

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

POLK CITY KIWANIS SENIORS OF THE MONTH

Kayden Levi Steinick and Ben Bryant have been selected as the final Kiwanis Club of Polk City Seniors of the Month.

KAYDEN LEVI STEINICK

“My name is Kayden Steinick, and I am the son of Kris and Kellie Steinick of Elkhart. I have three siblings: one older brother, Konnor, and two younger brothers, Keegan and Kalvin. We also have many pets. I enjoy hands-on activities, such as woodworking and carving, and spending time outdoors. I’m also an avid gamer. I have participated in Scouts and 4H, as well as archery and have been a part of the Central Iowa Scholastic Shooters, which has taught me values such as good sportsmanship, responsibility, safety and teamwork. I enjoy volunteering at school activities and have had the opportunity to job shadow at several



Kayden Levi Steinick



Ben Bryant

places including the Bondurant Fire Department, Tinker Tooling, and even hands-on maintenance and flying an airplane at the Ankeny Regional Airport. I have learned many life skills through the activities and opportunities I’ve participated in.”

Kayden’s favorite school subject is science and he plans to pursue a career in the fire science industry.

BEN BRYANT

“I’ve been wrestling and lifting for as long as I can remember, and these have been the activities that define me ever since. I enjoy wrestling and working out and the discipline and work that this requires. Being a competitive wrestler and powerlifter has taught me a lot about myself and required me to make sacrifices with friends and family, but the lessons regarding discipline, work ethic and grit are things that I would not have learned otherwise.”

Ben is the son of Kim and Steve Bryant of Polk City. He has three siblings, Taylor, Whitney and Jessie. He has been a national champ in powerlifting and state finalist in wrestling. After graduation, he plans to wrestle and study finance at Grand View University. ■

POLK CITY WEATHER FORECAST

FRIDAY HIGH 70 | LOW 47
Mostly cloudy and warmer



SATURDAY HIGH 74 | LOW 50
Mostly sunny and pleasant



SUNDAY HIGH 80 | LOW 55
Cloudy and warmer



MONDAY HIGH 76 | LOW 56
Pleasant and mostly sunny



TUESDAY HIGH 72 | LOW 58
Cloudy with occasional rain



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FROM THE PUBLISHER

GRAB YOUR GOGGLES, FLIPPERS AND SPEEDO

Swimmingly. That's how you might feel about this column. Or about half of you anyway.

Are you ready to take a dip? Yes, it's early May, and a plunge in anything but an indoor, heated swimming pool might make you shiver. I get it, but I am still looking forward to soaking outdoors in water soon.

What I did not realize is, according to global data, about half of you reading this don't know how to swim. No freestyle. No backstroke. No butterfly. Floating is even a struggle. Yikes.

I spent the bulk of my childhood summers in water, mostly at the city pool but also in nearby lakes. Air conditioning was not as readily available in as many places back then, and being in water was a great way to beat the summer heat.

Despite being in water a lot, it took a while for me to actually learn how to swim. The 10-foot area of the pool was the danger zone, and I knew better than to cross that rope. Then my older brother Steve

decided it was time for me to learn how to swim, and he tossed me into the deep water from the side of the pool as far as he could throw me. It was literally sink-or-swim time, and I rapidly dog-paddled my way back to the side. And he did it again. And again. I wasn't very happy about it at the time, but that is exactly how I learned to swim. A baptism by water, you might say. It's not for everyone, but it worked for me.

Meanwhile, more than half of the global population does not know how to swim. That totals, worldwide, at least 4 billion people. Depending on which half you are in, the number may or may not surprise you. The alarming statistic, though, is that an estimated 372,000 people die from drowning worldwide every year, according to the World Health Organization. Drowning is the third-leading cause of unintentional injury deaths



and accounts for 7% of all injury-related deaths globally. Maybe not surprisingly, the highest drowning rates are among children 1-4 years, followed by children 5-9 years. Also, maybe not surprisingly, males are twice as likely as females to drown. Ten people drown every day in the United States.

Those statistics can be a downer on a Tuesday morning, or they can be inspiration for some of you to learn how to swim. With more than 10,000,000 swimming pools around the world, there are plenty of places to get started. So grab your goggles, flippers and Speedo (maybe not the Speedo), and get ready to meet me at the pool. And if you are already a swimmer, send me a note and let me know how you learned.

Have a great week, and thanks for reading. ■

Shane Goodman
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POLK CITY
Living Weekly

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BIKE NIGHTS

Fridays, May 24, June 28, July 26 and Aug. 23

462 W. Walnut, Elkart

Enjoy Bike Night in Elkart, sponsored by Mean Machine Cycles. Enjoy food, music, prizes, bikes and more. ■

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. ■

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. ■



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. ■

JUNE 19 PROGRAM AT POLK CITY 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. ■

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.polkcountyia.gov/conservation/events/> for information and registration.

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.

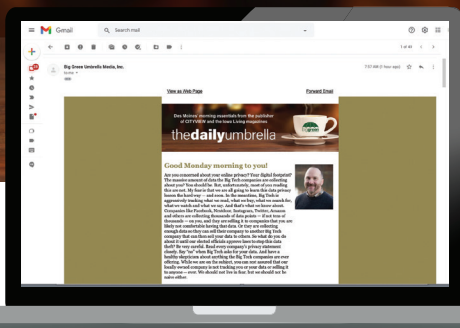
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CATCH-N-CROAKERS

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.

WOMEN IN THE WOODS WITH WINE - POLLINATION CELEBRATION

Tuesday, May 21, 8 p.m., Jester Park Nature Center. A third of our global food supply depends on

pollinators. Enjoy an evening learning about our native pollinators and why they are so important. We'll learn how pollination works, who the pollinators are and threats they face. We'll also discuss actions you can take to help pollinators in your own yard. Join other women interested in getting outside and enjoy a glass of mead from an Iowa Meadery. This program is for adult women ages 21 and older who want to become more comfortable and knowledgeable about the natural world by joining other women interested in getting outside. Registration due by May 19. Cost is \$15.

STORY TELLEBRATION

Wednesday, May 22, 10 a.m., "Born To Be Wild"; Wednesday, June 26, 10 a.m., "Down at the Pond"; Wednesday, July 24, 10 a.m., "Color, Color Everywhere"; Wednesday, Aug. 28, 10 a.m., "I Love Bugs." 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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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**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. Indoor and outdoor stages. The Friday entertainment is headlined by Railroad Revue with Lindsay Lou and Yonder Mountain String Band. Saturday's headliners are Umphrey's McGee, Sierra Hull, and Daniel Donato's Cosmic Country. Enjoy vendors, a silent disco, goats, Kids Zone, face painting, food trucks and more.

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.

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. 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.

CELEBRASIAN

May 24-25

Western Gateway Park,
1205 Locust St., Des Moines
www.iowaasianalliance.com

A weekend of Asian cuisine, music and entertainment. Vendors and performers will fill the area with an authentic celebration of Asian culture.

DES MOINES CON

May 31 - June 2

Hy-Vee Hall at Iowa Events Center, 730 Third St.,
Des Moines

A celebration of all things nerdy. From Marvel to Star Wars to LEGOs and around the universe and back, this con has you covered.

VIETNAM WAR**LIVING HISTORY EVENT****Iowa Gold Star Military Museum,**
7105 N.W. 70th Ave., Johnston
Saturday, June 1, 9 a.m. to 5 p.m. and Sunday,
June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites and see period military vehicles. Admission is free. ■

RECIPE

MAKE MOM'S DAY WITH A CRAVEABLE BRUNCH

(Family Features) There's perhaps no better occasion to show off your kitchen skills than Mother's Day, a perfect opportunity to turn the tables on mom and let her relax while you handle cooking duties. A homemade breakfast — or better yet, letting her sleep in for brunch — is a sure way to win her over and show how much you care.

If a full Mother's Day celebration is on the menu, try this hearty dish. A frittata provides the best of both worlds, as it's a filling meal that's also easy to make — just let the oven do the work. This Apple, Tomato and Goat Cheese Frittata is no exception as it calls for a handful of everyday ingredients you can whisk together in a cinch. While it's in the oven (about 30 minutes, give or take) you can put the finishing touches on your last-minute decorations and handwritten cards. ■

APPLE, TOMATO AND GOAT CHEESE FRITTATA

Ingredients:

- 6 eggs
- 1 teaspoon hot pepper sauce
- 2 teaspoons kosher salt
- 20 turns fresh cracked pepper
- 1/4 cup whole milk
- 1 Envy Apple, small diced
- 1/2 cup sundried tomatoes, chopped
- 4 ounces goat cheese, crumbled
- 2 tablespoons thinly sliced chives

Directions

Preheat oven to 350 F.
In large mixing bowl, whisk eggs, hot pepper sauce, salt, pepper and milk until well combined.
Stir in apples, tomatoes, goat cheese and chives until well combined.
Using 1/3 measuring cup, spoon frittata mixture into oven-safe large skillet or 9-by-9-inch pan.
Bake 25-30 minutes, or until eggs are set.
Let cool slightly then serve.



THIS SPOT IS AVAILABLE.

Contact Dan Juffer at dan.juffer@dmcityview.com

JOKE OF THE WEEK



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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: "ORPHAN TRAIN" BY CHRISTINA BAKER KLINE

Monday, May 20, 2 p.m.

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 FOR ALL AGES

June 1-July 31

Watch polkcitlibrary.org and Facebook for all the details. ■

WE WILL RUN YOUR POLK CITY NEWS ITEMS FOR FREE.

Email your news by Friday at 5 p.m. to:
tammy@iowalivingmagazines.com or call 515-953-4822, ext. 302

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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