

POLK CITY Living Weekly

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POLK CITY LIBRARY NEWS

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Story Time Mondays and Tuesdays. Join Ms. Allyson at the library for stories, songs and an activity or craft. Choose the day that works best for you. Register online for one of the programs each week. Every story can be logged in our 1,000 Books Before Kindergarten program, too.

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

Crafternoon, Tuesday, Oct. 10, 2 p.m. Join us for a fun afternoon of crafting. They will 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? They 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 in to discuss this novel about a 14-year-old girl’s coming of age in 1970s Baltimore, caught between her straight-

LIBRARY, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 55 | LOW 38
Windy and cooler; a.m. showers



SATURDAY HIGH 58 | LOW 37
Mostly sunny and cool



SUNDAY HIGH 70 | LOW 40
Mostly sunny; pleasant and mild



MONDAY HIGH 66 | LOW 44
Partly sunny



TUESDAY HIGH 69 | LOW 47
Plenty of sunshine



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FROM THE PUBLISHER

DOLLARS AND SENSORS

My youngest daughter was on a trip to Kansas City and called to tell me her car was having trouble starting and that the check engine light was on. If she was in town, I would direct her to take it to one of my favorite mechanic shops and get the problems resolved. But she wasn't, and my mechanical aptitude is of minimum value. My advice: If the check engine light isn't flashing, and if you can get it started, drive it home so we can get it in the shop.

Fortunately, she has a friend in the auto mechanics world, and he was able to help her out. Ultimately, it was a sensor of some sort that we bought for \$100 and he swapped out. Problem solved. At least I think so. The truth is that I don't have any idea what that sensor did or what putting a new one in fixed, but the car starts and

the check engine light is off.

This process made me think of the discussions I have heard between young car guys and old car guys. The old guys yearn for the days when engines were simple and a car could be worked on without hooking up a computer to it to explain what is wrong. The young guys love the technology and seem to crave for more. I just want my car to run properly, but we must all admit that we have become accustomed to the modern "power" gadgets we now take for granted.

Power steering. Power brakes. Power windows. Power locks. Those are givens today.

So are automatic transmissions, all-wheel drive, cruise control,



back-up cameras and Bluetooth connections.

Then there are the truly amazing features like adaptive cruise control, parking assist, head-up displays, driver drowsiness detection, gesture and voice controls, autonomous driving, blind spot warnings, heat and massage functions and ambient lighting. If you don't know what these are, you will soon, along with many more.

Just expect to continually replace more of those \$100 sensor things.

Have a great week, and thanks for reading. ■



Shane Goodman

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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



*What do you call a
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ON THE FIELD

THE NORTH POLK VARSITY FOOTBALL TEAM TOOK ON CARLISLE ON SEPT. 1 IN ALLEMAN. THE BAND, DANCE TEAM AND CHEERLEADERS ALSO PERFORMED.



BJ Tate (20)



Carter Bormann (10)



Graedan Sullivan (44)



Isaac Zoske (5)



Kale Yoakum (4)



Alyson Burdine and Aidan Trier



Katelyn Phillips and Rebecca Houser



The cheer squad prepares to perform a lift



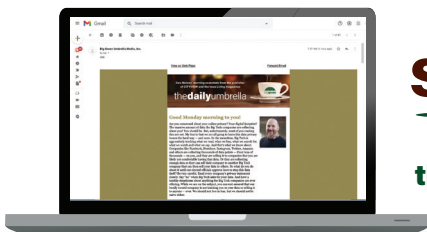
Olivia Naragon, Brooke Sprague and Everett Eaton ■

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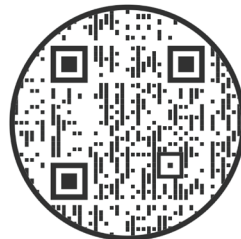
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EVENTS IN THE AREA

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WAUKTOBERFEST

Saturday, Oct. 7, 4:30-11 p.m.

Downtown Triangle in Waukee

Grab your lederhosen or dirndl and get ready for the second annual Wauktoberfest, a German-style celebration, in Waukee. The celebration is a fundraiser sponsored by the Waukee Area Historical Society (WAHS).

This year's event features German beer and a variety of food, including a German-style menu. Musicians from the Czech It Out band will kick things off with polka music starting at 4:30 p.m. The music continues with the Polka Police at 5:30 p.m. The headlining band, Suede, takes the stage at 8 p.m.

Tickets are \$10 in advance or \$15 at the door. Children ages 5 and younger get in free. To learn more about the Waukee Area Historical Society or Wauktoberfest, visit <https://waukeehistory.org/wauktoberfest/>.

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.

The craft booths display hand-made goods made by local artists: pottery, quilts, doll clothes, paintings, drawings, photographs, jewelry, woodcrafts, fiber arts and more. Organizers are expecting 150 vendors and demonstrators.

Most booths, as well as the food, live music and entertainment, will be at the Madison County Courthouse Square in Winterset with about 20 vendors inside the Winterset Livery.

Demonstrations and old-time activities include

antique tractor rides, a Civil War fashion show, sheep-shearing, wool spinning, a corn box for kids to play in and marble shooting.

Passport to the Past activities offered at the Madison County Historical Complex at 915 S. Second Ave. will include penny candy sales, horse and wagon rides, old-fashioned school lessons, a Civil War reenactment, blacksmith demonstrations and more.

Visitors can also enjoy an old-fashioned spelling bee and an antique car show Sunday only off the square.

A festival highlight is the annual Antique Vehicle and Covered Bridge Festival Parade, which begins at the high school at 3 p.m. on Sunday and heads north on Eighth Avenue until turning east on Court and continuing to the other side of town on Court and Washington streets.

For the kids, the event boasts inflatables and a carnival. A face painter will be available on E. Court Street with free face painting from 9 a.m. to noon on both Saturday and Sunday.

Enjoy one of the bus tours of the bridges offered by the Winterset Rotary Club Saturday from 10 a.m. to 3 p.m. and Sunday from 10 a.m. to noon. The price is \$15 per person, and the tour is approximately two hours long. With a knowledgeable guide full of covered bridge history and lore, you'll visit the Roseman, Hogback and Cutler-Donahoe bridges and the North River Schoolhouse.

Tickets for the tours can be purchased at the Rotary booth on the festival grounds, near The Cellar coffee shop on First Avenue. Tours depart from First Avenue and Washington Street, near the George Stout public art project. It's a great way to see the bridges without navigating festival traffic and gravel roads.

Musical entertainment at this year's festival includes The Wild Woods Band, the James Biehn Band, The Bird Hunters and more. See the complete entertainment schedule online, <https://www.madisoncounty.com/covered-bridge-festival-2>. ■

RECIPE

BRING BACK FAMILY BONDING THIS FALL

(Family Features) Busy fall schedules often leave little time for the things that matter most — sharing special moments with those you love. This year, as time seems to speed up during another school year, making family bonding a priority in your household can start with a few simple tricks.

SCHEDULE FAMILY NIGHTS

Desiring evenings spent with your nearest and dearest and actually making them happen are two separate things entirely. It's easy to get caught up in the hustle and bustle of the season with days that feel too long and evenings that are often too short. Putting dedicated family nights on the calendar is a good way to avoid last-minute commitments that take away from important bonding time. Incorporate some favorite activities, whether your loved ones are board game enthusiasts or movie buffs, to give everyone something exciting to look forward to.

ENCOURAGE EXTRACURRICULAR PARTICIPATION

Beyond those special moments at home, there are plenty of ways to connect with your kiddos. Encouraging them to participate in extracurriculars, like sports, band, theater, dance, choir or other activities, provides a great way to enjoy something together as you watch your children branch out and try new things. If they happen to try an activity you used to (or still do) participate in, it's an easy way to make a unique connection by sharing your own memories, offering helpful tips or even passing down old equipment like sports gear or an instrument. ■

HAM AND SWISS SLIDERS

Total time: 25 minutes

Servings: 4-6

- 1 stick butter
- 1 package (12 rolls) King's Hawaiian Original Hawaiian Sweet Rolls
- 1 pound shaved deli ham
- 1 pound thinly sliced Swiss cheese

Directions:

Heat oven to 350 F. Melt butter and set aside.

Cut entire pack of rolls in half horizontally, keeping all top and bottom halves intact.

In 9-by-13-inch pan, place bottom halves of rolls and cover with ham and cheese.



Cover ham and cheese stacks with top halves of rolls. Drizzle butter mixture over tops of rolls.

Bake, uncovered, 15-20 minutes. Separate rolls for serving.

LIBRARY, FROM FRONT

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 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 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 in for coffee and conversation.

Sit N Stitch, Thursdays, 6-8 p.m. Bring your current project and join in 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.

Chair Yoga, Mondays, 9 a.m. Join Rachel via Zoom. They will be broadcasting the class on the big screen in the library or you can join 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 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. ■

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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