival will be held June 1-4. It celebrates the history,

tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county. This unique event is one that you don't want to miss. The festival now also includes classes, a comprehensive quilt symposium and a retreat, so make sure to check out the activities online at [www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival](http://www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival).

**DES MOINES CONCERT HANDBELLS  
"HERE COMES THE SUN"****Friday, June 2, 7 p.m.****Plymouth United Church of Christ,  
4126 Ingersoll Ave., Des Moines****Saturday, June 3, 7 p.m.****Gloria Dei Lutheran Church,  
8301 N.W. Aurora Ave., Urbandale**

The Des Moines Concert Handbells will present two spring concerts. They are free and open to all. A freewill offering will be accepted.

**VIETNAM LIVING HISTORY EVENT****June 3, 9 a.m. to 5 p.m., and June 4, 9 a.m. to 1 p.m.****Iowa Gold Star Military Museum,  
7015 N.W. 70th Ave., Johnston**

The Iowa Gold Star Military Museum will host Vietnam Living History featuring displays of Vietnam gear and equipment, a CH-47 helicopter flyover, Vietnam War-era military vehicles, military police patrol boat, and museum tours. ■

## RECIPE

# UNFORGETTABLE FRUITY FLAVOR

*(Family Features)* Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones. ■

## LEMON CHEESECAKE WITH FRUIT

Servings: 6-8

- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted
- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled and separated
- 8 raspberries
- 3 mint leaves, for garnish

### Directions:

Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.



In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.



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### WEEKLY ACTIVITIES AT THE POLK CITY 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](http://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. ■

## CLASSIFIED ADS

**FOR SALE:** 1996 Ford F-150 in 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.

**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.

**FOR SALE:** Older China Cabinet for sale. Antique and in great usable shape. \$50.00. 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.

**FOR SALE:** 6 person Intex hot tub, 320 gallon. Portable. 2 seasons old. Works great \$225 obo. Paid \$850 new. Text 515-883-0965.

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