

POLK CITY *Living Weekly*

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

SEEN IN POLK CITY



RIBBON CUTTING HELD: A ribbon cutting was held for Home State Bank Feb. 22. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 55 | LOW 38
Some clouds then sun



SATURDAY HIGH 57 | LOW 27
Partly sunny and windy



SUNDAY HIGH 42 | LOW 19
Partly sunny, windy and cooler



MONDAY HIGH 43 | LOW 24
Sunny and breezy



TUESDAY HIGH 54 | LOW 28
Sunny and warmer




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FROM THE PUBLISHER

MEMORIZING PHONE NUMBERS

Do you know your cell phone number? How about your family members' numbers? Or your neighbors' or friends' or coworkers'? And I am not asking if you have them in your contacts. The question is, do you have their numbers memorized?

I was talking with a co-worker recently who said he paid his son \$20 to memorize his cell phone number. Why? Imagine an emergency scenario where a child loses his or her cell phone and needs to call mom or dad and has no idea what the phone numbers are. That hit home with me.

I have my cell phone number memorized, and I know my wife's, but our three daughters' numbers? I don't have a clue. My siblings? Nope. But I can recite my family's home phone number from my youth, as well as many of my friends' numbers, and even Jenny's (867-5309).

I often say the brain can only hold a certain amount of information, so why do I clog mine up with useless data like my junior high gym locker combination but

have to look at my driver's license for the zip code of the town I lived in for 20 years?

I suspect the answer is twofold. First, we tend to remember what we repeat the most. When we had to dial phone numbers by hand over and over, we were more likely to remember them. Many of us also had our most-used numbers written down on a piece of paper that was often taped inside a cupboard door near the phone (or within reach of that tangled 20-foot cord). Second, when we are involved physically with an action, we tend to remember it more, too. There is something about manually writing things down that helps us recall them better.

Writer Thomas Oppong agrees. In an article posted at Better Humans titled "A Learning Secret: Write Things Down to Retain And Remember More," he explains why highly efficient people take notes.

He quotes author and productivity consultant David



Allen, who said, "Your mind is for having ideas, not holding them." He also shares British business magnate Richard Branson's thoughts on the importance of writing things down. "I go through dozens of notebooks every year and write down everything that occurs to me each day," Branson said. "An idea not written down is an idea lost."

Oppong writes that human memory is not a reliable way to store ideas and that the brain is an excellent tool for generating ideas but terrible at keeping them. He says the act of writing something down helps commit it to memory more accurately than trying to remember it yourself.

I wholeheartedly agree. And for \$20, I will gladly memorize your cell phone number.

Have a great week, and thanks for reading. ■



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MCCANN TO SPEAK ABOUT HER BOOK AT LIBRARY

Iowa native Linda Betsinger McCann will be speaking about her newest book, “Rosie the Riveters of Iowa” at the Polk City Library on March 20 at 6 p.m. Everyone is invited, and there is no admission charge. Rosie the Riveter was the nickname given to the women who worked during World War II. The women were needed in factories and other companies to take the place of the men gone to the war. Iowa had 70 companies with military contracts during the war, so women were very much needed to assist in meeting the needs of the military. Linda was able to speak with 35 women who had worked as Rosies, and she shares their memories. Linda will have copies of her books for sale. The books are \$20 each, and she can only take cash or checks.

She will also speak March 23 at 10 a.m. at the Iowa Gold Star Military Museum at Camp Dodge in Johnston about her book about Prisoners of War in Iowa. ■

BIG CREEK VOLUNTEER DAY

Friends of Big Creek is hosting a volunteer day Saturday, April 27, 8 a.m. to noon, to help spruce up the playground at Big Creek State Park, 8550 N.W. 142nd Ave., Polk City. For more information about Friends of Big Creek or joining the board, email friendsofbigcreek@gmail.com. ■

LIVE BURN TRAINING DATE SET

The Polk City Fire Department will be conducting a live fire training burn at 1600 W. Broadway on Saturday, April 6. There will be multiple fire department apparatus and firefighters training from 6 a.m. to 3 p.m. This is a great training opportunity for your local firefighters to get real-life experience on an actual structure. Multiple scenarios will be conducted, and the structure will be burned to the ground once the training is finished. Contact Fire Chief Karla Hogrefe with any questions. ■

POLK CITY LIBRARY

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

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.

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.

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. ■

CITY DATES TO NOTE

- **March 25:** City council meeting, 6 p.m., city hall
- **March 15 and 29:** Recycling and garbage pickup
- **March 18:** Planning and Zoning Commission meeting, 6 p.m., city hall
- **March 29-31:** The library will be closed for Good Friday and Easter.
- **March 29:** City hall will be closed for Good Friday.
- **April 7-13:** National Library Week
- **April 22:** Polk City Cleanup. Have items to the curb by 7 a.m.
- **May 18:** Cops & Bobbers ■

SEEN IN POLK CITY

A RIBBON CUTTING WAS HELD FOR HOME STATE BANK FEB. 22.



Jessica, Olivia and Keith Bormann



Josh Stewart, Cody Gebauer and Ricky Bennett



Larry Pollard, Tiffany McClain, Bishop Orlando McClain and Khamdeng McClain



Staci Allen and Chelsea Huisman



Lars Warth and Brian Brecht



Terry Nielsen and Bob Allen



Lana Greimann and Jen Finn

POLK COUNTY CONSERVATION EVENTS

Visit <https://www.polkcountyiowa.gov/conservation/events/> for information and registration.

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), at 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.

Women in the Woods with Wine - Wolves and Wild Lands, Tuesday, March 19, 7 p.m., Jester Park Nature Center: Explore the Wolves and Wild Lands exhibit at the nature center then visit virtually with Education Specialist, Jules Wilkinson from the International Wolf Center in Ely, Minnesota. 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 March 17. Cost is \$15.

Family Night, Friday, March 22, 6 p.m., Jester Park Outdoor Recreation and Wellness Center: Gather your friends and family together for a low-cost night of fun. Opportunities will be available for bouldering (ages 4+) and archery (10+), playing a variety of family games and puzzles, and enjoying time outdoors, or indoors by the fire making s'mores. Light snacks will be provided. Cost is \$5 per person ages 4 and older. Pay cash (preferred) or card at the door for this open-house style event. No registration required.

Holi: Celebration of Colors and Spring, Sunday, March 24, two sessions, 12:30-2 p.m. and 2:30-4 p.m., Jester Park Nature Center: Holi is a popular ancient Hindu festival celebrated all over the world. Join us for a day of new beginnings. Learn about the history of the Holi, take part in hands-on activities to welcome spring, and engage in some colorful cultural festivities that will make you smile. Registration

required by March 22. This event is for all ages and free.

Older, Wiser, Livelier, Seniors - African Wildlife Adventures, Tuesday, April 2, 11 a.m., Jester Park Nature Center: Jim and Cindy Pease have been on and led several trips to Kenya, Tanzania and South Africa. This presentation will share photos and stories of the incredible wildlife and natural history of the grasslands and savannas of eastern Africa. This program is for ages 12 and older, free, and does not require registration.

Mindfulness and Movement, at 6:30 p.m. on Tuesday, April 9, Jester Park Nature Center: Sometimes we forget we are part of nature, sharing water and air with all other beings on the planet. Controlling our breath and moving our bodies in focused ways can bring back a connection with the natural world. This class will offer ways to connect with breath, body and the earth, regardless of experience with yoga. Instructors will vary each month. Bring a yoga mat and wear comfortable clothes. This Rooted in Nature program is in sponsorship with UnityPoint. Registration is due the day before. Cost is \$15, and the program is for ages 12 and older.

Nature Center After Dark: Hawaiian Luau, Friday, April 12, 6 p.m., Jester Park Nature Center: Here's your chance to visit the Jester Park Nature Center after dark. The hour will include storytelling, crafts, open Nature Center exhibits, and a short program on the theme of the night. Feel free to wear your grass skirts and Hawaiian leis. No registration required for this free event for all ages.

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

St. Patrick's Day Parade

ST. PATRICK'S DAY PARADE

March 16, noon

Grand Avenue, downtown Des Moines

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.

CELEBRATE ST. PATRICK'S DAY WITH THE FOY IRISH DANCERS

March 16, starting approximately at 1:30 p.m.

Central Library, 1000 Grand Ave., Des Moines

Stop by Central Library after the Annual St. Patrick's Day Parade for some hot chocolate and a performance from the Foy School of Traditional Irish Dance. Starting time depends on parade finishing time. Program lasts about an hour.

DES MOINES ST. PADDY'S MARATHON

March 16

E. Locust Street and Pennsylvania Avenue, Des Moines

iowaruns.com/desmoinesstpaddys5k

A marathon, half-marathon and 5K will be offered. All finishers will receive a new 2024 pint glass, a finisher medal for all half-marathon and marathon runners, and the chance to celebrate eight years of the Des Moines St. Paddy's Race.

ST. PATRICK'S DAY BAR CRAWLS

March 16

- **East Village Bar Crawl**, 11 a.m. to 10 p.m.

Check-in is at Bellhop.

- **The Official Lucky's St. Patrick's Day Bar Crawl**, 4-11:59 p.m. Check-in is at Hessen Haus, 101 S.W. Fourth St., Des Moines

ST. PATRICK'S DAY PARTIES

March 16

- **The Hall**, 111 S. 11th St., West Des Moines, starting at 11 a.m. Irish music, food, drinks and great conversations. \$5 Corned Beef and Cabbage while it lasts, along with full menu. Stein-holding contest and best dressed contest. All proceeds from food sales go directly to the Justice League of Food to support the most vulnerable members of our society.

- **Smash Park**, 6625 Coachlight Drive, West Des Moines. Embrace the Irish spirit at the St. Patrick's Day Party. Sign up for the Giant Beer Pong Tournament, purchase an Open Bar Package, or do both.

DES MOINES COMIC AND TOY SHOW

March 23-24

Merle Hay Mall, 3800 Merle Hay Road, Des Moines

quadcitycon.com

This free event will be inside Merle Hay Mall. Quadcon is planning on having 100 vendor and artist spots, so get ready to get your steps in to see the available cards, comics, posters, toys, games and art.

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, a face painter, and a balloon artist. Free admission and kids are welcome. ■

RECIPE

GET CREATIVE WITH EASTER SWEETS

(Family Features) While plastic eggs may have led to a decline in good, old-fashioned egg-dyeing, there are still fun ways to bring crafts back to Easter celebrations. Consider these Kids Krafty Easter Cake Pops, which call for little ones to help dip seasonal shapes in chocolate, use cake molds and more.

Remember, these delicious crafts don't have to be perfect – having fun and making memories that last a lifetime are what make Easter truly special. ■

KIDS KRAFTY EASTER CAKE POPS

Recipe courtesy of "Cookin' Savvy"

Ingredients:

- 1 box cake mix
- 1 can frosting
- 1 bunny chocolate mold
- 1 cakesicle mold
- ice pop sticks
- 1 bag white chocolate chips or melting chips
- cake pop sticks
- 1 bag orange melting chips
- 2 tablespoons canola or coconut oil, divided
- 1 bag green melting chips
- pastel sprinkles
- 1 piece hard foam (optional)
- edible markers

Directions:

Bake cake according to package instructions and let cool completely.

Crumble cake and mix with 1/2 can frosting until dough forms. Add more frosting, if needed. Using small cookie scoop, form dough into balls and set aside. Place dough in bunny molds then pop out and set aside with balls. Place dough in cakesicle mold, insert ice pop stick in each slot and freeze 5-10 minutes.

Melt handful of white melting chips. Stick tip of each cake pop stick in chocolate then insert into every cake ball and bunny until each has one stick. Set aside to dry.

Remove cakesicles from freezer and pop out of molds. In bowl, melt orange melts then mix in 1 tablespoon oil



and transfer to cup. Dip cakesicles and scrape off excess using rim of cup. Place on parchment paper to dry.

In bowl, melt green melts then place in zip-top or piping bag. Cut tip off bag, pipe carrot leaves onto piece of parchment paper and let dry.

Melt remaining white melts and mix in remaining oil. Transfer to cup and dip ball-shaped cake pops and bunnies then tap stick on edge of cup to remove excess.

Over separate bowl, sprinkle ball-shaped pops with pastel sprinkles. To keep ball shape, let dry by sticking in piece of hard foam. Bunnies can dry face side up on parchment paper. After bunnies are dry, use edible markers to make face and color in ears.

When carrots and leaves are dry, remelt orange melts and place in piping or zip-top bag. Cut off tip and drizzle orange over carrots. Add small line of orange on each ice pop stick and place leaves on each stick. Let dry.

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 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. 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 ward 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

LIST 50 WORDS OR LESS FOR FREE.

THIS SPOT IS AVAILABLE.

Contact Dan Juffer at dan.juffer@dmcityview.com



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