

POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

Have an exciting **SUMMER** *with events from Polk County Conservation*

*Details
Inside!*



POLK CITY WEATHER FORECAST

FRIDAY HIGH 82 | LOW 66

Mostly cloudy and humid



SATURDAY HIGH 81 | LOW 64

Mostly cloudy



SUNDAY HIGH 87 | LOW 66

Mostly sunny and pleasant



MONDAY HIGH 91 | LOW 66

Partly sunny



TUESDAY HIGH 87 | LOW 67

Humid with times of clouds and sun



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FROM THE PUBLISHER

SCRATCH AND SNIFF?

County fairs are just around the corner in many parts of Iowa. These are times when people of all ages show their livestock, fruits, vegetables, and their projects of all kinds, and they are judged on their accomplishments. Great life lessons are learned by seeing a project through from beginning to end and being responsible for the day-to-day tasks in making that happen. This is ever apparent in our county fairs.

I was born and raised in a rural Iowa community, but I lived in town. In my teenage years, I worked on area farms, but I never spent much time really learning about the rural way of life, at least not the bigger picture. As such, the county fair — to me — was about demolition derbies, cotton candy, bumper cars and trying to win stuffed animals in the ring toss game. I knew there were farm animals there, as I could hear them and smell them, but I never really understood why. Most of my childhood friends who also grew

up in town were in the same boat.

For the farm kids, this was a different story, as this was their Super Bowl. The competitions were important to them, especially for those contesting in the major livestock categories. Those trophies mattered then, and they still do today.

The unfortunate reality is that fewer and fewer farms exist in Iowa, and, as a result, fewer and fewer kids are participating in FFA and 4-H. Even so, few things define Iowa life like county fairs and, yes, the Iowa State Fair.

Whether you grew up on a farm, in a rural community, or in Iowa's metro areas, you can likely identify with the happenings of these fairs. If not, you have been missing out, especially with the smells and scents.

Several years ago, we published an Iowa State Fair "scratch and sniff" issue in CITYVIEW



magazine with small circles on photos of things like corn dogs, lemonade, cotton candy, various foods on a stick, and livestock. We encouraged people to scratch the spot and give it a whiff. Of course, this was a farce, but it didn't stop readers from scratching, sniffing and sharing with others. It was amusing to watch as people really thought they could smell the photographed items.

Well, you don't have to scratch and sniff, as you can attend county fairs in person and give your olfactory the real deal. I make it a point to do so each year, and I now take time to divert from the midway and visit the livestock barns, too. And I enjoy every minute. I hope you will join me.

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. ■

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.polkcitiumc.org/free-clinic.html. For more information, call Clinic Manager Tess Young at 515-238-6425. ■

VACATION BIBLE SCHOOL

Polk City United Methodist Church is offering vacation Bible school July 16-20 from 6-8 p.m. Registration is open at polkcitiumc.org/vbs/. ■

FOUR SEASONS FESTIVAL

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 30

10 a.m. **Baseball:** Freshman Double Header @ Ankeny

11 a.m. **Softball:** Varsity Invitational @ DCG

Saturday, July 1

TBD **Softball:** JV1 @ Ankeny

TBD **Softball:** Varsity @ Ankeny

Monday, July 3

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

6 p.m. **Softball:** Varsity Game @ Ballard

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

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POLK COUNTY CONSERVATION EVENTS

FLORA, FAUNA AND HISTORY HIKE

**Thomas Mitchell Park, 4590 N.E. 108th St.,
Mitchellville, meet at pond parking lot
Wednesday, July 5, 10 a.m.**

Join a naturalist for a leisurely hike through this quaint park. We will not only discuss the flora and fauna Thomas Mitchell has to offer, but also its rich history. This event is free, for all ages, and does not require registration.

TODDLER TALES

**Jester Park Nature Center,
12130 N.W. 128th St., Granger
Thursday, July 6, 10 a.m., Busy Bees
Thursday, Aug. 3, 10 a.m., Fish**

Let your imagination run wild with this nature-themed story time. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. This event is free, for ages 3 and older, and does not require registration.

SUMMER SKILLS AT JESTER PARK

**Jester Park Outdoor Recreation & Wellness Center,
12112 N.W. 128th St., Granger
Thursdays, July 6, July 13, July 20, 10 a.m.
Mondays, July 10, July 17, July 24, 10 a.m.**

Summer is about having fun and playing outside. Join PCC naturalists as they introduce your child to some fun outdoor activities which can be enjoyed the rest of their lives. Come to one or sign-up for an entire series. All equipment will be provided. Registration is required at least two days prior. Cost is \$10. Event is for ages 10-16. Topics are:

July 6 Survival Hike – Learn how to build a shelter, start a fire and even what types of plants are edible.

July 10 Archery – Learn the basics of archery by focusing on form and safety. We'll cover eye dominance, archery safety rules, range rules, equipment, and proper shooting techniques using a compound bow.

July 13 Kayaking – Learn the basics of recreational kayaking from a PCC naturalist. Participants will learn about types of kayaks, equipment, techniques, and have a chance to practice skills on the water.

July 17 Air Rifle – Learn the basic of air rifle target shooting. We'll discuss safety, equipment and form,

before hitting the range to practice what we've learned. All materials and instruction provide. PCC Naturalists are air rifle certified instructors.

July 20 Canoeing – Participants will learn about types of canoes, equipment, techniques, and have a chance to practice skills on the water.

July 24 Geocaching – Geocaching is a high tech scavenger hunt using GPS. Come learn the basics and try finding several geocaches hidden just for you.

HORSE WHISPERS IN THE WOODS

**Jester Park Equestrian Center,
11171 N.W. 103rd Court, Granger
Thursdays, July 6, Aug. 10, Nov. 9, 6 p.m.**

A women's circle of self-discovery through the intuitive and healing power of horses. This on-the-ground workshop provides a real-time experience in relationship skills and increased emotional intelligence through a partnership with the horse. Registration required at least 24 hours prior to the event. This event is for ages 21 and older. Cost is \$35.

GUIDED TRAIL RIDES

Most Fridays and Saturdays, 9:30 a.m., 11 a.m. and 2 p.m. through the first weekend of September.

For age, height, weight requirements and other restrictions, visit www.polkcountyiowa.gov/conservation/ events. Registration required the night before the event but trail rides are often full by then, so registration is required two weeks prior. Cost is \$75.

Come saddle up and join us in the great outdoors for a scenic trail ride. You will be guided by our knowledgeable wranglers and taken care of by our string of beginner-friendly horses. We will ride through the timber of Jester Park and take in the picturesque views.

FIREFLIES BY FIRELIGHT

**Thomas Mitchell Park Shelter No. 1,
4590 N.E. 108th St., Mitchellville
Friday, July 7, 8:30 p.m.**

Bring the kids out for a night of catching (and releasing) fireflies. Learn more about the life of a firefly and why they flash. No registration for this free event for all ages. ■

POLK CITY LIBRARY

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

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

Each Monday, we will be showing a movie in the Library multi-purpose room at 10 a.m. Movies will be fun for the whole family to watch.

- **July 10:** “Charlotte’s Web”
- **July 17:** “Tangled”
- **July 24:** “Encanto”

OTHER EVENTS

- **Story Time Tuesdays**, July 11, 18 and 25 at 10 a.m. or 11 a.m. Join us outside 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-fifth graders), Wednesdays, sponsored by Butler Engineering, July 12 and 19 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.
- **Wednesday Book Club**, Wednesday July 5, 7 p.m. Join us in a discussion of “Fahrenheit 451” by Ray Bradbury. In a society in which books are outlawed, a fireman in charge of burning books meets a revolutionary

teacher who dares to read.

- **Book Club** (K-second grade). “Lyle, Lyle, Crocodile: Meet Lyle” by Bernard Waber, Monday July 10, 2 p.m. Pick up your copy of the book while supplies last. Read, then join us at the library for some fun discussion.
- **Adult Crafternoon: Metal Picture Holders**, sponsored by Polk City Women, Tuesday, July 11, 2 p.m. Join us for a fun afternoon of crafting. We will be making simple picture holders for desk display. All supplies will be provided. Ages 17 and older. Register online at polkcitylibrary.org.
- **Coloring Night at Fenders Brewing**, Wednesday, July 12, 4-9 p.m. Come for a night of relaxation and fun with friends at Fenders Brewing.
- **Friends of the Library Meeting**, Wednesday, July 12, 6:30 p.m. The Friends of the Polk City Community Library have four scheduled meetings per year. All meetings are open to members and the public. Anyone interested in supporting the library is welcome and encouraged to attend.
- **Artist Tim Read**, sponsored by *Mi-Fiber*. Thursday Summer Children’s Performers Series, July 13, 10 a.m. at Luana Bank Watch as Tim Read draws comics and illustrations that inspire you to draw and color at home.
- **Stay Independent Lunch and Learn with Iowa State University Extension**, Thursday, July 13, noon Join us in our “Stay Independent” series that provides research-based nutrition and wellness information intended to help adults ages 60 and older reduce their nutritional risk through lifestyle changes. Lunch will be provided. RSVP to www.polkcitylibrary.org.
- **Teen Fruit? or Fruit-Flavored? Taste Test**, Thursday, July 13, at 2 p.m. Teens will have a blast trying to decide which candies taste most like the real fruit they are flavored to taste like. It will be a deliciously good time. Register online at polkcitylibrary.org.
- **Monday Book Club**, Monday, July 17, 2 p.m. Join us for a discussion of “Dancing Under the Red Star” by Karl Tobien. The shocking inspirational saga of Margaret Werner and her miraculous survival in the Siberian death camps of Stalinist Russia. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Urbandale Fourth of July



URBANDALE FOURTH OF JULY

For complete information, visit urbandale4thofjuly.org.

The Urbandale Fourth of July festivities, held at Lions Park, 72nd Street and Aurora Avenue, begin on July 2, a Sunday, and extend through the long weekend with Monday, July 3, and Tuesday, July 4.

Highlights include:

- The carnival, midway and all vendors open at noon each day on July 2-4.
- This year, the celebration will feature music from Jana West (formerly of Abby Normal) and Restospect in the afternoon on July 2 and Swing Crew that evening. Then, on July 3, the celebration features Kelsie James, a local Urbandale talent, in the afternoon, and Standing Hampton that evening.
- Kids activities will be in Lions Park, 72nd Street and Aurora Avenue, on July 2 and 3 from 4-7 p.m.
- The Entertainment/Beverage Garden will be open July 2 and 3. Each night will feature a DJ and live entertainment.
- The William Courtney 5K Fun Run on July 4 runs through the heart of Urbandale. This timed race starts at 7:30 a.m. on 86th Street in front of the library and takes runners through a tour of the community's bike paths, ending along the path behind the Library. The race is followed up by the Chuck Silvey Kid's Mile and Gary Page Tot Trot, where kids can show off their running

skills with the chance to earn medals and prizes.

- The 2-mile-long parade on July 4 begins at 10 a.m. at the Old City Hall on 70th Street then goes north to Aurora Avenue, finishing at 82nd and Aurora.
- Tuesday, July 4, the Urbandale Community Band will play from 5-6 pm.
- Urbandale's Fourth of July fireworks show signifies the end of the three-day event. The fireworks will be shot from Walker Johnston Park.

WAUKEE CELEBRATION OF INDEPENDENCE

Celebrate in Waukee Monday and Tuesday, July 3-4, at Centennial Park Open Air Shelter, 1255 Warrior Lane. The parade is on Tuesday at 10:30 a.m. 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.

URBANDALE SUMMER PERFORMANCE SERIES

Enjoy free concerts in different parks. All ages are welcome. Bring a blanket or lawn chair. The concert on Tuesday, July 11 at 6:30 p.m. will feature Opus Taylor at the large Walnut Creek Regional Park Open Shelter, 4100 Walnut Creek Park Road (just south of Aurora, one block west of 147th Street). Black Dirt Ramblers will perform on Tuesday, Aug. 8, at 6:30 p.m. at Charles Gabus Memorial Tree Park in Urbandale.

SUMMER STIR

Friday, July 21, 5-9 p.m., Historic East Village

Join CITYVIEW's traveling cocktail party. Visit many great establishments in the early evening and sample their signature Summer Stir drinks. For only \$25 (prepaid online, visit summerstirs.dmcityview.com), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$30. All of the establishments will be within walking distance. ■

RECIPE

MAKE FAMILY MEALS SPECIAL WITH A FRESH, HOMEMADE DISH

(Family Features) Nothing makes family time special quite like a homemade meal, especially one made with locally sourced ingredients that are as fresh and flavorful as they are thoughtfully prepared.

Whether your gatherings with loved ones take place in the family kitchen, on the patio or at a picnic area, this asparagus, bacon and egg salad makes for a perfect brunch or appetizer that leans on local ingredients like Michigan asparagus, which takes just about three days to get from the field to your table. Grown by more than 100 family farmers, it can be found in your local store at one to four days old, compared to 10-20 days old for imported asparagus.

As a nutrient-dense, low-calorie vegetable with no fat, no cholesterol and little sodium, it's also easy to prepare — just don't overcook it. Look for thicker spears at the store, as they tend to have greater texture and more flavor and tenderness because the fiber is less concentrated. ■

ASPARAGUS, BACON AND EGG SALAD

Recipe courtesy of Ashley from "Cheesecurd in Paradise" on behalf of the Michigan Asparagus Advisory Board

- bacon slices
- 1 pound fresh Michigan asparagus, ends trimmed
- 1/3 cup olive oil
- 2 tablespoons champagne vinegar
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 4 hard-boiled eggs, peeled and quartered
- 2/3 cup halved cherry tomatoes
- 1/4 cup sliced green onion

Directions:

In skillet, cook bacon until crisp. Remove from pan. Set aside.



Cut asparagus into four pieces. Add asparagus to same skillet used to cook bacon. Cook until fork tender, about 4 minutes, depending on thickness of asparagus.

While asparagus cooks, prepare dressing. Whisk oil, vinegar, honey, mustard, salt and pepper. Set aside.

Chop bacon.

Remove asparagus from pan and place on platter. Top with chopped bacon, eggs, tomatoes and green onion. Pour dressing over top.

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FIREWORKS SAFETY TIPS: IF YOU CHOOSE TO USE LEGAL FIREWORKS

Fireworks are only allowed in Polk City on July 3, 9 a.m. to 10 p.m., and July 4, 9 a.m. to 11 p.m. and can only be used by adults 18 and older. Only First Class and Second Class Consumer Fireworks may be used. Display fireworks are prohibited unless an application is approved by the city council.

FROM THE NATIONAL SAFETY COUNCIL, <https://www.nsc.org>

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
 - Older children should use them only under close adult supervision
 - Never use fireworks while impaired by drugs or alcohol
 - Anyone using fireworks or standing nearby should wear protective eyewear
 - Never hold lighted fireworks in your hands
 - Never light them indoors
 - Only use them away from people, houses and flammable material
 - Never point or throw fireworks at another person
 - Only light one device at a time and maintain a safe distance after lighting
 - Never ignite devices in a container
 - Do not try to re-light or handle malfunctioning fireworks
 - Soak both spent and unused fireworks in water for a few hours before discarding
 - Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
 - Never use illegal fireworks
- Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.



SPARKLERS ARE DANGEROUS

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees — hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers. ■

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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