

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

RESIDENTS' CHOICE WINNERS RECOGNIZED

CERTIFICATES WERE PRESENTED TO LOCAL WINNERS AND RUNNERS UP IN THE RESIDENTS' CHOICE POLL.



Rob Cupp, Cupp Insurance, Inc.



Susie Sheldahl, Realty One Group



Chris Tigges, Polk City Chiropractic



Beth Knuth, Cutting Edge Salon



Jason Madison, Fenders Brewing



Noelle Hoffman, Papa's Pizzeria

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

DO YOU TALK WITH YOUR HANDS?

I was recently watching two people I did not know having a conversation from afar. I could not hear what they were saying, but I could see their physical actions. One was standing calmly, hands by her side, making eye contact while she spoke and while she listened. The other had her hands and arms flailing, head moving side to side, feet fidgeting, eyes all over the place. Of all her actions, the hands and arms moving was the most noticeable, at least from a distance. It made me wonder, why do some folks “talk” with their hands while others don’t?

I did a bit of research, and the answer, maybe not surprisingly, seems to be based on who wrote the story and whether or not that person talks with his or her hands.

The first reference is from the Wu Tsai Neurosciences Institute at Stanford University, and it shared information on electrodes, brain patterns, motor cortex and neurons. I got lost in the first paragraph, but some of you may find it interesting. I am guessing very few of the

folks involved in the study do much talking with their hands.

The second was called “The Fascinating Science Behind ‘Talking’ With Your Hands,” and it said we all do it. This was clearly written by someone who does, which is noticeable by the renaming of the action to “gesturing.” It says gesturing helps you understand other people, acts as a “second language” and is a healthy part of child development. In short, it states that gestures help express thoughts more effectively, noting that the most popular TED Talks speakers used an average of 465 hand gestures, nearly twice as many as the least popular speakers. It also references research that found people who talk with their hands tend to be viewed as warm, agreeable and energetic, while those who are less animated are seen as logical, cold and analytical.

And finally, an article at



littlethings.com brings it “right down to Earth in a language that everybody here can easily understand.” Their piece is entitled “What ‘Talking With Your Hands’ Really Says About You,” and it says hand gestures make you easier to understand, indicate strong leadership skills, make you more likable, are a sign of intelligence, and help you to learn.

Now, I am not agreeing or disagreeing with any of these interpretations, but I do have a much simpler view. These who talk with their hands tend to talk a lot anyway, and those who don’t talk with their hands tend to be quieter and more reserved. What do you think? Do you talk with your hands? What does it say about you? Send me a note and let me know.

Have a great week, and thanks for reading. ■

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POLK CITY
Living Weekly

A publication of Big Green Umbrella Media, Inc.
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BIKE NIGHTS

Enjoy Bike Night in Elkart, sponsored by Mean Machine Cycles, 462 W. Walnut, Elkart. Enjoy food, music, prizes, bikes and more Fridays, May 24, June 28, July 26 and Aug. 23. ■

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. ■

Comfortably Dumb by Bruce Quast



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

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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EAST VILLAGE**
FRIDAY, JULY 26, 2024
5-9 P.M.

TICKETS AND INFORMATION AVAILABLE AT
SUMMERSTIRS.DMCITYVIEW.COM

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Dipak Chaudhary, Qube Hotel



Shawn Comer, Papa's Pizzeria



Katryn Halterman and Amy Fahey, Rising Sun Cafe

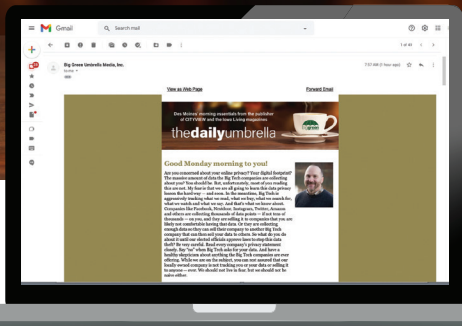
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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
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Spring Fling Renaissance Faire

SPRING FLING RENAISSANCE FAIRE

May 18-19

Sleepy Hollow Sports Park,
4051 Dean Ave., Des Moines

The Renaissance Faire at Sleepy Hollow returns. The park changes to immerse any and all comers into the olden days for a weekend full of fun. www.sleepyhollowrenfaire.com

34TH ANNUAL IOWA METAPHYSICAL FAIR

May 18-19

Iowa State Fairgrounds,
3000 E. Grand Ave., Des Moines

The Iowa Metaphysical Fair features services and goods related to spirituality, metaphysics and holistic health, with more than 100 booths, galleries, workshops and lectures. www.iametaphysicalfair.com

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 Moineswww.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 EVENTSaturday, June 1, 9 a.m. to 5 p.m., and Sunday,
June 2, 9 a.m. to 1 p.m.Iowa Gold Star Military Museum,
7105 N.W. 70th Ave., Johnston

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.

RACCOON RIVER PALOOZA

Saturday, June 8, 8 a.m. to 8 p.m.

Raccoon River Park, 2500 Grand Ave.,
West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.

IOWA TAKE STEPS WALK

Saturday, June 22, 9 a.m.

Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn's and Colitis Foundation. The event starts at 9 a.m. to a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org. ■

RECIPE

SHOW OFF YOUR KITCHEN SKILLS

(Family Features) There's perhaps no better way to show off your kitchen skills than by working up a batch of Apple Ricotta Crepes, which require a soft touch to cook the light, silky batter to golden perfection. This rendition of the beloved thin pancakes calls for a ricotta spread and apple-cinnamon topping for a delightful pairing of savory and sweet.

Special occasions with those you love can be uplifted with the aroma and flavor Envy Apples that offer an invitation to savor small moments around the table. Available at Whole Foods and other major grocery stores, the craveable texture and crunch of this leading apple variety provides balanced sweetness as the ultimate apple experience for family gatherings. Along with their delicious flavor, the flesh remains whiter longer, even after cutting, slicing, dicing or cubing, so that homemade meals look as good as they taste. ■

APPLE RICOTTA CREPES

- 2-3 tablespoons sugar, or to taste

Crepes:

- 1 cup flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 cup whole milk
- 2 eggs
- 1 teaspoon vanilla
- butter, for cooking

Apple Topping:

- butter
- 2 tablespoons brown sugar
- Envy Apples, sliced or cubed
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- salt, to taste
- maple syrup

Ricotta Filling:

- 1 cup ricotta cheese
- 1 lemon, zest and juice only

Directions

To make crepes: In bowl, combine flour, sugar and salt. Add milk, eggs and vanilla then, using whisk, combine thoroughly. Mixture should be silky smooth. Refrigerate.

To make apple topping: In pan over medium heat, heat butter and brown sugar until bubbly and golden.

Add apples, cinnamon, nutmeg and salt, to taste; cook over medium-low heat until apples are soft. Turn off heat and finish with maple syrup.

To make ricotta filling: Combine ricotta, lemon zest, lemon juice and sugar, mix well and set aside.

In nonstick pan over medium-low heat, melt small amount of butter.

Add one ladle crepe batter, cook



until bubbles form, flip and cook until golden. Repeat with remaining batter. Stack crepes to keep warm and soft.

Spread ricotta

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



I'm obsessed with telling airport jokes. My doctor says it's a terminal problem!



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ACTIVITIES

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.

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. Props such as hand weights, resistance bands and a yoga block may be helpful, but not 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. 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. ■

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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