

POLK CITY *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

FALL FEST CELEBRATES ALL THINGS FALL THIS WEEKEND

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

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FALL FEST, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 86 | LOW 63

Mostly sunny and warmer



SATURDAY HIGH 79 | LOW 62

T-storms in the a.m.; partly sunny



SUNDAY HIGH 88 | LOW 62

Mostly sunny and very warm



MONDAY HIGH 87 | LOW 60

Very warm with patchy clouds



TUESDAY HIGH 85 | LOW 61

Very warm with some sunshine




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FROM THE PUBLISHER

TOEING THE LINE

I wrote a column a few years ago about toenails. Yes, toenails. It wasn't a good column to read while eating oatmeal then, and it still isn't now, but it did generate a lot of reader response.

Don't worry. This column is safe — or at least safer.

The gist of the 2022 column was that, as I age, my toenails do, too — and not for the better. The overwhelming response I received from readers was to have a pedicure. My wife told me the same thing, as did my daughters and even some of my friends. Even so, I resisted — until recently.

The problem started a few years ago when my toenails invited their ugly cousin, the ingrown toenail, to the party. Despite my crafty trimming efforts, I could not get these dastardly daggers under control, and the foot pain was getting to

be a bit much.

A few weeks ago, my youngest daughter, Abby, lined up a pedicure for the both of us. It was good for her because she thought I would buy. Then I bailed on the appointment. Chickened out, you might say. I simply couldn't "toe the line."

Last week, my middle daughter, Samantha, went for another effort, suggesting that we go out for dinner together afterwards. That was more enticing, and the pain was worsening, so I agreed.

I had a pedicure once before, about 20 years ago in a small town in Nebraska by a teenage employee who I am fairly certain was on her maiden pedicuring voyage. It was not a positive experience. I set that memory aside and decided to give it another shot.



Soaking. Oiling. Massaging. Trimming. Buffing. It was heaven, especially after this professional pulled out an inch-long toenail sliver from the side of my toe. She exclaimed, "That must have been growing in there for years!"

Many of you know the story about Androcles and the lion, or some version of it. The tale goes that a man befriended a lion by pulling a thorn from its paw. I suddenly could relate. And from this point forward, I am a believer in — and will be a regular customer for — pedicures.

Live and learn.

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. ■

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. ■

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. ■

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. ■

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. ■

THIS SPOT IS AVAILABLE.

Contact Dan Juffer at
dan.juffer@dmcityview.com

JOKE OF THE WEEK



*Two guys walked
into a bar.
The third guy
ducked!*



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Story Time Mondays and Tuesdays, 10 a.m. Oct. 2 and 3, we will have the Polk City Fire Department here. 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.

Teen/Pre-teen DIY Zombie Dolls, Monday, Oct. 2, 4 p.m. Grades 5-12. Boo! Creep yourself out by creating your own zombie-like monster by reusing old dolls. All materials provided. Registration opens Sept. 18.

Wednesday Book Club, Oct. 4, 7 p.m., “The Book Woman’s Daughter” by Kim Michele Richardson
Join us as we discuss this historical novel following Honey Lovett, daughter of the famed blue-skinned Troublesome Creek packhorse librarian. If Honey wants to bring the freedom that books provide to the families who need it most, she’s going to have to fight for her place and, along the way, learn that the extraordinary women who run the hills and hollers can make all the difference in the world.

October Comets Kids Club for K-5th graders, Monday, Oct. 9, 4 p.m. Join us for a “Spooky” themed snack and craft. Register online.

Crafternoon, Tuesday, Oct. 10, 2 p.m.
Join us for a fun afternoon of crafting. We’ll be making candy corn button art. All supplies will be provided. Ages 17 and older. Register online at polkcitylibrary.org.

Coloring Night at Fenders Brewing, Wednesday, Oct. 11, 4-9 p.m.
Come for a night of relaxation and fun with friends at Fenders Brewing.

Babble & Brew, Thursday, Oct. 12, 10 a.m.

Playtime for them, coffee and conversation for you. Longing for grown-up conversation? We will have coffee for you and exciting, age-appropriate toys for the kiddos.

Youth Eclipse Program, Saturday, Oct. 14, 10:30 a.m.
Join Ms. Allyson for some exciting eclipse activities and grab a special pair of glasses to check out the solar eclipse.

Monday Book Club, Monday, Oct. 16, 2 p.m., “Mary Jane” by Jessica Anya Blau. Join us to discuss this novel about a 14-year-old girl’s coming of age in 1970s Baltimore, caught between her straight-laced family and the progressive family she nannies for — who happen to be secretly hiding a famous rock star and his movie star wife for the summer.

Book Club (K-Second Grade), Tuesday, Oct. 17, 4 p.m., “Baker and Taylor and the Mystery of the Library Cats” Pick up your copy of the book starting Tuesday, Sept. 19, while supplies last. Read, then join us for some fun discussion, games and/or a craft.

Adult Coloring, Tuesday, Oct. 17, 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.

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.

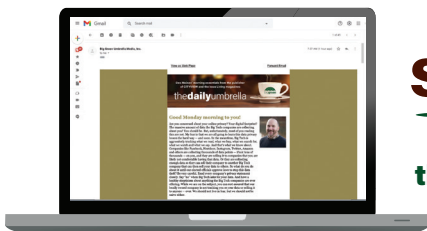
Men’s Friday Coffee, Fridays, 10 a.m. to noon.
Gentlemen, drop in for coffee and conversation. Enjoy spending time and having a few laughs or interesting discussions with other men from around the area. ■

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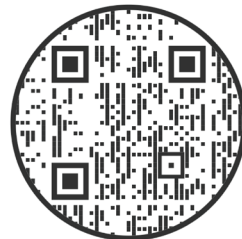
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Brought to you by the publisher of CITYVIEW and the Iowa Living magazines.

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**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 \$20 in advance and \$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.

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 (available starting Sept. 12, limit four), visit www.marineband.marines.mil/Tour. Seating is 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.

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



2023 Madison County Covered Bridge Festival

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.

2023 MADISON COUNTY COVERED BRIDGE FESTIVAL**Oct. 14-15, 9 a.m. to 5 p.m.**

The Madison County Covered Bridge Festival features family fun, including parade and tours of the namesake bridges. Vendors, demonstrations, kids zone, live entertainment, car show, quilt show, Madison County Historical Complex tours, and much more are sure to please crowds. Festival admission is \$3 or two for \$5 and free for children younger than 11. For more information, visit www.madisoncounty.com/covered-bridge-festival-2/. ■

RECIPE

TIPS FOR SUPPORTING YOUR IMMUNE SYSTEM

(Family Features) Catching a cold or getting the flu can happen any time of year, but the height of cold and flu season requires extra precaution. Flu activity often increases in the fall and peaks between December and January, according to the Centers for Disease Control and Prevention.

Staying completely healthy throughout cold and flu season can't be guaranteed, but, along with following guidance from your health care provider, dietary and lifestyle changes can help optimize your immune system and wellbeing.

EAT HEALTHFULLY

Eating a healthy diet is essential for optimizing your immune system. Many experts recommend consuming whole foods and plant foods like fruits, vegetables, nuts, seeds and legumes as well as whole grains. These foods contain beneficial plant compounds linked to health benefits in humans. Consider one prime example, fresh grapes, and how they may support immune health.

STAY HYDRATED

Drinking plenty of water is important for staying hydrated, which helps your immune system by keeping the body's defenses functioning properly. In addition to water, you can increase hydration by eating foods with high water content like Grapes from California, which contain about 82% water. ■

IMMUNE-BOOSTING GREEN GRAPE SMOOTHIE

Prep time: 5 minutes

Servings: 1

- 1 cup green Grapes from California, chilled
- 2 1/2 ounces baby spinach
- 1/3 cup plain low-fat Greek yogurt
- 1/4 cup fresh orange juice
- 1 cube (1/2 inch) peeled fresh ginger or 2 teaspoons prepared minced ginger
- 1 tablespoon walnut pieces

Directions:

In blender, blend grapes, spinach, yogurt, orange juice, ginger and walnuts until smooth, scraping down sides as needed.

Nutritional information per serving:

280 calories; 12 g protein; 46 g carbohydrates; 7 g fat (23% calories from fat); 1.5 g saturated fat (5% calories from saturated fat); 10 mg cholesterol; 110 mg sodium; 4 g fiber. —





FALL FEST, FROM FRONT

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.

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

SUGGESTED BIKETOBERFEST 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.



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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