

POLK CITY Living Weekly

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 A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

COMING UP AT THE MUSEUM ON THE POLK CITY SQUARE

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.

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.

JUNE 19TH PROGRAM AT MUSEUM


On June 19 at 6:30 p.m., visit the Polk City Museum on the Square for a program about a stop on the Underground Railroad known as the 20-Mile House that once stood just west of Polk City. David G. Holmgren will tell the story of "Abolitionism and the Underground Railroad in Iowa and Its Relationship to the Big Creek Community of Polk County." Holmgren is the lead volunteer researcher and writer with the Iowa Freedom Trail Project, a study of the




Underground Railroad in Iowa before and during the Civil War, a project associated with the State Historical Society of Iowa in Des Moines.


The stagecoach road ran north from Des Moines, past George and Hester Beebe's log cabin in the village of Polk City, and continued west toward Hopkin's Grove. Polk City residents know this portion of the road as Broadway Street. The 20-Mile House, owned by Rev. Josiah Hopkins, was 20 miles from Des Moines. An official historical marker will be placed at the building's site this year. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 72 | LOW 51
Sunny and pleasant 

SATURDAY HIGH 62 | LOW 44
Cloudy with scattered showers 

SUNDAY HIGH 72 | LOW 53
Times of clouds and sun; warmer 

MONDAY HIGH 75 | LOW 55
Cloudy with severe winds and hail 

TUESDAY HIGH 75 | LOW 55
Cloudy with possible thunderstorms 



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FROM THE PUBLISHER

I LOVE HIGH-TECH... WHEN IT WORKS

I marvel at today's technological advances. Who would have imagined that Al Gore could have invented this thing called the Internet? And only Dick Tracy could have thought we would have phones on our wrist watches. Mark my word, our cars will be flying soon. Meet George Jetson.

I love the high-tech stuff... when it works. When it doesn't work, I crave for simpler times. Here are a few cases in point.

I was at an airport restroom recently and was attempting to wash my hands, feverishly waving them under the automatic water dispenser to no avail. So, I moved over to the next sink, and that faucet worked. Then I tried to get some soap from the automatic soap dispenser above the sink. It didn't work, so I moved over to the next sink. Mission accomplished, and I chuckled to myself as I watched a line of people behind me do the exact same process. Then I wiped my wet hands on my pants because

the automatic paper towel dispenser didn't work.

Remember the days at the gas station before the pay-at-the-pump option? Not full service, mind you, but rather the process of filling up your tank, going inside and making your payment, hoping the attendant didn't charge you \$10.03 because all you had was a \$10 bill. Now we insert our card at the pump, patiently wade through 13 "press here" options, fill up our tank and then receive a message to go inside for the receipt. Ugh.

I was absolutely amazed the first time I used GPS. It was a few decades ago, and I was renting a car equipped with it, telling me where I was, where to turn and what the shortest route was. I continue to love this feature, until the GPS takes me to the wrong place due to maps apparently not being updated. Of course, an outdated Rand McNally



would not be current either, but the expectation is that modern technology will work as it should.

Today, most all of us are intrigued by artificial intelligence, or AI. Prior to us knowing much about this (even though it has been used for years), we were already struggling to sort through news stories to determine which ones were factual. The floodgate is now open, and we are all going to become even more skeptical of what we read, watch and hear. The solution seems simple: hold the tech companies to the same libel and slander standards (and penalties) that traditional media has to deal with. Don't hold your breath.

Meanwhile, be patient while you wash your hands.

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



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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

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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. ■

STUDENTS AWARDED SCHOLARSHIPS FROM IOWA MASONS

North Polk High School student Wyatt Massoth will be awarded a \$2,500 scholarship from the Grand Lodge of Iowa, Ancient Free and Accepted Masons. Twenty-six outstanding Iowa high school students were selected to receive a scholarship award from a pool of more than 335 applicants. Iowa Masons award scholarships each year in recognition of a student's academic performance, community activities, leadership and financial need.

Since the program's inception in 1970, the Grand Lodge of Iowa has awarded more than \$4 million in scholarships to more than 2,600 students. This year, more than \$100,000 was awarded from an endowment fund established to recognize the accomplishments of young Iowans and to promote the education of future state leaders.

Masonry is an organization dedicated to building character among its members. Membership is open to men 18 and older. There are 217 Masonic lodges in Iowa. For more information about Freemasonry in Iowa, visit www.grandlodgeofiowa.org. ■

FREEWILL DONATION GARAGE SALE

The Sheldahl United Methodist church, Sixth and Hubbell, Sheldahl, is holding a freewill donation garage sale, along with bake sale, nuts and denim rag rugs, on Saturday, June 1, 9 a.m. to 1 p.m. ■

VACATION BIBLE SCHOOL

Lakeside Fellowship will hold its annual Vacation Bible School for kids entering kindergarten through sixth grade June 9-13, 6-8:30 p.m. at Lakeside Fellowship. 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/>. ■

POLK COUNTY CONSERVATION EVENTS

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

OLDER, WISER, LIVELIER, SENIORS - OSPREY RECOVERY

Tuesday, May 7, 11 a.m., Jester Park Nature Center. Like all birds of prey that were devastated by DDT in the mid-20th century, Ospreys have recovered. And their presence has been delighting outdoor enthusiasts in the 21st century. Learn how the Polk County Conservation Board played a pivotal role in bringing these birds to Iowa as a nesting species. This program is for ages 12 and older, free, and does not require registration.

HORSE WHISPERS IN THE WOODS

Thursdays, May 9, June 13, June 27, Aug. 8 and Sept. 12 at 6 p.m. at the Jester Park Equestrian Center. A women's circle of self-discovery through the intuitive and healing power of horses. This on-the-ground workshop provides a real-time experience in relationship skills and increased emotional intelligence through a partnership with the horse. Registration is required 24 hours prior to the event, which is for ages 21 and older. Cost is \$40.

SHINRIN YOKU AT JESTER PARK

Saturday, May 11, 1 p.m. Explore the natural healing path of Shinrin Yoku or Japanese Forest bathing with Brandy Case Haub, a certified forest guide. This mindful walk through the prairie will invite you to use your senses to enhance your wellbeing. This Rooted in Nature program is sponsored by UnityPoint. Registration is required two days prior to event. Cost is \$20 and the program is for ages 12 and older.

PONY TALES

Tuesday, May 14, 11 a.m.; Thursday, June 20, 11 a.m.; Friday, July 12, 11 a.m.; Thursday, Aug. 15, 11 a.m. at 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. Geared toward children 12 and younger.

WILDLIFE MONITORING FOR SNAKES

Wednesday, May 15, 6 p.m., Sandhill Unit, 10623 N.E. 118th Ave., Maxwell. All ages are welcome to this free event. No registration required. Snakes get a bad rap. For many of us, it is instinctual to feel a sense of imminent danger when these critters are nearby. Unfortunately, sightings are becoming rarer as snakes are indicators of environmental changes. One way we monitor snakes in the area is to conduct snake board surveys. Join us as we venture into the prairie in search of snakes. Long pants, closed-toed shoes and insect repellent are recommended.

CATCH-N-CROAKERS

Friday, May 17, 8:30 p.m., Chichaqua Bottoms Greenbelt, Longhouse. Learn to identify frogs by sight and sound before sloshing into the wetlands to catch these amazing creatures. Bring your own net and flashlight. Wear shoes that can get wet and muddy. No registration required for this free program for all ages.

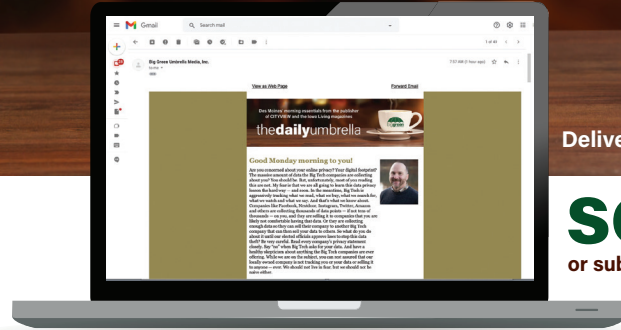
NATIVE PLANT SALE

Saturday, May 18, 11 a.m. to 2 p.m., and Saturday, June 15, 11 a.m. to 2 p.m., Jester Park Outdoor Recreation and Wellness Center. Polk County Conservation and Prairie Landscape of Iowa are teaming up to offer two native plant sales. All plant species for sale are native to Iowa, and, once established, require minimal care while providing numerous benefits to our local wildlife and landscapes. ■

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EVENTS IN THE AREAEMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**Lollipops & Posies****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.

ANKENY ART FESTIVAL

May 11

Uptown Ankeny, Third Street and Walnut Street, Ankeny

www.ankenyartcenter.org/artfestival2024

Join the Ankeny Art Center for a fun-filled day of art, demonstrations, shopping, food, live music and more.

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 \$5. Enjoy a bloody mary or mimosa for \$3.50. Proceeds support the Elks' Hoop Shoot Program, other youth activities and veteran activities.

GREENBELT MUSIC FESTIVAL

May 17-18

Horizon Events Center, 2100 N.W. 100th St., Clive
horizoneventscenter.com

This music festival returns to the Horizon Events Center with double-digit musical acts to fill your weekend, starting Friday at 3 p.m. and going till Saturday at 11 p.m. Kids 12 and younger enter for free.

GARY'S RIDE: BEAT BRAIN CANCER

Saturday, May 18, 10 a.m.

Rider check-in and pickup is 9-9:45 a.m.

Waukee Raccoon River Valley Trailhead, Hickman Road and N. 10th St., Waukee

Help support local brain cancer patients and their families by making a charitable contribution toward Gary's Ride's \$45,000 goal. Registration is now open for Gary's Ride. Adult riders registered by May 6 receive the 2024 T-shirt. Register at www.garysrideiowa.org/shop.

VALLEY JUNCTION ARTS FESTIVAL

May 19, 10 a.m. to 4 p.m.

100-200 Blocks of Fifth Street, West Des Moines
www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival

Live entertainment, art activities and artists' demonstrations. Refreshments will be available from several food vendors on the street, and several Valley Junction stores will be open during the festival. ■

RECIPE

SWEET SOLUTIONS TO CELEBRATE CINCO DE MAYO

(Family Features) From fajitas and tacos to everything in between, fueling your Cinco de Mayo fiesta starts with delicious food that brings everyone to the table. Traditional dishes and new twists on classics can be equally satisfying whether you're feeding your nearest and dearest or hosting the entire neighborhood.

Start with these vegan apple and black bean fajitas for a plant-forward spin on a popular dish that features sauteed apples, peppers, zucchini, jicama, onion and jalapeno. The craveable texture and crunch of Envy Apples — a leading apple variety available at Whole Foods and other major grocery stores — shine both in the mixture of sauteed produce and sliced raw into sticks for a crunchy finish with added sweetness. Plus, their flesh remains whiter longer, even after slicing, so this dish looks as good as it tastes. ■

VEGAN APPLE AND BLACK BEAN FAJITAS

Ingredients:

- 1 bell pepper, sliced, seeds removed
- 1 zucchini, sliced
- 1 small jicama, sliced
- 3 Envy Apples, sliced
- 1 yellow onion, sliced
- 1 jalapeno, sliced, seeds removed
- 1 teaspoon garlic
- 1teaspoon ground cumin
- 2 sprigs fresh oregano
- 1 teaspoon chili pepper (optional)
- salt, to taste (optional)
- pepper, to taste (optional)
- 1 cup cooked black beans
- 1 lime
- 3 sprigs fresh cilantro
- 4 small flour tortillas

Directions

In skillet over high heat, saute



bell pepper, zucchini, jicama and half the apple slices. Set aside.

In same hot skillet, saute onions, jalapenos and garlic until lightly caramelized. Combine with sauteed apple mixture. Season with cumin and oregano. Add chili

powder and salt and pepper, to taste, if desired.

Add cooked black beans to saute mixture. Top with squeeze of lime. Garnish with cilantro and remaining raw apple slices.

Serve with tortillas.

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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.

MONDAY BOOK CLUB

Monday, May 20, 2 p.m., "Orphan Train" by Christina Baker Kline. As she helps Vivian sort through her possessions and memories, Molly learns that she and Vivian aren't as different as they seem to be. A young Irish immigrant orphaned in New York City, Vivian was put on a train to the Midwest with hundreds of other children whose destinies would be determined by luck and chance. Molly discovers that she has the power to help Vivian find answers to mysteries that have haunted her for her entire life — answers that will ultimately free them both.

ADULT COLORING

Tuesday, May 21, 5 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.

SUMMER READING REGISTRATION AT THE FARMER'S MARKET

Thursday, May 30, 4-8 p.m. Get signed up for our 2024 Summer Reading Program and have fun as a family. Registration will begin at the library on Friday, May 31.

READ, RENEW, REPEAT: SUMMER READING PROGRAMS

June 1 - July 31. Watch our website and Facebook for all the details. ■

CLASSIFIED ADS

FOR SALE: Saris bike rack, holds 2 bikes, used twice, 3 years old, \$200. Call 515-249-7195.

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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