

NORTH POLK

AUGUST 2024

# Living

MAGAZINE

## WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

**Kerr has stories to tell**

NEIGHBOR

**Coaches named for cross country teams**

EDUCATION

**Air-fryer bang bang chicken tenders with rice**

RECIPE

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#### IMPORTANT DATES:

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## 5 TIPS TO REDUCE BACK-TO-SCHOOL CHAOS:

By summer's end, the whole family can feel a little out of practice. Between vacations, late nights, and even later mornings, getting back on schedule takes discipline, patience, and a few helpful life hacks.

1. Aim to set your kids' sleep patterns back to school time at least a week before school starts (two weeks for good measure).
2. Create a family calendar (dry erase board, anyone?) that tracks everyone's commitments.
3. Design an after-school routine (with everyone's input) that allows for snacks, downtime, and homework.
4. Organize your home for the busy season-have a place for lunchboxes, reusable water bottles, backpacks, sports/music equipment.
5. Encourage everyone to do as much as possible the night before (pack school bags, make lunches, pick out clothes).

The common denominator here is planning. A little foresight can make any transition smoother. Oh, and remember to breathe. Because you got this!



### END-OF-SUMMER CHECKLIST

Although temperatures might still be creeping into the 90s, summer vibes are no doubt giving way to fall and winter ones. This transition means your home needs a little TLC, so mark these to-dos off your list before autumn winds come blowing in:

- Clean gutters - Keeping gutters free of summertime litter ensures they remain fresh for all the abuse they'll take over the next few months.
- Wash and inspect windows - Not only do windows allow more sunlight in, but keeping an eye out for gaps along seals is necessary year-round.
- Prep your deck - This area received a lot of love over the summer and likely needs a good scrub down (and a fresh coat of sealant).
- Clean outdoor garbage cans - Critters get hungry as cool weather blows in, and they have a strong sense of smell. Make sure scavengers have zero reason to climb into your garbage cans by keeping them sparkly clean.
- Get the HVAC serviced - End of summer is a great time to get heating and air systems inspected and serviced. Although you'll likely use them less through fall, winter weather will sneak in before you know it, so you might as well be prepared.

WELCOME

# THE BUZZ about bees

Apiophobia. Apiphobia. Melissophobia.

Call it whatever you want. I call it a fear of bees — and for good reason.

As a 5-year-old boy, I was stung by a bee — right in the eye. I remember playing in the neighbor's lawn and seeing that blasted buzzard making a bee-line toward my face. After the sting, I made my own one-eyed bee-line across the street, looking for my mom to make it all better. And she did. She laid me down on the couch and, with a set of tweezers, pulled that stinger out of my eye and immediately strapped an icepack on my face. After that incident, I made sure that bees and I never saw eye to eye again. Here's how.

On a kindergarten field trip, we visited a classmate's bee farm. I stayed on the bus.

When the birds and the bees discussion came about, I opted for the aviary.

And, today, when an occasional bee makes its way inside my car, I immediately exit the vehicle.

This is not to say that I have not been stung again by bees since the eye incident. I most certainly have, including the time a bee flew in my shirt sleeve and stung me repeatedly in the armpit until I stripped myself and repeatedly stomped that varmint.

Despite my anguish over bees, there is one thing about them I really love — honey. I have a teaspoon of it with skim milk in my coffee every morning. This has been a healthier option than the creamer I enjoyed so much, and, I am told, the local honey helps with my allergies.

In this month's Living magazine, you will learn about local bee producers and what draws them to this hobby that is fascinating and, for people like me, fearful.

Now you know what the buzz is all about.

Thanks for reading. ■

## SHANE GOODMAN

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If you enjoy reading this monthly magazine, you may also enjoy our weekly Polk City newsletter, delivered via email. Subscribe by visiting [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com).



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# WHAT'S THE BUZZ?

Residents share their experiences as beekeepers

By Lindsey Giardino

While the Iowa DNR reports the number of native bees in Iowa continues to decline, more and more apiarists (beekeepers) are emerging to nurture the bee population. As of Jan. 1 of last year, Iowa boasted 36,000 bee colonies for operations with five or more colonies, according to the USDA. That's a big uptick from the prior year's 26,000 colonies and the 15,500 colonies the year before that. But who are these beekeepers, and what drives their passion? Some local apiarists share their stories.

Amy Murch's son, Landon, sparked her interest in beekeeping, and the family now shares their expertise with others.



## Beekeeping for the entire family

Landon Murch, a recent North Polk High School graduate, became interested in beekeeping back in 2018.

Then, he got his entire family on board.

“We enrolled in a beekeeping course at a local community college not knowing that his initial curiosity would blossom into a fulfilling hobby,” Amy, his mom, says.

In spring 2019, the family installed their first two hives, which led to a successful first honey harvest.

In the years since, the family has only become more passionate about beekeeping.

“What we enjoy most about beekeeping is not only learning about bees and working inside the hives but also watching our children grow up with this experience,” Murch says. “It’s gratifying to see them learn and take part in the beekeeping process. Networking with other beekeepers and sharing our passion for pollination has been incredibly rewarding.”

In the past, the Murches have had Girl Scout troops visit for field days to peek into the hives. Murch also enjoys seeing the reactions of individuals picking up honey, knowing their hives are right there.

Each August, they invite friends and family over to help with the honey extraction harvest, which is “always a fun, sticky, rewarding time,” Murch says.

She shares that understanding bee biology is critical for first-time beekeepers.

“It helps you grasp the necessary terminology, identify the proper equipment needed, and manage your hives through different seasons,” she explains. “Beekeeping is not a set-and-forget activity; it requires regular attention. You must inspect the hive weekly, checking for healthy egg production, ensuring the queen is thriving, and watching for pests inside the colony.”

Murch notes that, to start beekeeping, a few essential items are needed: a hive (they use a Langstroth hive, which resembles a wooden filing cabinet), frames to hold the honeycombs, a smoker to calm the bees, protective gear like a veil and gloves, a hive tool to help open the hives and separate the propolis-covered frames, and, of course, bees.

“Choosing the right breed of bees is important,” Murch says. “We have used



Landon Murch, a recent North Polk High School graduate, became interested in beekeeping in 2018. His entire family is now involved.

Italian and Carniolan honeybees, finding them to be gentle in nature.”

Murch says family members have been avid gardeners for quite some time. Knowing that having pollinators would be highly beneficial for their garden, they also planted a mini orchard on their property with several varieties of fruit trees and grapevines.

And while Murch and her husband, David, both find joy in beekeeping, they also work full time.

“Despite our busy schedules and tending to our three kids and their various activities, we have decided to continue this hobby while remaining small-scale,” Murch says.

They currently sell honey in various sizes by word of mouth during their free time.



The Murch family has expanded their garden and orchard now that they have bees.



## Passion for all things natural

“Beekeeping is more than just taking honey from bees like a bear,” Michelle Lindell says. “There’s a lot of knowledge one needs to acquire to start working with bees — from how big to start your hive and when to add more boxes, to knowing about varroa mites.”

Lindell began her own beekeeping journey this past year, and she says she has enjoyed every minute of it. She’s grown such an affection for her bees that she now fondly refers to them as “her girls.”


Taking her own advice, Lindell started by researching bees. Thankfully, she found that the beekeeping world is filled with information and helpful resources.



The Murch family chooses specific types of bees for their hives.




Murch Family Acres Honey is extracted for the family's hives.



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## FEATURE

"Iowa has many groups, Facebook communities have helpful friends, and TikTok has a ton of beekeeping videos," she says.

Once she felt armed and ready with knowledge about beekeeping, she got started with her own colony, which she keeps at her dad's farm. Lindell checks on her bees every week or two to feed them sugar water and ensure the queen is doing her job.

She notes that, while some traditional beekeepers treat their hives for varroa mites with harsh chemicals, she's taking a more natural approach.

"I've been working with herbs for four years and, within the last year, became a certified herbalist, knowing that I wanted to get away from chemicals for my girls, too," Lindell explains. "I started my journey a year ago researching and getting everything ready for them."

While Lindell enjoys beekeeping for many reasons, the thing she likes most is simply being around them. She explains that bees' wings emit a vibrational frequency that some believe has healing

properties for humans.

"Did you know scientists are looking into bee venom to help find a cure for cancer?" she adds. "Not to mention how amazing their honey is for our health. One of my go-tos for the cold and flu season is adding chopped-up onions to honey and having a homemade cough medicine. I am excited to use my own girls' honey for my herbal remedies."

When Lindell is around her bees, she feels calmer.

"I get myself into a peaceful state, I pray over them and, over time, I will be in their boxes," she shares.

Ultimately, Lindell believes beekeeping is a great hobby, even if it's a little expensive to get started.

"You will more than likely end up with more than one hive because they will naturally swarm to find a new home when the colony gets too big," she adds. "One will want to split the hive into two colonies. This will mean you have more work and more honey each year. I think it's a great way to connect with nature." ■



Michelle Lindell recently became a beekeeper and has grown fond of "her girls."

# POLK CITY COMMUNITY SHRED DAY

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# NORTH POLK COMETS

FALL SCHEDULE 2024

## VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 30	7:30PM	Bondurant-Farrar	North Polk High School
Sept 6	7:30PM	Carlisle	Carlisle High School
Sept 13	7:00PM	Webster City	North Polk High School
Sept 20	7:00PM	Humboldt	Humboldt High School
Sept 26	7:00PM	Des Moines North	Mediacom Stadium
Oct 4	7:00PM	Ballard	North Polk High School
Oct 11	7:00PM	Indianola	Indianola Stadium
Oct 18	7:00PM	Boone	North Polk High School
Oct 25	7:00PM	ADM	North Polk High School

## VARSITY CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 29	4:30PM	Marshalltown	MCC Cross Country Course
Sep 3	5:00PM	Multiple Schools	Webster City Links Golf Course
Sep 12	5:30PM	Multiple Schools	ISU Cross Country Course
Sep 16	4:30PM	Multiple Schools	Ballard Golf & Country Club
Sep 26	4:30PM	Roland-Story	Riverbend Golf Course
Sep 30	4:30PM	Multiple Schools	Indian Creek Country Club
Oct 7	5:05PM	Multiple Schools	North Polk HS Practice Fields

## VARSITY VOLLEYBALL

DATE	TIME	OPPONENT	LOCATION
Aug 27	5:00PM	Multiple Schools	Ankeny High School
Aug 31	8:00AM	Multiple Schools	Bondurant-Farrar High School
Sept 3	7:00PM	Boone	North Polk High School
Sept 5	5:00PM	Multiple Schools	Grand View Christian
Sept 10	7:00PM	Winterset	Winterset High School
Sept 14	8:00AM	Multiple Schools	Southeast Polk High School
Sept 17	7:15 PM	ADM	North Polk High School Gym
Sept 21	8:30AM	Multiple Schools	Ballard High School
9/24	7:00PM	Carroll	Carroll High School
10/5	8:00AM	Multiple Schools	Urbandale High School
10/8	7:00PM	Ballard	North Polk High School
10/10	5:00PM	Multiple Schools	Gilbert High School
10/15	7:15 PM	Bondurant-Farrar	North Polk High School
10/17	7:15 PM	Carlisle	Carlisle High School



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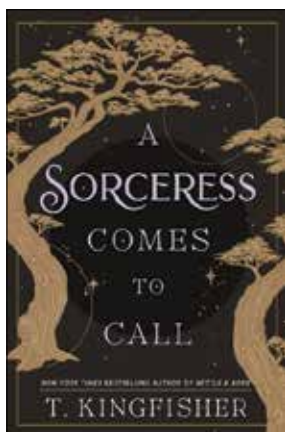
## 'A Sorceress Comes to Call'

Fairy tales are supposed to teach us things. Sometimes trite truisms like not telling lies, other times the tales are meant more as a warning, a call to trust your instincts, to know that not everyone is who they say they are.

Cordelia knows she isn't a normal child. Most children are allowed to have friends, allowed to play, allowed to move. Not her. Her mother is a powerful sorceress who strictly controls every move her daughter makes with no explanation. After a suspicious death in their village, Cordelia finds herself in a strange country house, where her mother's devious plans are laid bare. Only with the help of some newfound friends will Cordelia uncover the truth about herself and the evil around her.

Dark, funny, heartfelt and full of sharp wit. I loved every second of this book. I am a big T. Kingfisher fan, and she's getting better with each new book. This one is an absolute delight and perfect for a late summer read. ■

— Review by Julie Goodrich



By T. Kingfisher  
8/67/24  
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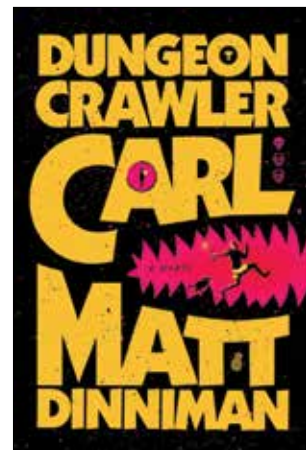
## 'Dungeon Crawler Carl'

Let's get to the point. This is a fantastic book, and you should read it.

The synopsis won't make any sense. The comparisons I've heard — the Hunger Games meets the Roman Colosseum — sound terrible, and the whole concept seems like it should be a children's book. Forget all that and read it anyway.

It all starts when Carl's ex-girlfriend's cat jumps out of a window at 3 a.m. Carl chases her in just his boxers and a leather jacket at the exact moment Earth is changed into a video game. Carl and Princess Donut (the cat) quickly find themselves stuck in a dungeon intent on killing them for nothing more than entertainment. And money, of course. This madcap game is broadcast live to the alien masses, complete with fans, factions and talk shows. Carl and Princess Donut can't just learn how to survive, they have to do so in style.

I haven't had this much fun reading in ages. This book is the best of escapist fantasy with the single best talking cat in all of fiction. Yes, I will argue that point until my last breath. Go on, read it. You won't regret it. ■ — Review by Julie Goodrich



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# HOME STATE BANK

## Happenings

### A SUCCESSFUL SCAVENGER HUNT

Thank you to all of our local businesses and participants who joined us for our first annual Secret Savers Scavenger Hunt! Many prizes were given including our grand prize winner who was awarded a new bike on July 13!



### NIGHT UNDER THE LIGHTS



We were so excited to support the North Polk Night Under the Lights at Moeckly Ballfield on July 6. In addition to watching the game, we served popcorn and candy to attendees of the event.

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## FINANCE

By Nikki Mulbrook

# 5 TIPS for successful first-time home ownership

Owning a home is a great investment, but if it's your first time, it can seem overwhelming. Having a plan and knowing what to consider is the first step to successful home ownership. Before you begin scouring real estate sites, consider these important steps so you can find exactly what you want, within your budget.



#### 1. Know your credit score

Before anything, you'll want to check your credit score, which can help you secure better loan options. You can do this on your own, or through a loan officer, but they will check to provide the best options.

#### 2. Find a loan officer

A loan officer is your professional guide throughout the full lending process. They will educate you on loan options, down payment requirements, interest rates, income and debt restrictions, the application process and much more. They can also help identify any loan programs for first-time homebuyers to take advantage of.

#### 3. Get pre-qualified

There is nothing worse than setting your sights on a home you can't afford. Working with a loan officer to get pre-qualified can help you set realistic goals on your budget so that you aren't stretched or disappointed.

#### 4. Set your budgets

Your prequalification process will help you start to set your budget. The prequalified amount is only an estimate of what the lender may offer. You now need to decide the actual budget amounts you can afford. These budgets should include your down payment, what you want to pay monthly, and other expenses that come with homeownership, such as taxes, insurance, utilities, HOA fees, closing and moves costs, etc.

#### 5. Find a real estate agent

It's time to find a real estate agent and make your needs/want list for your home. Focusing on needs first, such as community, schools, garage, etc. will help your real estate agent narrow in on options and save time. They will also help you negotiate and determine if your wish list is realistic or not.

Finding and owning your first home should be exciting. When you follow the above steps, you'll set yourself up for success without the stress of financial burden or disappointment. ■

If you're beginning your homebuying journey, whether your first or not, Home State Bank Home Mortgage Lenders are ready to answer all your questions so you can feel confident about this next step. Information by Nikki Mulbrook, Home State Bank Mortgage Banker, Polk City, NMLS# 1752770.



# TASTY recipes to combat the hustle and bustle

(Family Features) Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice. They're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these air-fryer bang bang chicken tenders with rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

Find more ways to solve dinnertime dilemmas at [SuccessRice.com](http://SuccessRice.com). ■

## Air-fryer bang bang chicken tenders with rice

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound chicken tenders
- 1/2 cup sweet chili sauce, divided
- 1/4 cup sriracha hot sauce, divided
- 2 tablespoons sesame oil
- 1 bag Success Jasmine Rice
- 1/2 cup mayonnaise
- 1 bag (12 ounces) coleslaw mix
- 1/2 English cucumber, thinly sliced
- toasted sesame seeds, for garnish (optional)
- green onions, for garnish (optional)

### DIRECTIONS

- Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.
- Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during



cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

- Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.
- Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.
- Garnish with toasted sesame seeds and green onions, if desired.

## Join Us

### Adoration/Benediction

3rd Tuesday of the month  
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### Rosary

Every Tuesday evening at 7:30pm

### Pickleball Fanatics

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Mass that day at 8am and 6pm  
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### 54 Day Novena: August 15-October 7

Everyday at 7:30am

### K of C Pancake Breakfast for

Granger Days (August 24) 8am-10am (gym)

### The Chosen Study Group

September 8 - November 3 at 6pm

### Adult Faith - Study Group on Acts

Starting September 9-November 18 (1st session)  
Monday's 8:30am & Wednesday's 5pm & 7pm

### K of C Breakfast for Fr. Dominics 20th Anniversary for Priesthood

September 15 at 10am-12pm (gym)

### Next Baptismal Prep Class

Sunday, September 22 at 1pm  
register with Brenda at the Parish Office

### Christ Our Life - Wells Fargo Arena

September 28-29

<https://christourlifeiowa.com/>

## SAVE THE DATE

Annual Auction October 26th

For information and tickets, visit  
[www.assumptiongranger.org](http://www.assumptiongranger.org)

### K of C Breakfast

November 10 at 10am-12pm (gym)

1st Saturday of the Month starting July 1st we will offer morning Mass at 8am.

MASS TIMES: Monday-Friday: 8am | Saturday: 5pm | Sunday: 9am & 5pm

RECONCILIATION: Saturdays at 4pm | Rosary: Tuesdays at 8:30pm



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# UNIQUE new program offers senior living alternative

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Susan has lived in her Des Moines home since her children were toddlers. She's now 76, and she wonders what the future holds for her health and her living situation.

She has no desire to move into a senior living community, although many of her friends have made that choice and are happy with it. Susan simply wants to stay in her home, but she worries about needing assistance down the road. Her children live out of state, and she has no other family members in the area.

Susan's situation is far from unusual. "Aging in place" — in your home — is not always within the grasp of every person. If you end up needing assistance to remain in the place you love, chronic health challenges can make living independently ill-advised, and full-time care at home can cost as much as community living.

You may be asking yourself, then: "If I



don't want to move into a community but I'm concerned about health issues later on, what can I do?"

The answer: You have more options than ever before. Some organizations that serve older adults have designed Continuing Care at Home (CC@H) membership programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're interested in looking into CC@H programs, the questions below can help you make sure the program's premises, amenities and outcomes will be the best ones for you.

• **Do you understand the program and what it offers?** A good CC@H program not only will offer services and amenities to enhance your wellbeing so you can remain independent longer, it will also help fund future long-term care needs.

• **Is personal support included?** Studies show people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be more likely to

succeed with encouragement from a trusted adviser or advocate.

• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later on. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity and solid outcomes behind it.

If you're considering membership in a CC@H program, make sure it feels tailor-made for you. Your wellbeing and your checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).





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# KERR has stories to tell

Writing is a satisfying hobby for man who enjoys storytelling.

Bob Kerr of Polk City is an author, but he hasn't yet written "the next great American novel." However, he never expected to, so he's not disappointed. Kerr explains that, for him, writing is mainly about putting his creativity into written form.

Kerr says his fondness for telling stories probably began in childhood as he listened to his grandmother's tales about the family's history. In recent years, Kerr has enjoyed attending local storytelling workshops.

"I love storytelling... I think it's an art form that, for a good while, kind of got lost," Kerr says. "Now that those storytelling events are getting more prevalent, I think there's more of an interest in it."

Kerr did a different type of writing during his career. He wrote reports on educational testing to determine eligibility for special education services. But, as retirement neared, he began writing in a new way, which has become a satisfying hobby.

"I would say I've been writing off and on for about 25 years," Kerr says.

One of his main motivators is the urge to get his ideas on paper. Some eventually become part of a larger story, possibly a book. But some are simply ideas that may go no further.

Kerr recalls a comical or puzzling outcome after completing his first book, "Completely Restored."

"It's a story about a family that restores a 100-year-old house, and they wake up one morning, and they've been taken back in time to when the house was built," Kerr says. "So, most of it takes place in 1909 and 1910, in Iowa."

When he's spoken to groups about this book, the comedy is there's always someone who will ask if it's a true story, even after he's described the time traveling of the main characters. He shares that he enjoys making his stories a blend of fiction and historical fact.

Kerr also explains how the writing process usually works for him.

"For me, the first stage of writing is procrastination," he says.

However, once he begins to work in



Bob Kerr has written three books.

earnest, the momentum takes over. He recalls many times when his wife has asked how the day's writing has gone, and he's answered, "Oh, you wouldn't believe what the characters did today."

Once he gets rolling, he often writes several chapters in a single day.

"It was as if the story took hold of me and carried me through to the end," Kerr says.

Once complete, he will set a tale aside for a while.

"I've published three books so far," Kerr says. "I've got the fourth one written, but I always let them sit and get cold, and then I come back to them a few months later, just to see if there's some more icing I can put on the cake."

Kerr's purpose in writing has been to educate and entertain his readers.

"Basically, it's kind of a combination of hobby and passion. I like to think of myself as a storyteller," Kerr says. "I would tell anybody that, if they have an idea that they want to write about, by all means, pursue it. But I can give this advice: Whatever you do, don't think you're going to create the next great American novel and make money. It ain't going to happen."

He quickly adds, he doesn't want to



discourage anyone but wants them to establish realistic aspirations. Kerr also recognizes that many would-be writers have the best of intentions but never get started. To them, he offers simple advice.

"If a nudge is needed, take a course in adult ed or even a college class, just to get a feel for where your ideas can take you," he says.

For now, Kerr plans to continue his hobby of writing historical fiction.

"I think I will continue to work on it, even beyond the point where anybody cares to read it, just because I enjoy doing it," he says. "I've had a lot of life experiences that I still could draw on for fictional stories." ■



## MEDICAL insurance may cover eye exam

Insurance can be complicated, and vision clinics are unique in that they can accept two types of insurance — medical and vision. A lot of people may not realize that they can use their medical insurance (BCBS, United Healthcare, Medicare, Humana) at their eye doctor for visits that are medical in nature. These are visits for things such as eye injuries, eye infections, glaucoma, cataracts, floaters, dry eyes, itchy eyes, diabetes, lazy eye, headaches and macular degeneration. If your glasses prescription is checked (refraction) the same day as your medical visit, you may have a fee for that, as medical insurance often does not cover that part. Vision insurance (EyeMed, VSP, Avesis, Spectera, Davis) will cover yearly routine eye exams to check for a change in prescription but are usually only used for visits that don't have a medical component. Vision plans may also provide a benefit or discount toward glasses or contacts. If a medical issue is found during a routine visit, then your medical insurance may be used instead of your vision plan. If you have any questions regarding insurance, feel free to contact your insurance company or vision clinic ahead of your appointment. ■

Information provided by Dr. Todd Pietig, Ankeny Family Vision Center, 311 N. Ankeny Blvd., Ankeny, 515-964-1671.





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## COACHES named for cross country teams

Groff and Shawgo to lead girls, boys teams, respectively.

For more than 25 years, the North Polk High School boys and girls cross country runners were on the same team and coached by Steve Leach. When Leach retired this year, the boys and girls were separated into two teams. Quinn Groff is the new head girls cross country coach, while Colin Shawgo coaches the boys team.



Coach Quinn Groff



Coach Colin Shawgo

Groff joined NP last year, teaching high school chemistry and physics. He's been a teacher for eight years and a coach for seven, previously at Ankeny.

Groff has experience running track and cross country in high school and college.

"It's been my passion to continue with this sport," he says.

The NP cross country roster includes about 35 girls and 30 boys from last year. He says he wants to continue where Leach left off.

"The biggest thing I hope to do is continue his legacy," he says. "We've got a lot of excellent runners. I want to build off that and increase the numbers. Hopefully, we'll get a team to the state meet," Groff says.

As both a coach and a teacher, Groff says he gets to see students in different lights.

"You get to forge those relationships and see them in a different spectrum," he says. "When coaching, their personalities are different in sports versus the classroom."

He appreciates the school's supportive environment.

"The community and athletes are very dedicated with lots of parent support. It's a great place to thrive and a strong community to coach in," Groff says.

Taking on the NP boys cross country team is Colin Shawgo. He was a former coach and teacher for 10 years at Adair-Casey/Guthrie Center. As a head boys and girls coach, he found success at the 1-A school.

"We won a bunch of trophies at ACGC, and I hope to continue (Leach's) style of coaching," Shawgo says.

Shawgo began running cross country in eighth grade and has continued to run distance races. In 2022, he qualified and ran the Boston Marathon.

"Running has been a big part of my life," he says.

He says he made the move to NP, as it is closer to his hometown of Nevada. In addition to coaching, he'll teach grades 6-12 in the extended learning program for NP schools.

"I love to learn and impart that love of learning with kids," he says.

Shawgo says cross country runners can experience a growth mindset.

"You don't need an innate ability — you just need a positive attitude," he says. "Cross country is one of the most chill sports."

He has met the athletes this summer and looks forward to coaching.

"I'm excited to coach a successful program like North Polk. You can't ask for more as a new coach coming in," he says. ■



# POLK CITY Community Library news

The library will be closed Monday, Sept. 2 in observance of Labor Day. The easiest way to get notifications when programs are canceled is to sign up for a text alert at [https://entry.inspironlogistics.com/polk\\_city\\_ia/wens.cfm](https://entry.inspironlogistics.com/polk_city_ia/wens.cfm). You can also get up-to-date information on our website calendar and Facebook page.

## Junior librarian opportunity

Explore the field of librarianship through the Junior Librarian program for students in grades 3-6. Are you interested in understanding the duties of a librarian? Every month throughout the academic year, Miss Nicole will pick one student to be a junior librarian. If selected, you can shadow a librarian for an afternoon and assist with tasks such as choosing new books, arranging displays or recommending books. Applications are available at the circulation desk. Applications are due Sept. 21.

## EVENTS

• **Puzzle Master Competition, Sept. 8, 2 p.m.**, Tournament Club of Iowa. The Friends of the Library Puzzle Master events are back this fall on the second Sunday of each month at various locations in town. September has special back-to-school pricing at \$40 per team of four. Watch our website and Facebook for more information.

• **Lil Comets Storytime, Mondays at 10:15 a.m.** beginning Sept. 9. Note the new time to align with late start Mondays. Join Miss Nicole at the library for stories, songs and activity stations. 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. Registration encouraged, but not required. Designed for ages 1-3.

• **STEM Storytime, Tuesdays, 10:15 a.m.** This is a new program for fall beginning Sept. 10. Attend Miss Nicole's session for a STEM-themed story along with an engaging STEM activity or experiment. Registration encouraged, but not required. Designed for ages 3-5.

• **LEGO Club, Sept. 10, 3:45-4:45 p.m.** New monthly program for fall. Engage in learning through stacking and building with these deceptively simple bricks. Suitable for ages 8-16. Registration required online at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Wednesday Book Club, Sept. 4, 7 p.m.** "The Hate U Give" by Angie Thomas. Sixteen-

year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Stop by the library for a free copy of the book, while supplies last.

• **Friends of the Library Book Sale, Saturday, Sept. 7, 8 a.m. to noon.** Purchase a bag for \$5 and fill it with books, DVDs and books on CD. No donations are accepted for this book sale.

• **Crafternoon: Canning Ring Sunflowers, Tuesday, Sept. 10, 2 p.m.** Join us for a fun afternoon of crafting. We'll be making easy canning ring sunflowers that can be placed in your garden or hung on your door. Ages 17 and older, registration required at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Fall Mushroom Foraging with ISU Extension, Thursday, Sept. 12, 6 p.m.** Learn how to safely identify the mushrooms coming up around Iowa in the fall. Registration recommended but not required.

• **Coloring Night at Fenders Brewing, Wednesday, Sept. 13, 4-9 p.m.**

• **Comets Kids Club, K-fifth grade, Tuesday, Sept. 17, 4 p.m.**, "Taxidermied" Stuffed Animals. Participants will "mount" a head using their stuffed animal. With craft materials and a bit of creativity, each child will transform their stuffed friend into a one-of-a-kind display piece. Registration required.

• **Monday Book Club, Sept. 16, 2 p.m.**, Memoir Month. This month, we'll each read a different memoir or biography of our choice, then we'll come together to share and discuss all the fun anecdotes and life lessons we find. There is no set book for this month, but there will be a selection of memoirs available to check out at the library.

• **Adult Coloring, Tuesday, Sept. 17, 5-7 p.m.** Ages 17 and older.

• **Messy Munchkins (toddlers and preschoolers), third Thursday of the month, 10 a.m.** Have your child wear clothes that you don't mind getting dirty.

• **Iowa's Role in the Civil War with John Liepa, Thursday, Sept. 19, 6 p.m.** This presentation tells the story of how Iowa events and changing attitudes from 1830-1861 influenced its Civil War roles; the evolution and changing status of laws affecting black Iowans;

## Polk City Community Library

1500 W. Broadway St., Polk City

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[www.polkcitylibrary.org](http://www.polkcitylibrary.org)

the role played by Iowans during the war, including key individuals and battles; the home front; and, finally, the immediate and long-term impact on Iowa history. Registration requested but not required.

• **Comet Kids STEM Book Club, Tuesday, Sept. 24, 4 p.m.** Meeting monthly for a book discussion and related STEM experiment. Our September meeting will vote on the October book and get messy with a STEM-based experiment. Designed for grades K-3. Registration required online at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Choose Your Own Adventure Club (new program this fall), Wednesday, Sept. 25, 4 p.m.** Part Book Club - Part Game Club. All Adventure. Embark on adventures where you decide the outcome. CYOA dives into a different interactive story where the group's choices shape the plot. Unravel endless possibilities, share your favorite paths, and discover new endings together. Designed for grades 4-8. Registration required at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Storytime Explorers: Little Authors Storytime, new this fall, Thursday, Sept. 26, 4 p.m.** Imagination knows no bounds in our DIY storytime — an interactive storytelling experience. Children become the authors of their own stories, shaping the plot, characters, and settings with their vivid imaginations. Designed for ages 4-5 Registration required online at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Adult DIY: Flowerpot Scarecrows, Thursday, Sept. 26, 6 p.m.** Join us for a relaxing evening of crafts. We'll be making adorable flowerpot scarecrows. Ages 17 and older, registration required online at [polkcitylibrary.org](http://polkcitylibrary.org) one month in advance of the program.

• **Adult DIY Card Crafting, Monday, Sept. 30, 6 p.m.** Make two cards each of four different designs using numerous techniques. There will be a \$5 material fee payable that night. Ages 17 and older. Register online at [polkcitylibrary.org](http://polkcitylibrary.org) one month in advance of the program. ■



# KEEPING the dream alive

White Eagle Multicultural Pow Wow to be held Sept. 20-22.



The White Eagle Multicultural Pow Wow features not only Native American dance, but dancers from many other cultures as well.

Ralph Moisa III had a dream — one in which all people lived as one, despite differences.

“He wanted to bring races together to understand each other so that we wouldn’t be so fearful of people we didn’t know, and that we have similar goals even though we have different heritage and customs,” says his father, Ralph Moisa.

Tragically, Ralph Moisa III would pass away on Dec. 5, 1995, at the age of 19. But out of this tragedy came the White Eagle Multicultural Pow Wow, which continues to this day.

This year will mark the 25th year of

the pow wow, which will be held Sept. 20-22 at Jester Park near Granger. The event will not only showcase some staples of Native American heritage, but other customs as well. Finding common ground among all people is something we should all strive for, says Moisa.

“Our hope is that, by bringing people together and learning a little bit about their culture and their heritage, foods and other things, we will find that we aren’t that different,” he says. “We all have things in common, and no one is better than anyone else. We all have things to share. We want people from all four races





## COMMUNITY

represented at the event, and you'll see the colors of them all around. Everywhere you go there will be red, yellow, black and white. We want everyone to be a part of the circle."

The pow wow, which will feature dance, food, singing, speaking and more, is open to all comers, Moisa says.

"Anyone can attend, and they don't even have to spend any money if they don't want to," he says.

People have traveled from all across the globe to be a part of the event over the years, Moisa says. More than 35 people are directly involved in setting things up and getting the event ready for the more than 1,500 participants who are expected to be a part of the pow wow this year. Moisa says that, during the peak years of the event, there were upwards of 15,000 people in attendance. COVID took a toll, however, and it's been an uphill battle to get numbers back to where they once were. Moisa has hope, however.

"We think that people are getting up and about and around more again, and we think the numbers will begin to grow again," he says.

Around 25 vendors will be at the event, as well as dancers from 15 communities that have committed to share their heritage with others.

For more information and schedule of events, visit [www.whiteeaglepowwow.com](http://www.whiteeaglepowwow.com). ■





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## INSURANCE

By Corey Hoodjer

# MAKING insurance on teen drivers cheaper

If you're the parent of a teenage driver, you've probably seen how that often comes with a jump in your premiums.

Young drivers typically have a limited driving history, so insurers can't determine which young people are safe drivers and which aren't. Ultimately, it comes down to how insurance companies pay more in claims for younger drivers, so they charge more for policies that cover them. How can you make car insurance cheaper? Here are some steps you can take:

**1. Good student discount:** Young people who are responsible academically are often more responsible behind the wheel. If your young driver has good grades, they may qualify for a discount.

**2. Safe Young Driver or similar program:** Some carriers offer discounts to young drivers who participate in programs designed to reinforce safe driving habits.

**3. Driver usage programs:** Another way to lower your car insurance premiums for young drivers is through enrollment in the programs that track a driver's usage and safe practices.

**Other ways to save:** You can often lower your car insurance premiums if you bundle your car and home insurance, have fewer accidents and/or violations, insure multiple vehicles on the same policy, and pay for your policy in full upfront. ■

Information provided by Corey Hoodjer, Farm Bureau Financial Services, 101 E. Bridge Road, Suite D, Polk City, 515-420-6160.



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## INVESTMENT

By Kyle Matzen

# ARE YOU afraid of outliving your money?

Here's something to think about: 58% of retirement savers from all age groups, including current retirees, say that outliving their assets is their greatest retirement fear, according to a study by Cerulli Associates, a financial services research organization.

If you share this fear, how can you alleviate it?

For starters, estimate how much money you'll need during retirement so you can plan your financial strategy.

If you haven't retired yet, try to boost your financial resources by contributing as much as you can afford to your IRA and 401(k). And, if possible, delay taking Social Security until your full retirement age so you can collect full benefits.

You might also consider re-entering the workforce on a part-time basis. You could boost your cash flow and potentially contribute more to your retirement accounts.

And when you're retired, look for ways to cut your expenses. One possibility is downsizing your living arrangements.

Finally, see if you can adjust your investment portfolio to provide more income-producing opportunities.

The more you can bolster your financial security before and during retirement, the less you may fear outliving your money. ■

This content was provided by Edward Jones for use by Kyle Matzen, your Edward Jones financial advisor at 407 W. Bridge Road, Suite 7, Polk City. Member SIPC



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## EVENTS IN THE AREA

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

Be sure to check for cancellations.

### Polk City Museum on the Square events

• **Steve Holmes, a Civil War reenactor**, will share the history of Polk City's own Civil War soldiers on Sept. 24 at 6 p.m. at the Polk City Museum on the Square. Letters, pictures, family stories held in the Museum collection plus his extensive knowledge will make this program come alive.

The Polk City Museum, 116 S. Third St., on the west side of the Square, is open on Thursdays from 4:30-6:30 p.m. during Farmers Market.



### Bike Nights

Friday, Aug. 23

462 W. Walnut, Elkhart

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

### Participate in the 2024 Special Census

Polk City is growing. The Mayor and City Council have decided to take the steps necessary for a special census. As of 2020, the population was 5,543 residents. Officials estimate it has grown more than 1,000 residents since March of 2020. Polk City receives road use tax money based on the official census. The additional money Polk City can receive in road use tax will significantly offset the cost of the special census. The special census is scheduled for Sept. 16. All residents will receive information in the mail beginning in August. City officials encourage everyone to participate, as the additional road use tax funds help to reduce the property tax burden on residents.

There is also a need for U.S. Census Bureau workers to help Polk City with this year's Special Census. Earn extra income, enjoy flexible hours, and serve your community. For information on the Field Representative Position, visit [www.usajobs.gov/job/752213900](http://www.usajobs.gov/job/752213900). All are welcome to apply, including retirees, college students, people looking for temporary employment, people looking for a second job and people available to work flexible hours.



### Polk City Farmers Market

The farmers market is held in the heart of the town square every Thursday from 4-8 p.m. running through Sept. 5. It's a gathering of local farmers, artisans and vendors showcasing produce, handmade crafts and artisanal goods. With a lively atmosphere and a variety of offerings, it's the perfect place to support local growers and artisans while enjoying the community spirit. Don't miss out on this weekly celebration of fresh flavors and local talent.

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## EVENTS IN THE AREA

Be sure to check for cancellations.

### Polk County Conservation events

Visit [www.polkcountyiowa.gov/conservation/events](http://www.polkcountyiowa.gov/conservation/events) for information about upcoming programs offered by Polk County Conservation and for registration links.

- **Hike For Health at Brown's Woods, Monday, Aug. 19, 9:30 a.m.**

Why walk the mall when you can enjoy the great outdoors? Hike along with this friendly group of nature lovers who walk the trails each month for exercise and fun. Registration required by Aug. 18. The event is free and for ages 10 and older.

- **Sunset Yoga, Mondays, Aug. 19, 7 p.m., and Sept. 16, 6:30 p.m.,**

Jester Park Nature Center. Take time to unwind as the sun sets on the outdoor plaza or the Great Hall of the Jester Park Nature Center. The class will begin with a short nature hike to give participants a chance de-stress and enjoy the beauty of nature. The yoga class is perfect for beginners. The focus is on creating a mind and body nature connection as the sun sets. This Rooted in Nature program is offered in sponsorship with UnityPoint. Items to bring: yoga mat and blocks, hiking shoes, comfortable clothing, water bottle. Cost is \$15 for this event for ages 12 and older. Registration is required two days in advance.

- **Women in the Woods with Wine - Prairie Ponderings, Tuesday, Aug. 20, 7-9 p.m.,** Jester Park Nature Center. Tall grass prairie once covered 85% of Iowa's landscape. Most of this unique habitat has long since vanished; however, life on the prairie still lives today. During the program, we will stroll through the prairie to learn about the unique plants and animals that live there. This program is for 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 Aug. 18. Cost is \$15.

- **Story Tellebration, Jester Park Nature Center, Wednesday, Aug. 28, 10 a.m., I Love Bugs; Wednesday, Sept. 18, Very Busy Squirrel; Wednesday, Oct. 16, Leaves are Falling.** Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 and older that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event.

- **Older, Wiser, Livelier, Seniors - Great Trees for Iowa Neighborhoods, Tuesday, Sept. 3, 11 a.m.,** Jester Park Nature Center. Searching for the right tree for your garden? The local nurseries have hundreds to choose from, and it can be overwhelming. Join Melissa Burdick, executive director of The Brenton Arboretum, for an overview of spectacular tree choices for Iowa neighborhoods. The program will cover a selection of some of the best recommended trees to improve any landscape. This program is for ages 12 and older, free, and does not require registration.

- **Toddler Tales, Jester Park Nature Center, Thursday, Sept. 5, Spiders; Thursday, Oct. 3, Falling Leaves; Wednesday, Nov. 6, Turkeys; and Thursday, Dec. 5, 10 a.m., Rocks.** Let your imagination run wild with this nature-themed story time. Hear a story followed by the naturalist's choice of an activity such as an animal encounter, puppets or a craft. No registration required for this free event for ages 2 and older.

- **Homeschool Programs, Jester Park Nature Center, Friday, Sept. 6, 10 a.m. and 1 p.m., Geocaching (one hour); Friday, Sept. 13, 10 a.m. and 1 p.m., Wetlands (1.5 hours); Friday, Oct. 4, 10 a.m. and 1 p.m., Archery (one hour); Friday, Oct. 25, 10 a.m. and 1 p.m., Prairies (1.5 hours).** This program series will be delivered in a flexible format that is specially designed for homeschool students. These programs will immerse children and parents in the natural world and drive us to learn, discover and appreciate our environment. Registration is due two days before the event. The program is free and recommended for grades K-5.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### Blue Believers Run/Walk

Saturday, Sept. 21, 7:30 a.m.; run/walk event 8:45 a.m.  
Principal Park, 1 Line Drive, Des Moines

Blue Believers, a local nonprofit dedicated to raising awareness and funds for prostate cancer, is holding a run/walk event in collaboration with Team Blue Iowa. Included is a 1-mile walk, 5K walk, timed 5K run and kids fun run. The theme is superheroes, and participants are encouraged to dress as their favorite superhero. Live local music will be featured throughout the day, and a survivor recognition ceremony will be held. A moment of remembrance will also be held. Proceeds will be donated locally to support Iowa men and families affected by prostate cancer. Register at [www.teambblueiowa.com](http://www.teambblueiowa.com).

### World Food and Music Festival

Aug. 23-25

Western Gateway Park,  
1205 Locust St., Des Moines  
[www.dsmpartnership.com/worldfoodandmusicfestival](http://www.dsmpartnership.com/worldfoodandmusicfestival)

The award-winning festival brings together two of life's greatest offerings, food and music, from all around the globe. The event was recently named the sixth best city food festival according to USA Today's readers choice awards.



### Halfway to St. Pat's Charity Car Show

Sept. 22

Charlie's Filling Station, 305 Grand Ave., West Des Moines  
[www.friendlysonsiowa.com](http://www.friendlysonsiowa.com)

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle. Registration is 11 a.m. until 1 p.m. Trophies will be awarded at 3 p.m.



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## EVENTS IN THE AREA

Be sure to check for cancellations.



### Iowa Reptile Show

Aug. 25  
205 S. 64th St., Des Moines  
[www.coldbloodedexpos.com](http://www.coldbloodedexpos.com)

This is a great opportunity to speak with the reptile breeders in the greater Des Moines area. There will be thousands of reptiles, amphibians, feeders, invertebrates, supplies and more available.

### Ingersoll Live

Aug. 24, 3-10 p.m.  
2300 Ingersoll Ave., Des Moines  
[www.theavenuesdsm.com](http://www.theavenuesdsm.com)

Ingersoll's annual block party returns with vendors of all kinds, live music and plenty of family-friendly fun.



### Wine and Cider Festival

Aug. 24  
Jasper Winery,  
2400 George Flagg Parkway, Des Moines  
[www.jasperwinery.com](http://www.jasperwinery.com)

Jasper Winery, located just outside of downtown Des Moines, brings back its Wine and Cider Festival where aficionados can get a taste of Iowa's grape and apple harvests from more than 20 Iowa wineries and cideries.

### Square Dance Lessons

Sundays starting Sept. 8, 6:30 p.m.  
Douglas Avenue Presbyterian Church, 4601 Douglas Ave.,  
Des Moines

Ankeny Square Dance Club is sponsoring lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit [www.ankenysquares.com](http://www.ankenysquares.com).



### Moulin Rouge

Aug. 20 - Sept. 1  
Des Moines Civic Center,  
221 Walnut St., Des Moines  
[www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org)

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur and glory. A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. ■

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# BUILDING a strong community

## The role of the Chamber of Commerce

The importance of community cannot be overstated. A strong, interconnected community is the bedrock of a thriving society, fostering a sense of belonging, mutual support and collective growth. At the heart of this endeavor is the Chamber of Commerce, an often underappreciated yet vital organization dedicated to enhancing the economic and social wellbeing of its members and the broader community. As the executive director of Polk City Chamber and Economic Development, I am proud to witness firsthand our chamber's impact on our community.



A chamber is a central hub for local businesses, entrepreneurs and residents, providing resources, advocacy and networking opportunities that drive economic development and community engagement. We aim to create a prosperous business environment that benefits all community members, from small, family-owned shops to large enterprises.

Advocacy is a key function of the Chamber of Commerce. We work closely with government officials to ensure that policies and regulations are conducive to business growth and innovation. This advocacy creates a business-friendly environment that reassures businesses about their future, leading to job creation, increased investment and an enhanced quality of life in our community.

Community involvement is a cornerstone of the chamber's work. A strong community is built on active participation and engagement. By organizing events like the Polk City 4 Seasons Festival, Fall Fest, Light Up Polk City, our weekly Farmers Market, and promoting volunteer opportunities, we work to inspire residents to take an active role in shaping the future of our community. These activities create a sense of pride and belonging among residents.

For those looking to get involved, there are numerous ways to participate. Join the chamber as a member for your business or join with an individual membership to access valuable resources and networking opportunities, attend our events to connect with like-minded individuals, or volunteer your time and skills to support our initiatives. By contributing to the chamber's efforts, you are helping to build a stronger, more resilient community.

We invite you to visit our community calendar and chamber website to stay informed about upcoming events and opportunities. For more information, visit [www.gopolkcit.com](http://www.gopolkcit.com).

Go Polk City is more than just a business network; it catalyzes community growth and development. The chamber is essential in building community by fostering connections, advocating for local businesses and encouraging community involvement. Join us in our mission to make Polk City a better place for everyone. ■

Information provided by Staci Allen, Executive Director, Go Polk City Chamber, P.O. Box 226, Polk City IA 50226, 515-984-3098, [admin@polkcitcitychamber.com](mailto:admin@polkcitcitychamber.com).



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	<b>Saturday: 4:00 pm</b>	<b>Saturday,</b>
	<b>Sunday: 9:00 am</b>	<b>3:00 pm — 3:45 pm</b>

[www.dmall saints.org](http://www.dmall saints.org) 2nd Ave south to 54th Ave, then east to 3rd St  
3rd St south to 52nd Ave, then east to the church



# COMMUNITY EVENTS CALENDAR



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## BUSINESS OPPORTUNITIES

For President: Write in S.M. Stafford. <http://vote.pous.us>, <http://donate.pous.us> Tell Friends! P.O. Box 293 Lamar, MO 64759. 1-417-612-0103. Opportunities! (mcn)

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Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior

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Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer- up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

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## OUT & ABOUT



Charlie Bunkers plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



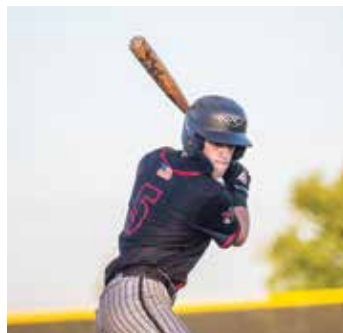
North Polk players celebrate after they punched their ticket to the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Drew Owen plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Reggie Postel plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Isaac Zoske plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Reece Wrage plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Eliza Schmidt and Hannah Haaland at the Duck Donuts ribbon cutting on July 11. Photo by Randi Wisecup



Chase Fjelland plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Hunter Cook plays at the State Baseball Tournament. Photo by Hunter Fleshner/ North Polk Community School District



Sophia Campbell at the Duck Donuts ribbon cutting on July 11. Photo by Randi Wisecup



Duck Donuts held a ribbon cutting on July 11. Photo by Randi Wisecup



# STATE Softball

North Polk competed  
at the State Softball  
Tournament.

Photos by Hunter Fleshner/  
North Polk Community  
School District



Ava Koudelka



Elyse Engebretson



Katelyn Klever



Lucy Lucas



Ava Husak



Tessa Dillinger



Lauren Ausborn



Larissa Koth



Jocelyn Manock





THE

# COMETS CORNER

NEWS FROM NORTH POLK CSD

AUGUST 2024

## BACK-TO-SCHOOL FAMILY CHECKLIST

The first day of school is right around the corner! We wanted to offer a short checklist of items to help you ensure you are prepared for the first day back. For those who are new to the district, welcome! We are so glad you are a Comet and for you to be a part of our district.

Be sure to check out our full back-to-school family checklist by scanning the QR code.



- School Supply Lists
- Back-to-School Events
- North Polk App
- Pay Student Fees Online
- Lunch Accounts and Menus
- School Calendars
- Infinite Campus Parent Portal

## NORTH POLK BASEBALL/SOFTBALL CONTINUES TO SHINE

The proud tradition and continued success of the North Polk Baseball and Softball programs continued this summer. North Polk Softball ended the regular season with a record of 36-4 and Baseball at 26-6. Both programs capped off a successful summer by making returns to their respective state tournaments.

The IGHSAA State Softball Tournament is hosted in Fort Dodge each year, and this year, the IHSAA 3A/4A State Baseball Tournament was hosted at Veterans Memorial Stadium in Cedar Rapids, home of the Cedar Rapidsernels. These venues provided the stage for both teams' successful seasons.

Congratulations to both of our programs on an outstanding summer. Comet Nation is proud!

## NORTH POLK & BOUND PARTNERSHIP

We are thrilled to announce a new partnership with BOUND, a comprehensive activities management system, starting this fall. BOUND will serve as our new platform for managing the activities calendar and purchasing tickets and activity passes.

As part of this transition, all 7-12 students intending to participate in activities for the upcoming school year must register through BOUND. Visit our website to learn more about this transition.

We are excited about this partnership and look forward to an exciting start to the school year!

# CONGRATULATIONS COMETS!



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