

# POLK CITY Living Weekly

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## POLK CITY KIWANIS SENIORS OF THE MONTH

The Kiwanis Club of Polk City has named the Kiwanis Seniors of the Month.

### AARON MICHALEK

"My name is Aaron Michalek. I am the son of Ryan and Lori Michalek of Polk City. My sister, Jessica, is a fourth grader at Big Creek Elementary School. My favorite school subjects are math and Spanish. Throughout my four years of high school, I have been involved in football all four years, participated in track freshman and sophomore year, and participated in soccer junior year. I have also been involved in lacrosse, playing for Ankeny Thunder Lacrosse Club. I have been on the Gold honor roll all four years of high school. I am currently undecided on college and major, but I'd like to attend a four-year university and major in some type of engineering."



Aaron  
Michalek



Josie  
Moore



Kylie  
Rasmussen

my nephew, reading, shopping, traveling, coloring and writing in calligraphy. At school, I participate in every band that is offered through my school. I play the flute, piccolo, alto sax and clarinet. I enjoy going to school and seeing my friends every day. School is important to me, so I work very hard and push myself to achieve the best grades that I can. I was on the Silver honor roll my freshman year. I was on the Gold honor roll my sophomore and junior years. I have also been on the

### JOSIE MOORE

"My name is Josie Moore, and I am a senior at North Polk High School. I have three older siblings and a nephew. In my free time, I enjoy spending time with

SENIORS, CONTINUED ON BACK

### POLK CITY WEATHER FORECAST

#### FRIDAY HIGH 16 | LOW 1

Windy and cold with periods of snow



#### SATURDAY HIGH 4 | LOW -14

Cloudy, windy and frigid



#### SUNDAY HIGH -6 | LOW -15

Frigid; mostly cloudy in the morning



#### MONDAY HIGH -4 | LOW -15

Brisk and bitterly cold



#### TUESDAY HIGH 4 | LOW -3

Mostly cloudy and frigid



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FROM THE PUBLISHER

# HOW MUCH DO YOU KNOW ABOUT JANUARY?

Welcome to a new year and another month of January. Think you have this month all figured out? I decided to test your knowledge today. Give it your best shot. The answers are at the end.

**1. Who is January named after?**

- a. Janus, the Roman god of doors and gates
- b. Jan Brady
- c. Jan Michael-Vincent
- d. Jan van Dommelen

**2. Which precious stone is associated with January birthdays?**

- a. Jasper
- b. Garnet
- c. Moonstone
- d. Pearl

**3. What is the flower symbol for January?**

- a. Rose
- b. Orchid
- c. Daisy
- d. Carnation

**4. Which two Zodiac signs fall in January?**

- a. Capricorn and Aquarius
- b. Leo and Virgo
- c. Taurus and Aries
- d. Gemini and Cancer

**5. On which date is Martin Luther King Jr. Day observed?**

- a. First Monday of January
- b. Second Monday of January
- c. Third Monday of January
- d. Fourth Monday of January

**6. Which famous Apple product was announced on Jan. 9, 2007?**

- a. iMac
- b. iPad
- c. Apple Watch
- d. iPhone

**7. Which U.S. president was born on Jan. 9, 1913?**

- a. Richard Nixon
- b. John F. Kennedy
- c. Lyndon Johnson
- d. George Washington

**8. What beverage was first sold in cans starting Jan. 24, 1935?**

- a. Soda
- b. Milk
- c. Prune juice
- d. Beer

**9. What historic event took place on Jan. 16, 1919, in the United States?**

- a. Prohibition began
- b. Declaration of Independence was signed
- c. The Louisiana Purchase occurred
- d. FDR's first fireside chat happened

*Answers: 1 = a; 2 = b; 3 = d; 4 = a; 5 = c; 6 = d; 7 = a; 8 = d; 9 = a*

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  
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

## 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. ■

## FUNERAL NOTICES

*Funeral notices can be emailed to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)*

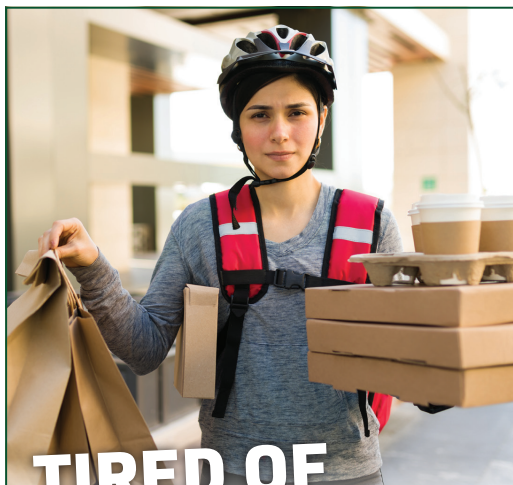
### DAVID ALAN LARSON

David Alan Larson, 59, of Alleman, died Friday, Jan. 4, 2024, at his home. Dave was born June 14, 1964, in Kansas City, Missouri, to David Neil and Kathleen Ann (Leaming) Larson. He attended North Polk High School, graduating in 1984. He was trained as a mechanic and performed maintenance on automobiles and finally production machinery. He retired from Tension Envelope. David Alan liked to tinker and was a talented mechanic.

He is survived by his mother, Kathleen Larson; brothers, Matt Larson with sons Tyler (Ashleigh), Jordan (Kirsti), Owen, Nathan, and Sean (Chris) Larson, and Bryan (Lindsay Scott) Larson with sons, Chandler and Collin; and many extended relatives and friends.

He was preceded in death by his father, David Neil Larson, and infant brother, Andrew Larson.

A celebration of life service will be held at a later date to be announced for spring 2024. ■



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## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM**THEATER & DANCE****ACTORS, INC. - AMES COMMUNITY THEATER**

120 Abraham Drive, Ames

*actorsinc.org***Jan. 25-27, Feb. 2-4:** "Holmes & Watson"**ANKENY COMMUNITY THEATRE**

1932 S.W. Third St., Ankeny

*ankenycommunitytheatre.com***Feb. 9-18:** "The Odd Couple, Female Version"**CLASS ACT PRODUCTIONS**

201 First Ave. S., Altoona

*captheatre.org***Feb. 16-18, 23-25, March 1-3:** "The Music Man Jr."**DES MOINES PERFORMING ARTS**

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

*dmpa.org***Jan. 23-28:** "Mamma Mia!"**Jan. 27:** Havana Hop**Feb. 6-11:** "Company"**Feb. 15:** Capital City Pride Presents: Brea Baker**Feb. 17:** The Peking Acrobats**DES MOINES COMMUNITY PLAYHOUSE**

831 42nd St., Des Moines

*dmplayhouse.com***Feb. 2-18:** "Our Town"**SIMPSON COLLEGE**

513 N D St., Indianola

*simpson.edu/academics/departments/departments-theatre-arts***Feb. 16-18:** "The Telephone & The Medium"**STEPHENS AUDITORIUM**

1900 Center Drive, Ames

*center.iastate.edu/events***Jan. 30:** "Jesus Christ Superstar"**Feb. 2-3:** Barjché**Feb. 8:** Langston Hughes Project**Feb. 29 through March 3:** "Always Plenty of Light at the Starlight All Night Dinner"**TALLGRASS THEATRE COMPANY**

2019 Grand Ave., Suite 100, West Des Moines

*tallgrasstheatre.org***Feb. 2-18:** "Equus"**MUSIC****DES MOINES CIVIC CENTER**

Des Moines Civic Center, 221 Walnut St., Des Moines

*dmpa.org***Feb. 23-24:** Harry Potter and the Order of the Phoenix™ in concert**DES MOINES SYMPHONY**

Des Moines Civic Center, 221 Walnut St., Des Moines

*dmsymphony.org***Feb. 3-4:** Discover Groundbreaking Innovation**HOYT SHERMAN PLACE**

1501 Woodland Ave., Des Moines

*hoytsherman.org***Feb. 6:** Hélène Grimaud: Lauridsen Great Pianist Series at 7:30 p.m.**Feb. 9:** Nickel Creek at 7:30 p.m.**Feb. 23:** Postmodern Jukebox at 8 p.m.**Feb. 24:** Marty Stuart and his Fabulous Superlatives at 7:30 p.m.**Feb. 29:** Cat Power sings Dylan: The 1966 Royal Albert Hall concert at 7:30 p.m.**WELLS FARGO ARENA**

Wells Fargo Arena, 223 Center St., Des Moines

*iowaeventscenter.com***Jan. 25:** Disturbed - Take Back Your Life tour with Falling In Reverse and Plush**Feb. 2:** WINTER JAM 2024 ■

## RECIPE

# QUICK, EASY RECIPES TO ADD TO YOUR DINNER ROTATION

*(Family Features)* Making time for meals together can have a positive impact on the wellbeing of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in “Canadian Family Physician.”

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in “New Directions for Child and Adolescent Development” showed these conversations help improve children’s vocabularies more than being read aloud to.

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

## POBLANO FRITTATA

Servings: 4 (2 wedges per serving)

- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped
- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream

### Directions:

In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place



two wedges on each plate. Top with tomatoes and sour cream.

### Nutritional information per serving:

244 calories; 8.5 g total fat; 2.5 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 192 mg cholesterol; 177 mg sodium; 27 g carbohydrates; 4 g fiber; 8 g total sugars; 13 g protein.



# POLK CITY LIBRARY

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

**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.

**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.

**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. ■

**CITYVIEW'S WINTER EVENT IS BACK!**

# **FIRE & ICE**

## **AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION**

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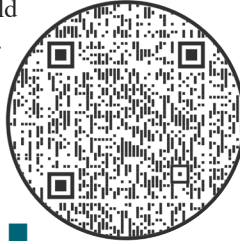
\*\$35 AT THE DOOR



**TICKETS AT [FIRE-AND-ICE.DMCITYVIEW.COM](http://FIRE-AND-ICE.DMCITYVIEW.COM)**

# GO POLK CITY JANUARY LUNCHEON

The Go Polk City January Luncheon will be held Wednesday, Jan. 17, from 11:30 a.m. to 12:30 p.m. at Luana Savings Bank. The public is invited for lunch, networking and to hear special guest speaker Mayor Steve Karsjen. To register, scan the QR code or visit [https://docs.google.com/forms/d/e/1FAIpQLSdvJBWaBihznMhd-x0-ifNxrMA-wkINwJjQ\\_uBA1Inrpas2XQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdvJBWaBihznMhd-x0-ifNxrMA-wkINwJjQ_uBA1Inrpas2XQ/viewform). ■



## SENIORS, FROM FRONT

Dean's list at DMACC. Last school year, I was awarded an Outstanding Spirit Award in band for the 2022-23 school year. I am also part of a group called Leadership Team through the band program. In this group, I am a section leader for the flute section. I enjoy being in leadership team because it allows me to grow as a leader and share my ideas with my peers. When I graduate from North Polk, I plan to attend Iowa State, majoring in marketing. I don't know exactly what I want to do when I am older, but I know that the business route is an education that can be versatile for any career path."

Josie is the daughter of Martha Brady and Dean Moore. Her favorite school subjects are chemistry and English. She works at two jobs and participates in youth group.

## KYLIE RASMUSSEN

"Hello! I am Kylie Rasmussen, a senior at North Polk High School.

I have two younger sisters, Jaslyn, 14, and Harper, 10, and we live near Cambridge with my parents, Noah and Rachel. Through my four years at North Polk, I have been involved in many activities including volleyball, basketball, track, softball, choir, show choir, Key Club, FCA, National Honor Society and National Spanish Honor Society. This past year, I was awarded Second Team All-Conference for volleyball and have been recognized on the Gold Honor Roll for the past three years of high school. I have also been blessed to have run at the Drake Relays and medal at the State Track Meet throughout high school. Outside of school, sports and other activities, I have dedicated time to helping out the community through various volunteer opportunities and helping out my local church in Elkhart. After high school, I plan to continue my education at Iowa State University and study chemical engineering. I am very excited for the future years to come, Roll Clones!" ■

## 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](mailto: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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