

POLK CITY Living Weekly

WWW.IOWALIVINGMAGAZINES.COM

A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

POLK CITY KIWANIS SENIORS OF THE MONTH

The Kiwanis Club of Polk City has named Rylie Renee Connolly, Elena Fowle and Abby Kathleen Bell its seniors of the month.

RYLIE RENEE CONNOLLY

“My name is Rylie Connolly. I’ve participated in band, speech and tennis for the past four years. I have made it to All-State for Group Speech twice, once for improv and once for Choral Reading. I also participate in Individual Speech. I am in Storytelling and Original Oratory. For the past two years, I’ve worked as a dietary aide at Millpond Senior Living, and my time there has greatly influenced my decisions in what I want to do in the future. I hope to major in psychology and help come up with treatments for dementia and Alzheimer’s. I have been on the Gold Honor Roll for all four years of high school, I am a part of National Honor Society, National Spanish Honor Society, and I am on the DMACC President’s List. I have really enjoyed Spanish, Art, DMACC Lit, and Ancient Civ.”

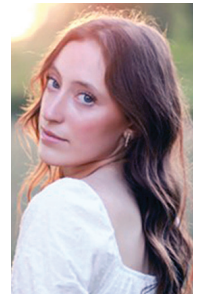
Rylie’s parents are Renne and Tom Connolly. In addition to the information above, she has participated specifically in marching band and concert band and received a leadership award for speech. She plans to attend the University of Iowa.



Rylie Renee Connolly



Elena Fowle



Abby Kathleen Bell

ELENA FOWLE

“Hi! My name is Elena Fowle, and I’m a senior at North Polk this year. I live in Polk City with my mom, Colleen, my dad, Mike, my younger brother, Evan, and my yellow lab, Blaze. Throughout my time in high school, I have been very involved in a variety of fine arts activities such as band, choir, speech and drama. I was even chosen as the drum major for the marching band this past fall, which was a special way to spend my senior season.

SENIORS, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 42 | LOW 21
Breezy, cooler; morning showers



SATURDAY HIGH 38 | LOW 31
Times of clouds and sun; cold



SUNDAY HIGH 44 | LOW 41
Breezy with periods of rain



MONDAY HIGH 56 | LOW 21
Windy and mild with periods of rain



TUESDAY HIGH 40 | LOW 25
Mostly cloudy and cold



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

FROM THE PUBLISHER

GREATEST ROCK SONGS OF ALL TIME

Paul Stanley of the rock band KISS said, “The great thing about rock and roll is you realize the top of the mountain is big enough for more than one band.” Not convinced? Just ask the people around you to name the top 50 rock songs of all time, and then be prepared to listen for an hour.

That is exactly what we did a few months ago in our efforts to come up with this incredible list that we published in our current issue of CITYVIEW magazine. What’s great about rock music is that it lives on for decades — at least the good stuff, anyway. But what exactly is “the good stuff”? That depends on who you ask.

I have been wanting to publish a story listing the greatest rock songs of all time for more than two decades, but I could not find a writer with the courage to do it. Then along came Jackie Wilson, who has been handling our music coverage at CITYVIEW for a few years now. When I asked her about the idea, she immediately said, “I will do it.”

To give the list perspectives

other than her own, she sat in with our staff of a variety of ages and backgrounds and asked for their thoughts

on the greatest rock songs of all time. Interestingly, most of the suggestions were from outside of their generations of music, which was probably due to hearing the songs from their parents or older siblings. That would be the case with me.

Mom preferred country music (or country western, as she called it), but she didn’t hesitate to tap her feet and sing along to Elvis Presley, Chuck Berry, Fats Domino, Jerry Lee Lewis, Buddy Holly, the Everly Brothers and the Big Bopper. And, as such, I did, too.

My greater musical influences, though, came from the 8-tracks of my brothers. That’s where I heard the sounds of Thin Lizzy, Aerosmith, Foghat, Alice Cooper and Grand Funk Railroad.

I need to give my sister some credit here, too, as her 45s of



Wings, Bob Dylan, Elton John, The Sweet and Todd Rundgren found plenty of spins on my portable General Electric record player.

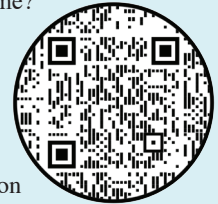
As a married man with children, I subjected my three daughters to a barrage of my version of rock including many of the above artists and some from my time including Lenny Kravitz, Pearl Jam, Nirvana, Living Colour and The Black Crowes.

So what are the greatest rock songs of all time?

Ultimately, that’s up to you to decide, but we are pleased to get the conversation started. Check out

our list at www.dmcityview.com and let me know what you think.

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



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

POLK CITY LIBRARY

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

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. ■

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. ■

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. ■

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. ■

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. ■

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>. ■

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.

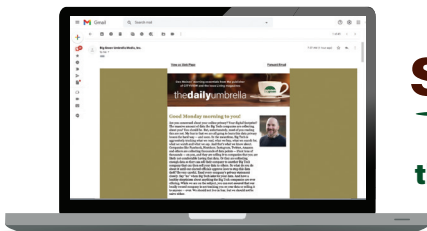
Story Tellebration, Wednesday, April 17 (April Showers), 10 a.m., Jester Park Nature Center: Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories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

Start your morning off right
with a **free** subscription to
theDailyumbrella



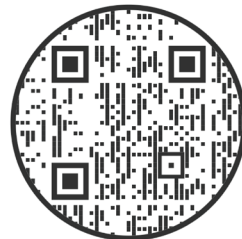
FREE local news, weather, events, career opportunities and the morning chuckle.

**Delivered Mondays through Fridays to your inbox.
To subscribe go to www.theDailyUmbrella.com
and click "Subscribe!"**



SCAN HERE

or subscribe at
theDailyUmbrella.com



EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COMHOYT SHERMAN PLACE
PERFORMANCES

1501 Woodland Ave., Des Moines

hoytsherman.org

- March 24 at 8 p.m. Pink Floyd Laser Spectacular
- March 26 at 7:30 p.m. Brian Culbertson - The

Trilogy Tour

53RD ANNUAL JURIED STUDENT
EXHIBITION

March 24-April 14

Anderson Gallery, 1310 25th St., Des Moines

andersongallery.wp.drake.edu

A showcase of the students of the Drake Art & Design program, this competitive juried exhibition highlights student work in a variety of media.

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.

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.

EVENTS AT THE BRENTON
ARBORETUM

Various dates

The Brenton Arboretum, 25141 260th St., Dallas
Center

For more information or to register, visit www.TheBrentonArboretum.org/events.

- Wednesday, March 27, 10-11 a.m., Nature's Healing.
- April 4 and 18, Nature Club, varying times. Register by age group.
- April 21, noon to 3 p.m., Earth Day Celebration; 1-3 p.m., Exploratory Beekeeping.
- April 27, 7 a.m., Birds & Bagels.

MICHAEL JEFRE STEVENS AND
CHRISTIAN HOWES

Sunday, May 5, 2 p.m.

Caspé Terrace, 33158 Ute Ave., Waukee

Over the past 40 years pianist/composer Michael Jeffrey Stevens has been associated with some of the most important figures in modern jazz. Ranked among the top violinists in jazz, Christian Howes has demonstrated his virtuosity and creativity on numerous recordings since the early 2000s. As evidenced by their 2023 release, "Precipice," when you combine these two improvisers, you end up with pure beauty and joy in every note. Tickets for Jazz at Caspé Terrace concerts are \$30 each and can be ordered by calling 515-279-6452 or emailing abegold1951@gmail.com. You can also purchase tickets at jazzatcaspe.weebly.com. Seating is limited to 130 so reservations are encouraged. Caspé Terrace is owned and operated by the Jewish Federation of Greater Des Moines. ■

RECIPE

GET CREATIVE WITH EASTER SWEETS

(Family Features) Holiday hams and deviled eggs may take center stage at Easter gatherings, but edible crafts offer a reminder of the magic of the season that's found in moments spent together. Simple recipes that call for a dose of creativity are perfect ways to bring the kids to the kitchen, made even easier when all that work leads to sweet treats.

Children of virtually any age can relish in the joys of using cookie cutters and decorating Easter Sugar Cookies, all with a little supervision and short list of instructions. This version shows how to make the cookies and homemade icing so you can create any color you desire for maximum creativity. ■

EASTER SUGAR COOKIES

Recipe courtesy of "Cookin' Savvy"

Icing:

- 1/3 cup meringue powder
- 1/2 cup warm water, plus additional for thinning (optional), divided
- 3 tablespoons vanilla
- 1 bag (2 pounds) powdered sugar
- 2 tablespoons corn syrup
- assorted food coloring

Cookies:

- 2 sticks unsalted butter, at room temperature
- 1 cup sugar
- 1 egg
- 1 tablespoon vanilla
- 2 teaspoons baking powder
- 1 dash salt
- 3 cups all-purpose flour

To make icing:

Mix meringue powder, 1/2 cup warm water, vanilla, powdered sugar and corn syrup. Separate into bowls and add food coloring; mix with water, as needed, to thin for piping.



To make cookies:

Cream butter and sugar. Mix in egg, vanilla, baking powder and salt. Mix in flour 1 cup at a time to form dough. Roll dough out to 1/4-1/2-inch thickness.

Cut into shapes, place on baking sheet and freeze 10 minutes. Bake 8-12 minutes. Cool completely before icing.

Place icing in zip-top or piping bags and cut off tips. Put cookies on parchment paper. Trace outline first then fill in middle. Use toothpicks to smooth out.

Let dry 6 hours and finish decorating with different icing colors or edible markers.

SENIORS, FROM FRONT

In Speech, my group and I were nominated to perform at the Large Group All-State Festival in group improvisation my sophomore year, and I was the student director for last year's Choral Reading group, which was also an All-State nominee. I also play on the tennis team and am a board member of the Environmental Club. Outside of school, I attend my church's youth group and work at the Polk City Library. I am a part of National Honor Society and Spanish Honor Society. I've been on the Gold Honor Roll and the DMACC President's List for my high GPA both at North Polk and in my online DMACC classes. I highly recommend getting involved in the arts because it has shaped my life in so many positive ways. I've been able to grow in my friendships, musical ability, and public speaking skills. I am planning on majoring in cinema arts with an emphasis in film production at a four-year college or university."

In addition to the information above, Elena was specifically in marching band, concert band, jazz band, concert choir and show choir. She was English Department Student of the Year, received the College Board's Rural and Small Town Recognition Award, was a participant in the Vanderbilt Programs for Talented Youth Mentor Immersion Program, and received the Junior Anthropological Award. She has participated in the church worship technology team, Band Buddies, Polk City Community Library page and babysitting.

ABBY KATHLEEN BELL

"My name is Abby Bell, and I am a senior at North Polk High School. I am the daughter of Greg and Audrey Bell of Polk City, and I have two sisters named Eden and Brooke. Throughout my high school experience, I have enjoyed the opportunity to participate in soccer for four years, cross country for three years, and basketball for one year. I have been honored to be in the National Honor Society and on the Gold Honor Roll all four years and on the DMACC Dean's List this year. My favorite memories are qualifying for State in cross country in ninth and 10th grade and in soccer in ninth, 10th and 11th grade so far."

In addition to the information above, Abby's favorite school subject is DMACC Developmental Psychology. She has also participated in club soccer at VSA Rush. Honors in cross country include Second Team All-Conference, First Team All-Conference and Academic All-Conference, as well as letter winner. In soccer, honors include First Team All-Conference twice (unanimous in 11th grade), First Team All-District, First Team Class 2A All-State (IHSSA and IGCA), Academic All Conference, and varsity letter winner. She is co-founder and co-director of Future Comets Elite Soccer Camp, a North Polk United Soccer Kickoff volunteer, Iowa Rush Soccer Camp volunteer, North Polk High School Soccer Camp volunteer, and a full-time nanny in the summer

After graduation, she plans to attend the University of Northern Iowa to play soccer and major in elementary education and minor in psychology. ■

CLASSIFIED ADS

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

FOR SALE: Bunk beds. Solid built. \$175. Call or text 515-238-3198 and I can send photos.

HELP WANTED: Looking for a handyman or carpenter to tear an old fence down and rebuild in Van Meter. We have the material and have started work but would rather pay someone to do it. It is wood covered with chicken wire attached to railroad ties. if interested please call 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
 FDIC 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
 HARDWOOD TILE CARPET LAMINATE
 VISIT OUR SHOWROOM AT 4925 NW JOHNSTON DR., JOHNSTON
 515-508-0024 * www.theflooringguysdsm.com