

POLK CITY *Living Weekly*

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SEEN IN POLK CITY



PRINCESSES AT FOUR SEASONS FESTIVAL: Susie Sheldahl, Realtor, Realty ONE Group Impact, sponsored the princesses at the Four Seasons Festival on July 22. Pictured: Princess Belle; Andy, Susie and Lilly Sheldahl; and Princess Anna. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 96 | LOW 66

Mostly sunny and hot



SATURDAY HIGH 86 | LOW 63

Sunny; lower humidity



SUNDAY HIGH 87 | LOW 67

Becoming cloudy



MONDAY HIGH 86 | LOW 67

Partly sunny and humid



TUESDAY HIGH 91 | LOW 66

More clouds than sun



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FROM THE PUBLISHER

BIRTHDAY SPANKINGS

I wasn't on the receiving end of many spankings as a youth. I may have thought I was at the time, but, looking back, they were minimal. My big brother Steve, on the other hand, took his share, and I learned a lot about what to do and not to do from basic observation.

Mom was the primary giver of spankings at our home. I only remember Dad giving me spankings once, and it was a result of Steve and me being reckless and breaking things. I never wanted that again. Although Mom's spankings were more frequent, they were much softer, too. She thought she was being strict when the yardstick came out, but it was mostly an act. In fact, Steve said Mom's spankings didn't hurt at all, even with the yardstick. He told me to just let her do it and fake like they hurt. Most importantly, he said, was to not block the spankings by putting my hands in the way, because that did hurt. He was right.

Before I give you the wrong impression, you should know

that spankings were few and far between from my parents — but they were memorable. I never felt abused or mistreated. I simply knew that I messed up and that there would be consequences. The guilt I felt over disappointing my parents was much worse than any pain from physical spankings.

But what about birthday spankings? Anyone remember those? They were to be fun spankings, if there ever was such a thing. Again, I remember watching my older siblings receive these. I never understood why something so pleasurable as a birthday would be ruined with something so unpleasant as spankings. At our home, a small wooden breadboard with a short handle would come out at each of our birthdays, and the party guests would laugh as the birthday kid was placed over a knee and spanked. The laughs were the greatest the time when the board broke on Steve's



bottom. That board was likely 50 years old and glued together a few times, but it makes for a good story to this day. My birthday wish was to skip the birthday spankings. For the most part, the wish was granted.

For those of you not familiar with birthday spankings, the birthday boy or girl would typically receive a hand slap on the rear for each year of the child's life. Beyond that number, a child would receive another spank "to grow on." What in the world was that?

My words are not meant to condone or condemn spanking, as you all clearly have your own strong opinions on the subject. Instead, I want to simply point out how quickly times and traditions have changed. As for the disappearance of birthday spankings, we can certainly be grateful. At least I am. ■



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RAISING READERS IN THE HEARTLAND EXPANDS TO POLK CITY

BY JACKIE WILSON

Jill Friestad-Tate, a Polk City resident, children's book author and college professor, knows the importance of children reading at an early age. As she is passionate about books and early readers, she has partnered with Dolly Parton's Imagination Library and created a non-profit organization, Raising Readers in the Heartland.

In 1995, Dolly Parton launched Imagination Library to benefit children and foster a love of reading among her home county's preschool children and their families. The program gives each child a book a month and mails the children books, regardless of their family's income.

Dolly Parton's Imagination Library now sends more than two million books per month around the world.

Raising Readers in the Heartland (RRITH) launched the affiliate program last year in Alleman, Elkhart and Sheldahl. This year, they expanded the program to children in Polk City, with a book giveaway and sign-up event in June.

RRITH's mission is to improve literacy rates for children from birth through the age of 5 by providing free, high-quality, age-appropriate books to all children in Polk

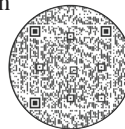


RRITH is providing free books for young children in conjunction with Dolly Parton's Imagination Library.

County. The RRITH is a volunteer-run, non-profit organization and each dollar donated goes directly to launching new zip codes and purchasing books for children. Donors provide money for the books. Each book costs \$2.10.

The support of individuals and businesses is necessary to continue providing books to children in Polk County. Parents can sign up to have their registered children receive one book each month, mailed to their home. To donate or sign up, visit www.rrith.org.

See the full story in the July issue of North Polk Living magazine. ■



NORTH POLK COMET CUPBOARD FOOD PANTRY

The NP Comet Cupboard Indoor Food Pantry is open on the first and third Wednesdays of the month from 5-6:30 p.m. (no appointment necessary and no eligibility requirements). It is located in the Education Wing of Polk City United Methodist Church, 1421 W. Broadway St., Polk City.

The NP Comet Cupboard in Polk City is doing food rescue at the Polk City Fareway store three days a week.

Those who wish to donate items can place them inside the tiny pantry or bring them to the big red collection barrel inside the church. If you or someone you know are in need, take what you need.

Food items commonly needed are dry soup mixes, canned vegetables, canned fruit, canned tuna/chicken, canned pasta, instant mashed potatoes, dried pasta, pasta sauce, peanut butter, jelly, mac-n-cheese, cereal, pancake mix and syrup, instant oatmeal, cornbread/muffin mix, brownie/cake mix, breakfast bars, granola bars, popcorn, hot tea, cocoa packs, coffee. Donations of personal items such as chapstick, hand cream, Kleenex, hand sanitizer, etc. are also appreciated. For \$25, you can help fill one bag of groceries for a family facing financial hardships. ■

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.

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. ■

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.

PONY TALES

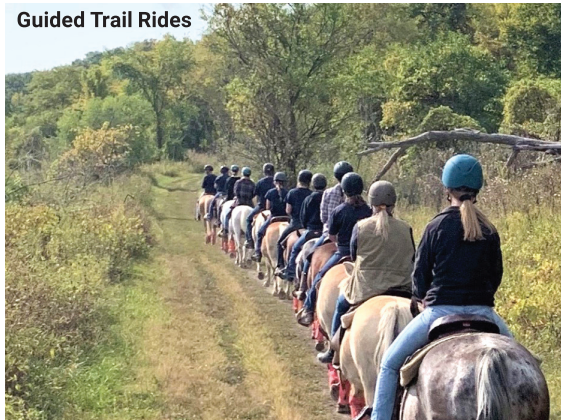
**Jester Park Equestrian Center,
11171 N.W. 103rd Court, Granger
Tuesday, Aug. 15, 11:30 a.m.**

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.

Pony Tales



Guided Trail Rides



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. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Photo by Kristie Burns

FREE BISON DAY FAMILY FESTIVAL**Saturday, Aug. 5 from 10 a.m. to 2 p.m.****Neal Smith National Wildlife Refuge**

Mark your calendars for Bison Day at Neal Smith National Wildlife Refuge. This free event will be filled with fun, educational and family-friendly activities. Bring your friends and family and join this celebration of the American bison and our tallgrass prairie heritage. Participate in bison and tallgrass prairie-themed activities such as bison and monarch related crafts, antler ring toss game, wildlife fur and skull match, prairie wildflowers and pollinator scavenger hunt, a self-guided bison trivia game along the Overlook Trail, and receive free wildlife stickers, coloring sheets and a milkweed seed packet. Additionally, get an opportunity to view the bison (including 12 bison calves) and elk herds (three elk calves) along the five-mile Prairie Wildlife Drive. Free loaner binoculars will be available.

HINTERLAND MUSIC FESTIVAL**Aug. 4-6****Avenue of the Saints Amphitheatre,
3357 St. Charles Road, St. Charles**

Hinterland, the largest music festival in Iowa, makes its annual return to St. Charles, this time headlined by musical acts such as Bon Iver, Zach Bryan and Maggie Rogers. These big stars will be accompanied by 20-plus musical acts throughout the weekend. For a full schedule, visit www.hinterlandiowa.com.

ADEL SWEET CORN FESTIVAL**Aug. 12****Adel**

The Sweet Corn Festival in Adel features an Iowa summertime staple, along with family fun entertainment including a 5K run, car show, street party and the largest parade in Dallas County. For a full schedule, visit www.adelpartners.org/sweet-corn-festival.

**IOWA STATE FAIR****Aug. 10-20****Iowa State Fairgrounds,
3000 E. Grand Ave, Des Moines**

The Iowa State Fair hosts a variety of musical acts. From pop, country, boy bands to rock, the state fair will have any music fan's taste covered. In addition, enjoy all the activities to be had and the myriad of food offerings, including 64 new food items this year. For a full schedule, visit www.iowastatefair.org/entertainment/fair-schedule.

**WORLD FOOD & MUSIC FESTIVAL****Aug. 25-27****Western Gateway Park,
1205 Locust St., Des Moines**

Enjoy a weekend of international cuisine, live music and performances. For a full schedule, visit www.dsmpartnership.com/worldfoodandmusicfestival.

**INGERSOLL LIVE****Aug. 26, 3-10 p.m.****2800 block on Ingersoll Avenue, Des Moines**

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit www.thevenuesdsm.com. ■



RECIPE

TIME-SAVING BREAKFAST

(Family Features) Mornings can be hectic enough with wake-up calls, preparing for work, getting the kids ready and so many other daily tasks. Add in the need (or desire, at least) for a nutritious breakfast, and starting a new day can feel downright exhausting.

For a creamy, fruity, dairy-free option, Quinoa Overnight Oats make for a satisfying breakfast you can grab from the fridge and take to the office. Loaded with whole grains, bananas, blueberries and pomegranate, they'll provide the energy you need to get through the day while saving time in the morning.

These tasty treats can also last up to 1 week in the refrigerator, but remember to wait to add any crunchy toppings, honey or syrup until you're ready to enjoy so those favorite ingredients stay fresh longer. Another pro tip: Once you're done preparing your sweet, nutritious breakfast for the week ahead, divide evenly into four resealable to-go containers to make weekday mornings as easy as possible. ■

QUINOA OVERNIGHT OATS

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Tri-Color Quinoa
- 2 cups almond milk
- 1 cup quick-rolled oats
- 2 bananas, mashed
- 1/2 teaspoon ground cinnamon
- 1 cup fresh blueberries
- 1/2 cup pomegranate seeds

Directions:

Prepare quinoa according to package directions. Let cool completely.

In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.



Tips:

For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

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SEEN IN POLK CITY



FESTIVAL VENDORS: Mary Lewellin, Red Dragon Herbs & Teas, and Alysia Olson, Meraki Mamas Boutik, had booths at the Four Seasons Festival July 22. ■

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. ■

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. ■

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CLASSIFIED ADS

GARAGE SALE: Southwest Newton. Clothes from WHBM, Nordstrom, local boutiques - \$1 EACH piece! Shoes \$2/pair. Coach bag. Refrigerator, Homemakers furniture, Hoover carpet cleaner, tools, hunting supplies much more. Friday, August 4 from 5-7p.m. Saturday, August 5 from 9 a.m. - 2 p.m. Last hour on Saturday (1pm-2pm), all remaining items on tables go to 25 cents. 909 S 5th Avenue W, Newton.

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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