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SEEN IN POLK CITY




MORE PHOTOS INSIDE

LIBRARY HOSTS PUZZLE CONTEST: Friends of the Polk City Community Library hosted a puzzle contest on Feb. 11 at the Polk City American Legion. Winning team Living on the Edge captured first place in 52 minutes. Members: Katie Spoelstra, Jessica Bormann, Mandy Vogel and Jenn Armstrong ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 60 | LOW 31
Windy; times of clouds and sun 

SATURDAY HIGH 51 | LOW 30
Breezy with sun and clouds 

SUNDAY HIGH 60 | LOW 39
Mostly sunny and warmer 

MONDAY HIGH 66 | LOW 45
Breezy and cloudy; p.m. showers 

TUESDAY HIGH 64 | LOW 37
Breezy with clouds and sun 



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FROM THE PUBLISHER

GLOOM, DESPAIR AND AGONY ON ME

“If it weren’t for bad luck, I’d have no luck at all.” Those are the words from a song in an ongoing skit from the TV variety show “Hee Haw” that I recall from my youth. “Gloom, despair and agony on me.” If you remember the show, you are singing along. If not, be patient.

Some people think other folks have all the luck, and they don’t hesitate to state this repeatedly. They play the “victim” role, expecting the worst to happen to them over and over and over. And, quite often, it does.

I am convinced that self-fulfilling prophecies — a prediction that comes true, at least in part, as a result of a person’s belief or expectation that the said prediction would come true — are real.

Successful athletes envision themselves scoring that touchdown, hitting that homerun or making that three-pointer. They refuse to see themselves failing. That same confidence, that self-fulfilling prophecy, works in our personal lives, too. When we envision losing that weight, getting that promotion,

or finding that ideal mate, those things tend to happen more often.

I am not a gambler, and my father wasn’t either, but we did play a lot of board games together. When rolling the dice, he would call out the numbers he wanted, and he would often get them. “You have to talk to the dice,” he would tell me. My siblings and I thought he was lucky, but there had to be more to it than that.

I am convinced that much of this “luck” comes from internal confidence, but can positive comments and high expectations from others result in more success or “luck,” too? The Pygmalion Effect says yes. This psychological phenomenon states that high expectations lead to improved performance in a given area, and low expectations lead to worse performance. Psychologists Robert Rosenthal and Lenore Jacobson present this view in their book



“Pygmalion in the Classroom,” noting how teachers’ expectations of their students affect the students’ performance both positively and negatively.

Most of us would agree with this, as we have seen these effects of positive reinforcement. But what about the person who still chooses to be a victim? Gloom. Despair. Agony.

I recall a time as a child when we were having a family dispute. I told my sister that I just wanted “a normal family.” She told me there was no such thing. She was right. Everyone has issues. Some people choose to dwell on their problems and repeatedly tell others about them. Others put their best foot forward, smile and “talk to the dice.” Which one will you be today?

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

POLK CITY
Living Weekly

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

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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.

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. ■

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>. ■

LIBRARY HOSTS PUZZLE CONTEST

Friends of the Polk City Community Library hosted a puzzle contest on Feb. 11 at the Polk City American Legion.



Team Three Chicks and a Richard finished in 1 hour and 18 minutes. Members: Patricia Moody, Bob "Richard" Sweeny, Stephanie Stilson and Jeri Crowdis



Team Connected Family Members finished in 1 hour 4 minutes. Members: Wendy Mosdal, Ethan Mosdal, Steve Noack, Miranda Noack and team good luck charm, Lucas



Team Pieced Together finished in 1 hour and 7 minutes.



Team Ruby Sue finished in 1 hour and 43 minutes.



Team Puzzle Patrol finished in 1 hour and 29 minutes. Members: Alexa Markley and McKayla Cooper



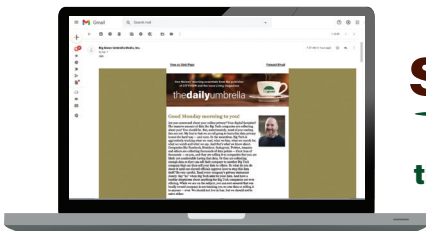
Team You Wanna Piece of Me? was second in 55 minutes. Members: Jenny Schmidt, Eliza Schmidt, Missy Crowley and Sophia Crowley ■

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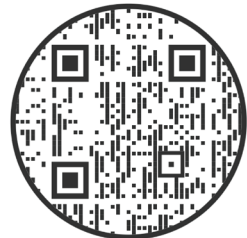
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EVENTS IN THE AREA

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Drake Relays

DRAKE RELAYS

April 24-27

Drake Stadium, 2719 Forest Ave., Des Moines

godrakebulldogs.com

The Drake Relays draw premier track and field athletes from around the country and some of the best in-state high school track athletes to Des Moines.

DRESS FOR SUCCESS POP-UP SALE

April 24-28

Valley West Mall,

1551 Valley W. Drive, West Des Moines

desmoines.dressforsuccess.org

Dress for Success collects clothing donations that are then sorted for interview or on-the-job appropriateness (those are then available for Dress for Success clients to have as they get into the workforce) and those items that aren't useful for those purposes are saved and sold at the annual Pop-up Sale.

MICHAEL JEFREY 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.

CENTRAL IOWA WIND ENSEMBLE PRESENTS 'LOLLIPOPS & POSIES'

Sunday, May 5, 3 p.m.

Franklin Events Center,

4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.

MOTHER'S DAY BREAKFAST BUFFET AND BAKE SALE

Sunday, May 12, 8 a.m. until noon

West Des Moines Elks Lodge,

2060 N.W. 94th St., Clive

Enjoy a delicious Mother's Day breakfast which 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 for \$10 — children younger than 10 just \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran activities. ■

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.

Give Her the Day Off: 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 Bacon-Wrapped Egg Muffins are easily customizable to suit your family's favorite tastes with nearly endless possibilities. Just make sure to place a foil-lined cookie sheet under the muffin tin to make cleanup a breeze. ■

BACON-WRAPPED EGG MUFFINS

Recipe courtesy of "Cookin' Savvy"

Ingredients:

- 1 pound regular-sliced bacon (not thick-sliced)
- 10 eggs
- 1/2 cup shredded cheese
- 1/3 cup half-and-half or milk
- 1 tablespoon garlic pepper
- 1/3 cup chopped fresh or frozen spinach

Directions

Preheat oven to 400 F.

Using muffin tin, wrap bacon around inside of each muffin hole. In bowl, whisk eggs, cheese, half-and-half, garlic pepper and spinach. Pour into each hole, filling about halfway to avoid overflowing while cooking. Cook 40 minutes, or until eggs are golden.



Tips: Place muffin tin on cookie sheet lined with aluminum foil to catch grease and make cleanup easier. If you want bacon taste without lining muffin holes, mix fried bacon pieces into eggs.

Substitutions: Line each hole with hashbrowns then add egg mixture. Use broccoli instead of spinach, if desired.

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AVAILABLE.**

Contact Dan Juffer at
dan.juffer@dmcityview.com

JOKE OF THE WEEK



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when the tide came in?
Long time, no sea!*

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MUSEUM HOURS BEGIN

The Polk City Museum on the west side of the Square will be open starting May 30 on Thursdays from 4:30-6:30 p.m. during Farmers Market. ■

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ACTIVITIES

- **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 polkcitylibrary.org one month in advance. ■

CLASSIFIED ADS

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](mailto:beckham@dmcityview.com)

LIST 50 WORDS OR LESS FOR FREE.

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Contact Dan Juffer at dan.juffer@dmcityview.com

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