

POLK CITY *Living Weekly*

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POLK CITY KIWANIS SENIORS OF THE MONTH

The Polk City Kiwanis Club has announced that Ava Austin, Keelie Maas and Caroline Cromley are the Seniors of the Month.

AVA AUSTIN

"I love spending time with my family and friends. In my free time, I enjoy reading, knitting and drawing. Some other things I enjoy are going to youth group, watching movies and relaxing at home. My favorite high school memories were going to away games for cheer and going to late night musical practices. I currently work at a daycare where I care for 1- and 2-year-olds, and I absolutely love it! This job is what really made me want to go into education at Iowa State. I can't wait to experience college, and I'm looking forward to meeting new people and making new friends!"

Ava's parents are Jill and Jeff Austin. She has three siblings: Lola Austin, Elinor Austin and Gwen Austin. Her favorite class is environmental science with Mr. Dose. She is involved in cheer, play, musical and choir. Her honors include National Honor Society, silver cord and gold honor roll. She is involved in her



Ava
Austin



Keelie
Maas



Caroline
Cromley

church youth group, helping out at Sunday school, service work at Gardening for Good, working at a daycare, babysitting/nannying, and working at an ice cream shop in Polk City. She plans to attend Iowa State University and study early childhood education.

KEELIE MAAS

Keelie Maas is a senior at North Polk High School and lives in Polk City. She has three siblings, Tanner,

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SENIORS, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 63 | LOW 45

Occasional rain



SATURDAY HIGH 54 | LOW 43

Cloudy, breezy and cooler



SUNDAY HIGH 56 | LOW 41

Mostly cloudy



MONDAY HIGH 58 | LOW 39

Partly sunny



TUESDAY HIGH 59 | LOW 40

Periods of clouds and sun



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FROM THE PUBLISHER

STEP ON A CRACK, BREAK YOUR MAMA'S BACK

I believed the childhood superstition from the above headline, and I didn't want to cause pain to my mother, so I made every effort to avoid stepping on the sidewalk cracks. Mom still had back pain. I blame it on my siblings.

That wasn't the only superstition I had — or maybe still have. I don't walk under ladders, I am extra careful to not break a mirror, and I don't open umbrellas indoors. Call it whatever you want; I call it better safe than sorry.

But, for whatever reason, I never worried about a few other superstitions as a child. I liked to play with black cats. I rarely waited an hour after I ate to go swimming. I frequently cracked my knuckles. And I crossed my eyes for minutes on

end, and they never stayed that way.

On the positive side, I still have an old horseshoe, and I make sure it is hung with the open part facing up. I also have a 40-year-old four-leaf clover pin that I am convinced still has some magic in it. And I can't seem to part with a small Hawaiian good luck statue a friend gave me as a child.

Meanwhile, I was at an industry conference a few weeks ago and was having coffee with a Floridian friend. He noticed I stirred my coffee with a fork and pointed out how that was bad luck. I told him I never heard that one before, but now I can't get that darn superstition out of my brain. I never realized how



often I used a fork to stir the creamer in my coffee. I should say how often I used to use a fork to stir the creamer in my coffee. Seriously, I now set the fork aside and seek out a spoon. At least most of the time. When I do use a fork, my back hurts. Could there be a connection? Or are my kids stepping on the line to break their daddy's spine?

I better polish up that horseshoe.

What superstitions stick with you? Send me a note and let me know.

Have a wonderful Wednesday, and thanks for reading. ■



Shane Goodman

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Living Weekly

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BAKE SALE, WHITE ELEPHANT AND DINNER

Saturday, Nov. 18, 9 a.m. to 1 p.m.

Masonic Temple, 106 Third St., Polk City

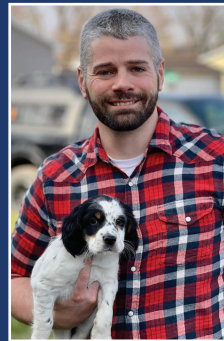
The Polk City O.E.S. Chapter 361 is hosting a bake sale and dinner. The bake sale is 9 a.m. to 1 p.m. and features homemade mincemeat and apple butter; cashews, pecan halves, mixed nuts, honey-roasted peanuts, chocolate amaretto pecans, and chocolate-covered peanuts. There will also be a white elephant sale. Dinner is 11 a.m. to 1 p.m. and includes beef and noodles with mashed potatoes, vegetable, roll and dessert for \$10 for adults, \$5 for children 5-10 and free for children younger than 5. Carryout will be available. ■

Comfortably Dumb

by Bruce Quast



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**Nick
Otis**
for City Council



- ✓ Be a voice for AND to the community. Provide timely communication about City plans and decision making. Be better at listening to what the citizens want for their community.
- ✓ Accelerate work on the Regional Park project. A park for ALL the people of Polk City, in addition to new sports facilities.
- ✓ Be a responsible, thoughtful voice on how the City spends your tax dollars to provide services.

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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. ■



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dan.juffer@dmccityview.com

JOKE OF THE WEEK



Why do nurses like red crayons?
Sometimes they have to draw blood!

POLK CITY LIBRARY NEWS

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

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 the 1,000 Books Before Kindergarten program, too.

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-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.

Reading and Writing About What You Know with Jolene Philo and Anne Fleck, Thursday, Oct. 19, 6 p.m. Jolene Philo, author of several non-fiction books, is now writing the fourth book in The West River Mystery Series. In this program, she will explain how an idea grows into a manuscript and proposal to present to a publishing house. Her editor, Anne Fleck of Midwestern Books, will describe

how their company comes alongside authors and why they accepted Jolene’s proposals. Anne will round out the evening by using one of Jolene’s book to demonstrate how they help authors create a plot outline before beginning a first draft. There will be time for questions and answers, and Jolene’s books will be available for purchase.

Music and Movement (toddlers and preschoolers). Held on the second Thursday of each month at 10 a.m., Thursday, Oct. 19, 10 a.m. Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

Book Club (third-fifth grade), Tuesday, Oct. 24, 4 p.m. “When You Trap a Tiger” by Tae Keller. Pick up your copy of the book, while supplies last. Read, then join in some fun discussion, games and/or crafts.

Messy Munchkins (toddlers and preschoolers), held on the third Thursday of each month at 10 a.m., Thursday, Oct. 26, 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. Have your child wear clothes that you don’t mind getting dirty.

No School Cinema, Friday, Oct. 27, 1 p.m. Stop in Friday afternoon for some popcorn and a movie. The movie will be “Hotel Transylvania Transformania.”

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. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Great Iowa Pet Expo. Photo courtesy of Great Iowa Pet Expo

GREAT IOWA PET EXPO**Oct. 21-22****Horizon Event Center, 2100 N.W. 100th St., Clive**www.greatiowapetexpo.com

Whether you're looking to adopt, shop, learn or enjoy contests for pets, this expo has it all. From 10 a.m. to 6 p.m. on Saturday and 10 a.m. to 4 p.m. on Sunday.

CARDBOARD CAUCUS**Oct. 27-29****Hilton Garden Inn, 205 S. 64th St.,
West Des Moines**www.cardboardcaucus.com

Named after the state's first-in-the-nation caucus, this event is all games, no politics. Starting at noon each day, attendees can expect a wide variety of board game tournaments for prizes, games to play with friends or strangers, and unreleased board games for play testing.

IOWA WILD OCTOBER GAMES**Wells Fargo Arena, 233 Center St., Des Moines**www.iowawild.com

The Iowa Wild are the affiliate program of the NHL

team, the Minnesota Wild. The Wild are led by first-year head coach Brett McLean.

Home games

- **Oct. 14 at 6 p.m.** vs. Henderson
- **Oct. 25 at 7 p.m.** vs. Chicago (Independent)

DES MOINES BUCCANEERS GAMES**Buccaneer Arena, 7201 Hickman Road, Urbandale**bucshockey.com

The Tier 1 USHL developmental hockey franchise continues to serve up a chance for amateur hockey players to enhance their ability to succeed at the next level. Home games:

- **Oct. 14** vs. Tri-City
- **Oct. 21** vs. Cedar Rapids
- **Oct. 28** vs. Lincoln

DES MOINES CIVIC CENTER PROGRAMS**221 Walnut St., Des Moines**dmpa.org

- **Oct. 25:** Dirty Dancing in concert
- **Oct. 28:** Spider-Man: Into the Spider-Verse live in concert

HOYT SHERMAN PLACE PROGRAMS**1501 Woodland Ave., Des Moines**hoytsherman.org

- **Oct. 21:** The Salvation Army: Unmasking the Singer at 6 p.m.
- **Oct. 22:** The Black Jacket Symphony Presents Eagles' "Hotel California" at 8 p.m.
- **Oct. 27:** The Nadas' 3

SUNDAY TUNES AT THE SUMMERSET WINERY**Oct. 15, 22, 29, 2-5 p.m****15101 Fairfax St., Indianola**summersetwine.com

Live music every Sunday from various local acts. ■

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.

MAKE COOKING TOGETHER A FAMILY ACTIVITY

Making dinner for the family shouldn't take up valuable time that could be used for quality moments together. Seeking out quick and easy recipes leaves more hours in the day to spend with family members — or you can even make preparing dinner a family activity.

Teaching kids how to make your favorite recipes creates great memories and can maximize time spent together. From making kid-approved lunchbox sliders together to preparing time-saving, weeknight-friendly sliders as a family after school, King's Hawaiian Rolls and Slider Buns have the power to help unite busy parents and picky kids. Plus, they're soft and fluffy with the right touch of sweetness, and sliders are customizable, easy, fun and always a crowd pleaser. These Ham and Swiss Sliders or Peanut Butter, Jelly and Banana Sliders offer ways kids can help, from layering meats and cheeses to spreading peanut butter. Everyone can lend a hand in the kitchen while enjoying quality time together. ■

PEANUT BUTTER, JELLY AND BANANA SLIDERS

Prep time: 5 minutes

Servings: 4-6

- 1 package (12 rolls) King's Hawaiian Original Sweet Rolls
- 4 tablespoons salted peanut butter
- 4 tablespoons strawberry jam
- 2 bananas, sliced

Directions:

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

Spread peanut butter on bottom halves followed by strawberry jam. Top with banana



slices then top halves of rolls.

SENIORS, FROM FRONT

Kiplin and Arley Ripperger. Keelie plays the trombone in the North Polk High School band, which she is very involved in. She plays in the jazz band, show band, pep band, pit band, marching band and concert band, as well as being a section leader and uniform manager. She says her favorite part about the band is the people in it and the sense of community. She is also in football cheer and basketball cheer. Next fall, Keelie plans to attend Iowa State University to major in music education.

She is the daughter of Matthew Maas. Her favorite classes are music and English. She works at Scooters in Polk City.

CAROLINE CROMLEY

"I have been fortunate to be involved in a variety of activities while at North Polk High School. These activities include sports, fine arts, leadership, academics, service and community. However, I feel the most rewarding activities are helping others and giving back to my community. I have grown a love for volunteering through Key Club and Kiwanis events, which I plan to continue throughout my college years and future careers."

Caroline is the daughter of

Jason and Melissa Cromley of Polk City and has two siblings: Aly and Sophia Cromley. Her favorite class subject is math. She is president of the student council and Key Club, a mentor for Comet Connections and a member of the High School Staff Interview Committee, Principal's Council, National Honor Society, Environmental Club and varsity soccer and volleyball teams. She also serves as the student representative on the North Polk School Board. Her honors include Bankers Trust Youth Board - North Polk Representative, top 2% of her class, IGHSU Soccer First Team Academic All-State, Girls Soccer Raccoon River Conference First Team, IASC Honor Council with Meritorious Distinction, Gold Honor Roll, Spanish Honor Society, Student of the Month, IGHSU State Soccer Participant, Key Club Gold Standard Award, and varsity letters in soccer and volleyball.

She is a member of Beautiful Savior Lutheran Church and its senior high youth group, works at The Creamery and Ziggi's Coffee, tutors, volunteers for Meals from the Heartland, and is a member of the Kiwanis Club of Polk City. She plans to attend Drake University and dual major in data analytics and business. ■

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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