

POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

SEEN AT THE POLK CITY FARMERS MARKET



Leslie Chleisman and Sue Heckert



Daryl and Kitty Metzger



Jono, River and Natalie Anthofer



Heather and Emma Thomas



Adelyn and Noelle Wheeler



Reese, Krista and Zoe White

MORE
PHOTOS
INSIDE

POLK CITY WEATHER FORECAST

FRIDAY HIGH 89 | LOW 68

Mostly sunny



SATURDAY HIGH 89 | LOW 67

Clouds and sun; strong p.m. t-storm



SUNDAY HIGH 83 | LOW 62

Partly sunny and less humid



MONDAY HIGH 86 | LOW 60

Breezy and pleasant



TUESDAY HIGH 84 | LOW 64

Mostly sunny



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FROM THE PUBLISHER

THAT PERSON IS A PRO

You have likely said the words in the above headline about someone, and maybe someone has said those words about you. It is a compliment given only to those who have truly mastered their area of focus.

A professional at work. A professional at a hobby. A professional in dealing with certain types of situations or certain types of people. You get the idea.

But “professional” is not a label you give yourself; it’s a description you hope others will apply to you.

So says David Maister, a former Harvard Business School professor, writer and expert on business management practices. And he’s right.

Some people think — and even say — they are professionals, but they are usually nowhere close.

In fact, those folks are often the ones to stay clear of. Instead, I have learned to trust those who never hesitate to say, “I don’t know.”

I have written in the past about the 10,000-hour rule that Malcolm Gladwell popularized in his book “Outliers.” The basic idea is that it requires 10,000 hours of concentrated practice in order to possess what is considered a world-class skill in something. I believe this, as long as continual improvement is part of it.

Why? Because, despite the popular saying being drilled in our heads, practice does NOT make perfect. If you are doing something the wrong way over and over, you won’t ever perfect



it. I have long preferred the quote, “Perfect practice makes perfect,” or maybe stated even better, “Perfect practices makes a professional.”

So what is it that makes someone a professional? Precision? Accuracy? Efficiency? The way they speak? The way they act? The way they dress? A certain level of education or experience? How they treat others? Organizational skills? Accountability? Honesty? A positive attitude?

Or is it all about results?

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

Have a great week, and thanks for reading. ■

Shane Goodman

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



WE WILL RUN YOUR POLK CITY NEWS ITEMS FOR FREE.

Email your news by Wednesday at 5 p.m. to: tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

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A publication of Big Green Umbrella Media, Inc.
8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact

Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact

Dan Juffer
515-371-2290
dan.juffer@dmcityview.com

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. ■

GUIDED CEMETERY TOUR

A Guided Historical Walking Tour of the Polk City Cemetery with appearances by some of the town's past residents will be held June 27, 9-11 a.m. Attendees are asked to use the shuttle leaving from the north side of the Square at 9 a.m. This free event is hosted by the Big Creek Historical Society. Goodwill offerings will be accepted. An optional lunch will be held afterwards at a restaurant on the Square. ■

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 23

10 a.m. **Baseball:** Varsity Prange Classic vs. WDM Valley @ Saydel

Saturday, June 24

9 a.m. **Softball:** Varsity Tournament @ Oskaloosa

Monday, June 26

4:30 p.m. **Softball:** JV2 vs. Carlisle

5:30 p.m. **Baseball:** JV vs. Carlisle

5:45 p.m. **Softball:** JV1 vs. Carlisle

7:15 p.m. **Softball:** Varsity vs. Carlisle

7:30 p.m. **Baseball:** Varsity @ Carlisle

Tuesday, June 27

10 a.m. **Baseball:** Freshman Double Header vs. Adel DeSoto Minburn

5:30 p.m. **Baseball:** JV vs. Pella

7:30 p.m. **Baseball:** Varsity vs. Pella

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dan.juffer@dmcityview.com

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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 and paddle boards.

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.

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. ■

POLK CITY LIBRARY

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

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 toward 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.

CLOSINGS

- The library will be closed Tuesday, July 4.
- The library will close at noon on Friday, July 14 and be closed all day on Saturday, July 15. See you at the Four Seasons Festival.
- The library will be closed Wednesday, July 26.

ANNOUNCEMENTS

- The Friends of the Library need your help. We need donations of 2 liters of pop for the famous Pop Toss during the Four Seasons Festival. Bring your donations to the library any time.
- Kids, teens and adults: The last day to log your reading and enter your tickets for prizes is Monday, July 31.
- Grand-prize winners will be announced on Tuesday,

Aug. 1. Prizes must be claimed by Aug. 18.

MOVIE MONDAYS

June 26, July 10, 17 and 24 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 26: "Paddington Bear"

July 10: "Charlotte's Web"

July 17: "Tangled"

July 24: "Encanto"

STORY TIME TUESDAYS

June 27, July 11, 18 and 25 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.

READING AND WRITING ABOUT WHAT YOU KNOW: TIPS FROM AN AUTHOR AND HER EDITOR

Thursday, July 6, 6 p.m.

Jolene Philo, author of several non-fiction books, is now writing the fourth book in "The West River Mystery" series. In this program, she will explain how an idea grows into a manuscript and proposal to present to a publishing house. Her editor, Anne Fleck of Midwestern Books, will describe how their company comes alongside authors and why they accepted Jolene's proposals. Anne will round out the evening by using one of Jolene's books to demonstrate how they help authors create a plot outline before beginning a first draft. There will be time for questions and answers, and Jolene's books will be available for purchase. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**DES MOINES ARTS FESTIVAL****June 23-25****Pappajohn Sculpture Park,
1330 Grand Ave, Des Moines**

The Des Moines Arts Festival will host 190 of the nation's top artists in a beautiful urban street setting surrounding the John and Mary Pappajohn Sculpture Park and the Krause Gateway Center. The event will feature live music, food vendors and critically acclaimed art. The outdoor festival celebrating arts and culture attracts more than 200,000 people each year. www.desmoinesartsfestival.org.

**WAUKEE FREEDOM 5K
FOURTH OF JULY****Tuesday, July 4**

The Freedom 5K is the sole fundraiser for Waukee Boy Scouts Troop 178. The 5K starts at 8:15 a.m., and a kids mile run starts at 7:45 a.m. The runs start and end at Lutheran Church of Hope Waukee. There will also be music, games, vendors and many door prizes. Those who register will receive a commemorative T-shirt. Register online at www.waukeetroop178.com. T-shirts will be sold for \$20 at the event to participants and non-participants.

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 27, July 11, July 25, Aug. 15, Aug. 29, Sept. 12, Sept. 26.

**TWO-DAY CELEBRATION
OF INDEPENDENCE****Monday and Tuesday, July 3-4****Centennial Park Open Air Shelter,
1255 Warrior Lane**

Waukee will host an all-American celebration on July 3 and 4 in honor of Independence Day. Discounted armbands can be purchased online at Waukee.org/registration during the month of June. Armbands cost \$10 and are valid only for July 4. Local organizations and businesses can participate in the parade on Tuesday at 10:30 a.m. Advance registration required for the parade. Monday events include adult coed sand volleyball tournament, Movie in the Park "Top Gun: Maverick" (PG-13) and vendors. Tuesday is the parade, adult bags tournament, free ice cream social, inflatables, bingo, Des Moines Skydivers show, live performances by Riverside Drive and Oreo Meatwagon and fireworks.

**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

A SALTIER, EASY-TO-MAKE SNACK

(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.

If a salty treat is more your speed, consider this Salty Pecan Snack Mix for a grab-and-go breakfast as you head out the door or an easy way to keep hunger at bay in the afternoon. Because pecans pair with a variety of ingredients and flavors, they're a perfect partner for this combination of rolled oats, coconut, honey, cinnamon and more. ■

SALTY PECAN SNACK MIX

Recipe courtesy of Mallory Oniki and the American Pecan Promotion Board

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 15

- 2 cups rice squares cereal
- 1 cup rolled oats
- 1 cup unsweetened coconut
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 cup butter
- 2 cups chopped pecans
- 1 cup oyster crackers

Directions:

Preheat oven to 350 F.

In bowl, add rice squares cereal, oats and unsweetened coconut.



In small saucepan over medium heat, add honey, coconut oil, cinnamon and salt. Stir until mixture starts to boil then pour over snack mix and stir until well combined.

Transfer to baking sheet and bake 8-10 minutes.

In saucepan over medium heat, add butter. Stir until butter browns then add chopped pecans and oyster crackers. Turn heat to low and stir while pecans roast.

Remove snack mix from oven and add brown butter pecan and cracker mixture; stir to combine.

SEEN AT THE POLK CITY FARMERS MARKET



Rene Locker



Nyking Jackson, Keelee Barton and Helen Blank



Isaiah and Mark Johnson



Judy Kramer and Anna Navin ■

ST. LUKE'S FREE 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. ■

GROUNDBREAKING HELD

A Groundbreaking Ceremony was held at Lakefront Office Park, 1010 Tyler St., behind the RE/MAX Office in Polk City on June 21. This will be a 7,000-square-foot building with 70% dedicated to hospitality, one restaurant and a cafe. ■

CLASSIFIED ADS

FOR SALE: Brown Lift chair. Used less than 4 years old. Can send pics. Asking \$400. Text 515-249-3143.

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.

BICYCLES WANTED: Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

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