

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

KNOW THE SNOW ORDINANCE

Winter has officially arrived, and so has winter weather, so it's time to review the Polk City snow ordinance. When the city declares the snow ordinance is in effect, to "facilitate snow and ice removal operations," parking or leaving vehicles unattended on public streets, alleys or on-street parking within the city is prohibited. Cars can not be on any parking spaces within the Town Square business district from 2-6 a.m. when the snow ordinance is in effect. Violators can be fined.

City officials will announce when a snow ordinance is in effect with a text message or email communication through WENS (Wireless Emergency Notification System). To sign up, visit [https://](https://entry.inspironlogistics.com/polk_city_ia/wens.cfm)

entry.inspironlogistics.com/polk_city_ia/wens.cfm.

Notifications will also be made on the city's Facebook page, the Polk City Police Department Facebook Page, and the Town Square Message Board/Sign.

SNOW SEASON REMINDERS

- Within 24 hours of 1 inch or more of snow and the snowstorm ends, sidewalks are to be clear of snow and ice.
- Residents are asked to help make sure a 3-foot perimeter around and, road access to, fire hydrants is clear of snow (this helps you and your neighborhood by reducing the fire department's fire response time).

- It is illegal to place any snow and ice removed from private property onto any public roadway or alley.
- Remember that Polk City's Public Works snow plow drivers may need to make multiple passes down your road to clear the snow/ice back to the curb/edge of the roadway. ■



POLK CITY WEATHER FORECAST

FRIDAY HIGH 44 | LOW 26

Mostly sunny


SATURDAY HIGH 42 | LOW 21

Mostly sunny


SUNDAY HIGH 30 | LOW 19

Breezy and cold; low clouds


MONDAY HIGH 33 | LOW 23

Sunshine with patchy clouds


TUESDAY HIGH 41 | LOW 22

Mostly sunny



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FROM THE PUBLISHER

RABBIT EARS

You likely had some version of a dipole antenna on a television set at one point or another. These, of course, were the days before cable TV or streaming. One had to patiently position the antenna to get just the right angle to pick up a local station. Some would touch it to a metal object or add tinfoil for additional strength. By today's standards, that seems ridiculous. Antennas have come a long way.

According to antenna-theory.com, the first experiments that involved the coupling of electricity and magnetism were by English scientist Michael Faraday in the 1830s. The site says he slid a magnet around the coils of a wire attached to a galvanometer, creating a time-varying magnetic field. The coil acted as a loop antenna and received the electromagnetic radiation, which was detected by the galvanometer. Makes perfect sense, right?

All I know is that we had a big antenna on top of my childhood home to get the four or five channels that were available.

Windstorms wreaked havoc on that antenna, and it eventually came down, about the time that cable TV became mainstream.

I also recall those long CB radio whip antennas that were on many vehicles in the 1970s. In a nostalgic moment and despite my wife's pleas against it, I decided to install a CB radio in my truck. I didn't want that big whip antenna, so I bought a magnetic version that mounted on top. That sounded great, until the wind blew it off and it banged against the side of my truck while driving down the interstate.

Our cell phones used to have antennas. Many of you remember flip phones with the retractable antennas. Do you ever wonder why today's phones don't have these? The short answer, according to MIT School of Engineering, is that modern electronic devices communicate at frequencies that can be detected by smaller antennas. In



1993, the Federal Communications Commission began auctioning off a range of new carrier frequencies to wireless service providers. The first were a range of frequencies close to 900 megahertz and were typically used by early cordless phones. By the end of the 1990s, major providers had acquired many more communications bands at frequencies greater than 2 gigahertz.

Meanwhile, with the popularity of streaming today, some folks who still want local channels have been searching for rabbit ears. Today's versions are fancier, though, with longer ranges, tabletop designs, extendable dipoles and power adaptors. And they pick up a lot more than four or five channels. Sometimes.

Have a great week, and thanks for reading. ■



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Living Weekly

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POLK CITY POLICE REPORT

NOVEMBER

Total calls for service: 586

This includes response to citizen complaints/reports, assists, self-initiated activities such as traffic stops, building checks, suspicious persons, and case follow up. Among these calls for service, Polk City Officers conducted 221 traffic stops.

Cases: 28

Twenty were investigative incident reports, five were for vehicle collisions, two for outstanding arrest warrants, and one for vehicle impound.

Arrests: 18

The Police Department also issued 67 citations and 190 warnings. The arrests consisted of five driving-related offenses, six drug-related offenses, and seven for miscellaneous offenses including outstanding arrest warrants, harassment, trespass and violation of no contact order.

Officer training

Officers Stover and Garrison successfully completed the department's field training and evaluation program in November. The program is an 8-week program that trains officers on a variety of patrol-related tasks. Officers Stover and Garrison are working night shift patrol.

Officer Delaney successfully completed the



K9 Eudoris

Expandable Baton Instructor Course in November.

Officers Blaha-Polson and Whipple successfully completed Street Cop Training's Effective Policing Skills and Tactics Course in November.

In-service training

During November, the patrol staff focused on firearms training in low light environments. Firearms training in low light tactics is essential to the safety of the public and officers. Statistics have consistently shown many officer-involved shootings occur in low-light conditions.

K9 program

Polk City Police Department K9 Team, Officer Aicher and Eudoris, logged 16 hours of training in November. Training was done through a combination of Canine Tactical in Chariton and ongoing daily training done locally. Eudoris was not deployed during November.

Community outreach

In November, Officer Aicher and Eudoris read to school children at the Polk City Library. ■



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POLK CITY LIBRARY

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

LIBRARY HOLIDAY HOURS

- Monday, Jan. 1, closed
- Monday, Jan. 15, closed for staff training

LIBRARY WINTER WEATHER POLICY

- If school is delayed due to inclement weather, all morning programs will be canceled.
- If school is dismissed early due to inclement weather, all afternoon/evening programs will be canceled.
- If school is canceled due to inclement weather, a decision about opening the library will be made by 9 a.m. All programs will be canceled.

ACTIVITIES

The Winter Reading Challenge for all ages: **30 x 30 x 30.** Jan. 1-31. New this year. Read at least 30 minutes a day for 30 days. Turn in your log for a chance to win a \$30 gift card to Papa's Pizza. Prizes for kids and adults.

Wednesday Adult Book Club. "The Measure" by Nikki Erlick. Wednesday, Jan. 3, 7 p.m. It seems like any other day. You wake up, pour a cup of coffee, and head out. But today, when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years you will live. Pick up a free copy of the book at the library ahead of the meeting.

Babble & Brew. Thursday, Jan. 4, 10 a.m. Playtime for them, coffee and conversation for you. Longing for grown-up conversation? We will have coffee for you and exciting, age-appropriate toys for the kiddos.

Comets Kids Club for K-fifth graders. Monday, Jan. 8, 4 p.m. Remember playing with Shrinky Dinks as a kid? We will be going "retro" at Comets Kids Club and making some Shrinky

Dink creations of our own. Register online at our website beginning two weeks prior.

Friends of the Library Meeting. Wednesday, Jan. 10, 6:30 p.m. The Friends of the Polk City Community Library has four scheduled meetings per year. All meetings are open to members and the public. Anyone interested in supporting the library is welcome and encouraged to attend.

Coloring Night at Fenders Brewing. Wednesday, Jan. 10, 4-9 p.m. Come for a night of relaxation and fun with friends at Fenders Brewing.

Adult Evening DIY: Faux Stained Glass. Thursday, Jan. 11, 6 p.m. Stained glass is beautiful, but it's not the hobby for everyone. If you love the look, stop by the library to make faux-stained glass with simple acrylic paint and craft glue. Ages 17 and older, registration required.

K-5th STEM Book Club. Tuesday, Jan. 16, 4 p.m. Join us for a new and exciting book club experience for K-5th graders. Each month, we will have a picture book that we will connect to a science experiment that we will do together at the Book Club meeting. (Not every month will there be books to pick up. Sometimes the book will just be read at the beginning of the book club meeting). January's Book Club book, "Libby Loves Science" by Joelle Murray, can be picked up at the library anytime before the meeting. Registration is online at our website.

Adult Coloring. Tuesday, Jan. 16, 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.

Music and Movement (toddlers and preschoolers). Thursday, Jan. 11, 10 a.m. Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

Messy Munchkins (toddlers and preschoolers).

Thursday, Jan. 18, 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 we will put out. Have your child wear clothes that you don't mind getting dirty.

Monday Adult Book Club. "Not a Penny More, Not a Penny Less" by Jeffrey Archer. Monday, Jan. 22, 2 p.m. From the luxurious casinos of Monte Carlo to the high-stakes windows at Ascot to the bustling streets of Wall Street to fashionable London galleries, four strangers' ingenious game has begun. It's called revenge — and they were taught by a master.

Adult Crafternoon: Sock Gnomes. Tuesday, Jan. 23, 2 p.m. Join us for a relaxing afternoon of crafting, where we'll make simple and adorable sock gnomes to keep you company in your winter decor. Ages 17 and older, registration required.

Swing Dance Lesson with the Cardinal Swing Society. Thursday, Jan. 25, 6 p.m. Even if you have two left feet, come have a fun night of learning to swing dance. We'll have instructors from the Cardinal Swing Society at Iowa State in for a brief lesson on the basics, then feel free to dance until the library closes. Ages 17 and older, registration required.

Adult DIY Card Crafting. Monday, Jan. 29, 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.

Story Time Mondays and Tuesdays, 10 a.m.

Join us 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 Snyder via Zoom. We will be broadcasting the class on the big screen in the library or you can join us from home. Chair yoga is a gentle practice in which postures are performed while seated and/or with the support of a chair. No experience is necessary. *Gentle strength training may also be incorporated into the practice. Props such as hand weights, resistance bands and a yoga block may be helpful if desired, but not necessary. The Zoom link can be found on our online catalog at polkcitlibrary.org.

Geri-Fit® Strength Training Workouts, Tuesdays at 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 are available upon request. If you would like to participate from home via Zoom, please let the library know ahead of time so we can email you the link.

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. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

"Stomp" Photo courtesy of Des Moines Performing Arts

THEATER AND DANCE

ACTORS, INC. - AMES COMMUNITY THEATER

120 Abraham Drive, Ames

actorsinc.org

Jan. 25-27, Feb. 2-4: "Holmes & Watson"

DES MOINES PERFORMING ARTS

Des Moines Civic Center, Cowles Commons, Stoner
Theater, Temple Theatre, 221 Walnut St., Des Moinesdmpa.org

Jan. 11: Capital City Pride Presents: Tiq Milan

Jan. 12-14: "STOMP"

Jan. 23-28: "Mamma Mia!"

Jan. 27: Havana Hop

STEPHENS AUDITORIUM

1900 Center Drive, Ames

center.iastate.edu/events

Jan. 30: "Jesus Christ Superstar"

MUSIC

HOYT SHERMAN PLACE

1501 Woodland Ave., Des Moines

hoytsherman.orgJan. 6: Ruben & Clay: Twenty Years - One Night at 7:30
p.m.

Jan. 12: Big Head Todd and the Monsters at 7:30 p.m.

WELLS FARGO ARENA

Wells Fargo Arena, 223 Center St., Des Moines

iowaeventscenter.comJan. 25: Disturbed - Take Back Your Life tour with
Falling In Reverse and Plush

MORE JANUARY EVENTS

Jan. 5: Dome after dark. Greater Des Moines Botanical
Garden, 909 Robert D. Ray Drive, Des Moines;dmbotanicalgarden.com

Jan. 6: The Winter Wonderpalace. 2500

Grand Ave., West Des Moines; [facebook.com/](https://facebook.com/events/3606197412989952)[events/3606197412989952](https://facebook.com/events/3606197412989952)Jan. 6: Live Jazz at The Continental in the Historic East
Village. From 8-11 p.m. at 407 E. Fifth St., Des Moines;ongrand0.wixsite.com/the-continentalJan. 6-7: 12th annual Iowa Diecast Toy Show. Located
at the Iowa State Fairgrounds, 3000 E. Grand Ave., DesMoines; www.agfarmtoys.comJan. 7: Winter Sip N' Thrift. Captain Roys, 1900 Saylor
Road, Des Moines; captainroys.comJan. 7: Harlem Globetrotters. Wells Fargo Arena, 223
Center St., Des Moines; iowaeventscenter.comJan. 11: Sip and Stroll. Greater Des Moines Botanical
Garden, 909 Robert D. Ray Drive, Des Moines;dmbotanicalgarden.comJan. 12-13: Cinch World's Toughest Rodeo. Wells Fargo
Arena, 223 Center St., Des Moines; iowaeventscenter.comJan. 13: Joe Gatto's Night of Comedy. Hoyt Sherman
Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/eventsJan. 14: Local Music Showcase at Teehee's Comedy
Club. 1433 Walnut St., Des Moines; teeheescomedy.comJan. 18: Candlelight: A Tribute to Taylor Swift. World
Food Prize Hall of Laureates, 100 Locust St., Des
Moines; feverup.com/m/138464Jan. 20: Waukee FamilyFest. Lutheran Church of Hope,
305 N.E. Dartmoor Drove, Waukee; [waukee.org/472/](http://waukee.org/472/FamilyFest)
[FamilyFest](http://waukee.org/472/FamilyFest)Jan. 20: Candlelight: A Tribute to Queen and more.
World Food Prize Hall of Laureates, 100 Locust St., Des
Moines; feverup.com/m/138464Jan. 20: CITYVIEW's winter pub crawl, Fire and Ice.
Historic Valley Junction, 137 Fifth St., West Des Moines;
fire-and-ice.dmcityview.com ■

RECIPE

FAMILY-FRIENDLY FUN TO BEAT WINTER BLAHS

(Family Features) Cool winter days may have you tempted to burrow under a blanket and wait out the weather, but there are plenty of entertaining and affordable ways to enjoy quality family time together despite chilly temperatures.

Kids who are cooped up indoors during the winter often get restless, but you can make the most of that boredom by gathering everyone and discovering new ways to create memories together. ■

COCOA SMILEY FACE WAFFLE

- 2 Cocoa PEBBLES waffles
- 1 cup Cocoa PEBBLES cereal
- 1 container whipped cream
- chocolate chips (optional)
- chocolate sprinkles (optional)
- strawberries (optional)
- chocolate syrup (optional)

Directions:

Heat waffles until golden brown and place on plate. Use whipped cream to make smiley face eyes, nose and mouth.

Place cereal on top of whipped cream to make eyes, nose and mouth colorful. Add chocolate chips, chocolate sprinkles, strawberries and chocolate syrup, if desired.



maple syrup (optional)

Directions:

Heat waffles until golden brown and place on plate. Use whipped cream to make smiley face eyes, nose and mouth.

Place cereal on top of whipped cream to make eyes, nose and mouth colorful. Add blueberries, rainbow sprinkles and syrup, if desired.

FRUITY SMILEY FACE WAFFLE

- 2 Fruity PEBBLES Waffles
- 1 container whipped cream
- 1 cup Fruity PEBBLES cereal
- blueberries (optional)
- rainbow sprinkles (optional)

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SEEN IN POLK CITY



TOURNAMENT CLUB OF IOWA BAR & GRILL RE-OPENING: A Go Polk City ribbon cutting is being held in conjunction with a celebration for the re-opening of the Tournament Club of Iowa Bar & Grill on Friday, Dec. 29 at 2 p.m. followed by specials and viewing of the Liberty Bowl. ■

NORTH POLK STUDENT ART EXHIBITED

Reception date: Feb. 9, 5-7 p.m.

The Ankeny Art Center, 1520 S.W. Ordinance Road

The Ankeny Art Center's annual K-12 art exhibits have been part of an extended outreach program for more than two decades. With the goal of introducing students to the gallery setting, center officials "hope to bring about individual self-worth within the community, increase community involvement, and promote culture and diversity. Through seeing their art on a gallery wall, we hope to bring insight to the students about becoming an exhibiting artist in the future." The center exhibits student art from the Ankeny, Bondurant-Farrar and North Polk community school districts. Receptions include drinks and cookies and are free and open to the public. Works will be on display and available for viewing during the Ankeny Art Center's open hours. ■

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 1 1/2 months \$850.00. Call 515-745-5002.

FOR SALE: Sew Steady sewing extension portable table made in USA by Dreamworld Bonners Ferry, Idaho. Has ruler marking on one side. phone 515-321-0301.

PUPPIES: Gorgeous English Bulldogs pups for free adoption ready for a new home previous owner just died contact via email kellycoux33@gmail.com. They are vet 12 weeks old checked and come with amazing health guarantee. They love to play with kids and other animals. They have very great personalities and are full of love. These babies will make the best gifts for this special Christmas season.

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