

# POLK CITY *Living Weekly*

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## SEEN IN POLK CITY

THE GO POLK CITY CHAMBER LUNCH WAS HELD AT TOURNAMENT CLUB OF IOWA MARCH 20.



Staci Allen and Martha Sheldahl



Jen Finn and Christine White



Joel Newman and Dave Heisterkamp



Jason Fender and Ryan Toney



Lisa England and Seth Bonifas



Shawn Comer and Mayor Steve Karsjen

### POLK CITY WEATHER FORECAST

**FRIDAY HIGH 65 | LOW 40**

Breezy and mild with plenty of sun



**SATURDAY HIGH 79 | LOW 55**

Partly sunny and warmer



**SUNDAY HIGH 86 | LOW 57**

Very warm with plenty of sun



**MONDAY HIGH 85 | LOW 61**

Partly sunny and very warm; breezy



**TUESDAY HIGH 68 | LOW 47**

Thunderstorms in the a.m.




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FROM THE PUBLISHER

# DOES ANYBODY REALLY KNOW WHAT TIME IT IS?

The band Chicago recorded a song titled “Does Anybody Really Know What Time It Is?” for its 1969 debut album “Chicago Transit Authority.” The song raised a good question. Fifty-five years later, the better question may be, “Does anyone wear a watch anymore?”

The answer is yes, but the reason doesn’t have as much to do with time as it once did. People apparently now wear watches instead as a fashion statement or for nostalgic purposes.

The data on watches is all over the board, depending on where you look and what year it was compiled, but there is no question that it is changing... and quickly. In general, it seems about seven out of 10 adults wear a watch of some sort today, and about nine out of 10 own at least one. Baby boomers have the highest rate of daily watch wear, and men tend to wear watches more than women. And, the greater your income, the more likely you are to wear a watch.

Looking back a few decades, 750 million watches were sold worldwide in 1991. That number fell to 440

million in 2014, a drop of 2% per year. For teenagers, the drop was more drastic. In 2005, 52% of teenagers wore a watch. By 2010, it was down to 25%. More than a decade later, smart watches changed watch sales significantly. In 2020, nearly one in five Americans used a smart watch or fitness tracker. Three years later, that number jumped to one in three.

Some say this massive growth in tech watches is a sign of the end of time with the smart watches being the “mark of the beast.” The King James Bible, Revelation 13:16-17, states “...it causes all, both small and great, both rich and poor, both free and slave, to be marked on the right hand or the forehead, so that no one can buy or sell unless he has the mark, that is, the name of the beast or the number of its name.”

The reference to not being able to buy or sell without that mark — the smart watch — is a bit unnerving and close to home. Meanwhile, most of



us wear a watch on our left hand, so I think we are safe... for now.

I used to have a smart watch, but I was concerned about the tracking and data harvesting and quit using it. My oldest daughter said she would take it. She returned it to me with a broken face plate. I fixed it, and my youngest daughter said she would take it. She wore it in the hot tub.

Do you remember your first watch? Maybe surprisingly, I can’t. I know it wasn’t in elementary school. Probably not in junior high. It was likely one of those trendy Swatch watches from the 1980s in high school, but I am not sure. Meanwhile, through all this data and memories and watch talk, the question still remains: Does anybody really know what time it is? Or, more specifically, does anybody really care?

Have a great week, and thanks for reading. ■



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## POLK CITY LIBRARY

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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 [polkcitylibrary.org](http://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. Stretch bands are available upon request. 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. ■

## FOUNDER'S DAY CELEBRATION

Meet at the Museum on the Square on May 30, 6:30 p.m., for a half-mile walking tour of Beebe Town for the Founder's Day Celebration. Learn about Polk City's early businesses and the fires that destroyed many of them and visit the Beebe family cemetery. This event is hosted by the Big Creek Historical Society. ■

## VACATION BIBLE SCHOOL

June 9-13, 6-8:30 p.m.

**Lakeside Fellowship**

Lakeside Fellowship will hold its annual Vacation Bible School for kids entering kindergarten through sixth grade. Activities include crafts, games, snacks, Bible lessons and skits. As always, organizers plan to end the week with a Polk City fire truck showering the crowd with a water cannon in the parking lot. Families can register kids at <https://lakesidefellowship.com/events/vacation-bible-school-2/>. ■

## 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](mailto:friendsofbigcreek@gmail.com). ■

## 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 and registration.



Pony Tales



Women in the Woods with Wine

### 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.

### PONY TALES

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.

### WOMEN IN THE WOODS WITH WINE

Tuesday, April 16, Light the Night: Enjoy the

sights and sounds of nature with a glass of wine before we light up the night — with fire. Learn tips and tricks so that you can easily master or improve fire building. Show off your new skill as a pro firestarter at your next camp, cookout or bonfire. Dress for the weather as the program will take place outdoors. 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.

### 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. ■

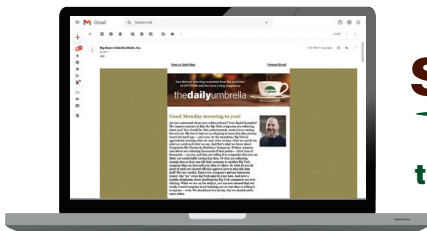
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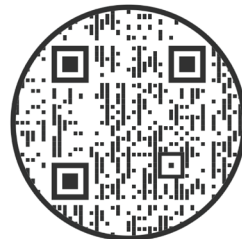
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**EVENTS IN THE AREA**EMAIL YOUR EVENT INFORMATION TO  
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CELEBRATE THE EARTH AT ANY OF THESE EVENTS**EARTH DAY AT THE  
BRENTON ARBORETUM**

25141 260th St., Dallas Center

April 21 from noon to 3 p.m.

[thebrentonarbooretum.org](http://thebrentonarbooretum.org)

Even more fun family activities have been added to this year's popular event. Come and enjoy the arboretum grounds and make an afternoon of exploring and visiting the vendors. A variety of stations will be offered throughout the event including a Kids Planting Station, Selfie Station, OMG Bees with Bee Expert Julia McGuire, Found Object Bug Craft with Artist Jill Woodward, Experience Nature's Healing with Dennis Kelly, Hot Off The Presses Food Truck, and Erin Huiatt with Des Moines Parent talking about her new book, "100 Things To Do in Des Moines Before You Die." At 1:30 p.m., a special presentation will be made on how to plant a tree with Director Of Horticulture Andy Schmitz.

**EARTH DAY FAMILY 5K RUN/WALK  
AND PICKLEBALL TOURNAMENT**

Fenders Brewing, 212 W. Van Dorn St., Polk City

April 20, 8 a.m. to 2 p.m.

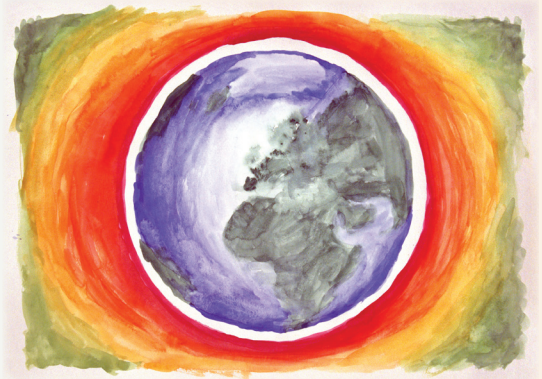
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**EARTH DAY TRASH BASH**

April 20-27

[Earthday.dsm.city](http://Earthday.dsm.city)

Earth Day Trash Bash is a collaboration between the cities and citizens of Clive, Des Moines, Johnston, Norwalk, Pleasant Hill, West Des Moines, Boone County Conservation, Polk County Conservation, Iowa Natural Heritage Foundation, Trees Forever, and Des Moines Water Works. Register at the above website.

**EARTH DAY ACTIVITIES - DES MOINES**

- Begin with a hike on the nature trail to find wildflowers in bloom, learn about the insects that visit these flowers and build a "Pollinator House" to take home. The event is at Grandview Park Mahaffey Enclosed Shelter on Saturday, April 20, 10 a.m. Cost is \$5. Register at <https://bit.ly/EDTB2024-EarthDayPrograms>

- Building a Bee House: Look into the world of solitary bees and other pollinators that live around us, then build a simple bee house to take home and place in your yard. Helping to provide habitat for insects is a creative way to support nature and conservation. The event will be held at the East Side Library on Thursday, April 25, 5:30 p.m. The event is free. Register at <https://bit.ly/EDTB2024-EarthDayPrograms>.

- Seed Swap & Spring Gardening Workshop: Growing organic food locally is great for the Earth. Kickstart your growing season learning tips and tricks from local gardeners. Discover how to create an efficient and productive garden space, prep your soil for success, and more. The Valley High Greenhouse Club will be giving away free pollinator-friendly plants. Don't forget to bring seeds for the seed swap — a fantastic opportunity to exchange seed and enrich the gardening community. This free event will be held at Franklin Avenue Library, 5000 Franklin Ave., on Saturday, April 27, 1-3:30 p.m. ■



## RECIPE

# MAKE MOM'S DAY EXTRA SPECIAL

*(Family Features)* Don't let Mother's Day pass by as just another day on the calendar. Make this year's celebration a true ode to the moms in your life with some extra special touches at breakfast and beyond.

Whether she's the culinary expert of the home or cooking is usually a team effort, make sure her morning is one of rest and relaxation while you handle kitchen duties from prep to cleanup. These cinnamon muffins offer a one-ingredient solution that take just 15 minutes to prepare.

**Add flowers:** Flowers are a timeless Mother's Day gift for a reason. They provide pops of color on dining room tables, kitchen counters, end tables or even nightstands. Consider mom's favorite spot in the house and place them within eyeshot for a frequent reminder of how much she's appreciated.

**Create a personalized card:** Add a special final touch to an already memorable morning with a thoughtful card and handwritten message. Get the kiddos involved and create a card from scratch with construction paper, colored pencils, markers and more for a homemade gift she'll cherish. If you didn't fall from the artistic tree, don't fret — a storebought card means all the same when paired with a heartfelt message that conveys your love. ■

## CINNAMON MUFFINS

*Recipe courtesy of "Cookin' Savvy"*

### Ingredients:

- 2 tubes (8-count each) cinnamon rolls

### Directions

Preheat oven to 400 F.

Grease muffin tin or line with liners. Using kitchen shears, cut each cinnamon roll into pieces and place in muffin holes.

Bake about 15 minutes, or until golden. Let cool then add provided icing.



**Tip:** To make icing extra special, add 2 tablespoons creamer and mix well before icing muffins.

**THIS SPOT IS  
AVAILABLE.**

Contact Dan Juffer at  
[dan.juffer@dmcityview.com](mailto:dan.juffer@dmcityview.com)

## JOKE OF THE WEEK



*What has five toes  
and isn't your foot?  
My foot!*

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## ACTIVITIES

• **Monday Book Club**, “The End of Her” by Shari Lapena, Monday April 15, 2 p.m.

• **K-5th STEM Book Club**, “Let’s Clean Up the Forest” by Amy Krouse Rosenthal, Tuesday, April 16, 4-4:45 p.m. Pick up your copy of the book starting April 1 while supplies last. Read, then join us for some fun science experiments that correlate with the book. Registration required.

• **Adult Coloring**, Tuesday, April 18, 5-7 p.m. Ages 17 and older.

• **Messy Munchkins**, Thursday, April 18, 10 a.m. 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.

• **Adult DIY Wire Tree Suncatchers**, Thursday, April 20, 6 p.m. Ages 17 and older, reservation required.

• **Plant Swap**, Thursday, April 25, 5-7 p.m. Stop by the library to trade plants, seeds, and tips with other enthusiastic gardeners. Registration is requested, but not required.

• **Wednesday Book Club**, Wednesday, May 1, 7 p.m. “In Order to Live” by Yeonmi Park. Yeonmi Park shines a light not just into the darkest corners of life in North Korea, describing the deprivation and deception she endured and which millions of North Korean people continue to endure to this day, but also onto her own most painful and difficult memories. Park’s testimony is heartbreaking and unimaginable but never without hope. This is the human spirit at its most indomitable.

• **Coloring Night at Fenders Brewing**, Wednesday, May 8, 4 p.m. Come for a night of relaxation and fun with friends at Fenders Brewing.

• **Alzheimer’s 101 with Iowa Health & Human Services**, Thursday, May 9, 6 p.m. According to the Alzheimer’s Association, more than six million Americans are living with Alzheimer’s, and more than 11 million Americans provide unpaid care for them. If that includes you or someone you care for, find information on the disease, risk factors, prevention and local resources at this free program presented by the Iowa Department of Health & Human Services. There will be time for questions and answers.

• **Card Crafting with Jane and Kim**, Monday, May 13, 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. ■

## 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.

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LIST 50 WORDS OR LESS FOR FREE.

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