

# POLK CITY *Living Weekly*

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## SEEN IN POLK CITY

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PHOTOS  
INSIDE



**CHAMBER LUNCH:** The Go Polk City chamber lunch was held at Luana Savings Bank on Oct. 18. Pictured are Mitch Mueller, Pat Conway and Katie Kooienga. ■

### POLK CITY WEATHER FORECAST

**FRIDAY HIGH 49 | LOW 30**

Sunny then partly cloudy



**SATURDAY HIGH 55 | LOW 36**

Intervals of clouds and sun



**SUNDAY HIGH 58 | LOW 34**

Intervals of clouds and sun



**MONDAY HIGH 63 | LOW 39**

Brilliant sunshine and mild



**TUESDAY HIGH 64 | LOW 43**

Mostly sunny, breezy and mild



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FROM THE PUBLISHER

# IN THE MOOD

To be truly successful in working with others to accomplish great things, one has to be able to identify moods. I'm convinced of that.

Anxious. Alert. Calm. Passionate. Nervous. Agitated. Angry. Cold. Sometimes the signals jump out at you like a Halloween cat. Other times, they are subdued.

In the 1970s, we thought we had a solution — mood rings. And whether you liked them or not back then, they are making a comeback right now, according to a recent Fox News report.

Not familiar with mood rings? They were a fashion fad of the 1970s, supposedly invented in New York by Josh Reynolds and Maris Ambats, although some say Marvin Wernick developed the mood ring a decade earlier. Regardless, these rings contain liquid crystals that are temperature-sensitive and, we are told, can identify the

mood of the ring-wearers based on the corresponding colors they create. You may have heard the phrase “wearing your heart on your sleeve.” They are kind of like that.

Basically, as the body temperature of the person wearing the ring changes, the color of the crystal in the ring also changes. And, supposedly, each color represents a different mood, although science doesn't back any such claim. Even so, that is part of the fun. The colors and combinations vary by the mood ring manufacturer, but most have similar matches. If your ring color is red, you are said to be agitated, anxious or angry. If it is blue, you are calm or comfortable. If it is orange, you are unsettled or anxious. If it is green, you are alert or aware. And if it is black, you are



cold (or dead) — or the ring is broken.

We had a bunch of mood rings in my childhood home, as I had siblings who were teenagers during the 1970s. Mom loved them, too. And they even made their way into my elementary classroom. Yes, mood rings were all the rage 50 years ago. And now they — and other related emotion-telling accessories including necklaces and earrings — are hot again.

The Financial Times says, “The jewelry is brimming with nostalgia and the current cultural movement of being more open about feelings.” Well, there is no denying that.

Have a great week, and thanks for reading. ■

**Shane Goodman**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



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8101 Birchwood Court, Suite, D, Johnston, IA 50131  
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**News contact**  
Tammy Pearson  
515-953-4822, ext. 302  
tammy@iowalivingmagazines.com



**Advertising contact**  
Dan Juffer  
515-371-2290  
dan.juffer@dmcityview.com



# SEEN IN POLK CITY

THE GO POLK CITY CHAMBER LUNCH WAS HELD AT LUANA SAVINGS BANK ON OCT. 18.



Eric Hockenberry and Steve Karsen



Jason Fenders and Karla Hogrefe



Claire Smith and Wendy Musgrave



Maria Nurie and Jess Hondl



Chad Johnston and Jeff Savage



Alysia Olson and Jamie Dobson



Brian Nelson and Kimberley Jackman

# POLK CITY LIBRARY

1500 W. Broadway St. • 515-984-6119 • [polkcitylibrary.org](http://polkcitylibrary.org)

## **November Comets Kids Club for K-fifth graders, Monday, Nov. 13, 4 p.m.**

Officer Aicher and Eudoris, his police dog, will be at our Comets Club meeting to discuss what it is like working with a police dog. Register online by clicking on the calendar event on our website. Registration opens two weeks prior to the event.

## **Crafternoon, Tuesday, Nov. 14, 2 p.m.**

Join us for a fun afternoon of crafting. We'll be making garlands themed after delicious holiday pie. All supplies will be provided. Ages 17 and older. Register online at [polkcitylibrary.org](http://polkcitylibrary.org)

## **Lure of the West (via Zoom), Wednesday, Nov. 15, 3 p.m.**

Part geography and part mythology, the American West retains a powerful allure in popular culture. Explore depictions of the people, lifestyles and landscapes of the 19th century West to better understand this dynamic period of history. Watch from home or from the big screen in the library. Presented by Smithsonian American Art Museum.

## **Music and Movement (toddlers and preschoolers), Thursday, Nov. 16, 10 a.m.**

Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

## **Monday Book Club, Monday, Nov. 20, 2 p.m., "Lessons in Chemistry" by Bonnie Garmus**

Join us to discuss this uplifting story of a female scientist whose career is constantly derailed by the idea that a woman's place is in the home. Copies of the book are available at the library.

## **Book Club (K-second grade), Tuesday, Nov. 21, 4 p.m., "How To Find a Fox" by Nilah Magruder**

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, Nov. 21, 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, Nov. 27, 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 by clicking on the calendar event on our website one month in advance of the program.

## **Book Club (third through fifth grade), Tuesday, Nov. 28, 4 p.m. "When You Trap a Tiger" by Tae Keller**

Pick up your copy of the book starting Tuesday, Oct. 24, or while supplies last. Read, then join us for some fun discussion, games and/or crafts.

## **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!

## **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 breathwork, 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. Find the Zoom link by clicking on the calendar event on our website at [polkcitylibrary.org](http://polkcitylibrary.org). No Chair Yoga on Monday, Nov. 20. ■



## FILM REVIEWS

By Michael C. Woody

### 'OLD DADS'

Comedian Bill Burr writes, directs and stars in "Old Dads," a very funny and very raunchy comedy on Netflix about three men who are fired from their careers by a snot-nosed, new-age boss. The humor is sure to offend many, but you will find yourself laughing and cringing at the same time. **Grade: B+**

**"OLD DADS"**

### 'KILLERS OF THE FLOWER MOON'

When you get to Martin Scorsese's age and with his resume, you can make a 3.5-hour movie and get it released in theaters. The guy has directed some of the greatest films in the history of cinema. This, by the way, is not one of them. It is dreadfully long and very, very sad. DeNiro and DiCaprio are excellent, but the young woman (Lily Gladstone) who plays the lead in the film steals the show. Ultimately, it depicts not one of our proudest chapters as Americans. Still, it is a good film and worth seeing in the theater if you've got half a day. **Grade: B+**

**"KILLERS OF THE FLOWER MOON"**

### 'THE BURIAL'

If you have Apple TV, you should check out this new movie starring Jamie Foxx and Tommy Lee Jones. It is based on a true story about a huge conglomerate trying to take over a locally owned funeral home. Jones is the owner of the home, and Foxx plays the attorney he hires to help save his family business. Jones and Foxx are still at the top of their games, and the story is fun to watch unfold. **Grade: B+ ■**

*Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter at MrMovieDSM.*

**"THE BURIAL"**

## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

FESTIVAL OF TREES &amp; LIGHTS. Photo courtesy of Christopher Maharry



DES MOINES TURKEY TROT. Photo courtesy of Archi Trujillo

**LIVE MUSIC WEDNESDAYS****Historic East Village, AC Hotel, 401 E. Grand Ave.,  
Des Moines**<https://therepublicongrand.com>**Nov. 15, 22, 29**

Catch live music performances every Wednesday through December for free from 6-8 p.m. Performers listed in order of date are Andrew Hoyt, Tony Bohnenkamp and Brian Herrin.

**HOLIDAY BOUTIQUE****730 Third St., Des Moines**[www.iowaeventscenter.com/events/detail/des-moines-holiday-boutique-5](http://www.iowaeventscenter.com/events/detail/des-moines-holiday-boutique-5)**Nov. 10-12**

The sixth annual holiday shopping experience returns to the Iowa Events Center for a weekend of gift-buying fun. More than 200 companies will be in attendance to offer shoppers a wide range of holiday home decor, gifts for children and adults, food and more.

**GREATER DES MOINES EXHIBITED****Polk County Heritage Gallery, 111 Court Ave., Des Moines**<http://www.polkcountyheritagegallery.org>**Nov. 16 through Jan. 3**

Des Moines' best artists return to display the highest quality artwork the city has to offer. The annual show features artists' work that was blindly juried by Edgard Camacho.

**DES MOINES TURKEY TROT****Starting on Court Avenue, Des Moines**<https://desmoines-turkeytrot.com>**Nov. 23**

Voted "Top Trot" in Iowa years in a row by Runner's World Magazine, the 5k plus 5-mile race takes over Des Moines on Thanksgiving starting at 9 a.m.

**FESTIVAL OF TREES & LIGHTS****Iowa Events Center, 833 Fifth Ave., Des Moines**<https://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights>**Nov. 24-26**

Experience expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. From 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 5 p.m. on Sunday.

**CHRISTKINDLMARKET****Principal Park, 1 Line Drive, Des Moines**[www.christkindlmarketdsm.com](http://www.christkindlmarketdsm.com)**Nov 30 through Dec. 3**

Regional vendors with old-world, hand-crafted products at wooden vendor stalls, as well as lively performances of polka music, traditional dance and choirs in Yuletide Hall. Participate in children's activities or sip Glühwein (warm, mulled wine) and savor European beer. ■

## RECIPE

# SAVVY STEPS TOWARD GROCERY STORE SAVINGS

*(Family Features)* Whether you live alone or have multiple mouths to feed each day, grocery bills can add up. It's an inevitable expense for everyone, but there are tried-and-true ways to limit your spending and put money back in your pocket.

**Stick to your list:** It may sound obvious, but avoiding impulse purchases is one of the easiest ways to save at the store. Creating a menu and buying only what you need keeps the bill lower and helps limit food waste at home.

**Shop for seasonal produce:** While it's easy to get caught up buying specific items for specific recipes, remember to keep seasonality in mind. Oftentimes, in-season produce is more readily available and, therefore, cheaper. Enjoy seasonal classics like apple pies, crumbles and tarts, and consider adding this Baked Apples with Coconut and Crumble Topping recipe to your dessert rotation.

**Stretch your meals at home:** While it may not show a direct impact on your receipt, taking recipes further at home can limit how often you head to the store. For example, leftovers from one evening's rotisserie chicken dinner can be repurposed for the following day's lunches. Or you can turn steak night scraps into a memorable weekend steak-and-egg brunch. When you cook a large meal for guests, don't let all the extra food go to waste; freeze portions separately then enjoy them later as a family dinner. ■

## BAKED APPLES WITH COCONUT AND CRUMBLE TOPPING

Servings: 8

- 6 Envy Apples
- 3/4 cup dark chocolate
- 1/2 cup chopped roasted hazelnuts
- 1 cup instant or rolled oats
- 1/2 cup dried coconut
- 2 tablespoons flour
- 1/3 cup butter
- 2 tablespoons brown sugar
- maple syrup or honey, for serving

### Directions:

Core apples then score skin around apple a few times. Cut small slice from top and bottom to make apple more stable and give room for crumble topping.

Finely chop chocolate and combine with hazelnuts. Arrange apple slices in lined baking dish.

Fill center of each apple generously with chocolate and hazelnut mixture (reserve about 2 tablespoons for



topping).

Preheat oven to 350 F.

Combine oats, coconut, flour, butter and brown sugar; mix well.

Top each apple generously with crumble mixture, creating small mound on top of each apple; sprinkle with reserved chocolate and hazelnut mixture.

Bake apples 20-25 minutes, or until crumble is golden and apples start to soften.

Serve with drizzle of maple syrup or honey.



# 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. ■

## BAKE SALE, WHITE ELEPHANT AND DINNER

The Polk City O.E.S. Chapter 361 is hosting a bake sale and dinner on Saturday, Nov. 18, 9 a.m. to 1 p.m., at the Masonic Temple, 106 Third St., Polk City. 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. ■

## KIWANIS ANNUAL AUCTION

Kiwanis of Polk City will have its yearly silent auction Nov. 23 through Dec. 3. Check out the many items that would make great Christmas gifts. They have Mary Kay items, pontoon rental, golf simulator certificates, restaurant gift certificates, haircut certificates, handmade quilts, workout memberships and much more. Bids can be made at [www.proxibid.com/dvorak](http://www.proxibid.com/dvorak). ■

## JESTER PARK NATURE CENTER ACTIVITIES

Polk County Conservation invites the public to enjoy its parks and programs. For links to more information on any of these opportunities, visit [www.jesterparknaturecenter.com](http://www.jesterparknaturecenter.com).

The Jester Park Nature Center is a focal point within the community where recreation, education, tourism and conservation efforts all intersect into a gathering place for people of all ages to engage in the natural world. PCC wants all to enjoy the outdoors and learn about Iowa's natural heritage.

PCC naturalists offer many year-round nature programs at Jester Park. View their complete calendar to learn about upcoming programs at Jester and other parks in Polk County. ■

## CLASSIFIED ADS

**FOR SALE:** General electric glass top double oven range. It is electric, has air-fry, conv bake, warming burner, self & steam clean. used for 7 1/2 months \$850.00. Call 515-745-5002.

**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.

**SEND IN YOUR FREE CLASSIFIED AD BY WEDNESDAY AT 10 A.M. TO [BECKHAM@DMCITYVIEW.COM](mailto:BECKHAM@DMCITYVIEW.COM)**

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