

POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

SEEN IN POLK CITY



COMMUNITY FOUNDATION PRESENTS CHECK: Susie Sheldahl and Nan Boland with the Polk City Community Foundation presented a check to Roxanna Currie representing the Big Creek Historical Society on Dec. 26. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 6 | LOW -14

Brisk and colder; patchy clouds



SATURDAY HIGH 4 | LOW -8

Sunny and bitterly cold



SUNDAY HIGH 26 | LOW 23

Brisk; times of clouds and sun



MONDAY HIGH 35 | LOW 28

Low clouds; sleet possible in the a.m.



TUESDAY HIGH 37 | LOW 26

Low clouds



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FROM THE PUBLISHER

HEELS, CRUSTS OR BUTTS?

The words we Americans choose say a lot about us. Sometimes they define us as being rural or urban. Other times, they uncover what part of the country we are from. And, more often than not, they are simply the words our parents or schoolteachers taught us to use. Even so, we still decide between words.

What do you call the long piece of furniture in your living room? Is it a couch? Or a sofa? Or a davenport?

How do you refer to those flying, glow-in-the-dark insects? Fireflies? Lightning bugs? Firebugs? Glowworms? June bugs?

And how about those clothes you slip into on your bottom half, one leg at a time? Are they pants? Trousers? Slacks?

What word(s) do you use to define the comfortable shoes you

put on your feet? Sneakers? Or tennis shoes?

Some of us still use cash, but where do we store it? For us men, is it in our billfold? Or our wallet?

One of the most geographically defined words is the name of that fizzy stuff we sometimes consume. Do you call it pop? Or do you say soda? Or coke? Or the blandest choice, soft drink?

When you have a pop or a soda or a coke or a soft drink, do you do so at dinner? Or supper? Or lunch?

Let's not forget about breakfast and one of its most beloved menu items. Depending on where you reside, you may call them pancakes. Or flapjacks. Or hotcakes. Or Johnnycakes. Or silver dollars. The name doesn't



matter to me, as long as they are covered in maple syrup.

When you get food to go, do you call it takeout or carryout? Or both?

When you buy food, do you do so at the grocery store or the supermarket? And do you put your food items in a grocery cart or a buggy or a carriage?

And, last but not least, is my favorite word distinction. What do you call the pieces of bread on the ends of the loaf? Are they the heels? Or crusts? Or butts?

What ones did I miss? Send me a note and let me know.

Have a great week, and thanks for reading. ■

Shane Goodman
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WE WILL RUN YOUR POLK CITY NEWS ITEMS FOR FREE.

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

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Living Weekly

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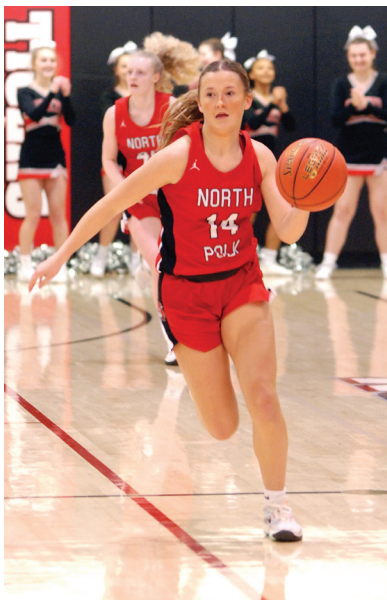


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NORTH POLK GIRLS TAKE ON ADM

THE NORTH POLK GIRLS VARSITY BASKETBALL TOOK ON ADM IN ADEL ON DEC. 12.



Campbell Schultz



Abby Tuttle



Lauren Ausborn



Fayth Sullivan



Jada Podey



Becca Aagard ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

ENJOY THE SNOW!

(ONCE THE WIND CHILL WARNINGS END)

SKATING RINKS

Lace up the skates! Several communities across the metro offer ice skating experiences for little or no cost.

- **Brenton Skating Plaza**, 520 Robert D. Ray Drive, Des Moines
- **Metro Ice Sports Facility**, 5100 N.W. 72nd St., Urbandale
- **West Des Moines RecPlex**, 6500 Grand Ave., West Des Moines
- **Centennial Park**, 605 S.E. Driftwood Lane, Waukee
- **Crosshaven Park**, 7909 N.W. 95th St., Johnston
- **Greenwood Park Pond**, 100 45th St., Des Moines
- **Johnston Commons Ice Rink**, 6700 Merle Hay Road, Johnston
- **Johnston Town Center Ice Rink**, 6245 Merle Hay Road, Johnston
- **MacRae Park Pond**, 1021 Davis Ave., Des Moines
- **Indianola Ice Skating Rink**, 2204 W. 2nd Ave., Indianola Activity Center
- **Raccoon River Park Ice Rink**, 2500 Grand Ave., West Des Moines
- **Sunrise Park**, 506 S.E. Peterson Drive, Ankeny

SLEDDING HILLS

Car hoods, boogie boards, doors and sleds, too. Just find the hills.

- **Altoona: Lions Park**, 507 13th Ave., S.W.
- **Ankeny: Northcreek Park**, 2301 W. First St.
- **Clive: Campbell Park**, 12385 Woodlands Parkway
- **Clive: Country Club Glen Park**, 16335 Sheridan Ave.
- **Clive: Mercy West Clinic**, 1601 N.W. 114th St.
- **Des Moines: Blank Golf Course**, 808 County Line Road



The skating rink at The Yard in Johnston

- **Des Moines: Grandview Golf Course**, 2401 E. 29th St.
- **Des Moines: Capitol Hill**, 1111 E. Court Ave.
- **Des Moines: Ewing Park**, 5300 Indianola Ave.
- **Des Moines: Greenwood Park**, 4500 Grand Ave.
- **Des Moines: MacRae Park**, 1021 Davis Ave.
- **Des Moines: Union Park**, 725 Thompson Ave.
- **Des Moines: Waveland Golf Course**, 4908 University Ave.
- **Urbandale: Winter Park**, 5110 N.W. 72nd St.
- **Waukee: Warrior Park and Sledding Hill**, 1050 Fourth St.
- **West Des Moines: Jordan Creek Elementary**, 4501 Fuller Road
- **West Des Moines: Pearson Park**, 1256 19th St.
- **West Des Moines: Southwoods Park**, 350 S. 35th St. ■

RECIPE

QUICK, EASY AND NUTRITIOUS MEALS

(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.”

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. ■

SWEET POTATO HASH WITH EGGS

Servings: 4 (1 cup per serving)

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled
- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)

Directions:

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining



eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on “keep warm” setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Nutritional information per serving:

258 calories; 7.5 g total fat; 2 g saturated fat; 1.5 g polyunsaturated fat; 3 g monounsaturated fat; 186 mg cholesterol; 244 mg sodium; 39 g carbohydrates; 6 g fiber; 9 g total sugars; 10 g protein.

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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.

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 polkcitylibrary.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. ■

CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

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CHEERING ON THE TEAM

THE NORTH POLK GIRLS VARSITY BASKETBALL
TOOK ON ADM IN ADEL ON DEC. 12.



Emily Gibbons and Ava Ferguson-Sampson



Carolyn Von Der Eldern, Olivia Nefzger and Rebecca Greene



Meredith Whitted and Lola Austin



Elinor Austin and Jamie McKnight ■

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

FREE MENDING CLINIC: Saturday, February 10, 2024, 10:00am - 2:00pm at the Polk City Community Library. Get your worn, torn, clothes fixed! Sewing Guild members will patch knees, stitch rips, replace missing buttons, hem pants, and repair seams. Clean items only.

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

FOR SALE: Sew steady sewing extension portable table made in the USA by Dreamworld Bonners Ferry, Idaho. Clear with ruler marking on one side. Text or phone 515-321-0301.

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