

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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FALL 2023 CITIZEN'S ACADEMY UPCOMING

The Citizen's Academy is back for another session. This academy is a program that allows interested residents to learn more about Polk City local government. Those interested can apply for the five-part series this fall to learn and become more engaged.

The Academy is sponsored by the Mayor and City Council and addresses one of the established goals of the City Council, which is to connect our community with each other and with local government officials. Sessions are:

Week 1: Public Works, Thursday, Sept. 21, 5:30-8 p.m. Presenter: Mike Schulte, Public Works Director.

Week 2: Public Safety, Thursday, Sept. 28, 5:30-8 p.m. Presenters: Jeremy Siepker, Police Chief, and Karla Hogrefe, Fire Chief.



Week 3: Culture and Recreation, Thursday, Oct. 5, 5:30-8 p.m. Presenters: Jamie Noack, Library Director, and Jason Thraen, Parks & Recreation Director.

Week 4: City Government and Administration, Thursday, Oct. 12, 5:30-8 p.m. Presenters: Chelsea

Huisman, City Manager, and Jenny Coffin, City Clerk.

Week 5: City Council Meeting, Monday, Oct. 23, 6 p.m. Mayor Steve Karsjen and Council Members Jeff Walters, Dave Dvorak, Rob

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ACADEMY, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 82 | LOW 62
Sunny



SATURDAY HIGH 92 | LOW 68
Sunny and humid



SUNDAY HIGH 95 | LOW 71
Mostly sunny and hot



MONDAY HIGH 95 | LOW 73
Mostly sunny, hot and humid



TUESDAY HIGH 99 | LOW 70
Partly sunny and hot; less humid



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FROM THE PUBLISHER

WHAT HAPPENED TO THE COIN POUCH?

When I pay for things with cash, I often throw the coins in a nook on the console of my vehicle. When the coins start piling up, I toss them in my pocket, and they usually end up in my desk drawer, waiting to be exchanged for a Snickers bar in our office vending machines.

When I picked up the coins recently, I thought of those pocket-sized, rubber, oval-shaped coin pouches that seemingly everyone had when I was a kid. Whatever happened to those things?

As I recall, the coin pouches were produced in a variety of bright colors, sometimes with a key chain, and almost always with some sort of advertising on them. When you squeezed them, they opened up like a mouth for the coins to drop in. You may also remember that they had a strange smell, typical of rubber or plastic items of the time.

Quikoin, of Akron, Ohio, was the original company that produced these squeezable coin

pouches. The company started making them in 1951 and produced tens of millions for the next few decades. According to an article on Cleveland.com, the Quikoin was named as one of the top five promotional products of the 20th century by the industry's trade group. That same article says Frank Sinatra even carried a Quikoin so his change didn't jingle around in his pocket when he was performing.

The patent on the Quikoin has expired, but the company says competitors haven't been able to duplicate their technology. In fact, they are so secretive about the manufacturing that they won't allow photographs of their production line. I love it.

If I remember correctly, that handy little pouch could hold a few bucks in coins. You could stuff a few more in, but the pouch wouldn't close completely then, and it was a bit uncomfortable



in your pocket, especially if you were wearing a pair of size 6 Toughskins.

Quikoin has apparently made a resurgence in recent years as some folks like me seek out the nostalgia. The company says it is selling about 2 million per year now to those who want to "conjure up old memories." Others, according to the article at Cleveland.com, are using them to store earrings, guitar picks and even condoms.

Maybe you have a few of these coin pouches today. If so, shoot me a note and let me know. Better yet, send me a photo, too. Or if you are really feeling generous, mail me an actual coin pouch. I will fill it with my own coins.

Have a terrific Tuesday, and thanks for reading. ■

Shane Goodman

President and
Publisher

Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



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A publication of Big Green Umbrella Media, Inc.
8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact

Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact

Dan Juffer
515-371-2290
dan.juffer@dmcityview.com

POLK COUNTY CONSERVATION EVENTS

For more information and registration, visit www.polkcountyiowa.gov/conservation/events.

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.

HORSE WHISPERS IN THE WOODS

Thursday, Nov. 9, 6 p.m.

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

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. ■

SPOOKY TALES AT THE MUSEUM ON THE SQUARE

The public is invited to Spooky Tales Oct. 21 at 7 p.m. at the Polk City Museum on the Square. Stories are appropriate for teens and adults, but not younger children. Admission is \$10 at the door for this fundraiser by Big Creek Historical Society. The mood will be set in this old building with cobwebs, pumpkins, organ music and more fun. ■

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. ■

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. ■

COMMON QUESTIONS

How can I find out about city meetings, programs and events?

Visit www.polkcityia.gov/calendar/events or follow Polk City on social media:

- **Facebook:** /cityofpolkcity
- **Twitter:** @CityofPolkCity

You can also sign up for a variety of notifications at www.polkcityia.gov/subscribe for City alerts and news, agendas and minutes.

Where can I get information about rental housing properties?

A list of rental properties along with contact information is available online at www.polkcityia.gov/residents/pages/renting-home. ■

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 CITY LIBRARY

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

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.

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**FALL FESTIVAL DALLAS CENTER****Aug. 25-26****Dallas Center**

Fall Festival is known for being a family-friendly event that is the pride of Dallas Center. This year's theme is "Feeling Groovy in DC." Enjoy the carnival, parade, fireworks, live music, sand volleyball tournament, cow pie drop, cornhole tournament, car show, garden tractor pull, pedal pull, pie auction, 5K/1 mile road race, toddler trot, cribbage tournament, bingo, freewill donation BBQ and so much more. For more information, visit www.dallascenterfallfestival.com.

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.

**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.

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

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.theavenuesdsm.com.

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.

OKTOBERFEST**Sept. 22-23****Lauridsen Amphitheater,****Water Works Park, 2251 George Flagg Parkway**

Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a Silent Disco featuring 11 DJs over three days, and much more. www.oktoberfestdsm.com.

LOG CABIN DAYS FESTIVAL**Sept. 23****Warren County Fair Grounds,****1400 W Second Ave., Indianola**

The annual festival brings you in for a taste of Indianola history that will include craft booths, quilt exhibit, an antique car show and classic car show at the Warren County Fair Grounds.

LATINO HERITAGE FESTIVAL**Sept. 23-24****Western Gateway Park, 100 Grand Ave., Des Moines**

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, 100 Grand Ave., Des Moines. www.latinoheritagefestival.org. ■

RECIPE

FUEL FOR FULL DAYS OF LEARNING

(Family Features) Between morning routines, days spent in the classroom, extracurriculars and homework, it may seem like there's never enough time in the day during the school year. However, making time for tasty meals and snacks doesn't have to be another burden on jam-packed schedules.

These easy-to-make sliders featuring kid-friendly flavors can help keep little learners (and older family members, too) fueled up and ready to tackle all the school year throws their way. ■

SIMPLE, KID-FRIENDLY SLIDERS

For those busy school nights when time is at a premium and you need to get a meal on the table quickly, these simple yet savory Pepperoni Pizza Sliders can be a perfect solution. A modified take on a kid favorite – pizza – they're easy to make after work and extracurricular activities to steal a few moments of family time enjoying the cheesy pepperoni goodness before completing homework and beginning preparations for a new day.

Pepperoni Pizza Sliders

Recipe adapted from MilkMeansMore.org

- 1 package slider rolls
- 1/2 cup pizza sauce
- 1/2 cup mini pepperoni
- 1 1/2 cups shredded, low-moisture, part-skim mozzarella cheese
- 1/4 cup butter, melted
- 1 teaspoon parsley flakes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 cup shredded Parmesan cheese
- nonstick cooking spray

Directions

Heat oven to 350 F.



Keeping rolls connected, cut sheet of rolls horizontally, separating tops from bottoms. Place bottom halves of rolls in baking dish.

Spread pizza sauce evenly over bottom halves. Sprinkle pepperoni over sauce. Sprinkle mozzarella over pepperoni and cover with top halves of rolls.

Mix melted butter with parsley flakes, dried oregano, garlic powder and shredded Parmesan cheese. Spoon evenly over sliders.

Cover baking dish with aluminum foil sprayed with nonstick cooking spray to keep cheese from sticking.

Bake 20 minutes.

Remove foil and bake additional 5-10 minutes, or until Parmesan is melted and golden brown.

Cut sliders and serve immediately.

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.

The Tiny Food Pantry, an Eagle Scout project by Andrew George, sits at the entry drive to the church and is available 24/7. It is restocked regularly.

Those who wish to donate food or personal care items can place them directly 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.

Donations are welcome. 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. ■

ACADEMY, FROM FRONT

Sarchet, Mandy Vogel and Ron Anderson.

If you have ever wondered how the City functions behind the scenes, then this academy is for you. During this free five-week experience, you will become more connected with

your local government. Applications are available at City Hall or on the City website, www.polkcitiya.gov. Class size is limited to 15 participants. Dinner will be provided on Thursdays. For questions about the Citizen's Academy, call the Clerk's Office, 515-984-6233 or email support@polkcitiya.gov. ■



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CLASSIFIED ADS

FOR SALE: 2006 Chevrolet Silverado truck 4x4, V8, crew cab, 148,000 miles, great condition. Call 641-757-0731

FOR SALE: GE electric glass top oven range. Double oven, air fry, conv. bake, warming burner self & steam clean 8 months old. \$90. Call 515-745-5002.

FOR SALE: Softball/Baseball Pitching/Hitting net. \$20. Call/Text 515-238-3198.

FOR SALE: Nice bunk beds. Solid built. \$175. call or text 515-238-3198 and I can send photos.

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.

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.

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

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