

POLK CITY Living Weekly

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A BIG GREEN UMBRELLA MEDIA PUBLICATION

WE'VE GOT YOU COVERED.

THANK TREES FOR ALL THEY DO THIS ARBOR DAY

FROM THE DNR'S "IOWA FORESTRY TODAY"

Editor's Note: In recognition of Arbor Day, Friday, April 26, the Polk City Arbor League encourages the public to follow these tips and to follow the group on Facebook for more information.

Get out and enjoy the beauty of April tree blossoms across Iowa neighborhoods.

Trees quietly enhance our daily lives in many ways. They're like superheroes for our health and our wallets. Neighborhood trees clean the air we breathe and make it fresher. They help keep our houses cooler in the summer and soak up rainwater to help prevent flooding in our neighborhoods.

Being around trees helps us feel less stressed, more focused, and healthier both mentally and physically. Trees make our communities a more pleasant place to live and work.

Here are some fun options to celebrate trees near you this Arbor Day and throughout the year.

- **Plant a tree.** Check out the How to Plant a Tree from A Container video on the Iowa DNR YouTube channel for tips on how to plant trees properly.
- **Discover what trees are growing around**



you. Iowa's 10 Most Common Urban Trees, found on the Iowa DNR website, www.iowadnr.gov, can help you identify trees in your yard or neighborhood and learn more about each kind of tree.

- **Calculate the benefits of planting trees.** It's easy to estimate the value of planting trees on your property with the i-Tree planting calculator on the website,

TREES, CONTINUED ON BACK

POLK CITY WEATHER FORECAST

FRIDAY HIGH 64 | LOW 58
Severe thunderstorms possible



SATURDAY HIGH 81 | LOW 60
Warmer and mostly sunny



SUNDAY HIGH 72 | LOW 46
Mostly cloudy; p.m. thunderstorms



MONDAY HIGH 60 | LOW 44
Low clouds



TUESDAY HIGH 76 | LOW 56
Warmer with plenty of sun



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FROM THE PUBLISHER

WHO DEFINES COOLNESS FOR YOU?

The essence of cool. Some people have it. Most of us don't. Each of us may define coolness differently, but some similar and underlying traits seem to fit. Those who are the essence of cool are often quiet and show little emotion, only speaking when they have something meaningful to say. They don't openly argue, blast their opinions, or wear their politics on their sleeves. They are a bit mysterious, not putting themselves completely out there for others to judge.

Those who are the essence of cool treat others with kindness, but they don't do so to seek recognition. They are simple in the way they dress and don't see the need to obsess with the material things in life. And they don't have to try to be cool. They just are.

Here's my list of people in the public eye who are (or once were) the essence of cool.

Lenny Kravitz is a singer, songwriter, multi-instrumentalist,

producer and actor. And he defines cool not only in song but in film. Just like a dragonfly.

Joan Jett is a rock singer, guitarist, songwriter, record producer and actress. She doesn't need to put another dime in the jukebox, baby, but she can if she wants to.

James Dean was an actor with a career that lasted five years until his death. His roles typified teenage disillusionment and social estrangement of his time. This rebel had a cause. Still does.

Elvis Presley was the king of rock and roll. The hair. The snarl. The jumpsuits. The gyrations. He had it all. Until he didn't. But he redefined cool.

John Wayne starred in Western and war films that were produced during Hollywood's Golden Age. Born in Winterset, "the Duke" was tough-guy cool, partner.



Clint Eastwood rose to fame in 1960s spaghetti Westerns and in the "Dirty Harry" films of the 1970s. He has been called "an enduring cultural icon of masculinity." At 94, he is still cool.

Although they are not real people, and with all due respect to Lenny and Squiggy, the **Lone Ranger** and **Tonto** may have been the coolest duo on TV. "Hi yo, Silver, away!"

And no list of the essence of cool would be complete without another TV character, Arthur Fonzarelli, or as we know him, **the Fonz**. Perfectamundo.

What ones did I miss? Send me a note and let me know.

Have a great week, and thanks for reading. ■



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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. ■

JUNE 19TH PROGRAM AT THE 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. ■

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. ■

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UPCOMING ACTIVITIES

• **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.

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

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. ■

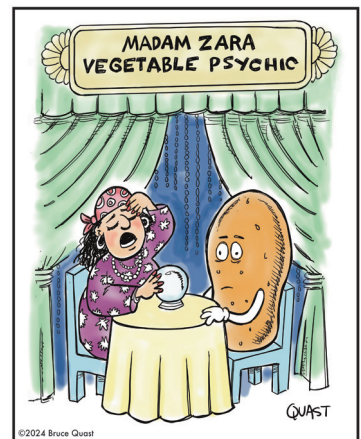
VACATION BIBLE SCHOOL

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/>. ■

Comfortably Dumb by Bruce Quast



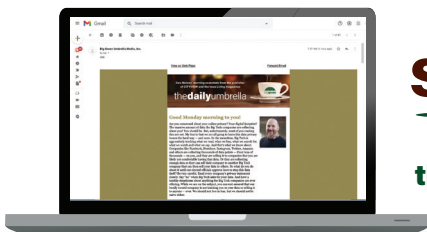
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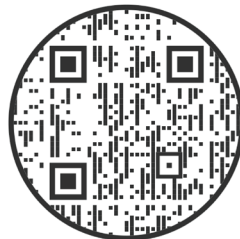
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EVENTS IN THE AREA

EMAIL YOUR EVENT INFORMATION TO
TAMMY@IOWALIVINGMAGAZINES.COM**BIG GROVE VINYL MARKET**

May 5, noon to 4 p.m.

Big Grove Brewery, 555 17th St., Des Moineswww.biggrove.com

Six vinyl record vendors will be on hand selling thousands of vinyl records, CDs and memorabilia with nearly all genres of music on display.

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.

VALLEY JUNCTION ARTS FESTIVAL

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

100-200 Blocks of Fifth Street, West Des Moineswww.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.

DES MOINES PERFORMING ARTS**Des Moines Civic Center, Cowles Commons, Stoner Theater, 221 Walnut St., Des Moines**www.dmpa.org**May 18:** The Peking Acrobats**May 19:** Josh Gates LIVE!**GREENBELT MUSIC FESTIVAL**

May 17-18

Horizon Events Center, 2100 N.W. 100th St., Clivehorizoneventscenter.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.



Des Moines Con

DEMICON

May 3-5

Holiday Inn and Suites,**4800 Merle Hay Road, Urbandale**<https://demicon.org/35/>

Des Moines' longest-running science fiction and fantasy convention. With several special guests, authors, artists and an art show. For people specifically interested in cosplay, the formal masquerade competition is Saturday night from 8-10 p.m. An informal Hall Costume Contest will be held Friday from 9 p.m. to midnight.

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. ■

RECIPE

UNITE LOVED ONES WITH A LUSCIOUS DESSERT

(Family Features) Celebration-worthy treats are perfect ways to cap off days spent with those you love, whether there's a special occasion or you're simply looking for creative ways to share more moments together. As a beloved staple in American households for generations, pie provides a sweet, delicious way to bring family and friends to the table. ■

TART CHERRY UNITY PIE

Recipe courtesy of the U.S. Tart Cherry Industry

Prep time: 20 minutes

Cook time: 55 minutes

Servings: 8

Pie:

- 1 pie crust (9 inches)
- 2 cups canned tart cherry pie filling
- 2 cups canned apple pie filling
- 1 egg, beaten (for egg wash)

Streusel:

- 1/2 cup all-purpose flour
- 1/4 cup brown sugar
- 2 tablespoons granulated sugar
- 1/3 cup pecans, roughly chopped
- 1 pinch salt
- 4 tablespoons butter, melted

Pumpkin Spice Whipped Cream:

- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon pumpkin spice

Directions

Preheat oven to 400 F.



Fit pie crust to 9-inch pie dish. Crimp edges and use fork to poke holes in bottom. Place pie crust in freezer to chill.

In large bowl, combine tart cherry pie filling and apple pie filling. Set aside.

To make streusel: In bowl, use fork to mix flour, brown sugar, granulated sugar, pecans and salt. Pour butter over dry ingredients and mix until ingredients come together in clumps.

To assemble pie: Pour cherry-apple filling into prepared pie crust and sprinkle streusel on top. Brush beaten egg onto exposed pie crust edges.

Bake 25 minutes. At 10-minute mark, cover pie dish with foil to prevent crust from over-browning.

After 25 minutes, lower oven temperature to 375 F and bake 30 minutes.

To make pumpkin spice whipped cream: In large bowl or bowl of stand mixer, add heavy cream, powdered sugar and pumpkin spice. Use hand mixer or beater attachment on stand mixer to beat on medium-high speed 3-5 minutes until stiff peaks form. Refrigerate whipped cream until ready to serve.

Let pie cool 2-3 hours then dollop pumpkin spice whipped cream on top, slice and serve.

Substitution: Storebought whipped cream topped with pumpkin spice can be used in place of homemade pumpkin spice whipped cream.

TREE SCAVENGER HUNT

What can you find in your woods or neighborhood? All of these are things you can find right in your own backyard.

ROUGH BARK



TREE CAVITY



MOSS ON TREE



BIRDS NEST



FLOWER ON TREE



TREE SEEDS



SMOOTH BARK



SIGNS OF INSECTS



MUSHROOM



TREES, FROM FRONT

<https://planting.itreetools.org>.

- **Learn how to prevent wildfires.** Smokey Bear lives within us all. Check out easy and fun activities online at www.iowadnr.gov to prevent wildfires when exploring Iowa's great outdoor areas.
- **Explore all things trees.** Use the Tree Scavenger Hunt activity sheet online, www.iowadnr.gov, to

guide your outdoor adventures.

- **Read a book about trees.** Visit your local library and ask for books about trees.
- **Attend an Arbor Day event.** Communities across Iowa will be celebrating Arbor Day with various events including tree plantings, nature walks, and more. Tree City USA Communities across Iowa will host events as well. Attend an Arbor Day event near you. ■

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.

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