

POLK CITY *Living Weekly*

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

SEEN IN POLK CITY

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



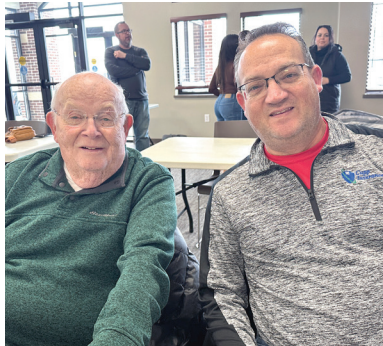
Chad Johnston and Jeff Savage



Cody Olson, Jason Thraen and Jenny Coffin



Jen Finn and Jamie Dobson



Larry and Rob Cupp



Brian Nelson and Staci Allen

POLK CITY WEATHER FORECAST

FRIDAY HIGH 33 | LOW 16

Colder and mostly sunny



SATURDAY HIGH 37 | LOW 25

Breezy in the morning; sunshine



SUNDAY HIGH 50 | LOW 29

Mostly sunny and mild



MONDAY HIGH 47 | LOW 27

Mostly cloudy and mild



TUESDAY HIGH 50 | LOW 32

Cloudy



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FROM THE PUBLISHER

PATRIOTISM SHOULD NOT HAVE TO BE A LAW

"I pledge allegiance to the flag of the United States of America." I have said those 12 words and the 19 that come after them many times in my life, mostly in the classrooms of my youth. They had meaning to me then, and they still do today. As they should.

If I am wearing a hat, I remove it when the flag is present.

When I see American soldiers, I thank them for their service.

I respect our president and commander of our Armed Forces, regardless of who it is.

I flunked choir in eighth grade, yet I still sing our national anthem every chance I get. And when the words "gave proof through the night that our flag was still there" are sung, I get goosebumps.

I never served in our military, but, at times, I wish I would have. I believe the experience would have made me a better American and a better person.

I don't know why I feel the way I

do about patriotism.

It was probably instilled in me by my father and my teachers and my coaches and my pastors. I never felt it was forced on me or that I was guilted into it. I am quite proud to be an American, and I am forever thankful to those who sacrificed to allow me to have the freedoms I have.

Even so, when Iowa legislators discuss enacting a law to require students in public schools to stand and sing portions of "The Star-Spangled Banner" on a daily basis, I am torn. I don't know that yet another law is needed. (I have a strong feeling that when any new law is enacted, an old law should be eliminated. That goes for new taxes, too.) Even though a law requiring this may be excessive, encouragement to sing our national anthem certainly seems appropriate.



If a public school teacher doesn't want to do this in his or her classroom, so be it. That decision will say a lot on its own.

I walked into a public high school the other day, and the ceiling in the commons area was draped with dozens of flags from other countries. I didn't see an American flag at first glance, but I certainly hope one was there. Americans don't need to be disrespectful to other countries to show patriotism for their own, but there should be no question where one's loyalties need to be. If a person truly despises our "land of the free and the home of the brave" that much, there are 194 other options.

Have a great week, and thanks for reading. ■

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OPEN HOUSE HELD



Susie Sheldahl Realty One Group held an open house on Jan. 26 at her Polk City office. ■

2024 POLK COUNTY SHERIFF'S OFFICE CITIZENS ACADEMY

The 2024 Polk County Sheriff's Office Citizens Academy will be held every Tuesday, March 19-June 4 with optional Saturdays on April 6, April 27 and May 18. Applications are due by March 1 and space is limited. Applicants must be 18 or older and a resident of Polk County. Registration fee is \$40. Sessions include classroom instruction, demonstrations and hands-on practical exercises. Register online at polkcountyiowa.gov/county-sheriff/community-relations/pcso-citizens-academy/. ■

EARTH DAY FAMILY 5K RUN/WALK AND PICKLEBALL TOURNAMENT

Funds raised at the Polk City Friends of the Parks' annual Earth Day Family 5K Run/Walk and the Pickleball Tournament being held in conjunction with it will go toward costs of resurfacing the tennis and pickleball courts at Miller Park. The event is Saturday, April 20. For information about the events, visit <https://www.polkcityfriendsoftheparks.com/earth-day-5k>. ■

POLK COUNTY CONSERVATION EVENTS

Visit <https://www.polkcountyiowa.gov/conservation/events/> for information about upcoming programs offered by Polk County Conservation and for registration links.

- **Winter Survival**, Saturday, Feb. 17, 1 p.m., Jester Park Nature Center: Join a naturalist to find out if you have what it takes to survive outside in the winter. We'll start by learning the basics of survival and then head outside and go on a hike. During the hike, we'll stop and build shelters out of natural materials we find in the woods and then learn how to make a fire. Registration deadline is Feb. 16. All ages are welcome to this free program.

- **Women in the Woods with Wine - Archery and Axes**, Tuesday, Feb. 20, 7 p.m., Jester Park Outdoor Recreation & Wellness Center: Learn the basics of archery and axe throwing on an indoor range. We'll cover eye dominance, archery safety rules, equipment and proper shooting techniques using a compound bow. This program is for women, female-identifying, or non-binary adults ages 21 and older who are interested in getting outside. Become more comfortable and knowledgeable about the natural world as you unwind and have fun. Registration is due by Feb. 18. Cost is \$15. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

"Les Misérables"

DES MOINES PERFORMING ARTS PRODUCTIONS

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

dmpa.org**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 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.

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>.

MORE EVENTS

Feb. 17: Ari Shaffir: The Wrong Side of History Tour. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events

Feb. 27 through March 3: Les Misérables, one of the world's most popular musicals. Starting at various times at the Des Moines Civic Center, 221 Walnut St., Des Moines; dmpa.org

Feb. 28: Coldest Night of the Year Fun Run/Walk. Held by Central Iowa Shelter and Services at Principal Park, 1 Line Drive, Des Moines; centraliowashelter.org

Feb. 29: Greensky Bluegrass. Val Air Ballroom. 301 Ashworth Road, West Des Moines; firstfleetconcerts.com/events

March 1: Iowa Deer Classic. Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com

March 4-8: IHSAA Iowa State Boys Basketball Tournament. Wells Fargo Arena, 223 Center St., Des Moines; iahsaa.org/basketball

March 8: Iowa Home Expo. Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; iowahomeexpo.com

March 15: All Iowa Auto Show. Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com

March 15: Mateo Lane: The Al Dente Tour. Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoytsherman.org/events ■

RECIPE

GIVE COMFORT FOOD CLASSICS A MEXICAN TWIST

(Family Features) If winter evenings have you stuck in a dinner rut, heat up the kitchen with family favorites everyone can look forward to. Shaking off the chill can start with a cozy blanket and comforting food that warms you from the inside out.

For a flavorful side that complements a variety of main courses while adding Mexican flair, consider Mexican loaded mashed potatoes. This recipe is a familiar favorite with the unique twist of bacon and pork chorizo for a meat-infused recipe that will become a menu mainstay.

Plus, for an extra creamy texture, it calls for cacique crema Mexicana — an everyday table cream with a neutral, fresh-tasting flavor ideal for balancing out spice — and Oaxaca, a semisoft cheese with a mellow, buttery flavor. ■

MEXICAN LOADED MASHED POTATOES

Prep time: 35 minutes

Cook time: 40 minutes

Servings: 10

- 3 pounds russet potatoes (about 9 medium potatoes), peeled and cubed
- 6 bacon strips, chopped
- 1 package Cacique Pork Chorizo
- 12 ounces Cacique Crema Mexicana
- 1/2 cup butter, cubed
- 1 1/2 teaspoons onion powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1 cup Cacique Oaxaca or Queso Quesadilla, shredded
- 1/2 cup Cacique Crema Mexicana Agria, for topping (optional)
- 3 green onions, chopped

Directions:

In Dutch oven, add potatoes and cover with water. Bring to boil. Reduce heat; cook, uncovered, 10-15 minutes, or until tender.

In skillet over medium heat, cook bacon until crisp. Drain on paper towels, chop into small pieces and



set aside. Remove bacon grease from skillet and cook chorizo over medium-high heat, 6-8 minutes.

Drain potatoes; add to pan. Mash potatoes, gradually adding crema Mexicana, butter, onion powder, salt, garlic powder and pepper. Transfer to greased 13-by-9-inch baking dish; sprinkle with cheese, chorizo and bacon. Refrigerate, covered, up to 1 day.

Preheat oven to 350 F. Remove potatoes from refrigerator and let stand while oven heats. Bake, covered, about 30 minutes. Uncover; bake 10 minutes, or until heated through.

Drizzle with crema Mexicana agria and chopped green onions.

POLK CITY LIBRARY

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

Adult Crafternoon: Bunny Butt Flowerpots, Tuesday, March 5, 2 p.m. Join us for a fun afternoon of crafting. Make an adorable flowerpot that contains an unexpected visitor. All supplies will be provided. Ages 17 and older, registration required.

Wednesday Book Club, “The Woman in Me” by Britney Spears, Wednesday, March 6, 7 p.m. In June 2021, the whole world was listening to Britney Spears speak in open court. The impact of sharing her voice — her truth — was undeniable,

and it changed the course of her life and the lives of countless others.

Babble and Brew, Thursday, March 7, 10 a.m. Longing for grown-up conversation? We will have coffee for you and exciting, age-appropriate toys for the kiddos.

Family Bingo, Monday, March 11, from 2-3 p.m. Who doesn't love bingo or winning prizes? Registration is required.

Drop-In Craft, Tuesday, March 12, 2-4 p.m. Drop in and work on a craft with your family. We will set up the craft and the supplies, and you just need to bring your creativity. Parents and guardians are required to stay with their children.

Coloring Night at Fenders Brewing, Wednesday March 13, 4-9 p.m. Drop in any time. Come for a night of relaxation and fun with friends at Fenders Brewing.

Kids Movie, Wednesday, March 13, 2-4 p.m. Come enjoy a movie and some yummy popcorn at the library. Parents and guardians are required to stay with their children.

Music and Movement, Thursday, March 14, 10 a.m. Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

Adult DIY: Fairy Lanterns, Thursday, March 14, 6 p.m. Come craft with us. We'll be making sparkly, decorative lanterns that might just be lit by the fae. Ages 17 and over, registration required.

Teen D.I.Y. Diamond Painting, Thursday, March 14, 2-3 p.m. Middle school and high school students will enjoy diamond painting keychains and/or stickers. Diamond painting is similar to paint by numbers except that you are working with tiny rhinestones that stick to the canvas or particular item you are painting. Registration is required.

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)

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TICKETS PLUS CHOCOLATE TREATS**



CHOCOLATEWALK.DMCITYVIEW.COM

CITYVIEW  **West Glen** Town Center

LIBRARY, FROM INSIDE

K-5th STEM Book Club, Tuesday, March 19, 4-4:45 p.m. We will be exploring the use of colors and how they fit into the scientific world. Pick up your free book, “Uni the Unicorn, Let’s Clean Up the Forest” by Amy Krouse Rosenthal, before the book club meeting or you can pick it up on the day of the meeting and hear it read then. Register online.

Messy Munchkins, Thursday, March 21, 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 Book Club, “James Herriot’s Cat Stories” by James Herriot, Monday, March 18, 2 p.m. Some of the Yorkshire vet’s favorite tales about one of his favorite animals — each memoir as memorable and heartwarming as the last.

Adult Coloring, Tuesday, March 19, 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.

Rosie the Riveter with Linda McCann, Wednesday, March 20, 6

p.m. This Women’s History month, join the Polk City Library and Linda McCann to discuss Iowa’s “Rosies,” the women who went to work as part of their civic duty during World War II. Linda was able to speak with 35 Iowa women who had worked as Rosies and will share their experiences.

Adult DIY Card Crafting, Monday, March 25 at 6 p.m. Join Jane and Kim in making handmade cards that are fun to create and are treasured by the recipients. 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 online at polkcitlibrary.org one month in advance.

Iowa’s Lost History from the Titanic with Darcy Maulsby, Thursday, March 28, 6 p.m. What do an orphan train rider, a kidnapper, a missionary, a wealthy businessman, a wedding guest, a betrayed wife, a farmer and an immigrant recruiter have in common? All had ties to Iowa, and all were passengers aboard the ill-fated Titanic on the fateful night of April 15, 1912, when the famous ocean liner sank. Come listen to Iowa storyteller Darcy Maulsby discuss Iowa’s connections to one of the most famous ships in history. ■

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

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