

POLK CITY Living Weekly

WWW.IOWALIVINGMAGAZINES.COM



A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

IMPROVEMENTS PLANNED TO TENNIS AND PICKLEBALL COURTS

BY LINDSEY GIARDINO

Taylor Lehman launched Polk City Pickleball Moms with the intention of fostering regular pickleball play and building connections with fellow moms in town. Recognizing the need for improved courts, she contacted Polk City Parks and Recreation, who connected her with Polk City Friends of the Parks — a volunteer-based, non-profit organization aimed at enhancing Polk City's parks, trails and greenspaces for the benefit of the entire community.

"Following a meeting, they expressed willingness to collaborate on fundraising endeavors for the construction of the new courts," Lehman shares.

Now, the plan is to address safety concerns at the Miller Park tennis courts through resurfacing, bidding farewell to dead spots, cracks and slippery surfaces. There are also plans to add additional pickleball courts.



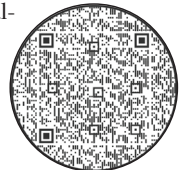
Taylor Lehman started Polk City Pickleball Moms with the intention of fostering regular pickleball play and building connections with fellow moms in town.

On April 20, Polk City Friends of Parks will be hosting the group's annual Earth Day 5K Run/Walk. A pickleball tournament will also be held that day. All funds will go toward resurfacing the courts at Miller Park.

The community can help by participating in events (more information can be found on the Polk

City Friends of the Parks website, www.polkcityfriendsoftheparks.com), volunteering or donating to donorbox.org/general-donation-355. ■

See the full story in the February issue of North Polk Living magazine.



POLK CITY WEATHER FORECAST

FRIDAY HIGH 48 | LOW 26

Mild with clouds and sun

**SATURDAY HIGH 42 | LOW 26**

Mostly sunny and cooler

**SUNDAY HIGH 41 | LOW 26**

Sun and some clouds

**MONDAY HIGH 47 | LOW 26**

Partly sunny; windy

**TUESDAY HIGH 43 | LOW 27**

Clouds early, then sun



TORRES TEAM
Helping you find your place!
515-984-0222 TorresTeamIA.com

FROM THE PUBLISHER

JUST VISITING

People don't talk anymore. Have you heard that? It's often true, at least compared to what some of us are used to. The difference seems to be mostly generational. If an older person has something to say, look for it to be face to face. If a younger person does, expect a text message. A middle-aged person? Flip a coin, as you could get either one — or both.

When my father was alive, he would enjoy what he called "visiting." On Sundays after church, we would walk down to the neighbors, and they would have coffee and talk. Nothing too serious. No politics or religion or gossip. Just visiting.

If a pancake breakfast was being held in town, we were there. Not so much for the food, but for the visiting.

On Sunday afternoons, we would go see his brothers or his sister or their family members, usually unannounced. Or we would stop by to see some longtime family friends. More visiting.

As a young boy, I didn't especially enjoy those times, unless the folks we were visiting had kids my age. But

I learned to respect these instances because they were important to Dad, and I could see that this "visiting" made everyone smile.

Dad was a small business owner, and his customers would sometimes invite him to their homes for supper. They were kind enough to invite me, too. Dad would eat most anything and was appreciative. I was like most kids and didn't have much interest in a wide range of foods. One night when Dad told me oyster stew was to be served, he could see my apprehension. "Just be respectful and try it and tell them it was good," he told me on the drive there. "And I will get you something to eat later." I did the best I could, but I likely wasn't very convincing.

Dad's visiting led to lots of friendships — and lots of invitations to weddings and graduations and the like. He had a strong opinion that, if someone thought enough of him to invite him, then he should attend. And



he did. Funerals, too. I often tagged along with him, and I learned a great deal from him in doing so. He wasn't a man who delivered great speeches or wrote inspiring words. He did something much more important; he showed up. Visiting.

Sometime through the years, we lost the art of this. Now we "visit" by posting photos on social media or sending text messages from our phones. Most of us would agree it certainly isn't the same. A younger generation doesn't have anything to compare it to, though. Digital communication is all they know. One has to wonder if this will come full circle, or if face-to-face communication will continue to diminish. It's a great discussion that seems to be worth a visit.

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

POLK CITY
Living Weekly

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

GO POLK CITY LUNCH

THE GO POLK CITY LUNCH WAS HELD AT LUANA SAVINGS BANK ON JAN. 17.



Tony Haisman and Steve Karsjen



Mayra Worley and Susie Sheldahl



Police Chief Jeremy Siepker and Fire Chief Karla Hogrefe



Chelsea Huisman and Jessica Faue



Jeremy Arends and Clayton Harreld



Colin and Autumn Chrouser

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

The Peking Acrobats

DES MOINES PERFORMING ARTS PRODUCTIONS

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

Feb. 15: Capital City Pride Presents: Brea Baker

Feb. 17: The Peking Acrobats

Feb. 20: Les Ballets Trockadero de Monte Carlo

Feb. 27 through March 3: “Les Misérables”

Feb. 27 through March 17: “Dixie’s Never Wear a Tube Top While Riding a Mechanical Bull”

IOWA WILD HOME GAMES

Wells Fargo Arena, 233 Center St., Des Moines
iowawild.com

Feb. 10 at 6 p.m. vs. Tucson

Feb. 19 at 5 p.m. vs. Rockford

Feb. 21 at 7 p.m. vs. Rockford

IOWA BEEF EXPO

Feb. 10-18

3000 E. Grand Ave., Des Moines

iowastatefairgrounds.org

An entire week of beef packed into the Iowa State Fairgrounds. Parades, shows, sales and banquets, all in the name of Iowa beef.

CHINESE NEW YEAR

Feb. 11

Jester Park Nature Center, 12130 N.W. 128th St., Granger

jesterparknaturecenter.com

Celebrate Chinese New Year at Jester Park Nature Center. Registration is required. Those who attend will learn about the history of the Chinese New Year and similarities between Chinese zodiac and western astrology. Shadow Fist Kung Fu will perform a live lion dance and kung fu demonstration.

WINTER BLUES FEST

Feb. 9-10

Downtown Des Moines Marriott, 700 Grand Ave., Des Moines

Cibs.org

Get out of the cold and into the rhythm of the 2024 Winter Blues Fest. Between the two nights of blues music, there will be 20 acts for your listening pleasure.

YMCA RED FLANNEL RUN

Feb. 17

501 Grand Ave., Des Moines

Dmymca.org

The Red Flannel Run is great for a fun freezing run. After starting 35 years ago when two single guys didn’t have Valentine’s Day dates, it is credited with being the longest consecutively produced race in the Des Moines area.

CITYVIEW CHOCOLATE WALK

Friday, Feb. 23, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? Then you’ll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. A shuttle bus from Majestic Limousine will be providing transportation to each location, although most are only a short walk away. For a link to purchase tickets, visit <https://chocolatewalk.dmcityview.com>. ■

RECIPE

A VALENTINE'S RECIPE YOU'LL LOVE TO SHARE

(Family Features) If the way to your loved one's heart is through the stomach, there's no better way to start off this Valentine's Day than with a homemade breakfast prepared with love.

Show your affection with a plate of these colorful Cocoa-Kissed Red Velvet Pancakes featuring rich 100 percent cocoa, buttermilk and fresh berries. Heart-shaped cookie cutters lend a special touch to these fluffy, flavorful pancakes. Add sweet garnishes like powdered sugar and berries for a sensational way to say, "I love you." ■

COCOA-KISSED RED VELVET PANCAKES

Recipe courtesy of Nestlé

Servings: 10 pancakes

- 1 cup all-purpose flour
- 1/4 cup granulated sugar
- 3 tablespoons Nestlé Toll House Baking Cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg
- 1 cup reduced-fat buttermilk or low-fat milk
- 2 tablespoons unsalted butter, melted
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon red food coloring
- heart-shaped pancake cutters or cookie cutters (optional)
- butter, for garnish (optional)
- powdered sugar, for garnish (optional)
- maple syrup, for garnish (optional)
- fresh berries, for garnish (optional)

Directions:

In large bowl, combine flour, sugar, baking cocoa, baking



powder, baking soda and salt; stir well.

In separate large bowl, whisk together egg, buttermilk, unsalted butter, vanilla extract and food coloring. Add to flour mixture; stir to combine. Allow mixture to sit 5 minutes.

Heat nonstick skillet or griddle over medium heat. Brush with oil or butter. Add about 1/4 cup batter

to skillet. Cook about 2 minutes, or until bubbles start to form on top. Flip and cook 1-2 minutes, or until bottom is lightly browned. Serve immediately with butter, powdered sugar, syrup and berries, if desired.

Tip: If using pancake or cookie cutters, be sure to coat with oil so pancakes don't stick. Place cutters in skillet and pour batter into cutters. Remove cutters before flipping.

POLK CITY LIBRARY

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

Hot Cocoa Spoons, Monday, Feb. 12, 6 p.m.
Come make a yummy gift for yourself or someone you love at this DIY food program. We'll make stirring spoons to flavor and decorate your hot chocolate with candy melts and sprinkles. Ages 17 and older, registration required.

STEM Book Club (K-fifth grade), Tuesday, Feb. 13, 4 p.m. We will read the book "The Love Letter" by Anika Aldamuy Denise then create a Valentine's love letter of our own that lights up using circuits. Registration required.

Adult Coloring at Fender's Brewing, Wednesday, Feb. 14, 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, Thursday, Feb. 15, 10 a.m.
Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

Adult DIY Candle Painting, Thursday, Feb. 15, 6 p.m. Create your own custom candle by painting on one with melted wax! Ages 17 and older. RSVP at www.polkcitylibrary.org.

Monday Book Club, "The Measure" by Nikki Erlick, Monday, Feb. 19, 2 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.

Adult Crafternoon Scented Handwarmers, Monday, Feb. 20, 1 p.m. Spring is on its way, but it's not here yet. If your hands are still feeling chilly, come craft your own scented hand warmers. Ages 17 and older. RSVP at www.polkcitylibrary.org.

Adult Coloring, Tuesday, Feb. 20, 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, Thursday, Feb. 22, 10-10:45 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.

D.I.Y. Teen Craft-Paint Your Own Canvas Bag, Thursday, Feb. 22, 2:30-3:30 p.m. Teens will love drawing with paint pens to create their own unique canvas zipper bags to stash their stuff in. Registration required.

Kids Coloring & Movie, Friday, Feb. 23. Come relax with some coloring while watching a movie.

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

LIBRARY, CONTINUED ON BACK

**LIKE CHOCOLATE?
LIKE CHOCOLATE DRINKS?
THEN YOU'LL LOVE
THIS EVENT!**

**OUR
6TH
ANNUAL
EVENT!**



FRIDAY, FEB. 23 | 5-9 P.M.

West Glen Town Center

(Pre-Event Ticket Price \$25 , \$35 at the door)

**RECEIVE 10 SAMPLE DRINK
TICKETS PLUS CHOCOLATE TREATS**



CHOCOLATEWALK.DMCITYVIEW.COM

CITYVIEW  **West Glen** Town Center



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. ■

LIBRARY, FROM INSIDE

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. ■

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: Vertical cloth blind. 40" x 36". It is a very light gray color. \$75. Text or phone 515-321-0301.

WANTED: Stereo & electronic radio stuff receivers speakers guitar amp etc. Any age or condition is OK. Call 515-238-3343.

LOOKING TO BUY VINYL RECORDS: Paying cash for 60's-90's rock, blues, country and jazz. Call Brian at 515-326-5033.

BICYCLES WANTED: Any condition is ok. For parts or repair. Will pick them up. Phone 515-238-3343.

WANTED: Electronics, stereo receivers, guitar or amps, speakers, radios, etc. Any age or condition for parts or repair. Call 515-445-6023.

SEND IN YOUR FREE CLASSIFIED AD BY WEDNESDAY AT 10 A.M. TO BECKHAM@DMCITYVIEW.COM

LIST 50 WORDS OR LESS FOR FREE.

 **Raccoon Valley Bank**
Just Right FOR YOU

GRIMES • DALLAS CENTER • PERRY • ADEL
FIDELITY WWW.RACCOONVALLEYBANK.COM

FLOORING SPECIALISTS

WE'VE MOVED!

COME CHECK OUT OUR NEW SHOWROOM!
4925 NW JOHNSTON DR., JOHNSTON

Family-owned, local business
operating since 1999.



THE FLOORING GUYS

VISIT OUR SHOWROOM AT 4925 NW JOHNSTON DR., JOHNSTON

515-508-0024 • www.theflooringguysdsm.com