

# POLK CITY Living Weekly

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## 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.

### WILD NIGHT LIFE & HIKE

Friday, March 8, 6 p.m.

Jester Park Nature Center

Join us for a campfire program about the wild night life in Jester Park. A short hike will follow as we search for some of these nocturnal animals. Stay for s'mores. Registration required by the day before. Cost is \$5. For ages 5 and older.



Wild Night Life & Hike

### HOMESCHOOL PROGRAMS

Friday, March 22, 10 a.m. and 1 p.m. (The Rainforest, 1.5 hours);

Friday April 12, 10 a.m. and 1 p.m. (The Desert, 1.5 hours)

Jester Park Nature Center

This program series will be delivered in a flexible format that is specially designed for homeschool students. These programs will immerse children and parents in the natural world and drive us to learn, discover and appreciate our environment. Registration is due two days before the event. The program is free and recommended for grades K-5.

### 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. ■

### POLK CITY WEATHER FORECAST

**FRIDAY HIGH 59 | LOW 39**

Mostly sunny, breezy and mild



**SATURDAY HIGH 70 | LOW 50**

Mostly sunny and warmer



**SUNDAY HIGH 74 | LOW 35**

Mostly sunny, windy and very warm



**MONDAY HIGH 53 | LOW 30**

Breezy; partly cloudy and cooler



**TUESDAY HIGH 57 | LOW 34**

Mild with times of clouds and sun



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FROM THE PUBLISHER

# LIFE LESSONS FROM A WRESTLING COACH

I met some friends recently who were in town for the Iowa High School State Wrestling tournament. It is a reunion of sorts for wrestlers and fans around the state to congregate over food and drink and talk about the glory days. I look forward to it each year.

This year, I had the opportunity to meet a great man from my hometown of Algona. His name is Phil Bode. He was a state runner-up for the Bulldogs at 154 pounds in 1969. After high school, he accepted a scholarship to wrestle at Louisiana State University, and he decided to make the state his home from then on.

Phil accomplished what very few have for the sport of wrestling, launching or working with 10 wrestling programs in the state. Accolades about him could fill this column, but, instead, I am sharing three stories that will hit home regardless of your interest, or lack thereof, in wrestling.

**Lesson No. 1: The 5-minute rule.** Phil said he coined the 5-minute rule, and he has used it throughout his coaching career. He told his athletes that, when they won, they would be hoisted on

their teammates' shoulders, and they would all celebrate the victory... for 5 minutes. He also told his wrestlers that, when they would lose, he would give them time to reflect, scream, cry or do whatever they had to do to react to the loss... for 5 minutes. Then, win or lose, they would move on. That's great advice for all of us in addressing the challenges we face in our lives.

**Lesson No. 2: Those who defeat you are not your enemies.** Most all of us who competed in athletics distinctly remember our losses. Phil shared how he was defeated 11 times by Keith Abens of Humboldt, who went on to be a two-time All-American at Iowa State. "I learned that Keith was not my enemy; he was my motivator. Those losses inspired me to improve every day. Without that inspiration, I would not have achieved what I have done in my lifetime."

**Lesson No. 3: Go all in.** Phil wanted to start a wrestling program at a high school in Louisiana where he was hired to coach football, but the district would not fund the



purchase of a wrestling mat. After discussing with his wife, they decided to use their cars as collateral for a personal loan of \$4,000 to buy one. On Christmas Eve, Phil received a phone call that the truck with the mat on it was at the high school for delivery. When he went to unload it, the school principal showed up and asked why there was a wrestling mat in the gym, pointing out he didn't approve the purchase. "I bought it," Phil told him. "And here's the deal. If you like the job I do with this team, then the district can buy the mat from me in two years for \$4,000. If you don't like the job I have done, then I will leave and take the mat with me." The program thrived, and Phil's message moving forward was quite simple: "If you are not willing to put everything you have into something you truly believe in, then you are not all in."

Phil Bode was all in, and he still is. ■



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## POLK CITY LIBRARY

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

### **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](http://polkcitylibrary.org) one month in advance. ■

## EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO  
TAMMY@IOWALIVINGMAGAZINES.COM

Clive Boutique

**CLIVE'S CRAFT, VENDOR AND BOUTIQUE SHOPPING EVENT**

Saturday, March 9

2100 N.W. 100th St., Clive

[www.horizoneventscenter.com/event/clives-craft-vendor-and-boutique-shopping-event](http://www.horizoneventscenter.com/event/clives-craft-vendor-and-boutique-shopping-event)

Shop at an estimated 150-plus in-home business booths to help get you ready for spring and summer.

**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 the Elks Hoop Shoot Program, other youth activities and veteran support activities.

**ALL IOWA AUTO SHOW**

March 15-17

730 Third St., Des Moines

[usatventures.com/expos/auto/iowa/#](http://usatventures.com/expos/auto/iowa/#)

The All Iowa Auto Show features dozens of manufacturers and auto dealers displaying brand new

makes and models under one roof.

**ST. PATRICK'S DAY PARADE**

March 16, noon

Grand Avenue, downtown Des Moines

[www.friendlysonsiowa.com](http://www.friendlysonsiowa.com)

The Friendly Sons of St. Patrick brings Des Moines its St. Patrick's Day parade, this year with a new route. The parade will proceed south on Robert D. Ray Drive to Grand Avenue and then west to Eighth Street with the parade officially ending at Eighth and Grand Avenue.

**ELKS SPRING STYLE SHOW FUNDRAISER**

Saturday, April 6 from 10 a.m. to 2:30 p.m.

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.

**YOU CAN GROW ORCHIDS EVENTS**

Saturday, April 13

Canoyer Garden Center,

3355 S.E. Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.

**DOME AFTER DARK**

Fridays, 6-10 p.m. through March

Des Moines Botanical Garden,

909 Robert D. Ray Drive, Des Moines

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at [dmbotanicalgarden.com](http://dmbotanicalgarden.com). ■

## RECIPE

# CELEBRATE ST. PAT'S WITH A TRADITIONAL IRISH DISH

*(Family Features)* If St. Patrick's Day inspires feelings of hearth and home rather than leprechauns and green beer, you can celebrate tradition with warm, filling meals that harken back to Irish heritage. Soups and stews are certain to conjure up some nostalgia while soft, delicious cake is a perfect way to honor tradition regardless of your ancestry.

This Irish Sláinte Stew offers a warm welcome to guests with your own way of toasting to the holiday – Sláinte is “cheers” in Gaelic. This hearty meal is perfect for a crowd with traditional stew meat slow-cooked in a Dutch oven with beef broth, spices, carrots, potatoes, herbs and an Irish draught beer. Serve alongside crusty bread that's ideal for soaking up each delicious drop.

If you're looking for additional ways to honor tradition this St. Patrick's Day, consider a few other cozy Irish dishes: boxty (potato pancakes, similar to latkes), boiled cabbage, Irish soda bread, shepherd's pie, corned beef and cabbage, potato soup, Irish coffee, colcannon (mashed potatoes and greens), coddle (typically including pork sausage, potatoes and onions) or seafood chowder.

To find more ways to celebrate St. Patrick's Day, visit [Culinary.net](https://www.culinary.net). ■

## IRISH SLÁINTE STEW

- Oil, for drizzling
- 1 pound stew meat
- 1-2 pinches salt, plus additional to taste, divided
- 1-2 pinches pepper
- 3 tablespoons flour
- 48 ounces beef broth
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 cups potatoes, diced
- 1/2 onion, diced
- 2 tablespoons garlic pepper
- 1 tablespoon dried thyme
- 1/2 tablespoon dried rosemary
- 1 tablespoon dried chives
- 1 bottle Irish draught beer of choice
- crusty bread, for serving

### Directions:

In Dutch oven over medium heat, drizzle oil and brown stew meat with salt and pepper. Sprinkle flour over meat.



Add beef broth, carrots, celery, potatoes, onion, garlic pepper, thyme, rosemary and chives. Add Irish draught beer.

Bring to boil, stirring, 5 minutes. Simmer 2 hours, stirring occasionally.

Serve with crusty bread.



# 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. ■

## 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. The Zoom link can be found on our online catalog at polkcitlibrary.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. 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. ■

## 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>. ■

## CLASSIFIED ADS

**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](mailto:BECKHAM@DMCITYVIEW.COM)**

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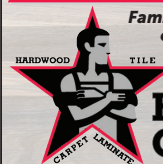
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