

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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CITY OFFERS SOIL QUALITY RESTORATION PROGRAM

In an effort to promote quality stormwater programs, the City of Polk City is offering a program and allocating funds for materials and labor associated with Soil Quality Restoration (SQR). The City will secure a qualified contractor to conduct SQR on 40-50 residential homes. The City will fund 50% of projected costs toward the project, up to a maximum of \$1,000. The homeowner will be responsible for payment of the remaining project costs. Funding is limited and will be available on a first-come, first-serve basis.

Applications deadline is July 14. Payments for the homeowner's contribution are due by Aug. 23. Projects begin after Sept. 1 for those homeowners who filed an application and made full



payment. This is a rough estimate of a timeline and details are subject to change.

What is Soil Quality Restoration?

The key to a healthy lawn is healthy soil. To achieve healthy soil on established lawns, soil quality restoration uses deep aeration (core aeration) and

topdressing with compost (1/2 inch to 3/4 inch thick layer). For new lawns or new construction, there is another method that involves tilling in topsoil before seeding or laying sod. The process of soil quality restoration reduces compaction, increases pore space in the soil, and improves organic matter content. This improves the health and functionality of soils. Organic matter gives the landscape the ability to act like a sponge and absorb rain. Soils rich in organic matter also support entire ecosystems of beneficial organisms (microbes, worms, insects) that contribute to healthy lawns.

For more information and a link for an application, visit www.polkcityia.gov/home/news/soil-quality-restoration-program-1. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 86 | LOW 65

A t-storm around in the p.m.

**SATURDAY HIGH 90 | LOW 66**

Mostly sunny and very warm

**SUNDAY HIGH 88 | LOW 62**

Very warm with clouds and sun

**MONDAY HIGH 89 | LOW 61**

Mostly sunny and warm

**TUESDAY HIGH 82 | LOW 62**

Partly sunny and not as hot



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FROM THE PUBLISHER

VICTIM OR VICTOR?

The two words in the above headline sound much alike, but they have drastically different meanings. And, in many cases, we can choose which one we want to be.

To be clear, there are victims in this world — those who have truly been subjected to cruel and inhumane situations beyond their control. Those folks deserve our compassion and help, as well as the legal and financial support to fight back and regain their strength. Then there are those who claim to be victims when their coffee is too hot. Big difference.

I have noticed, and maybe you have, too, that those who continually claim they are getting a raw deal at work are often the ones showing up late and leaving early. Those who complain about their grumpy neighbors don't attempt to understand that their stray pets, or loud stereos or unkept yard may be part of the problem. Those with the seemingly endless negative stories

about broken relationships with family and friends can't see that maybe their attitudes had something to do with the fallouts in the first place. Victims? Hardly.

But what about the victors? Those who understand that few things of value in life are ever accomplished without putting in extra time and energy. Those who treat their neighbors, day in and day out, as they want to be treated and who choose to take care of God's green Earth and make it a better place for all. And those who may find it difficult to forget but make amazing efforts to forgive. Victors? Yes.

We all know people who choose to be victims and people who choose to be victors. You likely have visions of a few people in your mind when reading this. But we also need to look in the mirror. Looking back on my life, I know I have chosen, at various times, to be both the victim and the victor.



It is a daily — if not minute-by-minute — decision, and it's not an easy one.

I knew and admired a wonderful man whose life was not a walk in the park, but he realized that his own decisions impacted his life as much or more than anyone else's. He once told me that he had to make up his mind whether he was going to be angry and bitter the rest of his life, or if he was going to make the best of every day and truly enjoy the remaining time he had enjoying his family and friends. He chose the latter and, because of it, he was the most positive person I have ever known and a true victor.

So, we have a choice to make. Which one will you choose to be today? The victim? Or the victor?

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

Elkhart is celebrating its 10th year of the Elkhart City Festival with a variety of family-friendly activities on Saturday, June 24. 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 a fun-filled weekend at the Four Seasons Festival in Polk City Friday and Saturday, July 15 and 16. 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, June 2

TBD **Soccer:** Boys Varsity State Tournament vs. TBA
 12:30 p.m. **Soccer:** Girls Varsity State Tournament vs. TBA
 5:30 p.m. **Baseball:** JV vs. Gilbert
 7:30 p.m. **Baseball:** Varsity vs. Gilbert

Saturday, June 3

TBD **Soccer:** Boys Varsity State Tournament vs. TBA
 9:15 a.m. **Softball:** Varsity Tournament @ Lacey Sports Complex
 12:30 p.m. **Soccer:** Girls Varsity State Tournament vs. TBA

Monday, June 5

4:30 p.m. **Softball:** JV2 @ Carlisle
 5:30 p.m. **Baseball:** JV vs. Carlisle
 5:45 p.m. **Softball:** JV1 @ Carlisle
 7:15 p.m. **Softball:** Varsity @ Carlisle
 7:30 p.m. **Baseball:** Varsity vs. Carlisle

Tuesday, June 6, 2023

5:30 p.m. **Baseball:** JV vs. Norwalk
 7:30 p.m. **Baseball:** Varsity vs. Norwalk

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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

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

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. ■

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. 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

Des Moines Con. Photo by Nick Burch

GREEK FOOD FAIR FESTIVALGreek Orthodox Church of St. George,
1110 35th St., Des Moines**June 2-4**

An inclusive weekend showcasing the culture Greece has to offer. stgeorge.ia.goarch.org

IOWA CRAFT BREW FESTIVALLauridsen Amphitheater at Water Works Park,
2201 George Flagg Parkway, Des Moines**June 3**

A day filled with unlimited samples of various craft beers including live music and local food vendors. iowacraftbrewfestival.com

DES MOINES CON

Hy-Vee Hall, 730 Fourth St., Des Moines

June 3-4

Celebrating comics, film, art and all things nerdy featuring guests such as voice actors Tom Kenny, Sarah Natochenny, former pro wrestlers Kevin Nash and Sean Waltman and many more. desmoinescon.com

SUMMER STIR

Downtown Des Moines

June 9

Hosted by CITYVIEW, the traveling cocktail party returns to various establishments in downtown Des Moines. Sample 10 tasty summer cocktails for only \$25

(\$30 day of event). <https://summerstirs.dmcityview.com>

SPRING SPIRIT SEEKERS FAIR

414 31st St., Des Moines

June 10

Vendors feature healing arts, intuitive readers, activities for children and more. Step into a sample of central Iowa's spiritual community at this free event. You can also bring canned goods and nonperishables to donate to the DMARC food pantry. www.unitydesmoines.com

THE 44TH CAPITAL CITY PRIDEFEST**June 9-11**

PrideFest marches into the Historic East Village with a parade alongside a celebration of pride in the Iowa capital. www.capitalcitypride.org/pride-fest

DES MOINES LATINO FILM FESTIVAL**June 13-17**

The film festival returns to Valley Junction's Railroad Park for its third year to celebrate Latino culture. www.latinocenterofiowa.org

CAJUN FEST

Cowles Commons, 221 Walnut St., Des Moines

June 17

Cajun delights make their way into downtown Des Moines with a spicy food contest, mask making, costume contest, live music and all the Cajun food your heart desires. www.cajunfestiowa.com/cajun-fest-2023 ■



Cajun Fest. Photo by Anna Rohrs

RECIPE

BREAK OUT BRUNCH FAVORITES FOR SPRING CELEBRATIONS

(Family Features) Deck your kitchen, dining room or patio with bright decor and fun, festive springtime frills — brunch season is here. Whether your weekend morning meal is shared with that special someone or friends, family and neighbors, warm, sunny days can bring out the best of brunch.

Impress your loved one with these Mini Banana Rice Pancakes for two, a healthy and satisfying meal made with Minute Brown Rice & Quinoa Cups. This recipe allows for more moments together at the table because the whole-grain combination is ready in just 1 minute and prep time is minimal. ■

MINI BANANA RICE PANCAKES

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 2

- 1 cup Minute Brown Rice & Quinoa
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup milk
- 2 teaspoons freshly squeezed lemon juice
- 2 bananas, divided
- 1 egg, beaten
- 1/4 cup pure maple syrup, divided
- 4 teaspoons butter, melted
- 2 tablespoons vegetable oil, divided
- 1/8 teaspoon ground cinnamon

Directions:

Heat rice and quinoa according to package directions.

In large bowl, whisk flour, baking powder, baking soda and salt.

In medium bowl, whisk milk and lemon juice. Let stand 5 minutes.



Mash 1/2 banana. Transfer to milk mixture. Add egg and 1 teaspoon maple syrup; stir to combine. Stir in melted butter.

Pour milk mixture over flour mixture. Whisk just until combined; do not overmix. Fold in rice and quinoa. Let batter rest 10-15 minutes.

Preheat large nonstick skillet over medium heat; brush with 1 teaspoon oil. Once skillet is hot, reduce heat to medium-low. In batches, adding oil as necessary, scoop 1 tablespoon batter per pancake into skillet and cook 3-4 minutes, or until bubbles start to form. Flip and cook 1-2 minutes until golden on bottom.

Slice remaining half and full bananas. Serve pancakes with remaining maple syrup, banana slices and cinnamon.

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FUNERAL NOTICES

Funeral notices can be emailed to tammy@iowalivingmagazines.com

MARSHA JO LINDAHL

Marsha Jo Lindahl, 72, died peacefully at her home in Polk City on April 16, 2023, from lung cancer. Marsha was born on Jan. 15, 1951, in Des Moines to Howard and Maralyn Hammond and was raised in Slater. She graduated from Ballard High School and attended Des Moines Area Community College and Drake University. She spent the majority of her career in various positions at Principal Financial, and she completed her working years at Homemakers Furniture.

Marsha enjoyed nothing more than spending time with her family. They share countless wonderful memories, including vacations in Minnesota where they laughed, shopped, ate, swam, fished, and sat around the campfire enjoying each other's company.

Marsha is survived by her husband, John Lindahl; son, Michael Ray, of Slater; daughters, Sarah (Matt) Celski of Minnesota and Ann (Brad) Mohns of Wisconsin; grandchildren, Blake Stevens, Trent, Emma, and Ellie Ray, Isabel and Nathaniel Celski, Ava, Brady, and Bailey Mohns; and her great-grandson, Hendrix Ingoli. She is also survived by her brother, Mark (Ellen) Hammond of Johnston, and nieces, Amelia and Greta Hammond.

Marsha was preceded in death by her parents, her brother, Alan Hammond, and her nephew, Jorgan Hammond.

A private service for family and close friends will be held to celebrate Marsha's life. The family requests that any memorial donations be made to Animal Rescue League of Iowa or Blank Park Zoo in memory of Marsha. ■



RAISING READERS IN THE HEARTLAND

Raising Readers in the Heartland (RRITH) is excited to bring Dolly Parton's Imagination Library to Alleman, Elkhart, Polk City and Sheldahl. Parents in zip codes 50007, 50073, 50226 and 50243 can sign up to have a free, high-quality book mailed to their homes for children ages birth through 5 years. There is no cost to parents of children in the program.

A launch event and registration will be held Saturday, June 10, 10 a.m. to noon at Big Creek Elementary School, Polk City. The first 100 parents who register their children on-site will receive their first book, "The Little Engine That Could." Additional activities include a "celebrity" reader, coloring station, treats and giveaways for kids. Come join the fun and get registered. If you are unable to attend, you can register your child online by visiting www.rrith.org (click on the Sign Up tab to access the link to register). ■

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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