

POLK CITY *Living Weekly*

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SEEN IN POLK CITY



The Joint Legislative Luncheon held annually by the Johnston, Grimes, Polk City and Urbandale chambers was held Friday, Nov. 17, at the Holiday Inn & Express Conference Center, Ankeny. The speaker panel included Rep. Bill Gustoff, Rep. Heather Matson, Rep. Molly Buck, Rep. John Forbes, Rep. Dan Gehlbach, Sen. Jack Whitver, Sen. Mike Bousset and Rep. Eddie Andrews. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 55 | LOW 32

Sunny

**SATURDAY HIGH 37 | LOW 22**

Cloudy, windy and colder

**SUNDAY HIGH 38 | LOW 22**

Mostly sunny

**MONDAY HIGH 43 | LOW 24**

Sunny with patchy clouds

**TUESDAY HIGH 39 | LOW 23**

Thick cloud cover



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FROM THE PUBLISHER

TRACTOR TIRE TUBING

Where are some of your favorite places to sled, skate or ski in the area? We don't have the mountains of Colorado or the frozen lakes of Minnesota, but with a bit of effort and a little creativity, one can find plenty of places locally to enjoy Iowa's winter weather.

As a child, my buddies and I would bundle up in our "snowmobile suits," as we called them, and head for the hills of River View Cemetery in my hometown of Algona. Yes, a cemetery. And, no, we didn't try to swerve around the tombstones like moguls. We found a steep hill on the back side of the cemetery that didn't have any occupied graves. That was our Copper Mountain.

I would call it sledding, but we didn't have sleds. We had inner tubes. And the bigger, the better. Today's fancy inflatables weren't available when I was a kid, so we simply made do with these black, rubber donuts. Most were a standard size, but when a massive tractor-sized inner tube was available, my friends and I couldn't strap on our snow boots and

mitten fast enough.

The challenge was to see how many of us could stack up on that inner tube while it slid down the hill. And, if you were lucky, you weren't the first one to fall forward and be run over by the oncoming circle of childhood angst.

As a child, I didn't experience ice skating or snow skiing, and it was my mother's fault. Kind of. She told me a story of her childhood friend falling backwards on her skates and having the back of the blade stabbed into the back of her, well, you can guess. This friend had to make a trip to the doctor — with the blade still intact. No thanks. I have since tried skating a handful of times as an adult, but that image continues to be stuck in my mind.

Snow skiing certainly looked like a lot of fun, but that required ski equipment and money, neither of which I had. Once out of college with a few bucks in my pocket, I did give it a shot. The first effort



wasn't so great, though. Lessons were for sissies, I mused. So I strapped on the skis and jumped on the lift with my now-wife, Jolene. I assumed she would tell me how to unmount from the chair lift while we were being transported to the top of the hill. What she gave me instead was complete silence... and I landed head-first and then did somersaults down the hill, with my skis and poles following. Once I gathered my equipment and swallowed my pride, the next stop was for ski lessons.

So, ice skating and snow skiing are OK, but tubing is still more my style. Maybe you can relate. If you can, or even if you can't, be sure to let me know where you can sled, ski, skate — and even tube. And when you go, bring a tractor tire innertube — if you dare.

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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A publication of Big Green Umbrella Media, Inc.
8101 Birchwood Court, Suite, D, Johnston, IA 50131
www.iowalivingmagazines.com



News contact

Tammy Pearson
515-953-4822, ext. 302
tammy@iowalivingmagazines.com



Advertising contact

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



CHRISTMAS MOVIE TRIVIA

From BuzzFeed.com

<https://www.buzzfeed.com/laurafrustaci/christmas-movie-trivia>

1. In the film "The Nightmare Before Christmas," what holiday does Jack Skellington discover?
2. What is the Grinch's loyal dog's name?
3. In the film "Elf," what is the main character Buddy's favorite type of pasta?
4. In the movie "Home Alone," what is the name of the young boy left behind by his family during Christmas vacation?
5. What is the name of the Grinch's love interest in "How the Grinch Stole Christmas"?
6. What does George promise to give to Mary at the beginning of "It's a Wonderful Life"?
7. Which reindeer do Jingle and Jangle take to Southtown, USA, in "The Year Without a Santa Claus"?
8. What does Susan Walker tell Kris Kringle is the thing she wants more than anything in the world in "A Miracle on 34th Street" (1994)?
9. In "The Santa Clause," on what date does Bernard say Scott is due back at the North Pole?
10. What is the name of the evil magician in "Frosty the Snowman"?
12. Complete this famous line from "Elf": "The best way to spread Christmas cheer is _____"
13. In "Elf," when Buddy runs away, what does he apologize for in the note he leaves behind? ■

ANSWERS: 1. CHRISTMAS, 2. MAX, 3. SPAGHETTI, 4. KEVIN MCCALLISTER, 5. MARTHA MAY, 6. THE MOON, 7. VIXEN, 8. A FAMILY, COMPLETE WITH A FATHER AND YOUNGER BROTHER, AND THE HOUSE FROM THE COLE'S CATALOG, 9. THANKSGIVING, 10. PROFESSOR HINKLE, 11. JACOB MARLEY, 12. "SINGING LOUD FOR ALL TO HEAR," 13. RUINING THEIR LIVES AND CRAMMING 11 COOKIES IN THE VCR.

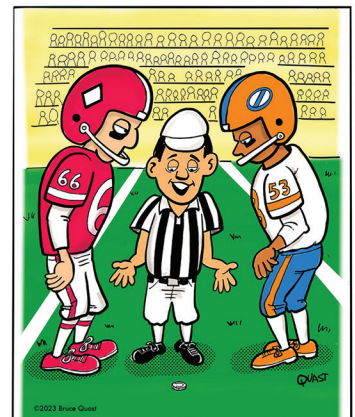
A WOMAN TO WATCH



Mary Lewellin, owner of Red Dragon Herbs & Teas in Polk City, was voted one of 40 Women To Watch In The Hospitality Industry by the Iowa Restaurant Association. ■

Comfortably Dumb

by Bruce Quast



"Heads! ...What are the odds of that?"

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

Santa's Rock N Lights

LIVING WELL CLASSES: OVERCOMING ANXIETY OR DEPRESSION**Orientation: Thursday, Jan. 18, 7 p.m.****Ankeny First United Methodist Church Christian Life Center, 710 NE 36th St., Ankeny**

Two separate Living Well Classes: Overcoming Anxiety or Depression will be held for eight weeks, Thursdays, Jan. 25 through March 14 from 7-8:30 p.m. Classes are confidential and supportive. For information, call Jim White at 515-313-3701 or email jcjlwhite@live.com.

BREAKFAST WITH SANTA AND MRS. CLAUS**Sunday, Dec. 10, 8 a.m. to noon****West Des Moines Elks Lodge,
2060 NW 94th St., Clive**

Special guests, Santa Claus and Mrs. Claus, will be giving out goody bags, talking with the children and providing photo opportunities at the monthly Elks breakfast. The breakfast buffet includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip), orange juice, milk and coffee. There will also be a Christmas bake sale. Enjoy a bloody Mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger.

Breakfasts are held the second Sunday of the month. Proceeds support the Elks' Hoop Shoot Program, other youth activities and community charities.

Through DEC. 31: Santa's Rock N Lights. Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; lhf.org/event/santas-rock-n-lights.

Through DEC. 31: Holiday Hullabaloo. Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; horizoneventscenter.com.

DEC. 1-17: "All Is Calm: The Christmas Truce of 1914." Des Moines Community Playhouse, 831 42nd St., Des Moines. dmplayhouse.com.

DEC. 2-17: "A Charlie Brown Christmas." Des Moines Community Playhouse's Kate Goldman Children's Theatre. dmplayhouse.com.

DEC. 7-10: BDM Presents "The Nutcracker." Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; balletdesmoines.org

DEC. 7-9: "The Nutcracker." Iowa Dance Theatre presents at Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org

DEC. 8-17: "A Christmas Carol." Stoner Theatre, 221 Walnut St., Des Moines. iowastage.org.

DEC. 9: Santa 5K run. 521 E. Locust St., Des Moines; fleetfeet.com/s/desmoines.

DEC. 14: Christmas with Lorie Line. 7 p.m. at Hoyt Sherman Place, 1501 Woodland Ave., Des Moines. hoytsherman.org. ■

RECIPE

SWEET AND SAVORY WAY TO SHAKE UP HOLIDAY CELEBRATIONS

(Family Features) 'Tis the season for sweet and savory favorites – from the mouthwatering desserts you crave each year to starters and snacks that hold over hungry guests. Elevate your holiday entertaining with the right combination of appetizers, main courses, sides, sweets and beyond that start with the same seasonal staple: pecans.

To help celebrate the holiday season, the American Pecan Promotion Board introduced a digital Pe-Calendar to highlight the many ways pecans can be enjoyed in and beyond a traditional pie. From Dec. 7-18, the interactive calendar will unveil tasty recipes for pecan fans to enjoy, along with fun games that can enter you in to win exciting prizes each day. From delicious Baked Brie with Pecans and Cranberry Orange Chutney to nutritious Pecan Snack Mix with Cranberries and Chocolate, along with prizes, the calendar provides an ultimate way to shell-ebrate with the must-have holiday nut. ■

BAKED BRIE WITH PECANS AND CRANBERRY ORANGE CHUTNEY

Recipe courtesy of the American Pecan Promotion Board

Cook time: 24 minutes

Servings: 8

- 1 bag (12 ounces) fresh cranberries
- 1/2 cup maple syrup, plus 1 teaspoon for garnish, divided
- 1/2 cup water
- 1 orange, zest and juice only
- 1 teaspoon freshly chopped thyme, plus additional for garnish, divided
- 1 teaspoon freshly chopped rosemary
- 1 tablespoon bourbon (optional)
- 1 round brie (13.4 ounces)
- 1/2 cup roasted pecan pieces
- crackers
- toasted bread
- apple slices

Directions:

Preheat oven to 350 F. Line baking sheet with parchment paper or silicone baking mat.

In medium saucepan over medium-high heat, bring cranberries (reserving some for garnish), 1/2 cup maple



syrup and water to boil. Reduce heat to medium-low and cook, stirring occasionally, until cranberries pop and mixture thickens, 8-10 minutes.

Remove cranberry mixture from heat and stir in orange zest, orange juice, 1 teaspoon thyme, rosemary and bourbon, if desired.

Place brie on parchment-lined baking sheet. Bake 5-7 minutes, or until inside of cheese softens while outside remains intact.

Transfer brie to serving platter and top with chutney and roasted pecans. Drizzle remaining maple syrup over brie and garnish with remaining fresh thyme and reserved cranberries. Serve with crackers, toasted bread and apple slices.

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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.

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 polkcitlibrary.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.

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. ■

WE WILL RUN YOUR POLK CITY NEWS ITEMS FOR FREE.

Email your news by Wednesday at 5 p.m. to: tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

PUZZLE BUILDING FUNDRAISER



Friends of the Polk City Library held a puzzle building contest fundraiser at La Familia Mexican Restaurant on Nov. 12. Team Pieces of Vengeance finished in 33 minutes, winning the competition. The team included Jessica Faue, Angie Schaffer, Lizzie Garlock and Bridget Marietta. ■

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

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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