

POLK CITY Living Weekly

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POLK CITY KIWANIS SENIORS OF THE MONTH

The Kiwanis Club of Polk City announces its Seniors of the Month are Emily Barr, Hannah Drent and Ava Segar.

EMILY BARR

"I am a very active and involved high schooler who loves to be busy all the time. I am in many activities and love being able to create lasting and fun memories with my friends. I also care a lot for my grades. I put a lot of work into school, and I really enjoy learning new things. When I'm not participating in my many activities or studying, I like spending time with my friends and family and getting to relax a bit before starting the hectic but worthwhile process all over again."

Emily's parents are David and Bernita Barr of Alleman. Her favorite school subject is math. She is involved in band, choir, jazz band, jazz choir, speech, musical, color guard and dance. She was honored as 2023 Second Place ISDTA Color Guard Soloist, 2023 All State Individual Speech performer, and 2024 All State Large Group Speech performer. She is a member of the National Honor Society. After graduation, she plans to major in accounting at an undecided university.

Emily
BarrHannah
DrentAva Faith
Segar

HANNAH DRENT

"I am very passionate about my work inside and outside of school. I am involved in speech, play, musical, Key Club, National Honor Society, National Spanish Honor Society, marching band, concert band, pep band, cross country and track. Outside of curricular activities, I spend my time hanging out with my family, friends, and my dog. I attend youth group at Cornerstone Church in Ames. Volunteer

SENIORS, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 45 | LOW 20
Times of clouds and sun; cooler



SATURDAY HIGH 52 | LOW 32
Mild with plenty of sun



SUNDAY HIGH 61 | LOW 34
Sunny and mild



MONDAY HIGH 68 | LOW 43
Warm with times of clouds and sun



TUESDAY HIGH 67 | LOW 22
Partly sunny; nice and warm



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FROM THE PUBLISHER

THE PINK PANTHER 5-IN-1 SPY KIT

Admittedly, I don't do much grocery shopping. I will stop by a store and pick up the basics from time to time, but buying food is not on my top-100 list. It wasn't always that way, though. When it came time to buy breakfast cereal, this kid was leading his mom to the supermarket.

Lucky Charms. Frosted Flakes. Fruity Pebbles. I never met a breakfast cereal I didn't like — other than Shredded Wheat. That was awful. But, for the other cereals, what was not to like? Oats, corn, corn starch, corn syrup, dextrose and lots and lots of sugar. Well, of course, there were also ingredients like trisodium phosphate, red 40, yellow 5 and blue 1, but I was a fan mostly because of the sugar.

There was one other attraction, though, and, if I am being honest, it was often the determining factor on which box of cereal I would pick out. It was, of course, the cereal box prizes. Self-adhering tattoos, iron-on patches and stickers of any sort were popular items, but a few others stood out in my childhood years.

Anyone remember Sugar Bear Bike Reflectors that were inside packages of Post Super Sugar Crisp?

They were two-sided reflectors in the shape of the Sugar Bear gripping the spokes of my bike. Seemingly, every kid in my neighborhood had these.

How about the Cinnamon Crunch Mini-Binoculars? Cinnamon Crunch was a spin-off cereal of Cap'n Crunch. My teeth hurt just thinking about it, but the mini-binoculars were cool. They didn't magnify much, but they were fun — for a day or two.

The Honey-Comb Around-A-Corner Viewers were quite clever. These handy toys would allow users to spy around the corner. They were small, plastic periscopes that came in orange, blue or yellow. Spy toys were all the rage in 1973, and these made us kids feel like James Bond.

The Alpha-Bits Terrariums were a hit for little ones with green thumbs, and they actually worked. Depending on the terrarium that was inside your box, you could grow sweet basil, fine curled cress or violet queen alyssum. I didn't have any idea what those things were then, and I still don't, but



I did enjoy watching them grow.

My all-time favorite, though, was the Pink Panther 5-In-1 Spy Kit. The Post Pink Panther Flakes cereal didn't last long, and I don't even remember what it tasted like, but I sure liked the toy, which had a secret signal whistle, a secret magnifying glass, a secret telescope, a secret message slot and a secret shirt pocket orientation to show if you were on a secret assignment — all in the shape of the always cool Pink Panther.

You could dig in past your elbow in a box of Cocoa Puffs today, and you would be hard-pressed to find toys. Some say they were choking hazards. Others say kids today are more interested in electronics than cheap toys. I say they don't know what they are missing. Speaking of missing, which of your favorite cereal box prizes did I leave out? Send me a note and let me know.

Have a great week, and thanks for reading. ■



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WEEKLY EVENTS AT THE POLK CITY COMMUNITY LIBRARY

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 polkcitlibrary.org.

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. ■

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/](https://www.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 Hike at Jester Park**, Saturday, Feb. 24, 1 p.m. and 2:30 p.m., Jester Park Nature Center; Join a naturalist for a peaceful hike on a winter's day. We will learn what animals do to survive the harsh Iowa winters. No registration is required for this free event. All ages are welcome.

• **Pony Tales**, Friday, March 15, 11 a.m., and Monday, April 15, 1 p.m., Jester Park Equestrian Center: Enjoy listening to a pony-themed story while the ponies of the Equestrian Center are listening nearby. A pony meet and greet will follow. We will meet at the outdoor picnic shelter or the arena concourse depending on the weather. Bring a blanket or camp chair to spread out on the lawn. This event is free. Registration is not required but is encouraged.

• **Story Tellebration**, Wednesday, April 17 (April Showers), 10 a.m., Jester Park Nature Center: Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event. ■

EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM

MEREDITH WILLSON'S
**THE
MUSIC MAN
JR.**

'THE MUSIC MAN JR.'

Through March 3, Fridays 7 p.m., Saturdays and Sundays at 2 p.m.

CAP Theatre, 201 First Ave. S., Altoona

The next MainStage performance by Class Act Productions is "The Music Man JR." Performances at CAP are live theatre for families of all ages, with familiar stories condensed into 90-minute performances that appeal to audiences with shorter attention spans. Tickets are \$10 for students, \$16 for adults and \$13 for seniors. Visit www.captheatre.org for more information.

"The Music Man JR." follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys band that he vows to organize. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

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>.

ELKS PANCAKE BREAKFAST BUFFET, BAKE SALE AND THE EASTER BUNNY

Sunday, March 10, 8 a.m. to noon

West Des Moines Elks Lodge, 2060 N.W. 94th St.,
Clive

The Easter Bunny will be at the Elks breakfast to greet the children and have treats to share. The breakfast buffet includes: biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Proceeds support our Hoop Shoot Program, other youth activities and veteran support activities.

THE BUSINESS EXPO

Tuesday, March 26, 4:30-6:30 p.m.

Meadows Gymnasium, 2555 W. First St., Grimes

The public is invited to the 14th year of the Business Expo. Check out some local businesses and what they have to offer. Look for plenty of free goodies from Grimes Chamber member businesses, face painter, and a balloon artist. Free admission and kids are welcome.

JUDY NIEMACK JAZZ CONCERT

Sunday, March 17, 2 p.m.

Caspe Terrace, 33158 Ute Ave., Waukee

Jazz critic Dan Morgenstern said it best — "If you want to know what real jazz singing can be (but rarely is), listen to Judy Niemack." Niemack has perfected her beautiful voice, fearless improvisational skills, impressive musicianship and exceptional versatility for more than 40 years and on many critically-acclaimed recordings. She also enjoys a worldwide reputation as a jazz vocal teacher and author of several "must-have" vocal jazz improvisation books. Niemack will be accompanied by pianist John DiMartino, who appeared at Caspe Terrace several years ago with vocalist Jay Clayton. For more information and tickets, visit <https://jazzatcaspe.weebly.com/tickets.html> ■

RECIPE

COMFORT CLASSICS WITH AN AUTHENTIC MEXICAN TWIST

(Family Features) Soup is a wintertime staple thanks to its simplicity, and you can put a delicious spin on your next winter warmup with Mexican-inspired ingredients. Giving soup night a twist starts with Cacique Foods, one of the country's top authentic Mexican food brands, that invites friends and family to share real moments while savoring authentic flavors.

This Smoky Chorizo and Chicken Pozole relies on the bold, hearty, spicy taste of Cacique's Pork Chorizo combined with handcrafted Homestyle Salsa. Queso Fresco's crumbly, creamy texture and milky, fresh flavor adds the perfect finishing touch, making this soup a perfect way to warm up weeknights with just the right amount of heat. ■

SMOKY CHORIZO AND CHICKEN POZOLE

Prep time: 5 minutes

Cook time: 30 minutes

Servings: 6-8

- 2 tablespoons olive oil
- 1 large white or yellow onion, finely chopped
- 1 teaspoon kosher salt, plus additional, to taste (optional)
- 1 package (9 ounces) Cacique Pork Chorizo
- 2 teaspoons smoked paprika
- 1 teaspoon dried Mexican oregano
- 1 container (16 ounces) Cacique Medium Homestyle Salsa
- 1 quart chicken stock
- 2 pounds boneless, skinless chicken thighs or breasts, trimmed of excess fat and diced
- 1 can (25 ounces) white hominy, drained and rinsed
- 1 lime, cut into wedges
- 3/4 cup crumbled Cacique Ranchero Queso Fresco
- 1/2 cup chopped cilantro

Directions:

In large, heavy pot over medium heat, heat oil. Reserve 1/4 cup onion for garnish; add remaining onion to pot and season with salt. Saute until translucent, about 5 minutes.



Increase heat to medium-high; add pork chorizo and break it apart with spoon. Cook chorizo undisturbed until deeply browned and cooked through, 3-5 minutes. Add smoked paprika and oregano; cook 30 seconds, or until fragrant.

Pour in salsa and scrape up browned bits from bottom of pan. Bring to simmer 1-2 minutes, allowing it to thicken slightly then add stock and bring to simmer.

Stir in diced chicken and hominy. Decrease heat to medium and cook 8-10 minutes until chicken is cooked through. Taste and season with more salt, if necessary. Remove from heat.

Serve bowls of pozole with reserved onion, lime wedges, crumbled queso fresco and chopped cilantro.

POLK CITY LIBRARY

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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.

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 polkcitylibrary.org one month in advance. ■

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

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KIWANIS PANCAKE BREAKFAST AND EGG HUNT

Kiwanis will host their annual Pancake Breakfast and Egg Hunt at Lakeside Fellowship Church, 1121 W. Bridge Road, Polk City, on Saturday, March 23, from 8-11 a.m. The Easter Egg Hunt will follow at 11 a.m. A freewill donation will be accepted with all proceeds going towards Kiwanis North Polk Senior Scholarships. ■

SENIORS, FROM FRONT

work is another piece about me that I am passionate about. My passion for helping others led me to the decision to want to be an occupational therapist. One of my examples of volunteering is hosting a hog roast fundraiser for a family friend. This family has a son who has muscular dystrophy. For the last two years, it has been attended by over 600 people. I have worked with my family and the help of many others to host this event. The money raised will go towards the expenses for helping maintain this boy's mobility, such as electric wheelchair, ramp van, and an in-home elevator. When I am not volunteering or involved in my curricular activities, I work at Duck Worth Wearing and The LOFT Resale in Ankeny."

Hannah's parents are Jodi and Dale Drent of Slater. Her siblings are Bailey and Alex Drent. Her favorite school subjects are psychology, broadcasting and math. Her honors include All State Speech, Gold Honor Roll, and Distinguished Academic Achievement. She plans to attend

Iowa State University to major in psychology and minor in kinesiology then earn a master's degree to be an occupational therapist.

AVA FAITH SEGAR

"My name is Ava Segar, and I will graduate from North Polk High School in May. My parents are Jen and Travis Segar, and I have two older siblings, Gabrielle and Noah, who attend Iowa State University. I have been on the Gold Honor Roll for all four years of high school and am part of the Spanish National Honor Society and DMACC's President's List. I have participated in tennis, Stomp Out Stigma, and numerous bands at North Polk where I have received Best of Center and Outstanding Jazz Soloist awards. Outside of school, I work part-time, read, and love to be around my friends and family. After I graduate, I am keeping my eyes and ears open toward many possible majors at Iowa State University with minors in Spanish and French."

Jen's family is from Polk City. Her favorite school subjects are math and Spanish. ■

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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