

# POLK CITY *Living Weekly*

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## POLK CITY IS NAMED AN IOWA GREAT PLACE

The Iowa Economic Development Authority and Iowa Great Places Citizen Advisory Board designated Polk City as an Iowa Great Place. The prestigious designation recognizes communities dedicated to improving their quality of life and enhancing placemaking.

An advisory group of 30 volunteers, the City of Polk City, and GoPolkCity collaborated on submitting a Vision Plan and application to the Iowa Great Places Board in March of 2023. Through public survey and feedback, the Polk City Vision Plan, "Explore Polk City," was created and submitted with the application. The plan outlines Polk City amenities, recent accomplishments and future projects which range from small to large scale. "Explore Polk City"



can be found on the City's website at [www.polkcityia.gov/sites/g/files/vyhlf5571/f/news/iowagreatplaces\\_polkcity\\_vision\\_plan.pdf](http://www.polkcityia.gov/sites/g/files/vyhlf5571/f/news/iowagreatplaces_polkcity_vision_plan.pdf)



In May 2023, key members of the advisory group hosted the Iowa

Great Places Advisory Board and had a public presentation and tour of the community. Polk City was designated an Iowa Great Place in July of 2023. "Explore Polk City" focuses on improving and

**CITY, CONTINUED ON BACK**

### POLK CITY WEATHER FORECAST

**FRIDAY HIGH 79 | LOW 59**

Mostly sunny; possible p.m. t-storm



**SATURDAY HIGH 84 | LOW 61**

Mostly sunny; possible p.m. t-storm



**SUNDAY HIGH 86 | LOW 64**

Mostly sunny and comfortable



**MONDAY HIGH 88 | LOW 66**

Partly sunny and beautiful



**TUESDAY HIGH 92 | LOW 68**

Sunny; very warm and humid



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FROM THE PUBLISHER

# DIDN'T OWN MUCH; DIDN'T OWE MUCH

Read the above headline again. Those six words explain the lifestyle of many families from just a few generations ago.

My mother was born in 1935, in the midst of the Great Depression. Most of us can't imagine the doom and demise of that time. Those who lived it learned to get by on little of nothing.

My grandparents lived humble lives. They didn't drive expensive cars or wear fancy clothes. In fact, to my knowledge, they never owned a home. I don't know how much the Great Depression impacted them, because they certainly never talked about it. They just made do, and they didn't buy things unless they absolutely needed them. They certainly were not alone.

Today, many who are also clearly struggling financially still seem to find ways to buy flat-screen TVs, purchase smart phone plans, have their nails done, and get their seventh tattoo. Some who do borrow money play the victim card in hopes that it

will be forgiven. Most of our grandparents and great-grandparents would cringe at even the discussion of the handouts now ranging from the forgiveness of PPP loans to erasing of college debt.

My mother never had a credit card. She thought they were a tool of the devil, as she saw too many people get buried financially by choosing not to live within their financial means. When I was in college, I received an application in the mail for a credit card from a gas station. It seemed like a good idea to me, so I applied and received it. I paid it off each month, but I never wanted Mom to know about it. Of course, she did not approve. The only debt my mother ever had was her home mortgage. She didn't buy things unless she could pay cash for them. There was no other option, in her mind.

A few decades later, while at an



out-of-town family wedding, Mom realized that a credit card had become a necessity for purchases like hotel rooms. So, she talked with me about it, and I encouraged her to apply for one. To my dismay, she was denied because she did not have any credit history. This elderly woman with no debt, who had never written a bad check in her life, was denied a credit card. I had to co-sign the application for my mother to be approved, which I did. I understand that the credit card companies don't profit as much from those who pay their debts each month, but this still says something about the society we now live in.

As such, a better mantra for today may be: Don't own much; do owe a lot.

Have a great week, and thanks for reading. ■

## Shane Goodman

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## DOWNTOWN ASSESSMENT REPORT COMPLETED

The Downtown Assessment Report summarizes the observations and recommendations resulting from an Iowa Downtown Resource Center Assessment conducted in Polk City. The team's familiarization process with Polk City began with a review of materials supplied prior to the visit, a pre-visit survey consisting of 229 completed online surveys, a driving tour of the city and a walking tour of the downtown square. The intensive three-day visit also included interviews with approximately 35 community leaders, individuals and groups representing the public and private sectors. Based upon these activities and the assessment team's extensive working knowledge in downtown economic development, this report summarizes their findings and recommendations for Downtown Polk City.

The assessment team's recommendations have been grouped into five themes with suggested time frames for specific projects.

- Improve Walkability to Connect the Downtown
- Comprehensive Wayfinding and Environmental Graphics (Signs)
- Community Character, Appearance and Public Art
- Comprehensive Event and Activity Calendar
- Enhance Business Mix Using Data and Incentives

In its report, the assessment team noted:

"It is important to take one step at a time and understand that the longer-term recommendations are not of much consequence until the shorter-term recommendations are addressed.

"The assessment team hopes Polk City will assess each recommendation and develop a plan to implement what is right for the downtown. As the process gains momentum, community leadership will need to determine additional strategies and develop approaches that are more sophisticated.

"Our hope was/is to work with leaders to identify the strengths, challenges and opportunities in a constructive way to help the community improve the vitality of the downtown over time. We appreciate the openness and honesty of residents, and we appreciate that community leaders allowed the Assessment Team to be honest in its findings." ■

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## 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. ■

## RAGBRAI STOP IN POLK CITY

As RAGBRAI is celebrating its 50th year, communities and bicyclists eagerly awaited the announcement of pass-through towns and overnight stop locations.

When RAGBRAI revealed Polk City as a pass-through town, community leaders were elated. RAGBRAI officially stops at Polk City on July 26 as bikes pedal their 50-mile trek from Ames to Des Moines.

Organizers came up with the theme "A Dam Good Time" to reflect the town's heritage and amenities. RAGBRAI has passed through Polk City about eight times but hasn't made a stop there for nearly 20 years.

Most bikers are set to arrive mid-morning, just before lunchtime.

The bicyclists will arrive in the northwest side of town and leave north off of Third Street. Most of the activities and vendors will be set up downtown off Broadway and at the Square.

There will be food, beverage and vendors. Various sponsors are offering up activities. The band Gut Feeling will be playing on the stage from 9 a.m. to 1 p.m. Activities include giant yard games, beer garden, food trucks and other free entertainment.

The fire department and police are in charge of public safety. The library is coordinating volunteers. Go Polk City is selling shirts and other items. ■

# ENJOY JESTER PARK

## 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](http://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).

## 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.

## PICNICKING

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

## PLAYGROUND & PLAYScape

The children's playground in the main picnic area 1-1/2 miles from the park entrance includes separate play areas for pre-schoolers and for older children. Nearby restrooms are open mid-April through mid-October.

## 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. ■



# SEEN IN POLK CITY

## POLK CITY FARMERS MARKET THURSDAY, JUNE 29.



Martha Sheldahl and her helpers



Sheryl and Dana Franz



Reagan and Erin Flemmer



Jerusha and Eric Woollard



Dorothy Skinner



Mike Blair



Betsy and Willis Huff



Kayla Meyers ■

## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

### ON STAGE

#### CAROUSEL THEATRE OF INDIANOLA

117 E. Salem Ave., Indianola,

[www.carouseltheatre.org](http://www.carouseltheatre.org)

July 28-30, Aug. 4-6: Disney's "The Little Mermaid"

#### DES MOINES PLAYHOUSE

831 42nd St., Des Moines, [www.dmplayhouse.com](http://www.dmplayhouse.com)

July 14-30: "Little Shop of Horrors"

Sept. 8-24: "Once"

#### DES MOINES YOUNG ARTISTS' THEATRE

Various venues, [www.dmyat.org](http://www.dmyat.org)

Aug. 18-27: "Shrek: The Musical" at Stoner Theater

#### DMACC ANKENY THEATRE

Black Box Theatre,

Building 5, 2006 S. Ankeny Blvd., Ankeny

[www.dmacc.edu/theatre/ankeny](http://www.dmacc.edu/theatre/ankeny)

July 25-30: "The 25th Annual Putnam County Spelling Bee"

#### URBANDALE COMMUNITY THEATRE

Urbandale High School Performing Arts Center,

7111 N.W. Aurora Ave., Urbandale

[www.urbandaletheatre.com](http://www.urbandaletheatre.com)

July 22-30: "The Drowsy Chaperone"

### 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](http://www.guthriesriverruckus.com).



### 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](http://www.nationalballoonclassic.com)

### THE WATER RIDE

Saturday, Aug. 26

Confluence Brewing Company

Start at Confluence Brewing Company and enjoy the Des Moines trails. Join in riding for a cause and help raise awareness and funds to support water and education projects in Ghana, Africa. Show up around 11 a.m. to sign in or register and get your Water Ride gear. Start riding your bicycle at noon from Confluence with riders throughout the community. Over the past 10 years, the money raised through various Water Ride events has helped fund three wells and the creation of TMP Academy, a primary school in Ghana. All proceeds from this event go directly to ensuring all students of TMP Academy have access to education when finances would otherwise be a barrier they are unable to get around. TMP Academy currently educates more than 150 kids. To date, more than \$45,000 has been raised. Official 2023 Water Ride stops are Confluence Brewing Co., 515 Brewing and Peace Tree Brewing DSM. The event link is [www.facebook.com/events/278203251215477/?active\\_tab=discussion](https://www.facebook.com/events/278203251215477/?active_tab=discussion). ■



## RECIPE

# MAKE MORNINGS A BREEZE WITH TIME-SAVING BREAKFASTS

*(Family Features)* Make your mornings easier with delicious, better-for-you meals you can make ahead of time using simple ingredients like Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. You don't have to know how to pronounce quinoa to enjoy its light, nutty flavor packed with protein and all nine essential amino acids.

As a good source of fiber, it's a perfect solution composed of a medley of red, black and white quinoa that can make these Ham, Cheese and Zucchini Breakfast Cups a breeze. They're an ideal on-the-go solution for weekday breakfast bites that fit your busy schedule.

Cook up a batch as part of your Sunday meal prep and enjoy a week's worth of tasty, simple cups for the entire family. Once the combination of green onions, cheddar, ham, quinoa and more have been cooked and cooled, they can be refrigerated for up to one week. ■

## HAM, CHEESE AND ZUCCHINI BREAKFAST CUPS

**Prep time: 15 minutes**

**Cook time: 25 minutes**

**Servings: 12**

- 1 bag Success Tri-Color Quinoa
- nonstick cooking spray
- 1 cup shredded cheddar cheese
- 1 cup shredded zucchini
- 1/2 cup diced ham
- 2 eggs
- 1/4 cup egg white
- 1/4 cup sliced green onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Directions:

Prepare quinoa according to package directions. Preheat oven to 350 F.



Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.

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## FUNERAL NOTICE

*Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)*

### MARLENE M. SUTTER

Marlene M. Sutter, 91, died on July 10, 2023, at the Madrid Home in Madrid. Private family graveside services were held at the Lincoln Township Cemetery in Alleman.

Marlene was born in Polk City to Vernon and Opal (Fread) Sutter on Aug. 6, 1931. She lived in the Polk City area all her life. Marlene worked for Blue Cross & Blue Shield insurance and retired from there after 30 years. She is survived by her brother, Melvin, of Ankeny, and three nieces, Denise Pittman (Neil) of Altoona, Donita (Terry) Barrett of Ankeny, and Doreen (Doug) Shetterly of Polk City, as well as other extended family. ■



## 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](http://www.polkcityumc.org/free-clinic.html). For more information, call Clinic Manager Tess Young at 515-238-6425. ■

### CITY, FROM FRONT

enhancing Polk City's downtown district, prioritizing arts and culture projects, and showcasing the existing natural environment opportunities throughout Polk City, which make it a recreation destination.

"Polk City is honored to be an Iowa Great Place, and this opportunity gets us one step closer to being Central Iowa's Recreation Destination," stated Mayor Steve Karsjen. With the designation, Polk City will have access to new grant opportunities through the State of Iowa to help fund projects. ■

## 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.

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

**SEND IN YOUR FREE CLASSIFIED AD BY WEDNESDAY AT 10 A.M. TO [BECKHAM@DMCITYVIEW.COM](mailto:BECKHAM@DMCITYVIEW.COM)**

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