

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

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SEEN IN POLK CITY

SMALL BUSINESS SATURDAY WAS HELD IN POLK CITY ON NOV. 25.



Keychains by Brylee



Gabryels Art



The Dessert Girl Evalynn Braymen



Rene Locker



Cake Creations by Alexis, LLC



The Caramel Addict

MORE
PHOTOS
INSIDE

POLK CITY WEATHER FORECAST

FRIDAY HIGH 37 | LOW 24

Mostly cloudy



SATURDAY HIGH 36 | LOW 22

Mostly cloudy; a little snow



SUNDAY HIGH 32 | LOW 25

Mostly cloudy



MONDAY HIGH 36 | LOW 27

Mostly cloudy; a little snow



TUESDAY HIGH 30 | LOW 21

Cloudy, windy; a little snow



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FROM THE PUBLISHER

GET A LOAD OF THIS!

Those five words were the marketing slogan for a concrete company in my hometown when I was a kid. The words were painted on the rotating mixer tank of the truck that my friends and I were so fascinated with. It helped that the truck drivers would almost always respond to our arm-pump requests by honking their horns. They smiled as much as we did.

Years later, I found myself getting up close and personal with concrete. As a young man, I worked for some great guys who taught me how to do concrete work. To be honest, they taught me how to push a wheel barrow full of concrete. If I had paid more attention, I might have learned how to frame and finish and could replace my own driveway now. But I was focused on other things back then. I did learn one steadfast rule, though: If I dumped a wheel barrow of concrete, I had to buy a case of beer for the crew after work. That one I learned quickly.

As much as I worked with

this construction material, I never truly knew the difference between concrete and cement. Like many of you, I thought the words were one and the same. For years, I believed that the wet stuff was cement, and the hard stuff was concrete. I thought wrong.

I now know that cement is actually an ingredient in concrete, kind of like milk being an ingredient in ice cream. Concrete is a mixture of cement, aggregate and water. The aggregate — such as sand, stone and gravel — makes up about 75% of concrete.

Cement is manufactured from a mix of iron, aluminum, silicon, calcium and other substances that are found in limestone, shells, chalk, clay, iron ore and silica sand. These “ingredients” are heated to a high temperature to create a rock-like substance that is ground into fine powder, which is



cement.

Now you know. Meanwhile, concrete is among the most widely used construction materials in both residential and commercial applications. It is strong and durable and practical and, as such, desirable.

Like most things in life, pouring concrete properly is a learned skill, even an art. Malcolm Gladwell's 10,000 hours theory holds true, which is apparent by the three-year-old crumbling concrete in my driveway that was completed by some guys who thought anyone could pour concrete. Their work may have been faulty, but I hope they at least honked their horns and made the neighborhood kids smile.

Have a great week, and thanks for reading. ■

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SEEN IN POLK CITY

SMALL BUSINESS SATURDAY WAS HELD IN POLK CITY ON NOV. 25.



Santa and the Grinnell State Bank staff



Liam and Lane Olson



Maria Nuriel, owner of Nahlia Thrift



Eliza Schmidt and Mary Lewellin at Red Dragon Herbs and Teas



Little Hands at Play owners Rylend Perry and Greysen Perry



Ellie Moats and Megan Miller of Polk City Nutrition



Something Sweet owner LaShanna Erby-Nickles



Hannah Bleskacek and Logan Reel of Polk City Nutrition



Alysia Olson, owner of Meraki Mamas Boutik, celebrating her fifth anniversary

POLK CITY LIBRARY

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

LIBRARY HOLIDAY HOURS

- Monday, Jan. 15, closed for staff training

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.

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.

Ladies' Wednesday Coffee. Wednesdays, 10 a.m. to noon. Ladies, join us for coffee and conversation. ■

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. ■

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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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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**IOWA STATE FAIR FLEA MARKET**

Jan. 6-7

3000 E. Grand Ave., Des Moineswww.iowastatefairgrounds.org/event-calendar

Find all sorts of goods from antiques, home decor, jewelry and everything in between. This flea market is held each month from January to June and September to December at the Varied Industries Building.

THE WINTER WONDERPALACE

Jan. 6

Raccoon River Nature Lodge,**2202 Park Drive, West Des Moines**

The ninth installment of The Winter Wonderpalace allows you to take your little one on a magic winter adventure, where they get the chance to meet four storybook characters inside the Raccoon River Nature Lodge.

MIRACLE ON 86TH STREET

Through Jan. 8

Charles Gabus Memorial Tree Park,**3600 86th St., Urbandale**

Bundle up this winter and stroll through the Charles Gabus Memorial Tree Park. The park features a large, custom-built train and larger-than-life ornamental displays. The park is lit with more than 50,000 holiday lights.

SQUARE DANCE LESSONS

Sunday nights starting Jan. 14, 6:30 p.m.

Douglas Avenue Presbyterian Church,**4601 Douglas Ave., Des Moines**www.ankenysquares.com

Ankeny Square Dance Club is sponsoring Square Dance Lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one call at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-291-2624.



Wonder Palace Nature Lodge

CITYVIEW'S FIRE AND ICE

Jan. 20

Historic Valley Junction,**137 Fifth St., West Des Moines**fire-and-ice.dmcityview.com

Fire and Ice is a hockey-themed liquor sampling event that will be sure to warm up your winter blues. With your event ticket, you will receive 10 individual drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area.

MUSEUM OPEN**Urbandale Historical Society, 4010 70th St.**

The Olmsted-Urban House will be open for viewing the first Sunday of each month 2-4 p.m. for viewing. Members of the society will be there for guiding tours and showing the collection of things that might have been in Grandma's house. The Rolling Green school quilt made by the students and the painting given in memory of Pamela Powers are now at the Olmsted Urban House. These items can be viewed during the museum's monthly open house.

WAUKEE FAMILY FEST

Saturday, Jan. 20, 9 a.m. to noon

Lutheran Church of Hope - Waukee

This free, family-friendly event will help kids burn off some cabin fever energy. Check out Waukee area businesses, enjoy games and prizes and jump on inflatables. To become a vendor, visit waukee.org/familyfest. ■

RECIPE

SIMPLE, NUTRITIOUS MEALS TO MAKE MORE TIME FOR FAMILY

(Family Features) Making time for meals together shouldn't require spending all night in the kitchen. A simple-to-prepare ingredient like eggs can help you spend less time cooking and more time with family. ■

POACHED EGG TOSTADAS WITH AVOCADO-TOMATILLO SALSA

Servings: 4 (1 egg and 1/2 cup salsa per serving)

- 2 Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs

Salsa:

- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Directions:

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.



Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil.

Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.

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