

Living

MAGAZINE

THE Race

IS ON

Residents share their passion for reaching the winner's circle

Dads on Mopeds brings men together

COMMUNITY

NP trap team: Nobody sits on the bench

EDUCATION

Egg ravioli with sage and almonds

RECIPE

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- WEST DES MOINES: 6 P.M. TO 8 P.M.

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WELCOME

THE NEED for speed

My friend Mark wrote a poem entitled "The Need For Speed" in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don't remember Mark's exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, "You are scaring me!" She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.

Mark wrote his paper sometime around 1986. That was about the same time the original "Top Gun" movie was released in theaters. You may remember Tom Cruise's character, Maverick, saying, "I feel the need ..." and Anthony Edwards' character, Goose, replying with "... the need for speed!" I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn't matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark's when I put my teenage daughter on a jet ski for the first time. She had her driver's permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month's cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it's not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■

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THE *Race* IS ON

Residents share their
passion for reaching
the winner's circle

By Lindsey Giardino

When driving through Iowa's wide-open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

Preston Schmidt
found his passion in
wing kart racing.

FEATURE

Finding his passion at a young age

Preston Schmidt explored various sports as soon as he was old enough, but none truly captured his attention — until he turned 8.

One day, a group of close friends suggested he try wing kart racing. They noted that he was “fearless,” and they thought he would be great at the sport.

“We had no idea what we were getting into, but we thought it was worth a shot,” Preston’s mom, Amanda, says. “So, we found a used wing outlaw kart, got some gear and jumped in feet first.”

For practice, the family rented time at a local track and set up cones to help Preston work on finding racing lines. He focused on when to brake, when to hit the gas, and how to enter and exit the corners.

“The first year and a half was a huge learning curve,” Amanda says. “Neither Preston nor I knew where to start, and every track is different. We’d try something and hope it worked, but, a lot of times, it didn’t. So, we kept a notebook, writing down everything we did to learn from each experience.”

This, of course, involved a lot of trial and error. Even small things like gearing and tire pressure can make a huge difference, and those factors change nightly depending on the track and weather conditions.

“We kept trying new things and asked a lot of questions,” Amanda says. “It’s tough work that takes time, listening, learning, adjusting and understanding to get it right. Thankfully, the racetrack is full of helpful, friendly people who are always willing to lend a hand.”

Preston has been all in on kart racing since the very day the idea was planted in his head. It came at a good time, as, the year prior, he lost his



Friends suggested Preston Schmidt try wing kart racing because they said he was “fearless.”

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- Urbandale Citizen of the Year
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best friend — his great grandpa, Papaw Bill.

“They were extremely close, always together,” Amanda says. “Papaw loved racing, and Preston spent many Sunday afternoons watching races with him and hearing stories about Jeff Gordon’s glory days. That’s actually what inspired Preston’s number — 24P. In a way, I believe racing helps Preston feel close to his Papaw again, who he misses dearly. I truly think this is why he fell in love with the sport so quickly. I know his Papaw would absolutely love watching him out there.”

Some of the things Preston enjoys most about racing are the fast pace, the friendships he’s made, the sense of control he has over the outcome of each race, and the adrenaline rush he gets on the track.

He’s had the chance to meet some big-name NASCAR drivers, including Kyle Busch, Kyle Larson, Kenny Wallace and Ryan Newman. He’s even raced against their kids.

One of Preston’s favorite memories is winning the King of the Corn race at Newton Kart Klub.

“But, if you ask Preston, his absolute favorite experience would probably be the cross-country

road trip he took with his friend Ryder and Ryder’s mom,” Amanda shares.

They went to North Carolina for two weeks to race at Millbridge Speedway, an elite track with some of the best competition in the country.

“While he loved racing there, Preston might tell you his favorite part of the trip was stopping at Buc-ee’s (a convenience store) or the dirt bike adventures they had along the way,” Amanda says.

Racing has had a positive impact on Preston’s life, teaching him responsibility, discipline and the importance of staying mindful of his actions both on and off the track. It’s also instilling in him perseverance and the ability to handle adversity with resilience, his mom says.

“When we first started, we heard the saying, ‘Racing is the only sport where even the champions have a losing record,’ and, after a couple of years, I’ve realized how true that is,” Amanda says. “Racing is a grind, and you rarely come out on top. Most nights, we’re just grateful to bring the kart home in one piece.”

The track has also helped Preston grow socially, and he’s made a lot of friends. It’s

taught him to be an effective communicator, too, she says.

“He has to let me know what’s working with the kart and what isn’t so we can make adjustments between qualifying, heats and the feature race,” Amanda says. “These are life skills that will serve him well in the future, and racing has played a big part in developing them.”

For Amanda, it’s special seeing her child find and grow his passion.

“Racing has also brought our family closer together,” she says. “For years, Preston cheered on his sisters at their sporting events, and now they’re cheering for him at the track. I’m not sure who loves being there more — Preston or his sisters. When he sees them on the fence, cheering him on, his smile says it all.”

Racing has created a special bond between Preston and his dad as well.

“His dad takes his role as crew chief very seriously and enjoys having this time to work side by side with him,” Amanda says. “Plus, we’ve made lifelong friends through racing, people from all over the country who have become like family. We’re so grateful for that.”

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The joys of soap box derby

Julie Hamm and her family first discovered soap box derby at a kids festival. Intrigued by the event, they eagerly dove into the sport, with their son, Jacob, leading the way.

Soap box derby features three main divisions — stock, super stock and masters — welcoming kids from ages 7-21. This inclusive structure allows young racers to grow and develop their skills as they tackle the exciting challenges of the sport.

Hamm explains that soap box derby is organized by regions, with the Greater Des Moines Soap Box Derby representing Region 4. Despite the competitive nature of the rallies, participants quickly discover that the bonds formed during these events create a sense of family among the racers.

The Hamm family has traveled across the United States, participating in rallies to earn points and experience for the prestigious National Championships held in Akron, Ohio.

One of the unique aspects of soap box derby is the design and assembly of the racing cars. These cars are available in kits and must adhere to strict guidelines set by the



Jacob Hamm has advanced in soap box derby and now runs in the masters division.

organization. This ensures fairness and allows races to be determined by the driver's skill and ingenuity rather than the car's design. Powered solely by gravity, the sport requires a strong understanding of STEM principles, engineering and weight distribution.

Over the years, the Hamm family has deepened their involvement in the sport. Jacob has advanced to the masters division and is currently building a legacy car from scratch — a project that reflects his passion and

dedication. His younger brother, Lucas, also participates, stepping in as a racer in the stock and super stock divisions when additional racers are needed for rallies.

Matt Hamm, Julie's husband, has embraced his role as vice president of the Greater Des Moines Soap Box Derby. He enjoys the friendships formed with other racing families and the time spent building and racing alongside his sons.

Julie herself plays an important role in

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the soap box community by organizing the SuperKids Division, which enables children with special needs to experience the thrill of racing. Paired with an experienced driver, these children get the chance to race just like their siblings and peers.

For Julie, the most rewarding aspect of soap box derby is spending time with her family, enjoying the outdoors and traveling together.

“It’s hard work, but it’s also rewarding,” she says.

For the Hamm family, soap box derby is more than just a sport — it’s the foundation for family bonding, community engagement and personal growth.

Success on the track

Racing has been part of Austin Meiners’ life for as long as he can remember.

Today, he’s involved with stock car dirt track racing through the International Motor Contest Association (IMCA). With sanctioned tracks spread across the country, IMCA provides a platform for racers like Meiners to compete.

Meiners’ journey began at the age of 14 when he took the wheel of an Enduro stock car. Enduro racing is known for its endurance, featuring races that often exceed 100 laps. After a couple of years building his skills in Enduro racing, Meiners made the leap to IMCA stock cars in 2020, starting off part-time.

In 2022, he purchased and built his first RDR chassis, racing full-time at Boone Speedway, where he achieved an impressive sixth place in points. He also competed at other tracks like Marshalltown Speedway



Austin Meiners with the checkered flag.

and Stuart Speedway.

In spring 2023, Austin sold his RDR car and upgraded to a BNB by BHE chassis. This new vehicle marked a significant turning point in his racing career. He celebrated his first victory at Stuart Speedway on June 4, 2023, and concluded the 2023 season with an impressive three wins. Throughout the summer, he traveled across Iowa, making a memorable trip to Oklahoma for a two-day racing event, while also competing regularly at Shelby County Speedway in Harlan.

This year, Meiners was invited to drive in the Karl Chevy Dirt Truck

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FEATURE

Series for Del Enos, a significant opportunity where he finished every race in the top five.

What Meiners enjoys most about racing is the camaraderie with his racing family and friends. The sport creates connections and unforgettable memories that go beyond the racetrack. Some of his favorite accomplishments include making it to the IMCA Super National big show in 2022, where he finished 24th overall out of 246 stock cars, and, of course, that first win at Stuart Speedway in 2023.

As the 2024 racing season draws to a close, Meiners is already looking forward to what 2025 has in store. While there are no specific events on the horizon, his passion for racing remains as strong as ever.

“Racing is a passion I’ve had since I was a little boy,” he says. “It’s been a rewarding and humbling experience, but I wouldn’t trade these past 10 years for anything. If you haven’t ever been to a race, I suggest you give it a try next summer; but be prepared, you might come home a little dirty, and you might find it’s something you will enjoy doing.” ■



Austin Meiners races in an IMCA event.

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'Blood Over Bright Haven'

Intent versus impact. Does it matter if the result causes harm? Somehow, both compulsively readable and deeply philosophical, I was completely consumed by this book to the point that I left ice cream melting on the counter while I read.

Sciona is a member of the privileged class but unable to achieve her academic dreams due to being a woman. She fights to master the magic that keeps her city humming and makes a place for herself outside of traditional womanhood. Thomil is a survivor of horror, only to be virtually enslaved for his trouble. This shining beacon of an anachronistic city holds terrible secrets he's all too familiar with, and Sciona will need his help to finally understand where her real power lies. Together, these two will start the kind of revolution that will change the world.

Corruption, lies and the balance of power all come together to make for a very different story than the one I thought I was reading. I absolutely loved the gut-punch twists and the incredible emotion and raw humanity on display throughout the story. My world is a better place having read this, and yours will be, too. ■ — *Review by Julie Goodrich*



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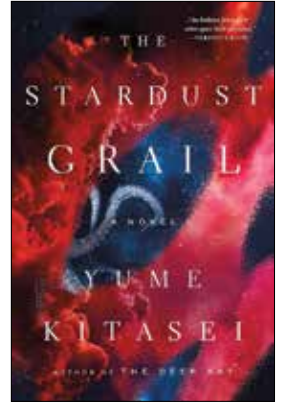
'The Stardust Grail'

I love science fiction, but even I can admit there are times when the humanity is drained even from the most exciting spaceship story. Never fear, though, Yume Kitasei is here to help. Whether far future or near, she seems to make the most out-there settings seem more human than the corner bar.

Maya is a retired thief, alien enthusiast and burnt-out grad student. Trying to rejoin life on the legal side and keep herself from losing her mind, she is not at all sure when an old friend contacts her for one last heist, this time for all the marbles. With a poignant pessimism and exhausted sense of duty, Maya builds herself a found family and takes off back to the stars. It's one last adventure that will change everything, whether she means to or not.

Perfectly paced, sharply written and full of an achingly human balance of optimism and angst, I loved every word of this book and can't wait to see what tangled questions Yuma Kitasei asks me to face next. She's become a must-read for me; don't miss this. ■

— *Review by Julie Goodrich*



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EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
 Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

POACHED eggs with pesto bulgur

Recipe courtesy of the American Heart Association
 Servings: 4

- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

DIRECTIONS

- In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.
- In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.



- In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3-5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.
- Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much. ■

INNOVATIVE programs help you plan for health needs as you age

Iris, 76, has lived in her home for 40 years and has no plans to leave. She has developed some concerns, though, as she recently experienced some health issues and is afraid her adult children will try to persuade her to move.



Iris's situation is common, as remaining in our homes as we age 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 my family and I are concerned about health issues later on, what can I do?"

The answer may lie in a kind of program

you've never heard of. Some organizations that serve older adults have introduced Continuing Care at Home (CC@H) membership initiatives 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 is the most sensible and affordable one for you.

• **What does the program include?** A good CC@H program not only will offer services to enhance your well-being so you can remain independent longer; it will also help fund future long-term care needs.

• **Does it include personal support, such as wellness coaching?** Studies show people who embark on any kind of life-enriching program or activity will be more likely to succeed with encouragement from a trusted adviser or advocate.

• **Does it include care costs and options?**

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.

Whatever the CC@H program, make sure it meets your needs, now and in the future — and provides you with peace of mind. Your well-being 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.



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Dads On Mopeds enjoy relaxing, and, often, spontaneous, rides.

Drive through Alleman on any given night, and you might spot a group of men cruising through town on their mopeds. They dub themselves Dads On Mopeds, or DOMS for short.

The DOMS group started in 2021 out of a shared interest in vintage mopeds. Whenever there was one for sale locally, the men would buy it for as little as possible and spend time fixing them up together.

“We’ve all become amateur moped mechanics at this point,” says Tyler Perry, one of the DOMS. “Once there were two or three dads in our unofficial group, more men, who just happened to be dads as well, found mopeds and started riding with us. It was then that the Dad’s On Mopeds, the DOMS, group was born.”

The men organize rides on a semi-regular basis. They’re more spontaneous than they

are planned, but that’s the perk of living in a small town — one dad might hop on his bike, head down the street to grab a fellow member, and a ride begins.

“Alleman is relatively small, so the rides are, unfortunately, short-lived,” Perry jokes.

He adds that Friday and Saturday get-togethers are most common after the end of a busy week, and, typically, there’s at least one ride a month.

Today, there are about seven dads who are part of the group, plus a couple DOMS hopefuls who are working to get their mopeds running, Perry shares.

“Many ages and generations are represented with some dads in their 30s all the way through granddads in their 70s,” he adds.

For Perry, some of the best times in the DOMS group are when they gain a new

group member.

“We usually celebrate with a ride around town and a post-ride DB (driveway beer),” he says.

Part of what adds to the charm of the DOMS group is that these men aren’t just enjoying a low-key way to blow off some steam together, they’re also enjoying the beauty surrounding their tiny town while building lifelong connections.

“Within just a couple minutes, we are out of our neighborhood and traveling the long road north into ‘main Alleman,’” Perry says. “Sunsets over golden corn, the song of half a dozen high-RPM mopeds, and a firm tailwind make for good memories. Some dads jockey for position while others are content bringing up the rear. It provides a chance to unwind, enjoy vintage mopeds, and spend time with neighbors and friends.” ■

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Sunday: 9:00 am

Reconciliation: Saturday, 3:00 pm — 3:45 pm

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K of C Breakfasts

October 13 at 10am -12 noon (gym)
Free Will Donation

Adoration/Benediction

3rd Tuesday of the month
10/15, 11/19, 12/17, 1/21

Trunk or Treat Event

Sunday, October 27 - 12-1:30pm in the gym
Table Hosts WANTED! Call Brenda at the Parish offices

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

November 10 at 9am-11am (gym)
Free Will Donation

Next Baptismal Prep Class

Sunday, November 17 at 1pm
Register with Brenda at the Parish Office



Annual Auction

Save the Date: Sat., October 26th

- Time: 6:00pm - Event: Costume Ball
- Theme: Characters from Books
- Cost: \$35 per person (includes dinner & drinks)

Scan the QR CODE for more information!

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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LIBRARY

POLK CITY Community Library news



ANNOUNCEMENTS:

Thanksgiving holiday hours: Closing at 5 p.m. Wednesday, Nov. 27, and closed Thursday – Saturday, Nov. 28-30.

EVENTS AND ACTIVITIES

• **Chair Yoga**, Mondays 9 a.m.: We will broadcast the class on the big screen in the library or you can join us from home via Zoom. This chair yoga practice will include breathwork, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair and a hand towel or kitchen dish towel. Join the Zoom meeting on our website at polkcitylibrary.org.

• **STEM Storytime**, Mondays 10:15 a.m.: STEM-themed story along with an engaging STEM activity or experiment. Registration encouraged, but not required. Designed for ages 3-5.

• **Geri-Fit Strength Training Workouts**, Tuesdays, 9 a.m.: 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 and a Zoom link are available upon request.

• **Lil Comets Storytime**, Tuesdays 10:15 a.m.: Stories, songs and activity stations. Every story can be logged in our 1,000 Books Before Kindergarten program, too. Registration encouraged, but not required. Designed for ages 1-3.

• **Ladies' Coffee**, Wednesdays, 10 a.m. to noon.

• **Sit N Stitch**, Thursdays, 6-8 p.m. Bring your current project and join us for stitching and conversation.

• **Men's Coffee**, Fridays, 10 a.m. to noon.

• **Adult Crafternoon: Paintbrush Gnomes**, Tuesday, Nov. 5, 2 p.m. This month we'll be creating a cute gnome-themed door hanger out of paintbrushes. Register online at polkcitylibrary.org.

• **Wednesday Book Club**, Wednesday, Nov. 6, 7 p.m. "The Thursday Murder Club" by Richard Osman. In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes. Together they call themselves the Thursday Murder Club. As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer before it's too late? Pick up a free copy at the library's front desk.

• **LEGO Club**, Tuesday, Nov. 12, 3:45 p.m. Meets monthly. For ages 8-16. Registration required, register online at polkcitylibrary.org.

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• **All-Abilities Club** (for adults with intellectual/developmental disabilities), Wednesday, Nov. 13, 11 a.m. In this story and craft hour for adults with intellectual and developmental disabilities (IDD) and their families and caregivers, we'll read stories, make crafts, and play games together. For a list of activities, reach out to the library ahead of the program. Register online at polkcitylibrary.org.

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

• **Iowa's Prohibition and Bootlegging Legacy with Ann Hanigan Kotz**, Thursday Nov. 14, 6 p.m. Join Iowa historical fiction writer Ann Hanigan Kotz as she takes you through the early 20th century in her new program. You'll discover the state's Prohibition journey along with why many families turned to bootlegging. Ann takes you through the distant past, beginning with the murder of a pastor in Sioux City, the tarring of an official by the Iowa City Beer Mafia, the rumrunning of Iowa's infamous rye whiskey in Templeton, and ending with the current exploits of today's underground whiskey business. Registration

requested but not required.

• **Monday Book Club**, Monday, Nov. 18, 2 p.m. "One Summer in Savannah" by Tarah Shelton Harris. It's been eight years since Sara Lancaster left her home in Savannah, Georgia. Eight years since her daughter, Alana, came into this world, following a terrifying sexual assault that left deep emotional wounds Sara would do anything to forget. But when Sara's father falls ill, she's forced to return home and face the ghosts of her past. Pick up a free copy at the library's front desk.

• **Comets Kids Club K-5th graders**, Tuesday, Nov. 19, 4 p.m. We meet monthly for craft or activity. For November, create a fall centerpiece to showcase for the holidays. Registration required.

• **Adult Coloring**, Tuesday, Nov. 19, 5-7 p.m. Ages 17 and older.

• **Book Club (K-third grade)**. There is no Book Club meeting this month due to the holidays.

• **Adult Evening DIY: Snowman Flowerpots**, Thursday, Nov. 21, 6 p.m. Join us for a fun evening of crafting. This month,

Polk City Community Library

1500 W. Broadway St., Polk City
515-984-6119

www.polkcitylibrary.org

Monday - Wednesday: 9 a.m. to 7 p.m.

Thursday: 9 a.m. to 8 p.m.

Friday: 9 a.m. to 5 p.m.

Saturday: 9 a.m. to 3 p.m.

Sunday: closed

we'll be painting flowerpots to look like sweet snowmen. This craft is an adaptation of our September 2024 Scarecrow Flowerpots, back by popular demand. Register online at polkcitylibrary.org.

• **Messy Munchkins (toddlers and preschoolers)**. Held on the third Thursday of each month at 10 a.m. Remember to dress your child in clothes that can get dirty.

• **Adult DIY Card Crafting**, Monday, Nov. 25, 6 p.m. Join Jane and Kim in making handmade cards. \$5 material fee payable that night. Ages 17 and older. Register at polkcitylibrary.org one month in advance. ■

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SUBMIT PHOTOS FOR OUR CALENDAR CONTEST

Each year, Home State Bank holds an Iowa Through Your Lenses Calendar Contest to fill up the pages of our calendar with photos from around our great state. The contest ends on October 25. Consider sharing your snapshots with us to include in our 2025 customer calendar!

**Submit your photos on
our website today!**



DONATIONS

\$5,000

Polk City Community Foundation Gala

CLOSURES

October 14: Closed for Indigenous Peoples' Day/Columbus Day

October 17: Drive-thru opening at 9am

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Disclaimer: All account requirements, including minimum opening deposit, must be met to qualify for offer. See bank for details. Can open no more than two accounts per tax ID number for this offer (maximum of \$50 donated on your behalf). *Customer must choose from a predetermined list of local charities. Promotion valid through December 31, 2024 at our Polk City location only.

FINANCE

By Clayton Harreld

THE BENEFITS of charitable giving

As we quickly approach the holiday season, it's a good time to take pause and reflect on your charitable giving.

There are many ways to support local, state, national and even international charitable organizations. You can donate your time, goods and services and, of course, financially.

The reasons we support charities are personal to us. Whether from a personal connection, wanting to support the communities we live in, or around, there's never a bad reason to give back to others.

And when you give back, you'll also receive both financial benefits and, more importantly, mental health benefits.



Giving makes you happier

Many studies have shown that people who give are happier than people who keep. As humans, it's in our nature to be generous to others, so donating time or assets is a great way to boost moods and feel better.

Promotes family bonding

This can be especially true if it's a charity your family or you have a close connection with and can participate in both through time and assets.

Offers financial benefits

You likely know that donating money can lower your taxes, but it can also reduce your estate tax and avoid capital gains tax through gifting assets and stocks. When you work on your annual financial planning strategies, make sure to include charitable giving.

Builds community

When you donate to local charities, you can see and possibly directly experience the impact of your donations. You know your community best and what possible needs or wants charitable giving can support. Local support strengthens communities, and you can see the impact.

If you have the means, charitable giving should be a part of your annual budget. Establish an annual charitable amount and discuss with your family which organizations and causes to support.

If you are retired and have an IRA with a requested minimum distribution, consider making a qualified charitable donation with your distribution to avoid taxable income and help causes you care about.

As you're making budgets for next year or wondering how to make this coming holiday season a little more special, consider the benefits of charitable giving. ■

If you're looking for more ways to give, stop into Home State Bank today and talk with one of our financial gurus. Information by Clayton Harreld, Business Banker.

NP TRAP team

Nobody sits on the bench.



JV and varsity team members and coaches.

With numerous sports offered at North Polk Schools, there is one in which every player gets to participate — the North Polk Trap Team.

Ben Rivera and others coach this year's trap team. Approximately 24 students joined ranging from seventh through 12th grade.

In trap, students shoot at clay targets. Different types of trap shooting vary depending on how the targets are launched, from which direction and at what speeds.

Most students own their own shotgun, and the first thing they are taught is gun safety and how to handle firearms.

"We teach kids what to do when they take a gun out of a case. We check for shells to make sure its empty," he explains. "I'm a stickler for it. There is no leniency on safety issues."

For example, if kids drop a shell, they aren't allowed to pick it up.

"It's a safety issue. They don't want people bending over in the line of sight. If they do, they're disqualified," Rivera explains.

During practice, which is about three times a week, students shoot targets. Targets come at 42 mph, and it takes less than a half second to shoot. During meets, competitors shoot a round of 25 shells; with varying number of rounds. The team to hit the most targets wins. Occasionally, a shoot-off occurs in case of a tie. If players qualify for the state meet, they'll shoot 200 targets.

Rivera helps to build confidence in his players.

"We've had seventh graders who shoot just five, then progress to 15 made shots. It only took two weeks for them to figure out the game. Progress comes quickly and easily," he says.

Rivera has coached trap since 2012, when he coached in Ankeny. He joined North Polk in 2017. He enjoys seeing the kids improve.

"When kids begin to see the game, they can become very good shooters. It becomes a ton of fun," he says.

He likes that it's an all-encompassing sport for boys and girls.

"Nobody sits on the bench. When we compete, every kid will shoot. We promote the sport for those who have fallen away from the traditional sports. You don't have to run or jump. You just need good hand-eye coordination," Rivera says.

The community is supportive.

"We've gotten kids comfortable and show that guns aren't scary. It's a ton of fun to play. Both boys and girls like to watch something explode into air," he says.

Players are still eligible to join the team. For more information or to sponsor the team, contact berivera01@msn.com. ■

WHAT are floaters?

The inside of our eyeballs are filled with a clear, jelly-like substance called the vitreous. As we age, the vitreous loses some of its thickness, causing it to condense and shrink. When this happens, it can create clumps of vitreous fibers in the eye which people can see as small spots, threads or rings. This is what people refer to as floaters because they appear to float around the field of vision. For most people, the floaters show up between the age of 50-70 and are most often noticed when looking at a white computer screen or a clear sky. Floaters are generally harmless but, in some cases, can be a result of something more serious such as a retinal detachment or bleeding inside the eye, so it's always best to have it checked out. Usually the floaters become less noticeable over time and ultimately don't bother people all that much. However, if the floater is extremely problematic or located in the center of the vision, it can be removed with a surgery called a vitrectomy. ■



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

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INSURANCE By Corey Hoodjer

TIPS for a successful Medicare season

It's October, and that means it's time for the Annual Enrollment Period for anyone currently enrolled, or those who may soon be, to consider all options for the upcoming year. With all the ads on TV and discussion, it's important to have a game plan.



DO:

- Review your policies annually. Even if you don't anticipate making any changes, it's worth your time to go over your current coverages with a professional.
- Consider any changes in your health or prescription drug needs over the past year. Do your current coverages align?
- Work with reputable organizations or individuals. Robocalls targeting Medicare beneficiaries happen all year but are particularly prevalent now. Work only with people or companies you know and trust.
- Understand timelines. Many Medicare plans can only be changed during the Annual Enrollment Period, Oct. 15 through Dec. 7.

DON'T:

- Disclose any personal information to people you do not know or trust.
- Purchase or agree to any plan you do not understand. Ask questions, request documentation and consult with a licensed professional.
- Neglect to read the materials sent to you by your current carriers.

Knowing what changes are coming for your current policies allows you to know what changes you may wish to make for the year ahead. ■

Information provided by Corey Hoodjer, Farm Bureau Financial Services, 101 E. Bridge Road, Suite D, Polk City, 515-420-6160. The guarantees expressed are based on the claims-paying ability of the life insurance company. Neither the Company nor its agents give tax, accounting or legal advice. Consult your professional advisers in these areas. Registered Representative/Securities & services offered through FBL Marketing Services, LLC, + 5400 University Ave., West Des Moines, IA 50266, 877/860-2904, Member SIPC. Farm Bureau Property & Casualty Insurance Company, +* Western Agricultural Insurance Company, +* Farm Bureau Life Insurance Company +*/West Des Moines, IA. +Affiliates. *Company providers of Farm Bureau Financial Services.

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Don't let politics drive your investments.
Let's review your strategy.



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515-984-6073

Mary Leimer
Sr. BOA

MKT-58940-A-A1 AECSPAD 222019

INVESTMENT By Kyle Matzen

VOTE for solid investment strategies

The presidential election is just a few weeks away. As an investor, how might you be affected by the results?



Possibly not as much as you might think. Historically, the financial markets have done well — and sometimes not so well — no matter who has controlled the White House and Congress. Also, many campaign promises go unfulfilled, and those that are carried out may lead to unexpected results.

Furthermore, other forces, such as the Federal Reserve's ability to move interest rates, can have a sizable impact on the investment world.

Instead of making changes to your investments based on election results, try to focus on the things you can control. Most important, you'll want to build your portfolio based on your goals, risk tolerance, time horizon and need for liquidity. These factors may change over time, and when they do, you may need to adjust your investment mix.

Ultimately, when it comes to investing, you may want to pay less attention to what names are on the ballot and instead "vote" for the strategies that can help you reach your long-term objectives. ■

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

KIWANIS Seniors of the Month

The Polk City Kiwanis Club has named Ava Driscoll and Morgan Meiners Seniors of the Month.

Ava Driscoll

“During my high school career, I have been involving myself in as many activities as I can. Thanks to these activities, I have met amazing people that I hope will stay in my life for as long as possible. Being involved is a great way to meet people and become the best you can be. At the beginning of high school, I was surrounded by people who weren’t good for me, but because I joined color guard, I was able to separate myself from them and become a happier, healthier person.



Morgan Meiners

From freshman year to senior year, I have grown in great ways. Color guard got me to be more active. I now go to the gym and take classes for jiu-jitsu. Color guard also introduced me to people that got me involved in other activities such as speech. Speech has gotten me to be far less awkward, and I’m able to talk to people that I’m not already connected with. For me, high school has been an opportunity to grow.”

Ava’s parents are Monica Driscoll and Travis Driscoll and siblings are Corbin Driscoll and Madisen Lee. Her honors include: state for speech, state for winter guard solo, gold honor roll, state for band, and leadership for color guard. She works at Caseys, Center Grove Orchard and an in-home daycare. After graduation, she plans to attend DMACC for culinary arts and participate in a tattoo apprenticeship at Electric Diamond Des Moines.

Morgan Meiners

“I have been going to North Polk since kindergarten. In my free time, I enjoy spending time with my family and friends as well as doing activities outside such as running and biking. A favorite memory of high school was when my track coach put myself, along with my friends who run distance events, in a JV 4x100 meter relay. Our relay team ended up winning the heat by over 50 meters, and we were all so excited!”

Morgan’s parents are Matthew Meiners and Allison Meiners. Siblings are Carver, Sidney and Lainey. She is involved in cross country, track, Key Club and Environmental Club. She is in Honor Society, Spanish Honor Society, DMACC’s Dean’s List and Gold Honor Roll all four years. She works at Scooter’s Coffee in Polk City and plans to attend college and study pre-health. ■



Ava Driscoll

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with an update from
the daily umbrella

Brief updates on local news,
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Upcoming in North Polk Living magazine:

- **Community landmarks:** What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.



- **Do you have a holiday recipe that has special meaning to you?** Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.

- **Veterans Salute:** Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.

Joint Legislative Lunch

Wednesday, Nov. 20, 11:30 a.m. to 1 p.m.
Holiday Inn & Suites DM Northwest, 4800 Merle Hay Road, Urbandale

The Grimes, Johnston, Ankeny, Polk City and Urbandale Chamber of Commerce invite the public to attend their Joint Legislative Luncheon to hear from area state representatives, state senators and county supervisors ahead of the 2025 Legislative Session. All elected officials representing Ankeny, Johnston, Grimes and Urbandale have been invited to participate. Cost is \$29 for members and \$30 for non-members. Register through the Urbandale Chamber website, <https://uniquelyurbandale.com>, under events.

Babysitting Basics

Become a better babysitter with Iowa State University Extension. Participants ages 10-18 will learn about the responsibilities of a babysitter, what employers expect, and how to care for infants and toddlers. Youth learn about age-appropriate toys and activities, safety and basic first aid. Participants receive a book filled with information about childcare as well as a certificate of completion at the end of the course. Registration deadline is Friday, Oct. 18, and the class is Friday, Oct. 25, 9 a.m. to 3 p.m. at Miller Park. Cost is \$45. There is no school that day for North Polk. Register online at <https://www.polkcityia.gov/parks-and-recreation/pages/online-registration>.

Bake Sale, White Elephants and Dinner

Saturday, Nov. 23, 9 a.m. to 1 p.m.
Masonic Temple, 106 Third St., Polk City.

Polk City O.E.S. Chapter 361 will host a bake sale, white elephants and dinner. Dinner of beef and noodles with mashed potatoes, vegetable, roll and dessert, is 11 a.m. to 1 p.m. Cost is \$10 for adults, \$5 for children ages 5-10, and free for kids 4 and younger. Carryouts will be available. The bake sale features homemade mincemeat and apple butter, cashews, pecan halves, mixed nuts, butter toffee peanuts, chocolate amaretto pecans and chocolate covered peanuts.



LifeServe Blood Drive

Friday, Oct. 18, 1-4 p.m.
Parking lot corner of West Broadway Street and S. Fourth Street, Polk City

Polk City Eastern Star is hosting this blood drive. Sign up on LifeServe's website, www.lifeservebloodcenter.org or by calling LifeServe at 800-287-4903.



Murder! Radio play

Oct. 26, 7 p.m.
Big Creek Historical Society,
116 S. Third St., on the west side of the Square

Big Creek Historical Society will present a radio play about the 1882 and 1883 murders that arguably changed the course of Polk City's history. The town lost two leading citizens and devastated other local lives. Storytelling at its best, just in time for Halloween.

Sponsors and donations sought for gala

The Polk City Community Foundation is planning its annual Winter Wonderland Gala, which will be held on Saturday, Jan. 11 at the FFA Enrichment Center in Ankeny. The gala will include a program, dinner and live auction. Proceeds will benefit Polk City and the foundation's nonprofit partnerships in the area.

Polk City Community Foundation (PCCF) was formed in 2008 as an affiliate of the Community Foundation of Greater Des Moines. The Foundation was formed to assist in improving the quality of life in Polk City and surrounding communities through philanthropy. PCCF provides an opportunity for donors to direct their donations to the projects that are important to them. They do this by raising money through donations, planned giving, grants and fundraising. This year, the Foundation has a big goal — to raise \$150,000.

The foundation encourages the public to support the event as an attendee, sponsor or donor. Donations can be made by credit card online at <http://getmeregistered.com/PCCFWinterGala> or by check mailed to Polk City Community Foundation, P.O. Box 52, Polk City, IA 50226.

Be sure to check for cancellations.

Polk County Conservation events

Visit www.polkcountyiowa.gov/conservation/events for information about upcoming programs offered by Polk County Conservation and for registration links.

- **Toddler Tales**, Jester Park Nature Center, 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, 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.



Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- Sunday, Oct. 27, Halloween Costume Concert, Sheslow Auditorium.
- Sunday, Dec. 8, Celebrate & Sing Handel's Messiah, Grace United Methodist Church.
- Sunday, Feb. 23, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- Sunday, May 11, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium.

Bricker Price Block Senior Speaker Series

Fridays through mid-November, 10 a.m.

105 S. Chestnut Ave., Earlham

Enjoy these free, educational, historical and/or cultural presentations in the upstairs of the historic Bricker Price Block event venue. Programs are:

- Nov. 1, What is A.I. and How Can I Use It? Cory Houghton
- Nov. 8: Madison County in World War I, Linda Griffith Smith
- Nov. 15: Iowa in WWII, Michael Vogt, Iowa Gold Star Military Museum
- Nov. 22: Our World, Our Stories: International Students Share Their Heritage, Emilijia Rajic of Serbia and Vladilena Vetrova of Moldova.

Iowa Wind Ensemble, A Sousa Spectacular

Sunday, Oct. 27, 3 p.m.
Franklin Jr. High Events Center, Small Auditorium

Get ready to march to the beat of American history as the Central Iowa Wind Ensemble presents A Sousa Spectacular, an exciting tribute to the timeless legacy of John Philip Sousa, the "March King," and the golden age of American marches. This dynamic concert will transport audiences to a patriotic realm filled with grandeur, pride and musical excellence. For tickets, visit www.ciwe.org/sousa.

Edgewater Holiday Mart

Nov. 2
9225 Cascade Ave., West Des Moines

Thirty-five local artists and vendors offering their personal creations — carved Santas, wine bottle stoppers, wooden pens, kaleidoscopes, wooden boxes, paintings, fused and stained glass, photographs, cards, fiber arts, pottery, scarves, cutting boards, woven baskets, embroidered dish towels, knitted socks, crocheted animals, goat soaps and lotions, candy wreaths, Iowa gouda cheese, fudge and peanut brittle, gourmet popcorn and nuts, jams and jellies, and baked goods.



Trick-or-Treat at The Learning Post & Toys

Oct. 31, 4-7 p.m.
The Learning Post & Toys, 2761 100th St., Urbandale

The public is invited to a free Trick-or-Treat event at the store. Wear your costume, get your photo taken with Dino-Mite, the giant T-Rex, grab a treat and enter to win a grand prize.

Spirit Seekers Fair

Oct. 18
Unity of Des Moines, 414 31st St., Des Moines
www.unitydesmoines.com

Vendors featuring healing arts, intuitive readers, gifts, stones, jewelry and more. Experience a welcoming environment to sample Iowa's rich spiritual community. For more information, visit www.unitydesmoines.com.

Family Halloween fun at Living History Farms

Oct. 18-20, 25-27
Living History Farms, 11121 Hickman Road, Urbandale

Enjoy Family Halloween Fun. Go online for start times. Enjoy a Halloween event designed for families.

Trick-or-treat at storefronts in the 1876 town of Walnut Hill; enjoy storytellers, demonstrations and crafts; and join a hayrack ride. Cost is \$9 for ages 2 and older, \$8 for members. For more information, visit lhf.org/event/halloween. ■



WHY shop local?

The heart of Polk City's community and economy

In Polk City, our local businesses are not just shops and storefronts — they are the unique character and vibrancy of our community. Whether it's your favorite coffee shop, the friendly hardware store or the charming boutique down the street, these businesses are a source of pride for us all. Supporting them isn't just about convenience but about investing in our community's wellbeing and future.



When you shop locally, every dollar you spend helps boost the Polk City economy. Studies show that a significant portion of every dollar spent at a local business is reinvested in the community through wages, taxes and local services. This "multiplier effect" stimulates economic growth and supports jobs, helping our town thrive. By spending locally, you help create a cycle where local businesses can grow, pay employees and invest further in the community, benefiting all residents.

Local businesses also play a crucial role in fostering a stronger sense of community. They are run by your neighbors — people who are deeply invested in the town's success. These business owners sponsor youth sports teams, participate in town events and donate to local causes. When you shop local, you're supporting people who actively contribute to Polk City's sense of togetherness. These businesses become gathering places where friendships are formed, community events are promoted, and residents have a chance to connect, fostering a sense of belonging and community.

Shopping local also means experiencing unparalleled quality and personal service. Unlike big box stores or online giants, local businesses often curate their products to reflect the tastes and needs of the community. Owners take pride in offering unique and specialized products that you can't find anywhere else. And, if you ever need advice or recommendations, you're speaking directly to experts who know their inventory — and their customers — inside and out, making you feel valued and understood.

By shopping locally, you're helping build a more vital, resilient Polk City. You're supporting the dreams and livelihoods of your neighbors, fostering a thriving local economy and keeping the unique character of our town alive. We may be growing, but we will always have that hometown feel. Next time you need to make a purchase, think local, because every dollar spent is a step toward a brighter future for all of us in Polk City. ■

Information provided by Staci Allen, Executive Director, Go Polk City Chamber, P.O. Box 226, Polk City IA 50226, 515-984-3098, admin@polkcitychamber.com.

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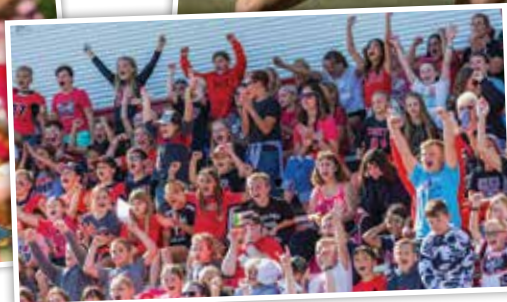
COMETS CORNER

NEWS FROM NORTH POLK CSD

OCTOBER 2024

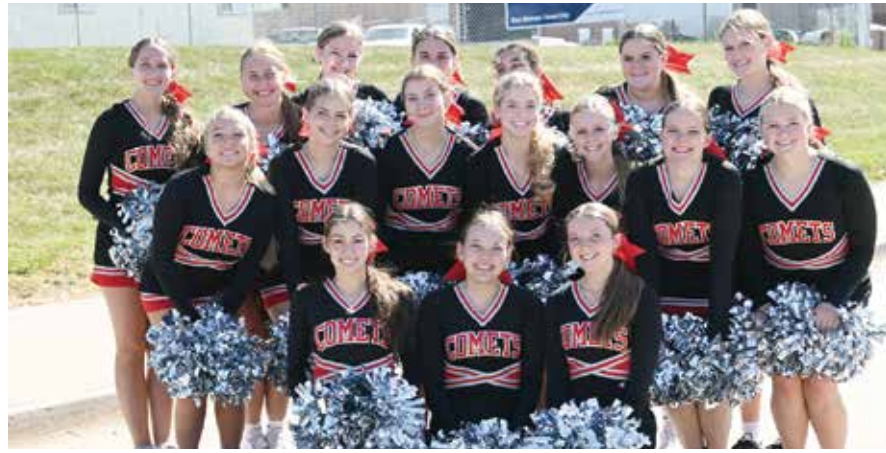
Homecoming 2024

North Polk proudly celebrated Homecoming Week from September 30 to October 4. The week was filled with joy, smiles, excitement, and a strong sense of school spirit. It culminated in an incredible parade and pep rally, followed by a fantastic victory for the Comet football team. Thank you to all our families and the community for their unwavering support in making this week a resounding success!



HOMECOMING Parade

The North Polk Homecoming Parade was Oct. 4 in Alleman.



Varsity Cheerleaders



Members of the Environmental Club



North Polk High School students



Varsity Volleyball players



Dance Team



Queen Mia Doonan and King Rocky Bartheman



Junior Attendants Mady Cory and Drew Fausch



Sophomore Attendants Ali Weiser and Kerrick Waugh

OUT & ABOUT



Princess Meredith Whitted and Prince Umberto Gagliardi at the North Polk Homecoming Parade Oct. 4 in Alleman.



Senior Attendants Ava Ferneding and Carter Van Brocklin at the North Polk Homecoming Parade Oct. 4 in Alleman.



Senior Attendants Aurden Selmecki and Jacson Richards at the North Polk Homecoming Parade Oct. 4 in Alleman.



Senior Attendants Nathan Feldmann and Becca Aagard at the North Polk Homecoming Parade Oct. 4 in Alleman.



Freshman Attendants Sophia Bouchard and Cael Cotter at the North Polk Homecoming Parade Oct. 4 in Alleman.



Steve Karsjen and Brandon Converse at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.



Kathy DeBruyn and Rose Taylor at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.



Jeri Coleman and Martha Sheldahl at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.



Tony Thompson and Chad Johnston at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.



Ryan Tonei and Michelle Allord at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.



Jason Thraen and Jeff Savage at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.



Jessica Fae and Staci Allen at the Go Polk City chamber lunch Oct. 25 at Tournament Club of Iowa.

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