

POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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BACK TO SCHOOL



Students at North Polk Central Elementary in Alleman arrive for the day. Photo courtesy of North Polk School District, submitted by Communications Director Hunter Fleshner. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 80 | LOW 51

Sunny

**SATURDAY HIGH 83 | LOW 57**

Mostly sunny and nice

**SUNDAY HIGH 77 | LOW 59**

Mostly cloudy with a shower

**MONDAY HIGH 69 | LOW 55**

A.M. showers; partial sunshine

**TUESDAY HIGH 71 | LOW 50**

Clouds and hazy sunshine



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FROM THE PUBLISHER

THE AGE YOU STOP FEELING YOUNG

Do you ever wonder what the age was when you stopped feeling young? Maybe it was so long ago that you can't remember. Or maybe you haven't reached it yet.

Local fitness guru LeMar Koethe, who launched 7 Flags Fitness Center in Clive in the early 1990s, told me frequently that age was only a number, and that how you take care of your body determines your real age. LeMar was right, at least partially. One also needs to take care of the mind and soul, at least from my perspective. And, even then, the aging process continues.

Veteran newsman Michael Gartner tells me he was invigorated by working with young people, and that connection is what he misses the most in his retirement. I agree with him as well, although I have learned that, as much as I enjoy working with younger people, I equally enjoy living by older people.

Clare Ansberry writes the Turning Points column for The Wall Street Journal. In her May

5 contribution, she addressed the "when you stop feeling young" subject, pointing out how Millennials are now starting to feel old. She shared how the average age when Americans stop feeling young, according to a study by Worldwide Independent Network of Market Research, is 43. She also shared findings from Found, a weight-management company, that say the ripe age of 42 is when the average American starts noticing physical signs of aging, including achy joints and gray hair.

As many of you may agree, whether you feel old or not primarily depends on the people you are around, kind of like how you may feel overweight or not depending on the size of those who surround you. I remember, not too long ago, frequently being the youngest person in the room. No more.

As interesting as the question of



what age Americans stop feeling young is, the equally interesting question is at what age Americans start feeling old. And, yes, the ages are different. According again to the Worldwide Independent Network of Market Research, the "feeling old" age is 52. Well, that age has slipped by, too, much like my vision and hearing. But my sense of smell still works great, which is evident by the prevailing scent of Bengay.

When my wife was asked through the years by other moms what the best stage of parenting was, she would often say, "The current stage." That answer continues through adulthood, regardless of what any study might say.

Happy aging, Millennials!

Have a great week, and thanks for reading. ■

Shane Goodman

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FALL FESTIVAL BAZAAR AND BAKE SALE

Enjoy a bazaar and bake sale featuring frozen quarts and pints of homemade chicken and noodles, a large inventory of denim rugs, nuts, cards, baked goods and craft items. The event, held by the Sheldahl United Women in Faith, will be Saturday, Oct. 14, 9 a.m. to noon, at Sheldahl United Methodist Church, Sixth and Hubbell, Sheldahl. ■

FALL FEST CELEBRATES ALL THINGS FALL

Join Polk City Parks and 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. ■

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. ■

HIGH FIVE TO START THE DAY



HIGH FIVE TO START THE DAY: A student at North Polk Central Elementary in Allaman gets a high five from a faculty members as they greet each other at the start of the school day. Photo courtesy of North Polk School District, submitted by Communications Director Hunter Fleshner. ■

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. ■

JOKE OF THE WEEK



*Why did the deer go
to the dentist?
It had buck teeth!*



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POLK CITY LIBRARY

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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.

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.

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.

BOOK CLUB (GRADES 3-5)

Tuesday, Sept. 26, 4 p.m.

“Planet Omar Incredible Rescue Mission” by Zanib 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).

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.

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.

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. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**WALK TO CURE ARTHRITIS****Saturday, Sept. 16, 9 a.m.****Principal Park, Des Moines**

Mark your calendars for this family-friendly fundraising event that supports The Arthritis Foundation, which marks 75 years of progress, supporting millions of adults and children living with arthritis. The Walk to Cure Arthritis celebrates those battling arthritis while raising money to support the elimination of this disease. Consider forming a team with friends and family or through your workplace or register individually. Volunteers and sponsors are needed.

To register, visit the event webpage, www.walktocurearthritis.org/iowa. To volunteer or learn about sponsorship or vendor opportunities, contact Sally Stalnaker at 402-262-0144 or ssalnaker@arthritis.org.

HALFWAY TO ST. PAT'S CAR SHOW**Sunday, Sept. 17****Mugsy's Pizza House,****1225 Copper Creek Drive, Pleasant Hill**

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.

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.



Oktoberfest.

LOG CABIN DAYS FESTIVAL**Sept. 23****Warren County Fairgrounds,****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 Fairgrounds.

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.

QUILT SHOW**Sept. 21-23****4-H Building, Iowa State Fairgrounds**

The "Quilting in the Key of Life" Quilt Show by the Des Moines Area Quilters Guild will be held at the Iowa State Fairgrounds. Hours for Thursday and Friday, Sept. 21-22, are 9 a.m. to 6 p.m. Hours on Saturday, Sept. 23, are 9 a.m. to 5 p.m. Admission is \$10. More than 500 quilts will be on display, with dozens of vendors, a colorful raffle quilt and several special exhibits. For more information, visit dmaqg.org or follow Des Moines Area Quilters Guild on Facebook. ■

RECIPE

BREAKING BETTER-FOR-YOU BREAD

(Family Features) For many looking to make healthy dietary changes, weight loss is a primary concern. Because the Dietary Guidelines for Americans recommend 45-65% of daily calories come from carbohydrates, an eating plan like the ketogenic diet (or keto, for short), which involves consuming a low amount of carbs and replacing them with healthy fats, can be a popular choice for achieving weight loss goals.

Replacing carb intake with fat can put your body in a metabolic state called ketosis, which makes you more efficient at burning fat for energy. The keto diet can also help reduce blood sugar and insulin levels and lower risk for certain diseases.

Those following the keto eating plan typically significantly reduce or avoid consuming bread, pasta, rice and baked goods, which are all traditionally high in carbohydrates. However, Toufayan Bakeries introduced a line of keto-friendly wraps, pitas and flatbreads that are high in fiber and protein while containing no sugar and being lower in carbs than traditional bread.

Try serving these satisfyingly light solutions as the base ingredients in this delicious recipe for a Keto Egg and Sausage Flatbread from chef George Duran. ■

KETO EGG AND SAUSAGE FLATBREAD

Yield: 1 flatbread

- 1 Toufayan Keto Flatbread
- 1/4 cup shredded mozzarella cheese
- 2 cooked sausage links (approximately 2 ounces each), cut into pieces
- 1/4 cup thinly sliced red bell pepper
- 1 large egg
- 1 tablespoon fresh chives
- salt, to taste
- pepper, to taste

Directions

Preheat oven to broil.

On foil-lined baking sheet, place flatbread and top with mozzarella cheese; add sausage pieces and bell pepper.



Crack egg in center of flatbread and broil 5-8 minutes, or until egg is cooked to desired firmness.

Remove from oven and top with chives.

Season with salt and pepper, to taste, and serve.

Nutritional information per serving (1 flatbread):

435 calories; 29.1 g protein; 25.6 g fat; 8.6 net carbs.

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 and Firetrucker



25 mile ride

- Includes stops at Fenders, Fleetwood MARINA, Firetrucker and 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 and 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 BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

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. ■

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