

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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SEEN IN POLK CITY



KIWANIS DONATION FOR VOLLEYBALL: Polk City Kiwanis Club presents Polk City Parks and Recreation Director Jason Thraen and members of the Coed Volleyball League \$3,000 to replace, refurbish and update the volleyball court at Kiwanis Park. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 70 | LOW 58

A morning shower; sun then clouds

**SATURDAY HIGH 79 | LOW 61**

Nice with times of clouds and sun

**SUNDAY HIGH 81 | LOW 62**

Nice with sun and patchy clouds

**MONDAY HIGH 88 | LOW 64**

Mostly sunny and nice

**TUESDAY HIGH 82 | LOW 63**

Humid; periods of clouds and sun



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FROM THE PUBLISHER

'WELCOME BACK'

I have written many columns over the years, but the one that garnered the most feedback was on the topic of iconic cars from TV and movies. I assumed it would be a hit, as when I broached the topic with a group of friends, the conversation went on for an hour. Let's see if this one hits home, too.

Which TV theme songs are the most memorable for you? Of course, the answers will likely be tied to the decade you grew up in — but not necessarily. Think about the TV theme songs that make you smile when you hear them. The ones that make you turn up the volume knob. The songs you know every word to. The instrumentals you hum along with. The serious ones. The silly ones. The sitcoms. The cartoons. The kid shows. Nothing is off limits. Here are a few of my favorites to get the conversation rolling.

"Welcome Back" was the theme song of the 1970s sitcom "Welcome Back, Kotter." It was written and recorded by John Sebastian, the former lead singer of Lovin' Spoonful. The song reached No. 1 on the Billboard Hot 100 chart in May of 1976.

Epstein. Barbarino. Washington. Horshack. They all made me smile, and this song still does. "Yeah, we tease him a lot 'cause we got him on the spot, welcome back."

"Meet George Jetson." You know the rest. "The Jetsons" originally aired in prime time from 1962 to 1963, but most of us know the cartoon show from its reruns via syndication. His boy, Elroy. Daughter, Judy. Jane, his wife. And who could forget Astro? The theme song was composed by Hoyt Curtin, a musical director for the Hanna-Barbera animation studio from its beginnings. The song even became a pop hit in 1986. "Jane, stop this crazy thing!"

"Not getting hassled, not getting hustled." "Good Times" aired for six seasons from 1974 to 1979. The Norman Lear production was television's first African American two-parent family sitcom. It was a spin-off of "Maude," which was a spin-off of "All in the Family." The gospel-styled theme song has lyrics that might be a challenge to



understand, but I still sing along with whatever I think the words are. "Keeping your head above water, making a wave when you can."

And my last one to whet your musical appetite is the theme from "The Rockford Files." The song is as iconic as the Pontiac Firebirds James Garner drove on the show. This 1975 instrumental by Mike Post features a blues harmonica solo, dobro guitar, an electric guitar solo heard in the bridges and a Minimoog synthesizer heard in the refrains. It spent four months on the charts and became a Top 10 hit in August of 1975 and even won a 1975 Grammy Award for Best Instrumental Arrangement.

These tunes may get the ball rolling, but I clearly missed other great TV theme songs. Send me a note and let me know which ones are memorable to you.

Have a great week, and thanks for reading. ■

Shane Goodman

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Living Weekly

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

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. ■

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 polkcityumc.org/vbs/. ■

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, July 7

7 p.m. **Baseball:** Varsity
Districts vs. TBA

Saturday, July 8

7 p.m. **Softball:** Varsity
Regional vs. Multiple
Schools

Monday, July 10

7 p.m. **Baseball:** Varsity District
Final vs. TBA

Tuesday, July 11

7 p.m. **Softball:** Varsity
Regional Final vs. TBA

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POLK COUNTY CONSERVATION EVENTS

TODDLER TALES

**Jester Park Nature Center,
12130 N.W. 128th St., Granger
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 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 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.

PONY TALES

**Jester Park Equestrian Center, 11171 N.W. 103rd Court, Granger
Tuesday, Aug. 15, 11:30 a.m.**

Enjoy listening to a pony-themed story while the ponies of the Equestrian Center are listening nearby. A pony meet and greet will follow. We will meet at the outdoor picnic shelter or the arena concourse depending on the weather. Bring a blanket or camp chair to spread out on the lawn. An adult must be present to supervise the child during the event. Registration is not required for this free event for all ages.

HORSE WHISPERS IN THE WOODS

**Jester Park Equestrian Center,
11171 N.W. 103rd Court, Granger
Thursdays, 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. ■

POLK CITY LIBRARY

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

CLOSINGS

- 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.
- **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.

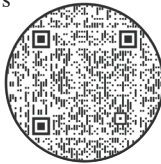
- **Adult Crafternoon: Metal Picture Holders**, sponsored by Polk City Women, Tuesday, July 11, 2 p.m. Join us for a fun afternoon of crafting. We will be making simple picture holders for desk display. All supplies will be provided. Ages 17 and older. Register online at polkcitylibrary.org.
- **Coloring 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 Savings 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 Stalinish Russia. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**BONDURANT BLUES & BREWS FESTIVAL****Saturday, July 15, 6:30-10 p.m.****Bondurant Regional Trailhead, 2 Main St. S.E.**

This is a family-friendly event at Bondurant's iconic regional trailhead in the heart of the Chichaqua Valley Trail system. The evening includes two Des Moines-based blues bands, so you are invited to bring your lawn chairs, blankets, friends and family. Enjoy food trucks, bounce houses, face painting, balloon animals, and ice-cold treats.

After the opening act, the home brew competition judges reveal the home brew winners. Bondurant's local Reclaimed Rails Brewing Company collects home brew submissions from all of Central Iowa. Pre-Register and drop off home brews before Monday, July 9, to participate. Register at <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eju037if81ff8756&oseq=&c=&ch=>.



Showcased along the Chichaqua Valley Trail is art from the Sidewalk Chalk Art Competition held earlier in the day. The public is encouraged to participate in a people's choice vote on the art showcased by Bondurant natives. This year's Sidewalk Chalk Art Prizes winners will be announced at 8:45 p.m.

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.

ANKENY CHAMBER SUMMERFEST**July 7-9****The District at Prairie Trail, Ankeny**

This summer festival will contain plenty to fill up

Ankeny Chamber SummerFest

your post-fourth of July weekend with a grand parade, carnival rides, an entertainment garden and live music. ankenysummerfest.com

FOUR SEASONS FESTIVAL**July 14-15****Polk City Square**

There will be plenty to do at this year's Four Seasons Festival including a fun run, live music, parade, food and drink vendors, contests and fun for all ages. fourseasonsfestival.com

WAUKEE ARTS FESTIVAL**July 14-15****Centennial Park**

Enjoy one of the area's fastest-growing and most exciting summer events with more than 100 vendors and several concerts. Friday events begin at 5 p.m. with artist vendors, food trucks, beer garden and concert. The festival reopens Saturday, 10 a.m. to 10 p.m., with daytime music, art vendors, food trucks, beer garden, kids activities and concert. www.waukeeartsfestival.org

CLIVE FESTIVAL**July 21-22****East side of N.W. 114th Street, Clive**

Greenbelt Landing will have fun for everyone including "Thunder Over Clive" fireworks, live music, the popular Clive Fire Department Slip-N-Slide, a running festival, food trucks and more. cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php ■

RECIPE

ELEVATE SUMMER ENTERTAINING WITH AN ENJOYABLE CRUNCH

(Family Features) As families and friends gather on patios and decks to enjoy the warmth of summer and meals fresh off the grill, many are searching for that perfect ingredient that can complement salads, appetizers, main courses, desserts and more.

This year, you can turn to pecans to elevate meals and give your guests something to rave about. Known for their rich, buttery consistency and naturally sweet taste, pecans have a longstanding tradition as a nut topping. They're sprinkled atop this Spiced Pecan Grilled Peach Salad with Goat Cheese for a refreshing seasonal salad with a nutty crunch. ■

SPICED PECAN GRILLED PEACH SALAD WITH GOAT CHEESE

Prep time: 5 minutes

Cook time: 50 minutes

Servings: 4

Spiced Pecans:

- 1 large egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

Salad:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt
- 2 large peaches, halved and pits removed
- 6 cups mixed baby greens (such as arugula, spring mix and spinach)
- 4 ounces soft goat cheese

To make spiced pecans:

Preheat oven to 275 F. Line rimmed baking sheet with parchment paper and set aside.



In medium bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated in mixture. Spread in single layer on prepared baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad:

Heat grill to medium-high heat.

In small bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper, to taste. Set aside.

Brush cut sides of peach halves with remaining olive oil and grill until grill lines appear and peaches become tender, 3-5 minutes. Remove peaches and cut into slices.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining cup for snacking. Drizzle each salad with vinaigrette..

JESTER PARK NATURE CENTER

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.

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).

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.

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.

PICNICKING

There are five picnic shelters within the park. Several offer views of the lake and others are located in private, wooded settings.

HIKING TRAILS

Jester Park offers more than 8 miles of natural trails to explore, including the 5 mile Lakeshore Trail from the Mile-Long Bridge to the parking area at Trailhead #21. ■

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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