

# POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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## SEEN IN POLK CITY



Polk City Community Foundation recently granted \$5,000 to the Friends of Polk City Parks for the completion of the town square pocket park. Foundation members pictured are Nan Boland, Emily Feldman and Susie Sheldahl, along with Friends of Parks members (in green shirts). ■

### POLK CITY WEATHER FORECAST

**FRIDAY HIGH 86 | LOW 69**

Humid with times of clouds and sun

**SATURDAY HIGH 83 | LOW 66**

Mostly cloudy with a thunderstorm

**SUNDAY HIGH 77 | LOW 61**

Clouds and sun; t-storm in spots

**MONDAY HIGH 79 | LOW 59**

Mostly cloudy

**TUESDAY HIGH 85 | LOW 63**

Mostly sunny and delightful



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FROM THE PUBLISHER

# FREEDOM TO FLOURISH

By now you have likely heard that Iowa has a new state logo and slogan. “Freedom to Flourish” is the catchy new phrase, replacing “Fields of Opportunities,” which has been on the 68 welcome signs located on Interstate Highways 80 and 35 since 1999.

Gov. Kim Reynolds likes the new marketing, and I do, too. Sure, there will be detractors, much like those who spout their salty opinions whenever a new license plate design is announced and then fork out more of their own money to buy the all-black ones.

Gov. Reynolds says the new logo will appear on state websites starting tomorrow, but it will take some time to roll out everywhere. For what it’s worth, I like the new slogan and logo, but I have to wonder how much this all cost. How does \$305,000 hit you?

That may sound steep, but consider this. The slogan and logo consist of four words, so the cost

per word whittles down to \$76,250. Maybe that’s not fair. OK, there are 21 letters, so the cost per letter is a measly \$14,523.

The state worked with consulting group FleishmanHillard out of St. Louis, because who knows how to better market Iowa than Missourians? Anyway, the folks at FleishmanHillard clearly like the slogan and logo. At that price, who wouldn’t?

But before you get too wound up about how your taxpayer dollars are being spent, know that the \$305,000 came from federal American Rescue Plan Act funds, or what is better known as the COVID-19 Stimulus Package. You know, the \$1.9 trillion economic stimulus bill passed by Congress and signed into law by President Biden to speed up the country’s recovery from the pandemic and



recession.

Oh, wait. Those are tax dollars, too. Different bucket, though.

Don’t spit out your coffee yet; there are more dollars to be spent. The cost to replace the 68 interstate road signs is estimated at \$375,000 more, but we are told those dollars would come from existing budgets. Since I have my calculator handy, I did the math and came up with a cost of \$5,515 per sign.

I am guessing many of you reading this could have come up with some good slogans for a lot less money. Prove me right. Send me your suggestions, and I will share them in the Daily Umbrella.

Have a great week, and thanks for reading. ■

**Shane Goodman**

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# SEEN IN POLK CITY



The Polk City Community Foundation recently granted a donation request to the Polk City Police Department to help with its summer kickoff event. Pictured are Police Chief Jeremy Siepker; K-9 officer Matt Aicher; Foundation members Susie Sheldahl, Nan Boland and Emily Feldman; and Sergeant Matt Aswegan. ■

## POLK COUNTY CONSERVATION

### 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. ■

## 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](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. ■



# POLK CITY LIBRARY

1500 W. Broadway St. • 515-984-6119 • [polkcitylibrary.org](http://polkcitylibrary.org)

## ANNOUNCEMENTS

The library will be closed Monday, Sept. 4, in observance of Labor Day.

## STORY TIME

**Mondays and Tuesdays, 10 a.m., beginning Sept. 11**

Join Ms. Allyson at the library for stories, songs and an activity or craft. Choose the day that works best for you. Register online at our website for one of the programs each week. Every story can be logged in our 1,000 Books Before Kindergarten program, too.

## CHAIR YOGA

**Mondays, 9 a.m., beginning Sept. 11**

Join Rachel via Zoom. We will be broadcasting the class on the big screen in the library or you can join us from home. Yoga is for everyone and every body. Yoga is not for flexible people but for people who want to become more flexible. This chair yoga practice will include breath work, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair, like a kitchen chair, and a small hand towel or kitchen dish towel. Join the Zoom meeting on our website at [polkcitylibrary.org](http://polkcitylibrary.org).

## LADIES' WEDNESDAY COFFEE

**Wednesdays, 10 a.m. to noon**

Ladies, join us for coffee and conversation.

## SIT N STITCH

**Thursdays, 6-8 p.m.**

Bring your current project and join us for stitching and conversation.

## MEN'S FRIDAY COFFEE

**Fridays, 10 a.m. to noon**

Gentlemen, drop in for coffee and conversation. Enjoy spending time and having a few laughs or interesting discussions with other men from around the area.

## WEDNESDAY BOOK CLUB

**Sept. 6, 7 p.m., "Gender Queer" by Maia Kobabe**

Join us as we discuss this memoir that started as a way to explain to their family what it means to be nonbinary and asexual. More than a personal story, it is a useful and touching guide on gender identity — what it means and how to think about it — for advocates, friends and humans everywhere.

## COMETS KIDS CLUB FOR K-5TH GRADERS

**Monday, Sept. 11, 4 p.m.**

Come and enjoy a few games of Back-to-School Bingo. Register online at our website.

## CRAFTERNOON

**Tuesday, Sept. 12, 2 p.m.**

Join us for a fun afternoon of crafting. Activity to be determined. All supplies will be provided. Ages 17 and older. Register online at [polkcitylibrary.org](http://polkcitylibrary.org).

## COLORING NIGHT AT FENDERS BREWING

**Wednesday, Sept. 13, 4-9 p.m.**

Come for a night of relaxation and fun with friends at Fenders Brewing.

## MUSIC AND MOVEMENT (TODDLERS AND PRESCHOOLERS)

**Thursday, Sept. 14 (held on the second Thursday of each month), 10 a.m.**

Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

## FRIENDS OF THE LIBRARY BOOK SALE

**Saturday, Sept. 16, 8 a.m. to noon**

Purchase a bag for \$5 and fill it with books, DVDs and books on CD. No donations are accepted for this book sale. ■

## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**URBANDALE SUMMER  
PERFORMANCE SERIES**

Tuesday, Aug. 8, 6:30 p.m.

**Charles Gabus Memorial Tree Park**

All ages are welcome to this free concert. Bring a blanket or lawn chair. For the final concert of the series, Black Dirt Ramblers will perform.

**MOVIES IN THE PARK**Aug. 11, "Black Panther: Wakanda Forever"  
(PG-13)**Centennial Park Open Air Shelter,  
1255 Warrior Lane**

Enjoy Hollywood's biggest hits under the stars with Movies in the Park! Movies in the Park is free and provides an abundance of entertainment. Showtime is at dusk (approximately 8:45 p.m.) in Centennial Park. Bring lawn chairs, blankets and refreshments, and get ready to make memories with family and friends.

**FOOD TRUCK FRIDAYS**Friday, Aug. 25, and Friday, Sept. 8, 5:30-8 p.m.  
**Campbell Park, 12385 Woodlands Parkway, Clive**

The Clive Parks and Recreation's popular Food Truck Friday events feature local music, food trucks, and beverages in a family-friendly setting. Campbell Park is now a cashless facility. Entertainment on Aug. 25 is Randy Burk and the Prisoners. On Sept. 8, entertainment is Brian Herrin Trio.

**CELEBRATE WOMEN'S EQUALITY DAY**

Saturday, Aug. 26, noon to 2 p.m.

**McDonalds Woods Park, Norwalk  
(rain location, Norwalk Easter Public Library)**

Celebrate 103 years of women winning the right to vote. Women and daughters, bring your favorite poem, speech or drawing that depicts how you feel about our struggles, success. If willing to help with food, supplies and/or set up, call 515-631-9153.

**THE VALLEY JUNCTION  
FARMERS MARKET AND  
MUSIC IN THE JUNCTION**

Thursdays through Sept. 28, 4-8:30 p.m.

**Historic Valley Junction,****100-300 blocks of Fifth Street and Railroad Park**

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmetics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; Sept. 28, The Crust.

**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 over 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

# COOL OFF WITH A SWEET, FROZEN TREAT

*(Family Features)* When the sun is shining and you need to beat the heat, cool down with a little shade and a nutty, frozen treat. This kid-favorite is a childhood classic you can customize with favorite toppings, too.

Made with the protein power of peanuts, these Peanut Butter Ice Cream Sandwiches are easy to prepare on hot days that call for a cold dessert. Just bake chocolate chip cookies, spread them with peanut butter, add a scoop of ice cream and roll in chopped peanuts, chocolate chips or toasted coconut for a sweet bite of perfection.

With approximately 4,000 active peanut farmers, it's likely your peanuts — often referred to as “nutrition in a nutshell” — came from Georgia, which produces 52% of the country's supply. ■

## PEANUT BUTTER ICE CREAM SANDWICHES

*Recipe courtesy of Peanut Butter Lovers and the Georgia Peanut Commission*

**Yield: 12**

- 24 fresh baked chocolate chip cookies (about 3 inches in diameter), cooled
- 1 1/2 cups creamy or crunchy peanut butter
- 1 1/2 quarts vanilla ice cream, slightly softened
- chopped peanuts, for topping (optional)
- mini chocolate chips, for topping (optional)
- toasted coconut, for topping (optional)

### Directions:

On 12 cookies, top sides down, spread layer of peanut butter. Add one scoop of ice cream to each. Create sandwiches by topping with remaining cookies.



Roll edges of ice cream in chopped peanuts, mini chocolate chips or toasted coconut, if desired. Place on baking sheet in freezer and freeze until firm. Serve slightly frozen.

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# SEEN IN POLK CITY



Polk City Community Foundation recently fulfilled a grant for the Polk City Fire Department for their new sonar equipment. Pictured are Nan Boland, Fire Chief Karla Hogrefe, Mark Voyek, Brennan Burke, Susie Sheldahl and Emily Feldman. ■

## 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. ■

## 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. ■

## 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.

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

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