

POLK CITY Living Weekly

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POLK CITY LIBRARY

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ANNOUNCEMENTS AND OTHER EVENTS

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.

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.

MONDAY BOOK CLUB

Sept. 18, 2 p.m.

“The Husband’s Secret” by Liane Moriarty. Imagine your husband wrote you a letter to be opened after his



death. Imagine you stumble across this letter while he is still very much alive.

BOOK CLUB (K-2ND GRADE)

Tuesday, Sept. 19, 4 p.m.

“How To Catch A Class Pet” by Alice Walstead. Pick up your copy of the book starting Tuesday, Aug. 22, while supplies last. Read, then join us for some fun discussion, games and/or a craft.

LIBRARY, CONTINUED INSIDE

POLK CITY WEATHER FORECAST

FRIDAY HIGH 87 | LOW 61

Mostly sunny



SATURDAY HIGH 93 | LOW 64

Mostly sunny and hot



SUNDAY HIGH 94 | LOW 64

Sunny and hot



MONDAY HIGH 92 | LOW 70

Partly sunny and hot



TUESDAY HIGH 93 | LOW 64

Mostly sunny, hot and humid



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FROM THE PUBLISHER

REMEMBER TV FORECASTS?

Do you remember when you relied on local TV news for weather forecasts? I do. Watching the 10 p.m. news was a ritual in the homes I grew up in and in the early years of my homes as an adult. The news was important, but the No. 1 reason we watched was for the weather reports. Mom made sure the room was quiet when the forecast was announced. The weather reporters — or forecasters or meteorologists or whatever you want to call them today — were household names and were people we felt like we knew and trusted for many years.

Today, we all have numerous sources for weather forecasts, and we can get the latest information with just a few swipes on our smart phones. And, unfortunately, many of those trusted household names on the local TV news are gone. Thank goodness for a few mainstays including Jeriann Ritter, Megan Salois, Brad Edwards, Ed Wilson and Jason Parkin. To be honest,

though, I had to check the station websites to be sure they were still there. When I do watch the local weather reports on TV, I seem to see a new face each time after yet another rookie moves on. I can't keep track of the changes, and I really don't want to. Apparently, I am not alone. So, what's changed?

In a single word, it's streaming. According to techreport.com, the growth of streaming services is causing a concerning decline in traditional TV viewership. The compound annual growth rate of the traditional TV market is predicted to be -2.11%. At the same time, the number of U.S. households with pay TV is expected to drop 50% by 2027. To be fair, a lot of people are still watching traditional TV, but it is in decline.

According to a Nielsen report from July of 2022, streaming surpassed traditional broadcast



and cable TV for the first time ever that month, with a 34.8% share of overall TV viewership. This trend hasn't changed. Nielsen data states that streaming had a 38.1% share of TV viewership for January 2023 and a 34.3% share for February.

So we are now apparently spending our time binge-viewing "Suits" on Netflix or "This Fool" on Hulu rather than watching some guy named Gabe go on about his Megadoppler.

All that is fine and dandy, but when the tornadoes roll in or the blizzards hit, we still grab our remote controls and view the local weather reports, searching for those trusted sources — assuming we have access to local channels, of course.

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



*What did the
Dalmatian say after
dinner?
That hit the spot!*

LIBRARY, FROM FRONT**BOOK CLUB (GRADES 3-5)****Tuesday, Sept. 26, 4 p.m.**

“Planet Omar Incredible Rescue Mission” by Zaniab Mian. Pick up your copy of the book starting Wednesday, Aug. 29, while supplies last. Read, then join us for some fun discussion, games and/or crafts.

**AUTHOR AND HISTORIAN
LINDA MCCANN****Wednesday, Sept. 27, 6 p.m.**

Rosie the Riveter was a name used to encourage women to go to work during WWII. They needed to take the place of the men who were fighting the war. Iowa had 55 businesses that used women to meet production needs of the military. Linda was able to speak with 35 women who had worked as Rosie’s. Some worked in Iowa and others went to the West Coast. She shares their experiences when she speaks. Linda will have copies of all her books for sale for \$20 each (cash or check).

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.

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 polkcitlibrary.org.

**GERI-FIT® STRENGTH
TRAINING WORKOUTS****Tuesdays, 9 a.m. beginning Sept. 12**

Strength Training workouts that work for all ages and fitness levels. Geri-Fit is challenging, effective and safe to do. The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. Ages 50 and older. Stretch bands and a Zoom link are available upon request.

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.

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.

SAFE MEDICATION PRACTICES FOR BETTER HEALTH WITH GENERATION RX: LEARN HOW TO BE YOUR OWN HEALTH ADVOCATE

Thursday, Sept. 14, 1 p.m.

This educational programming will address simple ways to decrease the risk for adverse drug events, the safe storage and disposal of medications, as well as prescription drug misuse in our country.

ADULT COLORING

Tuesday, Sept. 19, 5-7 p.m.

Join us for a relaxing evening of coloring. Colored

pencils and gel pens will be provided. You are also welcome to bring your own. Ages 17 and older.

MESSY MUNCHKINS (TODDLERS AND PRESCHOOLERS)

Thursday, Sept. 21 (held on the third Thursday of each month), 10 a.m.

Does your toddler or preschooler always make a mess? It is actually a great way for them to learn! Visit us and let your child explore sensory tables we will put out. Have your child wear clothes that you don't mind getting dirty.

ADULT D.I.Y

Thursday, Sept. 21, 6 p.m.

Join us for a relaxing evening of crafts. Craft project to be determined. Ages 17 and older. Register online at polkcitylibrary.org one month in advance of the program.

ADULT DIY CARD CRAFTING

Monday, Sept. 25, 6 p.m.

Join Jane and Kim in making handmade cards that are fun to create and treasured by the recipients. Make two cards each of four different designs using numerous techniques. There will be a \$5 material fee payable that night. Beginners are welcome. Feel free to bring scissors and adhesive if you have them, and prepare to have a good time! Ages 17 and older. Register online at polkcitylibrary.org one month in advance of the program.

BOOKMARKS & BRACELETS DROP-IN D.I.Y. KIDS CRAFT

Thursday, Sept. 28, drop in anytime

Stop by the library to color a fall bookmark and create your own slap bracelet, or take it home with you and do it on your own time.

- FREE Wifi at the library
- Download an audio or e-book at: bridges.lib.overdrive.com
- Visit Us on Facebook ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
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From the Ankeny Community Theatre's performance of "The One-Act Play That Goes Wrong." Courtesy of Ankeny Community Theatre.

ANKENY COMMUNITY THEATRE

1932 S.W. Third St., Ankeny

ankenycommunitytheatre.com

Sept. 29 through Oct. 8: "The Addams Family"

ACTORS, INC.

AMES COMMUNITY THEATER

120 Abraham Drive, Ames

actorsinc.org

Sept. 14-16, 22-24: "The Play That Goes Wrong"

DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons,
Stoner Theater, Temple Theatre, 221 Walnut St.,
Des Moines

dmpa.org

Oct. 3-8: "Beetlejuice"

Oct. 10-11: "Bluey's Big Play"

DES MOINES

COMMUNITY PLAYHOUSE

831 42nd St., Des Moines

dmplayhouse.com

Sept. 8-24: "Once"

DMACC ANKENY CAMPUS THEATRE

2006 S. Ankeny Blvd., Ankeny

dmacc.edu/theatre/ankeney/Pages/welcome.aspx

Oct. 14-16, 20-23: "Eleanor and Dolly"

IOWA STAGE THEATRE COMPANY

Stoner Theatre, 221 Walnut St., Des Moines

iowastage.org

Sept. 15-24: "Athena"

TALLGRASS THEATRE COMPANY

2019 Grand Ave., Suite 100, West Des Moines

tallgrasstheatre.org

Sept. 1-17: "Temporary Insanity"

DES MOINES SYMPHONY

Des Moines Civic Center, 221 Walnut St., Des
Moines

dmsymphony.org

Sept. 23-24: DM Symphony Season Debut: Discover
Fandango!

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines

hoytsherman.org

Sept. 7: Taj Mahal and Los Lobos at 7 p.m.

Sept. 9: Herbie Hancock at 7:30 p.m.

Sept. 11: Snarky Puppy at 8 p.m.

Sept. 13: The Robert Cray Band at 8 p.m.

Sept. 15: The Mavericks 7:30 p.m.

Sept. 23: We Are Messengers: Where The Joy Is Tour
at 7 p.m.

Sept. 26: Kenny Wayne Shepherd Band at 8 p.m. ■

RECIPE

A FRESH-BAKED AFTER-SCHOOL SWEET

(Family Features) After a long day of learning or a tough homework assignment, many kids love a warm, chocolatey homemade cookie. Once your kiddos pack away the calculators and put their pencils down, serve up an ooey-goey delight as a reward for all that hard work.

These Brown Butter Chocolate Chip Cookies are ready in just 30 minutes and made with high-quality ingredients you can count on like C&H Dark Brown Sugar for that familiar homemade flavor. ■

BROWN BUTTER CHOCOLATE CHIP COOKIES

Prep time: 15 minutes

Cook time: 15 minutes

Yield: 18 cookies

- 1 cup (2 sticks) unsalted butter, softened
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups C&H Dark Brown Sugar
- 2 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 1 cup chopped pecans, toasted
- 1 1/2 cups semisweet chocolate chips

Directions

In medium saucepan over medium heat, melt butter and cook until foaming and golden brown. Remove from heat and transfer to heatproof bowl. Place in refrigerator until solidified, about 45 minutes.

In medium bowl, whisk flour, baking powder, baking soda and salt. Set aside.

Once butter has solidified, remove from refrigerator. In bowl of electric stand mixer, using paddle attachment, beat butter and sugar at medium speed 2-3 minutes until light and fluffy. Add eggs, one at a time, and vanilla. Mix until combined. Scrape sides of



bowl as needed. Reduce speed, add flour mixture and beat to combine. Add pecans and chocolate chips; mix at low speed until combined. Place dough in refrigerator and rest 30 minutes.

Preheat oven to 350 F and line baking sheets with parchment paper.

Using 2-ounce ice cream scoop, portion out dough on prepared baking sheets, spacing about 3 inches apart. Gently flatten dough balls using palm.

Bake 13-15 minutes, or until golden brown. Allow cookies to cool on baking sheets 10 minutes then transfer to wire rack. Serve warm.

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

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.



with live music and activities for children.

For information and to register, visit <https://www.polkcityfriendsoftheparks.com/biketoberfest>. ■

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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