

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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POLK CITY KIWANIS SENIORS OF THE MONTH

The Polk City Kiwanis Club announces its Seniors of the Month are Alik Stephan McIlravy, Nolan Dawane Mandernach and Paige Morgan Kerr.

ALIK STEPHAN MCILRAVY

"I am an 18-year-old student at North Polk. I enjoy my senior schedule, which allows me to do a lot more things during the day. I am very much a hobbyist, including photography, hunting/fishing and woodworking. My faith is a big part of my life, and I love to serve and spread the gospel to younger generations. I have been running for about eight years now, and it has taught me to work hard and persevere through various obstacles. I am very proud of my work ethic. It has given me lots of opportunities and has created a good reputation for myself."

Alik's parents are Jason and Marisa McIlravy, and his sibling is Misha McIlravy, a sophomore. Alik's favorite school subjects are Photoshop/photography, business and ancient civilizations. He participates in cross country and track. He has received awards for running and academics. He is involved in youth group and missions trips, works on a farm and helps with photography and



Alik Stephan
McIlravy



Nolan Dawane
Mandernach



Paige Morgan
Kerr

live streaming at church. After graduation, he plans to pursue a business degree and start a small business related to photography.

NOLAN DAWANE MANDERNACH

"My name is Nolan Mandernach, son of Grant and Diana Mandernach. I have an older sister, Elli, who is currently attending the University of Northern Iowa. Some of my favorite classes throughout high school

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SENIORS, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 47 | LOW 28

Plenty of sunshine



SATURDAY HIGH 59 | LOW 33

Plenty of sunshine



SUNDAY HIGH 57 | LOW 37

Intervals of clouds and sun



MONDAY HIGH 51 | LOW 34

Cloudy; a little rain in the afternoon



TUESDAY HIGH 43 | LOW 23

A morning shower; partly cloudy



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FROM THE PUBLISHER

COUNTING CHANGE AND TELLING TIME

We often hear our parents or grandparents tell us how things were done in their day, and we marvel at the changes that have taken place in such a relatively short time.

Imagine walking through a foot of snow to use the outhouse when nature calls. Or riding a horse into town as your only form of transportation. Or sitting around a wood stove in the middle of a home to warm up. I recall my mother telling these stories and more. In the big picture, it wasn't that long ago when they took place.

Do you ever wonder what stories we will tell future generations about the things we used to do?

How about telling time on a standard wall clock? You know, the big hand, the little hand, etc. I saw an online post the other day of a student's drawing from a teacher's request to draw a picture of a clock showing 10 minutes after 11 o'clock. The student drew a digital clock reading "11:10." Sigh. Will standard wall clocks become a

thing of the past? Have they already?

I was paying cash for a sandwich at a convenience store the other day and, as typical today, my change was automated into an attached metal bowl for me to scoop up. I asked the clerk what percent of their customers pay in cash now, and he told me about 20%. That seems to be about right. According to fortunly.com, cash accounted for 18% of all payments in the U.S. during 2022.

I vividly remember learning how to count change in school. One has to wonder if this is — or even should be — taught today. I do recall taking my then-4-year-old daughter Samantha to a store when she wanted to buy something with her own money. She didn't know the difference between a dime and a dollar yet, so she just kept taking more coins out of her little purse and putting them on the counter until the clerk told her she had enough.



We all smiled, but Samantha did the most as she was so proud of being able to buy something and pay for it herself.

Many of us are resisting the transition from vehicles with gasoline engines to those running on electric batteries. Despite our hesitations, the trend is undeniable, and we will see more and more electric cars on our roads and highways in years to come. Will the gasoline engine as we know it today go by the wayside in another decade or two? Doesn't seem likely, but my grandpa couldn't envision the automobile replacing his horse either.

How about you? What do you do today that will be viewed as archaic in another generation? Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman

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POLK CITY
Living Weekly

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LIGHT UP POLK CITY

The holidays are right around the corner, and the annual Light Up Polk City event will be on Friday, Dec. 1, from 6-8 p.m. on the town square. The square lights will be turned on, the North Polk fifth-grade band will play, Santa will visit, and there will be carolers, a horse-drawn carriage, and even reindeer. This popular and fun event brings a large crowd to the square. If you are a business on the square and plan to welcome visitors into your business with snacks, giveaways or activities or a business not on the square but you would like to participate let Go Polk City chamber know. For businesses not on the square, an area will be provided to tailgate and showcase your business, have snacks, giveaways or activities. Call 515-984-3098 or email admin@polkcitychamber.com. ■

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. ■

KIWANIS HOME LIGHTING CONTEST

The Kiwanis Club of Polk City is hosting a home lighting contest. Polk City residents are invited to celebrate the holidays by lighting up their home and joining the friendly competition. Proceeds from the event will go to the Friends of the Parks in support of a future ice skating rink in Kiwanis Park. Register by Dec. 15. Voting is Dec. 16-29. Cost is \$25 to enter. Prizes are \$100 for Kiwanis First Place and \$100 for People's Choice.

Follow the QR codes to register, to vote, and to view a map of participating homes. ■



Register



Vote



Map

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.

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. ■

POLK CITY LIBRARY

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

Happy Thanksgiving! The library will close at 5 p.m. on Wednesday, Nov. 22. The library will be closed Nov. 23-26.

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. No Chair Yoga on Monday, Nov. 20.

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. No program on Tuesday, Nov. 21.

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. ■

FILM REVIEWS

By Michael C. Woody

'THE CONTINENTAL'

Of course, I had to get the Peacock Network for Iowa football and women's basketball. The commercials for "The Continental" looked interesting, and then I hear the phrase "from the world of John Wick." I watched the first episode but have not made it back for the last two, as I keep forgetting to watch. It stars Mel Gibson as a bad guy, so that was kind of fun. **Grade (for episode 1): B**



"THE CONTINENTAL"

'FIVE NIGHTS AT FREDDY'S'

This is a horror comedy of sorts about a young man raising his little sister and dealing with the trauma of a lost little brother. When he gets an overnight job at the closed local kid's playhouse (read, Chucky Cheese), the truth about his little brother's disappearance starts to become much clearer. My expectations for this movie were low, and I was pleasantly surprised. A touch of humor always helps a scary movie, and this one worked for me.

Grade: B

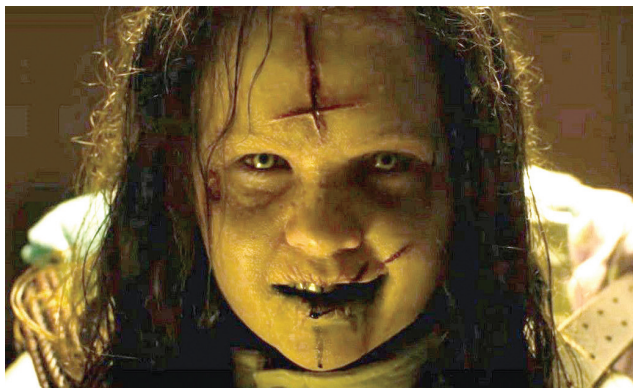


"FIVE NIGHTS AT FREDDY'S"

'EXORCIST: BELIEVER'

Most of us of a certain age will tell you that the original movie "The Exorcist" is the scariest movie we've ever seen. Ellen Burstyn, Linda Blair, etc. scared the bejeebers out of us in the early 1970s. Sue and I watched the original a few months ago and, for the most part, it still holds up. I am happy to report, so does this sequel. **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.



"Exorcist: Believer"

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

GREATER DES MOINES EXHIBITED. Photo courtesy of Polk County Heritage Gallery

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

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

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://desmoinesturkeytrot.com>**Nov. 23**

Voted "Top Trot" in Iowa years in a row by Runner's World Magazine, the 5K plus 5-mile race



CHRISTKINDLMARKET. Photo courtesy of Leaps + Bounds Photography

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**Nov 30 through Dec. 3**

You will find 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

DAIRY-FREE SALTED CARAMEL CUPCAKES

Prep time: 25 minutes**Total time: 1 hour, 15 minutes****Servings: 12****Salted Caramel:**

- 2 cups granulated sugar
- 6 tablespoons Country Crock Plant Butter Sticks with Avocado Oil, at room temperature
- 1/2 cup Country Crock Plant Cream, at room temperature
- 2 tablespoons coconut oil
- 1/2 teaspoon salt

Cupcakes:

- 1 cup all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup (2 sticks) Country Crock Plant Butter Sticks with Avocado Oil, at room temperature
- 1 cup powdered sugar
- 1/2 cup brown sugar
- 2 teaspoons vanilla extract
- 1 cup Country Crock Plant Cream

Vegan Caramel Frosting:

- 1/2 cup (1 stick) Country Crock Plant Butter Sticks with Avocado Oil, at room temperature
- 1 1/2 cups powdered sugar, plus additional, if necessary
- 2 teaspoons caramel sauce, at room temperature
- Country Crock Plant Cream, as

needed

- 1/2 teaspoon vanilla
- 2 teaspoons caramel
- salt flakes (optional)
- caramel cubes (optional)

To make caramel:

In medium, light-colored saucepan over medium heat, stir sugar constantly until evenly melted.

Remove pan from heat and add Plant Butter, Plant Cream, coconut oil and salt.

Return mixture to medium heat, stirring constantly, 1 minute. Turn heat to low, stir and cook until mixture is thick and smooth. If caramel separates, whisk vigorously until it's back together.

Pour caramel into heat-proof bowl, passing through fine mesh strainer to remove crystallized sugar. Cover and cool completely in fridge.

To make cupcakes:

Preheat oven to 350 F. Line cupcake pan with liners; set aside.

In medium bowl, whisk flour, baking soda, baking powder, cinnamon and salt. Set aside.

In bowl of stand mixer, using whisk attachment, cream together Plant Butter, powdered sugar and brown sugar until light and fluffy. Add vanilla and cooled caramel, whisking on medium speed until combined.



Slowly add flour mixture, Plant Cream, scraping down sides of bowl until combined. Divide batter evenly into liners, filling each 3/4 full.

Bake until tops spring back when touched or toothpick inserted in center comes out clean, 18-20 minutes. Transfer cupcakes to wire rack and cool 5 minutes then remove from pan. Allow cupcakes to cool completely at room temperature.

To make frosting:

In bowl of stand mixer, mix Plant Butter on medium-high speed about 1 minute.

Add powdered sugar and Plant Cream together about 1 minute then add caramel sauce and mix until fully combined.

Add vanilla then Plant Cream as necessary, 1 teaspoon at a time, while mixing to desired consistency.

Pipe frosting onto cupcakes, drizzle with caramel and sprinkle with salt flakes, if desired. Garnish with caramel cubes, if desired. ■

SENIORS, FROM FRONT

have been psychology and science classes. Throughout high school, I have run cross country, played for the soccer team, and participated in the band. During my time in high school, I have been a part of the National Honor Society, National Spanish Honor Society, Gold honor roll, DMACC's President's List, and received the Rural & Small Town National Recognition Award. Outside of school, I am involved in my church, youth group, work at Big Creek Marina, and missions trips. After graduation, I plan on going to Iowa State. As of right now, I haven't decided what I am planning on studying, but I would like to one day own a small business of my own."

PAIGE MORGAN KERR

"My name is Paige Kerr, and

I am from Cambridge. I have three siblings: two older sisters, Susanne and Sabrina, and a younger brother, Jarrod. My favorite class so far has been pre-calculus. I have been on the Gold honor roll all four years of high school and the DMACC President's list for the past two years. I have been a part of the varsity soccer and volleyball teams at North Polk. For the past two years, I have been volunteering with our school's athletic trainer through the Athletic Trainer Student Aide program. After high school, I plan to attend Iowa State and major in biology on a pre-med track."

Paige's parents are Lenard and Tawna Kerr. Her favorite school subjects are math and chemistry. She has worked part-time as a nanny for a student with physical disabilities. ■

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.

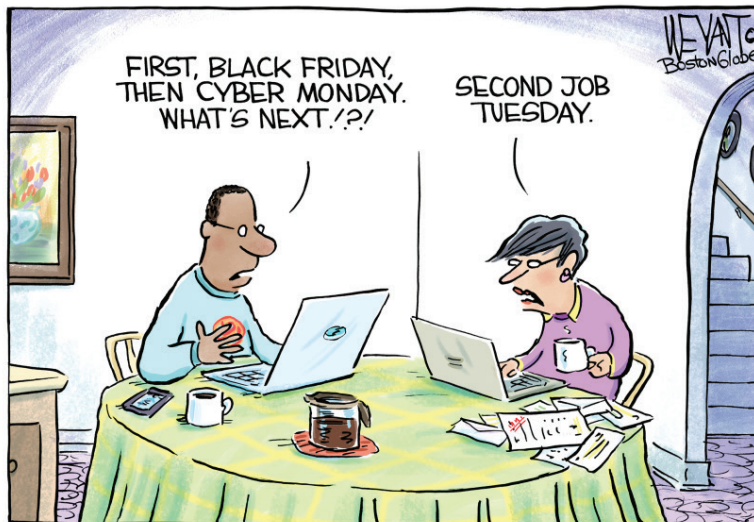
FOR SALE: Nice bunk beds. Solid built. \$175. call or text 515-238-3198 and I can send photos.

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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