

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

BIKETOBERFEST SUPPORTS PARKS

Join Polk City Friends of the Parks' second annual bike ride Saturday, Sept. 30, noon to 3 p.m. before attending Polk City Fall Fest. Check in any time during the event. Your support helps enhance, grow and maintain the Polk City parks, trails and green spaces. Funds from this event go toward bike trail connections, bike racks and fix-it stations throughout town.

Registered bike riders will receive \$2 off drinks at each stop (Fenders, Fleetwood at the MARINA, Firetrucker and Nite Hawk) during the event's hours. Registration in advance is \$20 per individual biker, 21 and older and free for 20 and younger. Registration day of the event is \$25. Tickets are non-refundable.

Three suggested routes are included, but riders can ride wherever they are comfortable.

After the ride, enjoy Polk City's annual Fall Fest starting at 3 p.m. and Fenders' annual Fendersfest with live music and activities for children.

For information and to register, visit www.polkcityfriendsoftheparks.com/biketoberfest.



SUGGESTED ROUTES

5.7 mile ride

- Includes stops at Fenders and Fleetwood at the MARINA.



28.5 mile route

- Includes stops at Fenders, Fleetwood MARINA & Firetrucker



25 mile ride

- Includes stops at Fenders, Fleetwood MARINA, Firetrucker & Nite Hawk.



POLK CITY WEATHER FORECAST

FRIDAY HIGH 91 | LOW 66

Mostly cloudy


SATURDAY HIGH 85 | LOW 59

Partly sunny and pleasant


SUNDAY HIGH 82 | LOW 62

Partly sunny and pleasant


MONDAY HIGH 84 | LOW 56

Mostly sunny; breezy


TUESDAY HIGH 81 | LOW 59

Plenty of sunshine



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FROM THE PUBLISHER

REPURPOSING BIRTHDAY CARDS

I received a birthday card from my friend Lee from Wisconsin the other day. It made me laugh, for three reasons.

First, the message was quite funny. The cover read, "Everyone gets to be young once." And the inside said, "Your turn's over."

Second, she repurposed it. Yes, she sent me a birthday card that someone else sent her, and she didn't even try to hide it. She simply put a big X through the message that was meant for her, and she even admitted to the repurposing in her note to me.

Third, she sent me a \$2 bill. Lee is a reader of the Daily Umbrella and remembered a past column on my favorite currency. I think the bill is even real.

Back to point No. 2. Repurposing birthday cards makes great sense to me. Why

not? With cards priced as much as \$10 now, it seems logical and sensible to get more than 30 seconds of satisfaction out of them. And if they are really funny, like the one Lee sent, it makes the pass-along even better.

My wife decided a few decades ago that she would start creating her own personalized cards rather than making Hallmark memories. She became quite good at it with her little stamps and stickers and glitter and corn husks. OK, maybe not corn husks. Maybe. But she did put a lot of stuff and time and effort into her cards. Still does.

I, on the other hand, continue to opt for the store-bought versions. Admittedly, I typically



go for the cheaper versions. I often joke that I spend hours looking for just the right card. Those who know me realize I spend more time searching for the envelope than picking out the card. I was never very good at those matching games. My sock drawer proves it.

Meanwhile, those card-buying days are over. I am following Lee's lead now, and I am saving my cards to repurpose them later.

Everyone gets to be cheap once. And it's my turn.

Have a great week, and thanks for reading. ■

Shane Goodman

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Living Weekly

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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. ■

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. ■

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. ■



FALL FEST CELEBRATES ALL THINGS FALL

Join Polk City Parks & Rec and Go Polk City to celebrate all things fall at the annual Fall Fest on Saturday, Sept. 30, 3-7 p.m. at the Town Square. Kids activities will include pumpkin painting, face painting, inflatables, train rides, character appearances and more. Seasonal vendors will be selling their best fall treats and some delicious eating options as well. ■

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. ■

JOKE OF THE WEEK



*Why did the computer get glasses?
It wanted to improve its website!*

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

Courtesy of The Savannah Bananas

SAVANNAH BANANAS

Principal Park, 1 Line Drive, Des Moines

thesavannahbananas.com

Aug. 25-26

The Savannah Bananas bring their Harlem Globetrotter-style approach to baseball to the home of the Iowa Cubs.

MUSIC IN THE GARDEN

Greater Des Moines Botanical Garden,

909 Robert D. Ray Drive

dmbotanicalgarden.com/events

The welcoming sights and smells of the Botanical Garden heightened by live music and food every Thursday.

Aug. 31: Cory Waller & The Wicked Things

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines

hoytsherman.org

From concerts to comedy, the century old, historic venue will host several acts throughout August.

Aug. 26: Craig Ferguson: The Fancy Rascal Tour

Aug. 31: Happy Together Tour

SEPTEMBER HAPPENINGS

Sept. 1-2: Taste of the Junction, a multicultural festival in Historic Valley Junction; tasteofthejunction.org

Sept. 2: Rob Zombie and Alice Cooper on their Freaks on Parade Tour, with special guests Ministry and Filter at 6 p.m., Wells Fargo Arena, Des Moines; iowaeventscenter.com

Sept. 2-3: Kids Fest at Adventureland Resort, Altoona; adventurelandresort.com

Sept. 2-4, 9-10, 16-17: Fall Renaissance Faire at Sleepy Hollow, Des Moines; sleepyhollowrenfaire.com

Sept. 8-24: “Once” at the Des Moines Playhouse; dmplayhouse.com

Sept. 10: Des Moines Concours d’Elegance car show from 10 a.m. to 4 p.m. at Pappajohn Sculpture Park, Des Moines; desmoinesconcours.com

Sept. 15: The Mavericks concert at 7:30 p.m. at Hoyt Sherman Place, Des Moines; hoytsherman.org

Sept. 15-16: Beaverdale Fall Festival; fallfestival.org

Sept. 15-24: “Persuasion” by Iowa Stage Theatre Company at the Des Moines Civic Center; iowastage.org

Sept. 17: Applefest at Living History Farms; lhf.org

Sept. 17: 5K Beer Run with the Iowa Brewery Running Series at Big Grove Brewery, Des Moines; breweryrunningseries.com/iowa

Sept. 17: Halfway to St. Patrick’s Day Car Show with the Friendly Sons of St. Patrick of Central Iowa at Mugsy’s, Pleasant Hill; friendlysonsiowa.com

Sept. 21-23: Des Moines Area Quilters Guild Quilt Show in the 4-H Exhibits Building, Iowa State Fairgrounds; dmaqq.org

Sept. 22: Des Moines Art Center 2023 Gala; desmoinesartcenter.org

Sept. 22-23: Oktoberfest along Fourth Street, downtown Des Moines; oktoberfestdsm.com ■

RECIPE

A TRADITIONAL BREAKFAST WITH A TWIST

(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.

This quick recipe for a flavorful twist on a breakfast favorite can help keep little learners (and older family members, too) fueled up and ready to tackle all the school year throws their way.

The same bowl of cereal can get boring after eating it for breakfast day in and day out. You may find yourself looking for something new and exciting to start school day mornings on the right foot.

Kids can be picky when it comes to breakfast foods, but this recipe for Sausage French Toast Roll-Ups is a quick and easy way to fill their bellies with a taste of several flavors they may already love. A sizzling sausage link wrapped with French toast, it combines a favorite breakfast protein and traditional deliciousness in one roll. ■

SAUSAGE FRENCH TOAST ROLL-UPS

Servings: 12

- 12 sausage links
- 2 eggs
- 2/3 cup milk
- 3 teaspoons almond extract
- 1/2 teaspoon ground cinnamon
- 6 bread slices, crust removed, cut in half
- 3 tablespoons butter
- syrup

Directions

In skillet, cook sausage links according to package directions. Set aside.

In medium bowl, whisk eggs, milk, almond extract and cinnamon.

Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.



In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-sides down, and cook until all sides are browned, approximately 10 minutes. Drizzle with syrup.

POLK COUNTY CONSERVATION

HORSE WHISPERS IN THE WOODS

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

COMMON QUESTIONS

City Hall in Polk City is located at 112 Third St., 515-984-6233, support@polkcityia.gov. Staff is available Monday through Friday from 8 a.m. to 5 p.m. to handle items including, but not limited to: water and sewer utility services, building permitting and pet licensing. Visit www.polkcityia.gov for more details.

How do I get water service?

To start, stop or change water and sewer utilities, contact City Hall. A \$100 deposit is required to start service, but, if you would like to set up an automatic payment for your water bill, the deposit is waived. The Authorization Form for direct payment can be downloaded from the City's website, www.polkcityia.gov/sites/g/files/vyhlf5571f/uploads/ach_form.pdf or obtained at City Hall.

Can I pay a city bill online?

Polk City accepts water bill payments online at www.polkcityia.gov/administration/pages/online-bill-payment. You can make a one-time payment or set up recurring payments, by choosing the ACH option. If you have any questions, contact City Hall. ■

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.

**SEND IN YOUR FREE CLASSIFIED AD
BY WEDNESDAY AT 10 A.M. TO
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