

POLK CITY *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

SEEN AT THE GAME



**MORE
PHOTOS
INSIDE**

The North Polk varsity football game vs. Carlisle was held on Sept. 1 in Alleman. Members of the dance team performed. Pictured is Brooke Moxley. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 79 | LOW 57

Sunny and pleasant



SATURDAY HIGH 76 | LOW 49

Times of clouds and sun



SUNDAY HIGH 77 | LOW 48

Pleasant with plenty of sunshine



MONDAY HIGH 82 | LOW 54

Plenty of sunshine



TUESDAY HIGH 82 | LOW 55

Partly sunny




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FROM THE PUBLISHER

THANK YOU FOR BEING A FRIEND

The above words are the name of a hit song recorded by Andrew Gold in 1978. Those of you familiar with the song likely know it because of the cover by Cynthia Fee that was the theme song of the NBC sitcom "The Golden Girls." In fact, you are likely singing along now.

But what exactly does it mean to be a friend? I recently heard Father Ray Higgins offer a version of the following story as part of his sermon. I had not heard the story before, and I was touched so much by it that I wanted to pass it along to each of you. Here it is.

Two soldiers were great friends. One evening, one soldier came back to the trench but found that his friend had not returned. Many soldiers had been killed on the front. He became worried that his

friend was one of them.

He asked about his friend, and another soldier said, "We don't know if he was killed, but he was wounded so badly it was impossible for him to come to the trench. By now, he must be dead."

The day was turning to night, and the enemy was still firing madly, but the soldier wanted to search for his friend.

His commanding officer said, "No, that would be foolish," but he disregarded his officer and left the trench. It was dark, and there were thousands of corpses all around. He searched diligently, and in the middle of the night, he returned — dragging his friend's dead body on his back.



He, himself, was now mortally wounded and could not survive.

His commanding officer approached him and said, "I told you not to be foolish! It was not worth it. Your friend is dead, and you are dying!"

The dying man opened his eyes and said, "But it was worth it — because when I went there, he looked at me and said, 'I knew you would come.'"

If that story doesn't make you think about how much you are willing to do for a friend, then I don't know what will.

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

The final Polk City Farmers Market is Thursday, Sept. 18, 4-7 p.m. Enjoy visiting a variety of vendors and live entertainment on the Polk City Square. ■

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>. ■

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. ■

POLK CITY LIBRARY

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

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.

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).

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.

CHAIR YOGA

Mondays, 9 a.m.

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.

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 AND 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
TAMMY@IOWALIVINGMAGAZINES.COM**NAMIWALKS IOWA****Saturday, Sept. 30****Terra Park, Johnston**

The public is invited to join one of the biggest mental health awareness events in the state. Register yourself, your family, your book club, your workplace, your church group, and any loved ones who are passionate about mental healthcare for this fun and empowering event. Registration is free and easy. Kids, families and well-behaved dogs are welcome. You'll hear from moving speakers, meet amazing people, engage with vendors to learn more about services and supports in Iowa, and walk either a 1K or 5K around beautiful Terra Park Lake. Register at www.namiwalks.org.

HARMONY CENTRAL CHORUS OF DES MOINES CONCERT**Sept. 30, 3 p.m.****First Baptist Church of Greater Des Moines,
8250 N.W. 62nd Ave., Johnston**

Harmony Central Chorus of Des Moines, a four-part a capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.

MARINE BAND TO PERFORM IN URBANDALE**Thursday, Oct. 12, 7:30 p.m.****Urbandale High School Performing Arts Center,
7111 N.W. Aurora Ave., Urbandale**

For the first time in five years, "The President's Own" United States Marine Band returns to the Midwest on tour, performing a free concert in Urbandale. Organizers from Urbandale High School have helped bring the ensemble from the nation's capital to Urbandale for this community event.

For full details and free tickets (limit four), visit www.marineband.marines.mil/Tour. Seating is



United States Marine Band

general admission and ticket holders must be seated by 7:15 p.m.; remaining seats will be released to the standby line at that time.

Marine Band Director Col. Jason K. Fettig has programmed musical selections in the style of the band's 17th Director John Philip Sousa, who initiated the concert tour tradition in 1891. Concertgoers can expect a mix of works including traditional band repertoire, Sousa marches, contemporary compositions, vocal and instrumental solos and a patriotic salute to the Armed Forces.

VINYL MARKET ON THE PATIO**Sunday, Sept. 24, noon to 4 p.m.****Big Grove Brewery, 555 17th St., Des Moines**

Join the Vinyl Market on the Patio with Bog's Vinyl, No Skip Records, Vinyl Cup, ZZZ Records, Me Records and JK Music. Event is free to attend and will be held rain or shine.

ONE MILLION STEPS FOR OCD WALK**Oct. 14, 9:30 a.m.****Gray's Lake, 2101 Fleur Drive, Des Moines**

OCDIowa announces the Des Moines One Million Steps for OCD Walk will take place this October. Co-hosted by the International OCD Foundation, the One Million Steps for OCD Walk is the nation's largest grassroots awareness-building and fundraising campaign to highlight obsessive compulsive disorder (OCD) and related disorders. To learn more, visit ocdiowa.org or www.iocdf.org. ■

RECIPE

SIMPLIFY SCHOOL NIGHTS WITH EASY, CHEESY MEALS

(Family Features) Putting a delicious, kid-friendly meal on the table in an hour or less is goal No. 1 for many families. When the hectic schedules of back-to-school season are in full effect, saving some precious time in the kitchen can make all the difference.

Take a homework timeout and bring loved ones running to the dining room for family favorites like Sweet Heat Pickled Beet Grilled Cheese. This modern take on a childhood classic pairs sourdough bread with brie cheese, a spicy-sweet hit of hot honey and juicy Aunt Nellie's Diced Pickled Beets. ■

SWEET HEAT PICKLED BEET GRILLED CHEESE

Recipe courtesy of MacKenzie Smith of "Grilled Cheese Social"

Prep time: 5 minutes

Cook time: 12 minutes

Yield: 2 sandwiches

- 4 slices (3 ounces each) sourdough bread
- 2 tablespoons hot honey
- 1 small wheel (8 ounces) brie, at room temperature, cut into thin strips
- 8 ounces Aunt Nellie's Diced Pickled Beets (1/2 jar or 2 individual diced pickled beet cups)
- 2 tablespoons fresh basil, cut into thin strips
- 2 tablespoons unsalted butter
- 1/2 teaspoon garlic salt, or to taste

Directions

Place two bread slices on cutting board. Drizzle with hot honey then add 4 ounces brie evenly across bread.

Drain beets and pat dry. Add evenly on top of brie followed by basil and remaining brie.

Spread 1 tablespoon butter on one side of remaining bread slices. Sprinkle with 1/4 teaspoon garlic salt. Place top piece of bread on each sandwich.



Heat cast-iron or frying pan over medium-low heat then add sandwiches butter sides down. Butter top sides and add remaining garlic salt.

Cook about 5 minutes on each side, or until bread is golden brown and cheese has melted, flipping halfway through.

Once sandwiches have cooked on both sides, remove from heat and serve.

SEEN AT THE GAME

**THE NORTH POLK VARSITY FOOTBALL GAME
VS. CARLISLE WAS HELD ON SEPT. 1 IN ALLEMAN.
MEMBERS OF THE DANCE TEAM PERFORMED.**



Lauren Croft



Lauren Knights



Lily Heppler



Savannah McKnight



Ava Harrell



Lexi Rediske

CLASSIFIED ADS

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

LOOKING TO BUY VINYL RECORDS: Paying cash for 60's-90's rock, blues, country and jazz. Call Brian at 515-326-5033.

FREE TO GOOD HOME: recliner couch good condition. Just for hauling. I just bought new one. Call 515-993-3814.

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.

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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JOKE OF THE WEEK

*Did you hear about
the actor who broke
his leg onstage?
He's still in the cast.*