

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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POLK CITY WEATHER FORECAST

FRIDAY HIGH 87 | LOW 66

Cloudy and humid



SATURDAY HIGH 86 | LOW 65

Cloudy with showers and a t-storm



SUNDAY HIGH 80 | LOW 65

Some sun, then a t-storm



MONDAY HIGH 87 | LOW 62

Partial sunshine



TUESDAY HIGH 86 | LOW 65

Mostly sunny with a t-storm



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FROM THE PUBLISHER

WHY WE RESIST THE METRIC SYSTEM

How tall are you? How much do you weigh? What is the temperature outside?

I am confidently guessing that most of you know the answers to these questions, and I am also confidently guessing that none of you answered in meters, kilograms or Celsius degrees.

That is because the vast majority of the readers of this newsletter are Americans who use words like feet and pounds and Fahrenheit degrees when offering measurements. It is the imperial system that we inherited from Great Britain, and, for the most part, we like it.

Some of you may recall the push to convert to the metric system in the 1970s. Internationalists wanted us to be on the same system as most of the rest of the world. As such, in 1975, the United States passed the Metric Conversion Act, which was legislation meant to transition units of measurement from feet and pounds to meters and kilograms. Blame it on President Gerald Ford, if you want. The law was voluntary, but the school teachers I had convinced us we were going to need to learn the

metric system or be left behind. Forty-eight years later, the metric system is still an afterthought for most of us. A few laws require consumer goods to list in both metric and U.S. customary measures, but that's about it. Why?

Many theories exist regarding our resistance to the metric system, but much of it comes down to our general unwillingness to change and our purposeful unwillingness to be like those in other countries. Call it American arrogance if you like, but it's just part of Americana. And, for most of us, the imperial system just makes sense.

The metric system is mostly logical. I will give you that. It is numerically simple, based on the powers of 10. Meanwhile, a meter is .0000002 the distance from the equator to the North Pole. Of course.

Imperial units are not based on logical math but rather simple measurements most people can easily relate to. A foot is equal,



give or take, to the distance of, well, a human foot. An inch is about the width of a human thumb. You get the idea, and you don't need to know anything about the equator or the North Pole.

Converting to the metric system as a 7-year-old boy wasn't easy. I can't imagine how adults responded to it. As with most things, change is slow. In this case, very slow. Meanwhile, as our economy becomes more and more global, and as our population becomes blended with those from other countries, we are using the metric system more and more, whether we realize it or not. Who knows? In another 50 years, Americans may not even know what feet, pounds and Fahrenheit degrees even mean.

What do you think? Shoot me a note and let me know.

Have a great week, and thanks for reading. ■



Shane Goodman

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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. ■

ELKHART CITY WIDE GARAGE SALES

Enjoy hopping from garage sale to garage sale at the Elkhart City Wide Garage Sales on July 22 from 8 a.m. to 2 p.m. Maps will be available at each sale. ■

NPHS SPORTS SCHEDULES

Friday, June 16

- 10 a.m. **Softball:** Varsity Tournament @ Roland-Story
- 5 p.m. **Baseball:** Varsity vs. Linn-Mar

Saturday, June 17

- 10 a.m. **Softball:** Varsity Tournament @ Roland-Story

Monday, June 19

- 10 a.m. **Baseball:** Freshman Double Header @ Roland-Story
- 7:30 p.m. **Baseball:** Varsity vs. Carroll

Tuesday, June 20

- 10 a.m. **Baseball:** Freshman vs. Bondurant-Farrar

THIS SPOT IS AVAILABLE.

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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. ■

SEEN IN POLK CITY

THE GO POLK CITY CHAMBER LUNCH WAS HELD MAY 10 AT LUANA SAVINGS BANK.



Colin and Autumn Chrouser



Claire Smith, Heather Raver and Chad Johnston



Jason Madison, Kimberley Jackman and Jessica Faue



Charlotte Loter, Rosemary Taylor and Rob Cupp



Jason Thraen and Corey Hoodjer



Mayra Worley and Susie Sheldahl ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Cajun Fest. Photo by Anna Rohrs

CAJUN FEST

June 17

Cowles Commons, 221 Walnut St., Des Moines

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

JUNE BIRD (AND AWE) HIKE

June 17, 8:30-10:30 a.m.

**Kuehn Conservation Area,
32849 Houston Trail, Earlham**

DCCB is offering seasonal bird hikes as part of the Beginner to Birder (B2B) Project, meant to nurture new birders or those who want to ramp up their skills. The diversity will increase each month as new birds arrive. Binoculars and books will be provided. Registration required at DccbJuneBirdHike.eventbrite.com.

JUNETEENTH WEEK

June 19-23

Various locations

Juneteenth week will have several events across several locations in the metro. iowajuneteenth.org

SUMMER SOLSTICE SUNSET CELEBRATION

Thursday, June 21, 8-9 p.m.

Astronomical clock at Hanging Rock, Redfield

Join DCCB naturalists at the astronomical clock atop the ridge at Hanging Rock to observe and celebrate the sunset of Summer Solstice. The meaning of the word solstice is, "sol"- sun and "stice"- to stand still. Perhaps the frenetic pace of your life could use a little stand-still time. Explore metering time in a different scale, a clock made of rocks, and enjoy the magic of a sunset. Register to be notified of weather cancellation. DccbSummerSolstice.eventbrite.com

SCHOOLHOUSE STORYTIME

Second and fourth Tuesday from 10:30-11:30 a.m.

**Bennett School Museum,
4001 Fuller Road, West Des Moines**

This event is geared for pre-K, kindergarten and first grade students to enjoy an hour of stories, games, music and fun, with a historical element. While the program is geared towards younger students, all ages are welcome. Registration is not required, and there is no charge, but free-will donations are gratefully accepted. Parents must stay with their child(ren) during this storytime, and do not bring food or drink. Dates are June 13, June 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.

LEPRECHAUN BAGS TOURNAMENT

July 15, noon

Sully's Irish Pub, 860 First St., West Des Moines

The Friendly Sons of St. Patrick are hosting a bags tournament to raise funds for the St. Patrick's Day Parade. Registration begins at 11 a.m. with play starting at noon. The fee is \$30 per two-person team, with advanced or beginner divisions. Prizes awarded and fun for all. Visit www.friendlysonsiowa.com for more information. ■

RECIPE

SAVE TIME WITH SWEET, SAVORY, SALTY SNACKS

(Family Features) Work, social commitments, kids' activities and the daily grind can take over schedules and wreak havoc on your opportunities to sit at the table for meals. As your calendar seems to fill up with meetings, family occasions and more, you might just find yourself skipping breakfast or lunch and opting for filling snacks instead.

In fact, according to the International Food Information Council's 2022 Food and Health Survey, 75% of Americans snack at least once per day, which means 2023 could become the year of the snack. Whether it's forgoing breakfast at home for a bite on the go or powering up with an afternoon morsel, one flavor favorite and nutritional powerhouse you can turn to is the pecan.

As pecans are used in an increasing number of snack innovations, they're being hailed as the fastest growing nut in new snack applications, according to Information Resources Inc. They're an ideal snack for punching up your routine with great taste, plant-based nutrition and an easy-to-pair profile.

For example, they're poised to remix your snack mix mentality as they complement sweet, savory, spicy and buttery combinations. Ready in less than half an hour, you can add some sweetness to your workday with this Pecan Snack Mix with Cranberries and Chocolate for a fruity, nutty, chocolatey twist on traditional trail mix. ■

PECAN SNACK MIX WITH CRANBERRIES AND CHOCOLATE

Recipe courtesy of Jess Larson and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 5 minutes, plus 10 minutes cooling time

- 1 cup pecan halves
- 1 cup rice squares cereal (wheat or cinnamon)
- 1/2 cup pretzels
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 1/2 tablespoons pure maple syrup
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup dried cranberries
- 1/2 cup dark chocolate chips

Directions:

In large, microwave-safe bowl, add pecans, rice squares cereal and pretzels. In small, microwave-safe bowl, add butter, brown sugar, maple syrup, salt and nutmeg.



Microwave butter mixture 1-2 minutes until melted then pour over dry mix. Toss well to combine.

Microwave snack mix in 45-second intervals, about 4-5 intervals total, until mix is fragrant, golden and toasty.

Cool mix completely then stir in cranberries and dark chocolate chips.

POLK CITY LIBRARY

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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

Through 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

Through 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 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 19: "Lion King"

June 26: "Paddington Bear"

STORY TIME TUESDAYS

June 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 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. ■

CLASSIFIED ADS

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.

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