

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

TIME FOR FOUR SEASONS FESTIVAL

Join a fun-filled time Friday and Saturday, July 14-15, at the Four Seasons Festival in Polk City. 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 and car show, followed in the evening by youth/teen movie, live music and dancing.

This year, kids activities will be divided into age zones as more activities will be available for older



kids. The Kiwanis Park includes games for youth and teens, such as a three-point shootout; punt, pass and kick; blitz ball; sandball; and more.

There's nothing better than unfolding a lawn chair, grabbing a cold beverage and dancing along with live music on a warm summer

night. The Four Seasons Festival loves its music as well. Here's the music lineup for the festival:

Friday July 14

5-8 p.m., Mike Bernard & the Midwest Made

.....
FESTIVAL, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 81 | LOW 64

Times of clouds and sun



SATURDAY HIGH 85 | LOW 62

Mostly sunny



SUNDAY HIGH 84 | LOW 60

Partly sunny



MONDAY HIGH 80 | LOW 56

Mostly sunny and pleasant



TUESDAY HIGH 81 | LOW 60

Mostly cloudy



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FROM THE PUBLISHER

YOU CAN TELL A LOT ABOUT PEOPLE BY THEIR T-SHIRTS

Think about the T-shirts you have accumulated through the years and what they say about you. This wasn't true with my father or grandfathers. The only T-shirts they had were plain white Fruit of the Looms, and few people saw them, as their T-shirts were simply undergarments. About a century ago, that began to change. Here's a little history.

The U.S. Navy first issued T-shirts as undergarments for uniforms in 1913. In casual situations, sailors and marines began to remove their uniform jackets and wear only the undershirts. Not long after that, T-shirts became popular layers of clothing for workers. By the time the Great Depression rolled in, the T-shirt was the go-to garment that was worn while doing farm or ranch chores. And then along came Marlon Brando and the movie "A Streetcar Named Desire," making T-shirts fashionable as standalone

outerwear garments. Need I mention Arthur Fonzarelli?

During the rebellious 1960s, printed T-shirts started to surface as part of self-expression and protests, as well as with company advertising and as souvenirs. This continued for several decades, becoming more "in your face" each year. Remember "Frankie Says Relax"? Today, revenue from T-shirts sales is expected to top \$5.28 billion in the United States alone. Yes, with a B.

Did you know that a T-shirt is named so because the shape of the shirt is in the letter "T"? It's true. And the word "T-shirt" became part of American English by the 1920s and started appearing in the Merriam-Webster Dictionary about that time, too.

Now back to what your T-shirts say about you. Your favorite sports



teams. The events you have gone to. The employers you worked for. The schools you attended. The places you visited. Your favorite bands. TV shows. Movies. And you thought you were a private person?

Your dresser drawer may say more about you than the data Facebook collects. But, of course, you know what's in your dresser. On Facebook's servers? Good luck.

T-shirts today are printed with all types of catch phrases, popular quotes and even vulgarities. And people seem to wear them proudly. Will that trend change soon and see T-shirts going back to simply being plain white undergarments?

Don't bet your shirt on it.

Have a great week, and thanks for reading. ■



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POLK CITY LIBRARY

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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 17:** "Tangled"
- **July 24:** "Encanto"

OTHER EVENTS

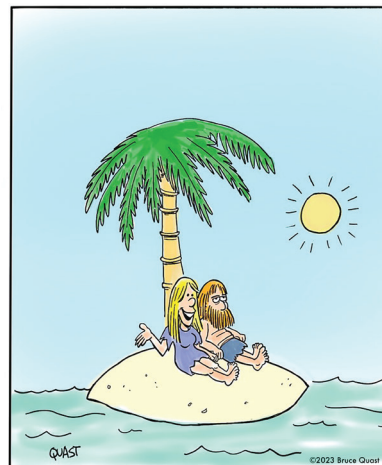
- **Story Time Tuesdays**, July 18 and 25 at 10 a.m. or 11 a.m. Join us outside the library for stories, songs, bubbles and a craft or activity. Weekly registration is required. Registration will open on Tuesday of the previous week.
- **Comets Kids Club (K-fifth graders)**, Wednesdays, sponsored by Butler Engineering, July 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.
- **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. ■

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. ■

Comfortably Dumb

by Bruce Quast



"At least we're close to the beach!"

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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
Thursday, July 20, 10 a.m.
Mondays, 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 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. ■

SEEN IN POLK CITY

POLK CITY FARMERS MARKET THURSDAY, JUNE 29.



Pete Englund



Farah Lee



Jennifer Freking



William Ditsch and Norine Black



Melisa and Mackenzie Anderson



Rene Locker ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**BONDU 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.

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 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

**National Balloon Classic****NATIONAL BALLOON CLASSIC**

July 28 - Aug. 5

Memorial Balloon Field, 15335 Jewell St., Indianola

National Balloon Classic takes your eyes to the skies as pilots suspend more than 100 hot air balloons for competition. The event also features live music, food vendors, balloon rides, fireworks and more. www.nationalballoonclassic.com

ZOO BREW

July 26

Blank Park Zoo

Experience the zoo after dark while taking in some favorite local adult beverages alongside live music. Stark Raving Madge will perform 1970s Rock.

RIVER RUCKUS

July 27-29

408 West State St., Guthrie Center

This country music festival marks the event's 15th anniversary featuring acts such as HARDY, Riley Green, Chase Rice and 10 others. For a full schedule, visit www.guthriesriverruckus.com. ■

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.

From an enjoyable crunch to comforting creaminess and a satisfying chew, pecans deliver a perfect bite and texture. These Grilled Pork Chops with Peach Pecan Salsa, for example, are loaded with fresh flavors for an easy, nutritious warm-weather meal.

Taste is just the beginning — pecans also pack a nutritious punch with a unique mix of health-promoting nutrients and bioactive compounds. 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. ■

GRILLED PORK CHOPS WITH PEACH PECAN SALSA

Cook time: 25 minutes

Servings: 4

- 4 boneless pork loin chops (each 1-inch thick)
- 3/4 teaspoon, plus 1/8 teaspoon, kosher salt, divided
- freshly ground black pepper, to taste
- 2 medium peaches, diced
- 2/3 cup raw pecan pieces
- 2 tablespoons red onion, diced
- 2 tablespoons chopped fresh basil
- 1 teaspoon minced jalapeno pepper
- 2 teaspoons lime juice

Directions:

Season pork chops with 3/4 teaspoon salt and black pepper, to taste.

Heat grill or grill pan to medium-high heat.

Grill pork chops until browned, about 5 minutes. Flip and



cook 5-6 minutes until food thermometer inserted in center registers 135 F.

Transfer to plate and rest at least 5 minutes until internal temperature rises to 145-160 F.

Gently stir peaches, pecans, onion, basil, jalapeno, lime juice and remaining salt.

Add salsa on top of each pork chop with remaining salsa on side.

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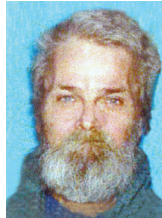
Funeral notices can be emailed to tammy@iowalivingmagazines.com

LESLIE "LES" VULGAMOTT

Leslie "Les" Vulgamott, 70, of Elkhart, died July 3, 2023, in Des Moines. The family held a celebration of life at their home on July 9.

Les was born to Neil and Ruby Vulgamott in Webster City on Jan. 8, 1953. Upon his graduation from high school, Les began working as a forklift driver and continued to do this throughout his career in various warehouses.

Les is survived by his wife, Sheila Vulgamott. ■



POLK CITY 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. ■

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/. ■

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. ■

FESTIVAL, FROM FRONT

8:30 p.m.. to midnight, Standing Hampton

Saturday, July 15

12-2 p.m., Ben Puttmann

2:30-5 p.m., Royce Johns

5:30-8 p.m., Dick Danger Band

8:30 p.m. to midnight, Call of the Road

The Four Seasons Festival is put on by Go Polk City — a combination of the City, Chamber and Economic Development. All of the events on the Square are free and provided by Go Polk City.

Visit www.fourseasonsfestival.com for more details and see June's North Polk Living for a story about the festival. ■

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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