

POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

THE BAND PLAYED ON

THE BAND PERFORMED AT THE NORTH POLK VARSITY FOOTBALL GAME VS. CARLISLE ON SEPT. 1 IN ALLEMAN.



Ruth Turczynski



Emerson Sander



Alyson Burdine



Katelynn Whitted



Carly Jepsen



Stockton Huether

POLK CITY WEATHER FORECAST

FRIDAY HIGH 77 | LOW 60

Intervals of clouds and sun; t-storm



SATURDAY HIGH 79 | LOW 62

Breezy in the a.m.; p.m. showers



SUNDAY HIGH 75 | LOW 58

Intervals of clouds and sun; t-storm



MONDAY HIGH 72 | LOW 55

Mostly cloudy; t-storm possible



TUESDAY HIGH 71 | LOW 52

Rain and drizzle



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FROM THE PUBLISHER

1954 WEBSTER'S NEW AMERICAN DICTIONARY

I bought an old dictionary recently, a 1954 Webster's New American. It has a hardbound cover, line art images on each page, and cut-out letter tabs on the side to easily find what I am looking up. There are even color maps of the world in the center. It's wonderful, but much like most things its age, it's far from perfect. The inside pages are yellowing, tattered and brittle and have a slight scent of cigarettes. Even so, it is still usable, and I plan to put it to work.

Yes, I have spell check on my word processing software, and, yes, I use it religiously. But there's something about having a dictionary on hand and looking things up the old-fashioned way. For starters, I think it helps me learn more than having a computer correct words for me.

We use that same principle in all our copy editing at Big Green Umbrella Media. We physically print out pages, and our staff proofs

them with pens in hand. We have tried editing on the computer screens in various methods, but we found that we were not as accurate.

Call it old-school if you want, but it works — and so does the dictionary.

Just for fun, I looked up the word "computer" in my newly found 1954 dictionary. It wasn't listed. I love it.

These words were missing as well: photobomb, troll, emoji, infomercial, blog, voicemail, spam, Wi-Fi, selfie, malware and in-box. Sounds refreshing, doesn't it?

Are you curious what words were added in the 1954 dictionary as "new" words? Here are a few: amphetamine, bazooka, brunch, flame thrower, happy dust, laminated wood, racism, Technicolor and zoot suit. Kind of puts things in perspective, doesn't it?

I may lose interest in this relic,



and it may soon sit on a shelf and collect dust until my wife sells it to someone else who may find it interesting. But for today, at least, it reminds me of days before my time that certainly had their own struggles and worries and concerns but also had more simple and serene aspects, too.

I didn't grow up in the 1950s. Some say I never grew up at all. But I did watch "Happy Days" in the 1970s, and I am guessing Mr. and Mrs. C. had a dictionary on the shelves in their living room much like the one I bought. And that makes me smile.

Now, forgive me while I look up what a zoot suit is.

Have a great week, and thanks for reading. ■



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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. ■

KIWANIS CLUB HAS FOOD TENT AT FALL FEST

The Kiwanis Club of Polk City will have its food tent at Fall Fest on Sept. 30, 3-7 p.m. They will serve hot dogs and brats, chips and drink to raise funds. ■

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. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Latino Heritage Festival

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 dmaqq.org, and follow Des Moines Area Quilters Guild on Facebook.

VINTAGE & MADE FAIR

Saturday, Sept. 23, 9 a.m. to 4 p.m.

Dallas County Fairgrounds,
28057 Fairgrounds Road, Adel

Vintage & Made Fair is inspired by indie craft and all things vintage. It is an indoor/outdoor market featuring antique and vintage home décor, jewelry, handcrafted goods, seasonal flora, local eats and everything you need to create a vintage and handmade lifestyle. More than 175 vendors, live music and food trucks are planned. Admission is \$10 per person, ages 12 and younger free.

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.

MORE SEPTEMBER EVENTS

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

Sept. 24: Iowa Trail Run Series through Jester Park, Granger; iowatrailruns.com

Sept. 24: Iowa Blues Challenge with the Central Iowa Blues Society at Lefty’s Live Music, Des Moines; cibs.org

Sept. 24: 5K Beer Run with the Iowa Brewery Running Series at Firetrucker Brewery, Ankeny; breweryrunningseries.com/iowa

Sept. 29: Lauren Daigle on “The Kaleidoscope Tour” at 7 p.m., Wells Fargo Arena, Des Moines; iowaeventscenter.com

Sept. 29 - Oct. 1: Iowa’s Largest Arts and Crafts Show in the Varied Industries Building, Iowa State Fairgrounds; iowastatefairgrounds.org

Sept. 30: Fall Fest at Polk City’s town square; gopolkcitcity.com/fallfest

BENEFIT SHOW FOR MAUI

Oct. 8, 3-7 p.m.

xBk Live, 1159 24th St., Des Moines

A show to benefit those affected by the fires on Maui, will feature the local group Aloha Wind, led by Ilima Young-Dunn, and will include chants, music and more. Tickets are currently \$20 in advance and will be \$25 the day of the event. Proceeds will be going to the Hawaiian non-profit organization ‘Aina Momona to help families affected by the wildfires. ■

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.

If letting your oven do the work is an appealing solution, try an easy recipe like Bacon Wrapped Potato Stuffed Chicken. As a meal and side dish all in one, this simple weeknight dinner starts with cutting a pocket into boneless, skinless chicken breasts before filling with cheesy goodness.

Layer cheddar cheese slices inside the chicken then spoon in READ German Potato Salad made with thinly sliced potatoes, bacon and a sweet-piquant dressing. Finally, fold the chicken breasts closed, wrap with bacon slices and bake 40 minutes to tender, juicy perfection with a final broil to crisp the bacon. ■

BACON WRAPPED POTATO STUFFED CHICKEN

Recipe courtesy of MacKenzie Smith of "EZPZMealz"

Prep time: 20 minutes

Cook time: 40 minutes

Yield: 8 servings

- 2 pounds (approximately 4 large) boneless, skinless chicken breasts
- 8 slices sharp cheddar cheese
- 1 can READ German Potato Salad with sauce
- 8-12 bacon slices
- nonstick cooking spray
- freshly ground pepper, to taste

Directions

Preheat oven to 400 F.

Using sharp knife, slice pocket or slit into each chicken breast and fold open.

Place two slices sharp cheddar cheese in pockets then spoon 4 ounces potato salad onto cheese.

Fold chicken over and close so cheese and potatoes are inside pockets.

Take 2-3 bacon slices and completely wrap stuffed



chicken breasts, tucking loose ends of bacon on undersides of chicken.

Spray baking dish with nonstick cooking spray then place bacon wrapped chicken on tray. Season chicken with pepper, to taste.

Bake approximately 40 minutes until internal temperature of chicken reaches 160 F.

Turn oven to broil on high (500 F) and broil 2-3 minutes to crisp bacon until chicken reaches 165 F.

Remove from the oven and rest 5 minutes then serve.

POLK CITY LIBRARY

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

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.

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.

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.

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.

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.

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

DO YOU LIKE WHISKEY?
DO YOU LIKE WINE?
THEN YOU'LL
LOVE THIS EVENT!



WEST GLEN TOWN CENTER
Friday, September 22 from 5-9 p.m.

For a ticket price of **\$25** (\$20 in advance, \$35 at the event), attendees will receive **10** drink tickets that can be redeemed at participating stops for a sample size whiskey cocktail! Also enjoy free wine samples at participating retail locations!

PARTICIPATING BUSINESSES:

**WELLMAN'S PUB & ROOFTOP, THE IRISH, SHOTGUN BETTY'S, COACH'S PIZZA,
TONIC, ANNA DOLCE RISTORANTE, THE BREAKFAST CLUB**



FOR INFORMATION, DRINK MENU AND TO PURCHASE TICKETS:
WHISKEYWALK.DMCITYVIEW.COM



THE EVENT WILL BE HELD RAIN OR SHINE

LIGHT UP POLK CITY

Light Up Polk City will be held Friday, Dec. 1, 6-8 p.m. at the Town Square. Businesses are encouraged to participate in this promotional event by either holding an open-house or tailgate-style event. Contact Amanda at GO Polk City, 515-984-3098, if your business plans to participate. ■

CANDIDATE FORUMS

GO Polk City is hosting candidate forums for Polk City City Council and for North Polk School Board. The forum for City Council candidates is Oct. 24, 6-8 p.m. at the Luana Savings Bank community room. The school board forum is Oct. 25, 6-8 p.m. at the Luana Savings Bank community room. ■

ALL SEASONS VETERINARY CARE CELEBRATES ANNIVERSARY

All Seasons Veterinary Care, 755 W. Bridge Road, Polk City, is celebrating its one-year anniversary with an open house on Tuesday, Oct. 17, 3-5 p.m., to show their appreciation for the support they have received. Stop in for refreshments, fall-themed pet photos, and a chance to sign up for their gift basket drawing. ■

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. ■



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JOKE OF THE WEEK



Is there anything worse than when it's raining cats and dogs?
Yes! Hailing taxis!

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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