

Look inside for the **ONLY** poll mailed to **EVERY** residential household. **VOTE NOW.**

NORTH POLK

FEBRUARY 2025

# Living

MAGAZINE

# A Special BOND

Local grandparents share why living close to their grandkids is so important to them.

**Kiwanis Seniors of the Month**  
COMMUNITY

**70 NP students display art at**  
**Ankeny Art Center**  
EDUCATION

**Italian crusted salmon with**  
**creamy truffle Caesar salad**  
RECIPE

**BIKE WORLD**  
**WAREHOUSE SALE**  
DEALS ON OVER 3000 BIKES  
**FEB 22 - MARCH 2**  
WEST DES MOINES • URBANDALE • CLIVE • AMES

PRRST STD  
EGRWSS EDDM  
U.S. POSTAGE  
PAID  
BIG GREEN  
UMBRELLA MEDIA  
RESIDENTIAL CUSTOMER  
BIG GREEN  
UMBRELLA MEDIA  
8101 Birchwood Ct. Ste. D  
Johnston, Iowa 50131





# DID YOU HEAR?

## 2025 is Polk City's 150th Birthday!



Scan the QR code to support the Big Creek Historical Society and Museum and help preserve Polk City's legacy for future generations!

Since 1875, Polk City has grown from its humble beginnings into a thriving community, rich with history and tradition. In 2025, we honor 150 years of resilience, growth, and the people who make this town special.

### SAVE THE DATES

#### FOUNDING OF THE TOWN PROGRAM

Tuesday, March 4th, 2025 | 7 PM  
Big Creek Historical Museum

#### SESQUICENTENNIAL CELEBRATION

Four Seasons Festival 2025  
\*More information to come



**Susie Sheldahl**  
REALTOR

515-419-1620  
susie@susiesheldahl.com

113 W Broadway Street  
Polk City, IA

REALTYONEGROUP  
IMPACT



Licensed to sell in the state of Iowa.

## FALL IN LOVE WITH YOUR DREAM HOME THIS FEBRUARY!

As Polk City celebrates its Sesquicentennial, there's never been a better time to find your new home in a community 150 years in the making.

I'm here to help you plant roots and fall in love with all that Polk City has to offer—history, community, and new beginnings!

# WELCOME

## A GRANDPA and his grandson

Jolene and I are new to this grandparenting thing. We are only weeks in, but, so far, so good. We had heard how wonderful the experience is from others, but, like most things in life, we didn't fully understand until we began to live it.



Our middle daughter, Samantha, got married a few years ago. She and her husband, Brady, then moved to Arizona. We missed them, and, thankfully, they missed us, too. As they began to talk about starting a family together, they came to the conclusion that they wanted to be close to family again and were moving back to the area.

We were able to see Samantha through the pregnancy process, and we were at the hospital shortly after their son was born. Holding Callahan in my arms for the first time was amazing, and doing so each time since has been as well. No phone call or video call could ever replace that.

I am greatly looking forward to the years ahead, too. Walking. Talking. Birthday parties. Ball games. And whatever he chooses to be involved in. But what I look forward to the most is the time we can spend together, just the two of us. Playing games at the kitchen table. Working on a project together in the garage. Going on boat rides. And just talking about whatever he wants to talk about.

My grandparents had all died by the time I was 5 years old, but I have a few wonderful memories of my Grandpa Lane. I can still envision him. In bib overalls. Sitting in his recliner. Looking at me and thinking how he could make me laugh. He would ask me if I wanted to see a monkey, and, of course, I always did. So I would jump up on his lap, and he would pull out his pocket watch and turn the shiny side over so I could see my reflection. And we both would giggle. I fell for that one repeatedly.

I was fortunate to be able to spend time with my grandpa, albeit not as much as I would have liked. I loved him dearly, and I want to do all I can to be sure my grandson and my future grandchildren will have those same opportunities with me.

This month, we share the stories of grandparents who live nearby their grandchildren and are able to create these types of cherished memories — and maybe see a few monkeys, too.

Thanks for reading. ■

**SHANE GOODMAN**  
President and Publisher  
Big Green Umbrella Media  
shane@dmcityview.com  
515-953-4822, ext. 305



**Tammy Pearson**  
Editor  
515-953-4822 ext. 302  
tammy@iowalivingmagazines.com

**Dan Juffer**  
Senior Advertising  
Account Executive  
515-953-4822 ext. 303  
dan.juffer@dmcityview.com



IOWA  
*Living*  
MAGAZINES



Circulation and readership  
audited by Circulation  
Verification Council

**WE OFFER  
SNOW  
REMOVAL!**

Now scheduling **NEW CUSTOMERS** for Spring/Summer

**515**Lawn Services

Call OR Text Today **515-587-8171**

**SMALL TOWN SPIRIT IN THE CITY**

 **ALL SAINTS**  
CATHOLIC CHURCH

**LOCATED AT THE NORTH EDGE OF DES MOINES**  
650 NE 52nd Avenue • Des Moines, Iowa • 515-265-5001

**Masses: Tuesday — Friday: 8:00 am**  
**Saturday: 4:00 pm**  
**Sunday: 9:00 am**

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

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

**C&B**  
CHRISTOPHER AND BANKS™

VALID 2/13/25 - 3/31/25

Mention this ad to receive an  
**EXTRA**  
**10% OFF**  
*All Tops*

WITH PROMO CODE: ILFEB10

\*Exclusions apply.



Come shop at  
1802 SE Delaware Ave. #109, Ankeny  
515-400-0063

Shop anytime online at  
[www.christopherandbanks.com](http://www.christopherandbanks.com)





Living close to their grandchildren means Dawn and John Teig can spend time with Addy and Gracie often.



# *A Special* BOND

**Local grandparents share why living close to their grandkids is so important to them.**

**By Lindsey Giardino**

These days, kids often grow up, move away and start family and careers far from where they grew up. Siblings are often scattered across the country and even the globe. Dinners with the extended family is now regulated to the holidays, when those who are able make the trip “back home.” But there is something about grandkids that brings about another family shift. Many young families decide their kids would benefit from having family close by, and many grandparents find retirement is the perfect time for making a move closer to family. Some of those grandparents who live close to their grandkids share what it means to them to form the special bonds that come from time spent together.



**Home is where family is**

For Kathy Greer, home is where her kids — and grandkids — are.

After spending many years in Pleasantville, Greer moved to Polk City in 2020 to be closer to her two sons — one in Ankeny and the other in Des Moines. Around the same time, her daughter started college at the University of Iowa, making Greer an empty nester.

Greer has a close relationship with all three of her children and is now building similar bonds with her three — soon to be four — grandchildren. Her first grandson, Kane, entered her life at age 3 when her son married. He is now 9. Her other grandchildren are 1, and she's expecting a granddaughter in May.

Greer first talked of being a grandmother during a family vacation years ago. She told her children that, when they had kids, she wanted to be called “GG” (Grandma Greer). Her oldest son joked, “They’ll call you whatever we want them to.”

Meanwhile, her middle son shut down the debate, saying, “You’re not having kids, so Mom gets to decide.”

After Kane came into Greer’s life, he

greeted her one day by saying, “Hi Granny,” a nickname her son had clearly orchestrated for fun.

Then, a few years later, at a swim party, Kane told a friend, “She’s not my grandma, she’s my granny.” When the little girl asked what that meant, Kane explained, “It’s like a grandma, but younger.”

One of the things Greer enjoys most about being a grandmother is the flexibility it gives her to be present in her grandkids’ lives. She gets to attend Kane’s activities, spend quality time with her grandkids regularly and offer support whenever needed. She often takes one grandson to daycare and occasionally keeps him overnight, not only enjoying the time together but also lending a helping hand to his parents.

Likewise, becoming a grandmother has given her a deep appreciation for her own in-laws. They were there for her and the kids, attending events and stepping in when she was sick. Today, she gets to be that source of support for her family.

“Now that my kids are adults, one of my biggest regrets — and it’s nothing you can do



Kathy Greer and husband Russ Young took grandson Kane for a vacation.



*iris & ray's*  
**EYEATTIC**

**(515) 500-6873**  
**eyeattic.com**



**Mallori Phillips**  
**Optometrist**

anything about it at the time because it is what it is — is that lack of patience,” she says, recalling the endless responsibilities of raising children. “But when my grandkids come here, I can stop the world and devote my attention to them.”

She can rock sick kids as long as they need or walk a fussy baby back and forth in the wee hours of the night.

“I’m not thinking about that thing I need to get to next, because I know I can get to it tomorrow,” Greer says. “It’s a different feeling as you age.”

As a mental health therapist by profession, Greer understands how secure attachments in early childhood shape adult relationships. Grandparents can play a key role in developing these types of attachments, providing a sense of security that lasts a lifetime.

To ensure she’s always ready for her grandkids, Greer has transformed her home into a second home for them, complete with a full nursery, a car seat, and everything babies and kids might need.

With each grandchild who enters her life, Greer reaffirms her belief that family is everything.

### Teaching grandkids new skills

Family is at the heart of Dawn Teig and her husband, John’s, life. Living close to their grandchildren makes it even more special.

Their daughter, Lindsay, and her husband, Nick, both North Polk graduates, live in Polk City with their daughters, Addison and Grace. Their son, Dustin, and his wife, Alyssa, now reside on the family acreage in Elkhart with their baby boy, Cooper. The Teigs’ youngest daughter, Ali, lives in Raleigh, North Carolina, but still remains closely connected to the family.

With three grandchildren, Dawn and John have embraced their roles as “Cocoa Grandma” and “Cocoa Papa,” a nickname that originated when their oldest granddaughter, Addy, was learning to talk. To differentiate between sets of grandparents, she attached their dog’s name to their titles. The name has stuck for more than a decade.

Living close to their grandkids has allowed the Teigs to be a part of their daily lives in ways they find meaningful.

“We like to go to local parks, theaters, the zoo and the state fair,” Teig says. “I think we are more conscious of things to do with kids in

our community since we are now retired and have the time. But it is also fun staying home and riding four-wheelers, setting up forts and playhouses, designing playsets and crafting.”

This allows the Teigs to teach the grandkids skills and hobbies they enjoy, like sewing, baking, woodworking and exploring nature.

“We think this will help them figure out what their interests are and what they may want to pursue in their careers and personal lives as they get older,” Teig says.

Being close to the grandkids is also a blessing because, when the Teigs’ kids want to go out to dinner or take a weekend away, they know the grandparents are more than happy to help.

“It is so heartwarming that our grandkids feel right at home hanging out at our house,” Teig says.

Teig sees her role as a grandparent as an extension of the supportive upbringing she and John experienced. Both grew up close to their grandparents. John even lived on the same farm as his.

“I hope that will be the case with our grandkids,” Teig says. “As they get older and busier, our time with them will decrease, but I

# Share your heart. Donate blood.

Save lives, support heart health,  
and share your love by donating blood.



“ Thank you for your donation. This helped my two month old son. He just had open heart surgery last week and was placed on VV Ecmo to help support his lungs. I appreciate you taking the time to do this selfless thing. My little boy is my whole world. We would not be here had you not donated your blood to help my baby.”

Heart patients rely on heroes like you. By **donating blood** this month, you’re giving more than a pint—you’re giving hope and strength to someone in need. Let’s make Heart Month a time to give back to the heart of your community.



SCAN

**SCHEDULE YOUR APPOINTMENT**

[lifeserve.info/schedule](https://lifeserve.info/schedule)

800.287.4903





think being close and being able to attend their school and sports events will help them remember we are always in their corner cheering them on. Hopefully, it will also instill in them the importance of family so this will carry on to future generations.”

One of Teig’s favorite traditions is having the grandkids over at least one day a week when their parents are working. Holiday gatherings and birthdays are also made easier with family living nearby.

While Teig has many great memories with the grandkids, this past summer stood out for her. Two years after settling into a new home, a tornado damaged their property. Despite the chaos and not being able to live in their house for a period of time, their swimming pool became a place of solace and fun. Addy became a confident swimmer, Grace learned to swim independently, and they all welcomed baby Cooper into the family.

“The three of them played very important roles in getting Grandpa and Grandma through a difficult time,” Teig says. “We are so grateful we had them close

by.”

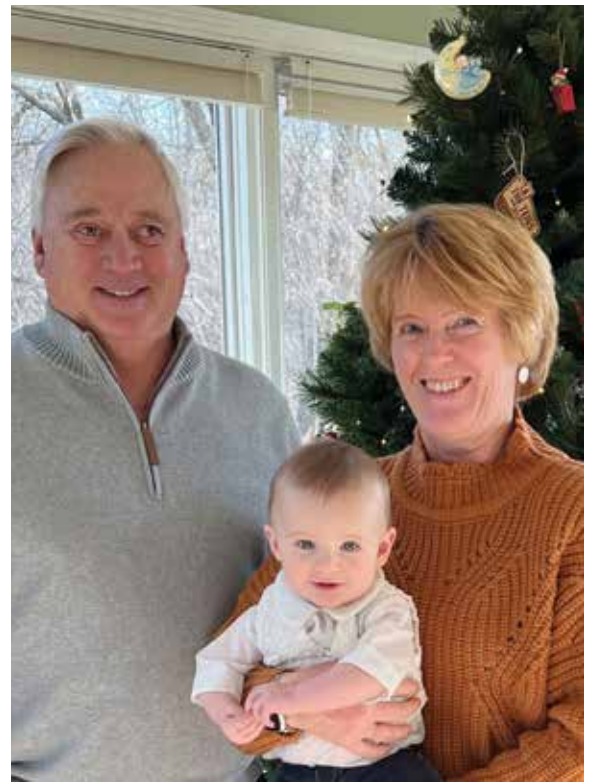
Teig also sees the benefit of living close, not just for the grandkids, but for her relationships with her own children.

“Watching our kids and their spouses become parents is one of the best experiences we have ever had,” Teig says.

It also means the Teigs are available on short notice to help out with the grandkids, especially during a hectic time of life.

“We remember how stressful it could be in situations when you feel like you need to be in two places at the same time,” she says. “We are thrilled to help them during this stage, and we know how much they appreciate it. I know we are close to reaching a point where we are more dependent on them than they are on us, and we are very confident that we are in good hands.”

Though their youngest daughter, Ali, lives further away, technology helps them stay connected. Frequent visits and video calls ensure that their relationship remains strong, and Teig takes comfort in knowing that, no matter the distance, family will always be a priority.



John and Dawn Teig are able to be part of grandson Cooper’s life as he grows up.

## Considering a move or remodel this year? We’re ready to help.



✔ Quick Loan Approval

✔ No Closing Cost Option  
*Purchases & Refinances*

✔ Loans Serviced Locally

✔ Competitive Rates



**Kristin Christensen**  
515-984-7100  
NMLS #1893769



**Brandon Converse**  
515-984-7100  
NMLS #1380837



**Dawn Fay**  
515-984-7100  
NMLS #1226093



**Scott Bishop**  
515-987-2116  
NMLS #1021523



**Brian Byrnes**  
515-987-2116  
NMLS #41854



**Mic Hayes**  
515-987-2116  
NMLS #41860



**Angie Sprenger**  
515-987-2116  
NMLS #1893794



**Richard Cook**  
515-410-9800  
NMLS #400117

**Polk City**  
855 West Bridge Road  
Polk City, IA 50226

**Clive**  
18390 Holcomb Court  
Clive, IA 50325

**Norwalk**  
9321 Market Place Drive  
Norwalk, IA 50211

[LuanaSavingsBank.com/Mortgage](http://LuanaSavingsBank.com/Mortgage)



**Voted Metro's Best Bank!**  
2020-2024

**Sharing her daughter’s legacy with the next generation**

For Karen Erikson, the joy of having her grandchildren nearby is immense. Her oldest daughter met her husband in high school, and they have given Erikson two grandkids, ages 4 and 2, who also live in town.

She loves being able to text her daughter after work and stop by for baby snuggles at a moment’s notice. She and her husband are also able to take the grandkids on fun outings, like visiting the Christmas train in Boone or attending Disney on Ice.

But perhaps what’s most meaningful about living close to her grandkids is the ability to share her middle daughter, Luz’s, legacy with them. Luz lost her battle to mental illness two and a half years ago. At the time, Erikson’s oldest grandson was just 6 months old, and on the very day they received the devastating news, her daughter also found out she was pregnant with her youngest son. The bittersweet timing of these events has left a lasting mark on Erikson.

“Having lost something so important and then having these two grandbabies, I don’t know what I would have done without them,” Erikson says. “They bring so much joy and love to our family.”

In honor of Luz’s memory, her youngest grandson, Vincent, carries a special name. Luz means “light” in Spanish, and Vincent’s middle name is Ori, which is Hebrew for light. This is just one way Erikson finds comfort in sharing Luz’s memory with her grandchildren.

“There’s little bits of reminders there,” she says. “Luz worked in childcare and loved kids. I know she would so much love her nephews if she were still here.”

Living close to her grandkids also allows Erikson to be an active part of their daily lives. She keeps car seats in her car so she can pick them up for spontaneous trips to get donuts or ice cream. Being able to spend time with them so freely is something she deeply appreciates.

And while the grandparent-grandchild relationship is one of life’s greatest joys for Erikson, she believes it takes effort to make it truly meaningful.

“It’s such a special relationship, but you have to put in the time to make it everything it can be,” she says. “I don’t take having my grandkids close for granted. It’s such a blessing.”



Karen Erickson cherishes living near family and being part of her grandchildren’s lives. Photo by Andrea Dahlberg Photography



Lucienne and Don Buell enjoy country living, which includes having some of their grandkids living on the same property as they do and others across the road.

**Sharing love and land**

Lucienne and Don Buell have called Elkhart home since 1985, but their connection to the land goes back even further as Don’s family has owned their farm since the 1960s. Over the years, their family has grown, and they now take great joy in having their grandchildren nearby — on the same land, in fact.

One of the greatest blessings of living so close is the simple joy of their grandkids being able to run across the field to visit. Before they started school, Lucienne and Don watched them often and formed special bonds with them.

“There’s something comforting about them being so close,” Lucienne shares.

Don agrees, appreciating the convenience and closeness of family.

“If one of them wants to come down and visit, they can,” he says.

Their son, Kerbie, also benefits from the arrangement, as he and Don help each other with house projects.

“It works out great,” Don says.

Their second-oldest child also lives just across the road, making it easy for family gatherings and spontaneous visits with them as well. Lucienne and Don feel incredibly fortunate for this setup.

“We feel very blessed,” Lucienne says. “It’s huge to be able to have some influence on our grandkids’ lives.”

As their grandkids grow, the relationship continues to evolve. The older kids often help the Buells with technology, and Lucienne and Don appreciate the balance of learning and teaching that takes place.

“It’s always been interesting to us that the older these boys get, the wiser Grandma and Grandpa get to be,” Don jokes. ■



# POLK CITY Community Library news

• **Chair Yoga, Mondays, 9 a.m.** (no Chair Yoga March 10 and March 17). Join Rachel via Zoom. We will be broadcasting the class on the big screen in the library, or you can join us from home. Yoga is for everyone and everybody. Yoga is not for flexible people but for people who want to become more flexible. 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, like a kitchen chair, and a small hand towel or kitchen dish towel. Join the Zoom meeting on our website at [polkcitylibrary.org](http://polkcitylibrary.org).

• **STEAM Storytime, Mondays, 10:15 a.m.** Attend Miss Nicole's session for a STEAM-themed story along with an engaging STEAM activity or experiment. Designed for ages 3-5.

• **Geri-Fit Strength Training Workouts, Tuesdays, 9 a.m.** Strength Training workouts that work for all ages and fitness levels. Geri-Fit is challenging, effective, and safe to do. The Geri-Fit program requires a set of light dumbbell weights, a sturdy chair, and water to drink during the workout. Ages 50 and older. Stretch bands and a Zoom link are available upon request.

• **Lil Comets Storytime, Tuesdays at 10:15 a.m.** Join Miss Nicole at the library for stories, songs and activity stations. Every story can be logged in our 1,000 Books Before Kindergarten program, too. Designed for ages 3 and younger.

• **Ladies' Wednesday Coffee, Wednesdays, 10 a.m. to noon.** Ladies, join us for coffee and conversation.

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

• **Men's Friday Coffee, 10 a.m. to noon.** Gentlemen, drop in for coffee and conversation. Enjoy spending time and having a few laughs or interesting discussions with other men from around the area.

• **Adult Crafternoon: Floral Lanterns, Tuesday, March 4, 2 p.m.** Join us for a fun afternoon of crafting. Make a beautifully simply floral lantern with dried flowers. All supplies will be provided. 17 and older, registration required.

• **Babble and Brew, Thursday, March 6, 10 a.m.** Playtime for them, coffee and conversation for you. Longing for grown-up conversation? We will have coffee for you and exciting, age-appropriate toys for the kiddos.

• **Lego Club, Tuesday, March 11, 3:45 p.m. grades K-2; 4:45 p.m. grades 3 and up.** Engage in learning through stacking and building with

these deceptively simple bricks. You can enhance your problem-solving skills and teamwork. For ages, 8-16. Registration is required online at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Nutrition for Heart Health Lunch and Learn Series with AHA HeartCorps, Wednesdays, March 12, March 26, April 9, April 23, 11:30 a.m.** Join us for this free lunch and learn series presented by the American Heart Association's HeartCorps! We'll be learning about the ways our diet can shape our heart health while enjoying a simple heart-healthy lunch prepared by the library. Aimed at adults, registration required. Register online at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Wiggles and Giggles: Music and Movement for Tots, Thursday, March 13, 10 a.m.** A fun-filled, interactive class designed for toddlers and their caretakers to enjoy together. You'll bond through lively songs, playful rhythms and easy dances while helping your little one develop coordination, balance and creativity. This joyful, hands-on experience is perfect for both of you to move, sing and laugh together in a safe and welcoming environment.

## Spring break special kids programming

• **Family Bingo, Monday, March 17, from 2-3 p.m.** Who doesn't love bingo or winning prizes? Registration is required.

• **Drop-In Craft, Tuesday, March 18, 2-4 p.m.** Drop in and work on a craft with your family. We will set up the craft and the supplies, and you just need to bring your creativity. All ages are welcome. Parents and guardians are required to stay with their children. Registration is required.

• **Kids Movie, Wednesday, March 19, 2-4 p.m.** Come enjoy a movie and some yummy popcorn at the library. Parents and guardians are required to stay with their children. Registration is required.

• **Teen D.I.Y. Diamond Painting, Thursday, March 20, 2-3 p.m.** Middle and high schoolers will enjoy diamond painting keychains and/or stickers. Diamond painting is similar to paint by numbers except that you are working with tiny rhinestones that stick to the canvas or particular item you are painting. Registration is required.

• **Stuffy Sleepover, Thursday, March 20 - Friday, March 21.** Invite your child's stuffed animal to a sleepover at the library. Their stuffy will enjoy a variety of fun activities with other stuffed friends. A first aid area will be available for any minor repairs if necessary. Please note

## Polk City Community Library

1500 W. Broadway St., Polk City

515-984-6119

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

that space is limited, and registration is required.

• **Comets Kid Club:** No Comets Kids Club in March due to spring break.

• **Author Talk with Robert Kerr, Thursday, March 13, 6 p.m.** Come listen to Polk City author Robert Kerr discuss the art of writing and research for his newest novel, "Grave Revelation: A Bree Madsen Mystery."

• **Adult Coloring, Tuesday March 18, 5-7 p.m.** Join us for a relaxing evening of coloring. Colored pencils and gel pens will be provided. You are also welcome to bring your own. 17 and older.

• **All-Abilities Club (for adults with intellectual/developmental disabilities), Wednesday, March 19, 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. At this session, we'll be making birdfeeders, reading a fun bird story, and playing bird bingo. Register online at [polkcitylibrary.org](http://polkcitylibrary.org)

• **Messy Munchkins, Thursday, March 20, 10-11 a.m.** This fun-filled program invites little ones to dive into sensory play with squishy, splattery activities. Dress them in old clothes and watch as they explore, create and get delightfully messy in a safe environment.

• **Adult DIY: Mushroom Jars, Thursday, March 27 6 p.m.** Come spend an evening crafting with us. We'll be turning glass jars into adorable mushroom houses fit for a gnome or fairy. Ages 17 and older, registration required.

• **Adult DIY Card Crafting, Monday, March 31, 6 p.m.** Join Jane and Kim in making handmade cards that are fun to create and are treasured by the recipients. There will be a \$5 material fee payable that night. Beginners are welcome. Feel free to bring scissors and adhesive if you have them, and prepare to have a good time. 17 and older. Register online at [polkcitylibrary.org](http://polkcitylibrary.org) one month in advance. ■



# TACKLE wellness goals by adding a touch of green

Better-for-you recipes inspired by savory salad kits

*(Family Features)* Around the start of a new year, many people are setting their wellness intentions, from incorporating a variety of greens into meals to boosting daily step goals, drinking more water and practicing gratitude.

As part of the journey, it's important to rethink nutrition and your recipe repertoire to include better-for-you meals. For example, you can satisfy seafood cravings while getting your protein fix with Italian Crusted Salmon with Creamy Truffle Caesar Salad. This one-pan solution is paired with a Fresh Express Twisted Creamy Truffle Caesar Chopped Salad Kit, inspired by high-end dining experiences with flavors that transport you to the finest restaurants around the world.

The kit allows you to indulge in crunchy garlic brioche croutons paired with garden fresh crispy romaine lettuce, delicate sprinkles of truffle Parmesan cheese shreds and creamy dressing, transforming every bite into a sensation to be savored.

Visit [freshexpress.com](http://freshexpress.com) to discover more than 380 fresh recipes and find a store near you. ■

## Italian crusted salmon with creamy truffle Caesar salad

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Servings:** 2

- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 2 teaspoons chopped, fresh rosemary
- 1/2 teaspoon honey
- 1/4 teaspoon salt
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon olive oil
- 2 salmon fillets
- nonstick cooking spray
- 1 bag (9.3 ounces) Fresh Express Twisted Creamy Truffle Caesar Chopped Kit Salad
- 2 lemon wedges (optional)

### DIRECTIONS

- Heat oven to 425 F. Line sheet pan with parchment paper.
- In small bowl, combine garlic, lemon juice, rosemary, honey and salt. In another small



- bowl, combine breadcrumbs, walnuts and olive oil.
- Place salmon on prepared sheet pan. Spread mustard mixture over fish; sprinkle with panko mixture, pressing to adhere. Lightly coat with nonstick cooking spray.
- Bake 12-15 minutes, or until fish flakes easily with fork.
- Place greens from salad kit in large bowl. Drizzle with dressing; mix well.
- Evenly divide salad among two plates. Top with salmon. Serve each with lemon wedge, if desired.

**“THE SUPPORT STAFF AT AVAILA BANK IS EXCELLENT!”**

“Tender Years Daycare and Garbage Guys have had a working relationship with Availa Bank ever since they came to the Ankeny area. The support staff at Availa is excellent! They try to answer all my questions, and if they can't, they go out of their way to find someone who can.” — Paula Eichinger

AMES / ANKENY / CARROLL / COON RAPIDS / COUNCIL BLUFFS  
FORT DODGE / HOLSTEIN / JEWELL / NEVADA / OMAHA  
POCAHONTAS / SIOUX CITY / WEBSTER CITY

Availa Bank  
BANKING IN IOWA SINCE 1870.  
Visit us at [availa.bank](http://availa.bank).  
FDIC



# NO BETTER Valentine gift than well-being at home

Stephanie, 70, has lived in her townhome in Urbandale for nearly 30 years and hopes to remain there, but her two sons are worried. Stephanie is healthy, but if she were to need assistance at some point, her sons can't always provide immediate help, as one lives out of state and the other travels for work.



Stephanie's sons' concerns are reasonable; staying in our homes independently as we age is not always possible. Health challenges can make living independently ill-advised, and full-time assistance at home is expensive.

So, you may be asking yourself, on your own behalf or on behalf of someone you love: "If moving into a community for older adults is not a desired option and there are concerns about health or independence issues, what can I do?"

Consider a continuing care at home (CC@H) membership. Usually administered by an organization that serves older adults, a CC@H program is designed to help people proactively focus on their health at home while planning for potential services and care down the road.

If you're interested in looking into such a program, make sure to ask specifically what it includes. A reputable 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.

Here are some questions you'll want to consider asking before you join a program:

- **Does the program feature personal support?** Studies show people who embark on a life-enriching program or activity will be more likely to succeed with encouragement from a trusted adviser, advocate, or coach.

- **Does it include care costs?** A solid program will help pay for your care, if it's needed, whether through home healthcare or services in a community later on.

- **How long has the organization that's backing the program been in business, and what's its reputation?** Even if the program itself does offer all the services you're looking for, make sure you're comfortable with the organization itself. A reputable provider will have longevity and solid outcomes behind it.

Not all continuing care at home programs are created equal! If a specific one appeals to you, make sure it meets both your current and future needs and provides you with peace of mind. ■

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. To learn more, visit [wesleylife.org/wellahead](http://wesleylife.org/wellahead).

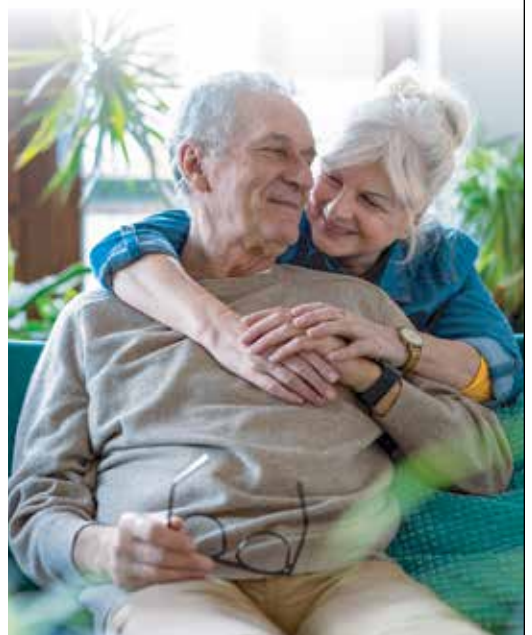
For a joy-filled 2025,  
**here's your plan.**

Stay on course for a healthy life right where you want to be. With WellAhead, you can:

- Remain at home
- Keep your well-being in focus
- Protect your assets
- Plan for future health needs

Call (515) 642-1726 for more information — and consider the peace of mind you'll give your family when they know you're well at home with WellAhead.

  
**WellAhead**  
A WesleyLife Well-Being Experience



(515) 642-1726 | [wesleylife.org/wellahead](http://wesleylife.org/wellahead)

This institution is an equal opportunity provider and employer.





# Medicare solutions that fit your life. We can help!



**Corey Hoodjer**  
Farm Bureau Financial Services  
515-420-6160  
101 E Bridge Rd, Suite D  
Polk City  
<https://www.fbfs.com/find-an-agent/coreyhoodjer>

An authorized  
independent agent for



Medicare Advantage plans are provided by Wellmark Advantage Health Plan, Inc. Medicare supplement plans are provided by Wellmark Blue Cross and Blue Shield of Iowa and Wellmark Blue Cross and Blue Shield of South Dakota. This is a solicitation of insurance. MedicareBlue SupplementSM can only be purchased by Iowa and South Dakota residents, respectively. MedicareBlue Supplement insurance plans are not connected with or endorsed by the U.S. government or the federal Medicare program. Wellmark Advantage Health Plan, Inc., Wellmark Blue Cross and Blue Shield of Iowa, and Wellmark Blue Cross and Blue Shield of South Dakota are independent licensees of the Blue Cross and Blue Shield Association.

W-2022535 09/23

Y0156\_CoopPrAdFYLIASD\_C FVNR 1023

## INSURANCE By Corey Hoodjer

### REVIEW your insurance policy

As you reflect on this year, it may be time to review your insurance policy. What matters the most to you? What do you want to ensure is protected in the new year? The future can be unpredictable, and you may want to ensure everything in your insurance policy is current as the new year begins.



Before changing anything on your policy, it's important to review your insurance coverage to see if you have any coverage gaps. Looking at all your insurance policies together could help ensure you aren't overpaying on any of your coverage.

It's also possible that you may have missed opportunities to lower your insurance premiums, like bundling your home and auto coverage.

Many companies also offer additional discount opportunities, such as discounts for good students or adding a financial services product, such as life insurance, to your coverages.

Life changes fast, and you never know when the unexpected could happen. As the new year begins, make sure you're protected by talking to a professional agent who can help you understand what coverages you have, which you do not, and what gaps exist in your current plan. ■

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.

## INVESTMENT By Kyle Matzen

### WHAT TO KNOW before 'reversing' your retirement

After working for decades, you may have been looking forward to retiring. But what if you decide to "reverse" your retirement?



You could rejoin the workforce to help pay for living expenses, but you also might miss the social interactions with co-workers, or simply desire more purpose or stimulation in your life.

In any case, you'll want to consider the advantages and possible drawbacks of going back to work.

As for the advantages, you'll be increasing your cash flow, which can allow you to do more of what you enjoy, such as traveling. You also might be able to pay down debts. The added income might allow you to withdraw less money from your 401(k) or IRA. And you might be eligible for your employer's group medical insurance.

Regarding the possible disadvantages, your earned income could cause you to lose some Social Security benefits temporarily if you go back to work before your full retirement age. Also, the extra income could increase your Medicare premiums or even push you into a higher income tax bracket.

Ultimately, if it seems the advantages outweigh the disadvantages, you may well enjoy embarking on your "second act" in the working world. ■

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

Edward Jones

> [edwardjones.com](http://edwardjones.com) | Member SIPC



Retirement happens whether you're  
ready or not. Being ready is better.

Call to schedule a one-on-one.



**Kyle Matzen**  
AAMS™  
Financial Advisor  
407 W Bridge Rd Ste 7  
Polk City, IA 50226  
515-984-6073

**Mary Leimer**  
Sr. BOA

MKT-58940-A-A1 AECSPAD 24214658

# KIWANIS honors Seniors of the Month

Three students were named January Kiwanis Club Seniors of the Month. They are Carter Van Brocklin, Maddi Henrichs and Nathan Feldmann.

## Carter Van Brocklin

“My name is Carter Van Brocklin, and I am a senior at North Polk High School. I participate in football and track and am also involved in National Honor Society. In my free time, I enjoy mowing lawns and spending time outdoors with my family and friends. I enlisted in the Iowa Air National Guard last June and will go to basic training this summer. Following basic training, I plan to attend the University of Northern Iowa to major in construction management.”

Carter’s parents are Christy and Brian Van Brocklin, and siblings are Luke and Cole. Carter’s favorite subjects are math and sciences. Carter has been on the DMACC President’s List and Golden Honor Roll. He has twice been named to All-District Football.



## Maddi Henrichs

“My name is Maddi Henrichs, and I am in my last semester at North Polk High School. Outside of school, I am involved in track and field, FFA, National Honor Society, National Spanish Honor Society, and church youth group. When I’m not busy with those activities, I enjoy working, reading, baking, riding my horse and hanging out with friends. Last summer, during the State Fair, I spent all week volunteering with my FFA Chapter at The Avenue of Breeds. Volunteering my time has been a great tool for learning important life skills and gaining opportunities to collaborate with others. After graduation, I plan on attending DMACC to major in nursing and then getting my BSN at Mercy or the University of Iowa.”

Maddi is the daughter of Jill Breeser. Her siblings are Macy, Iron, Navy, Kingston and Oaklin. Her favorite classes are anatomy and ag. Honors include student of the month, volleyball academic all-state, honor roll and DMACC President’s List.



## Nathan Feldmann

Nathan Feldmann is the son of Greg and Erin Feldmann and sibling of Jacob Feldmann, a junior at Iowa State University, and Lauren Feldmann, a sophomore at North Polk.

“I have a strong passion for sports, especially football. A highlight of my senior year was being a part of the undefeated North Polk 4A State Championship team. I played quarterback and safety and received All State Honors. I am also a member of the National Honor Society and have completed over 100 hours of community service. I am a member of Saint Mary’s Catholic Church in Elkhart. I look forward to continuing my academic and athletic career at Dordt University in Sioux Center.”

His honors include being team captain in football, First Team All-State in football, and a seven-time State Track qualifier. He is active in church and volunteers at youth sports camps. ■



# Join Us

## FOR FISH FRIDAYS DURING LENT


**STATIONS OF THE CROSS STARTING @ 5PM, FOLLOWED WITH MASS FISH FRY • STARTS MARCH 7 • 5:30–7PM • DRIVE-UP, DINE-IN AND CARRY-OUT**

*Baked Fish, Fried Fish, B. Potato, French Fries (For Dine-In Only), Homemade Cole Slaw, Dinner Rolls, Homemade Cheese Pizza, Beverage and your choice of a Dessert from the Catholic Women's Club (For Dine-In Only)*  
FREE WILL OFFERING

<p><b>Rosary</b> Every Tuesday evening @ 7:30pm</p> <p><b>Pickleball Fanatics</b> Join us on Tuesday &amp; Wednesday 8:30am-11am \$2 each day to play</p> <p><b>Indoor Walking (gym)</b> Monday 9am-12noon</p> <p><b>Adoration/Benediction</b> 3rd Tuesday of the month 3/18, 4/15, 5/20</p> <p><b>Adult Faith Study Group on the Acts</b> (2nd Session) goes until March 24 Mondays @ 8:30am and Wednesday @ 5 &amp; 7 pm</p> <p><b>"That Man Is You"</b> Every Tuesday at 8pm 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22</p>	<p><b>Next Baptismal Prep Class</b> Sunday, March 9 @ 1pm register w/Brenda at the Parish Office</p> <p><b>Adult Trivia Night (registration online)</b> www.assumptiongranger.org February 22nd @ 6pm • build your own team of 6 or register to be added to a team Pizza and beverages provided!</p> <p><b>Blest Art (Olivewood art from Bethlehem)</b> March 1 &amp; 2 after all Masses</p> <p><b>Free Health Screening</b> March 1 from 8-12 noon • Assumption gym</p> <p><b>Ash Wednesday Masses 8am &amp; 7pm</b></p> <p><b>Happy Hours during Lent "Cabriini" @ 6pm</b></p> <p><b>Confirmation with Bishop Joensen April 23 @ 7pm</b></p> <p><b>First Eucharist April 27 @ 1pm</b></p>
---	---

*1st Saturday of the Month morning Mass at 8am*  
**MASS TIMES:** Monday-Friday: 8am | Saturday: 5pm | Sunday: 9am & 5pm  
**RECONCILIATION:** Saturdays at 4pm

**1906 Sycamore Street, Granger**  
[www.assumptiongranger.com](http://www.assumptiongranger.com)  
PASTOR-REV. DOMINIC ASSIM  
PO Box 159, Granger • 515-999-2239 • parish@assumptiongranger.com





# TYPES of Social Security disability

Social Security Disability is a program managed by the Federal government. This program provides income to those who are unable to work due to physical or mental conditions that will last more than a



year or result in the individual's death, and the conditions prevent the individual from performing any type of work activity. The two main programs of Social Security Disability are Social Security Disability Insurance and Supplemental Security Income.

**Social Security Disability Insurance**, which is also referred to as SSDI, is a program that provides benefits based on the individual's work history and the amount that he or she has paid into Social Security. Applicants under this program must be younger than 65 and have

enough "work credits" earned.

**Supplemental Security Income**, which is also referred to as SSI, is a program intended for those who have not worked long enough to qualify for Social Security Disability Insurance. In addition, an individual who has never worked may be eligible for Supplemental Security Income. Individuals applying for this program must have limited income and resources. These guidelines generally match the eligibility criteria for Medicaid (Title XIX).

The application and appeal process are similar for the two programs. The first step is the initial application, where the applicant submits an application and all medical evidence to the Social Security Administration. If the initial claim is denied, then the applicant has 60 days to file an appeal, which is referred to as a request for reconsideration.

Next, if the request for reconsideration is denied, then a request for a hearing may be

filed. This hearing will allow the applicant to appear before an administrative law judge. After the hearing, the administrative law judge will issue a decision regarding the individual's disability status. If the administrative law judge issues an unfavorable decision, an appeal to the Appeals Council may be submitted. The final appeal step is to request the Federal District Court to review the decision. An applicant may be represented by an attorney at all levels.

In certain cases, an individual may be eligible for both programs. Applying for disability can be a long and complicated process. An expert attorney is able to analyze an individual's eligibility and assist with the application and appeal processes. ■

Information provided by Gail Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

## WHERE TO BEGIN?

YOU DON'T HAVE TO DO THIS ALONE. WE CAN HELP GUIDE YOU.

SUPERIOR SERVICE. LEGAL SOLUTIONS.

FOR 38 YEARS



### EXPERIENCED ATTORNEYS SINCE 1987

Wills, Trusts, & Estate Planning ■ Residential Real Estate  
 Probate & Estate Administration ■ Social Security Disability  
 Business Formation & Planning ■ Medicaid & Asset Protection



**ABENDROTH RUSSELL BARNETT LAW FIRM**  
 ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

2560 73rd St., Urbandale ■ 515.278.0623 ■ [www.ARPCLaw.com](http://www.ARPCLaw.com)

The **ONLY** poll mailed to residential households. **VOTE NOW!**

# IT'S BACK!

**Who will be voted favorite in Ankeny and Northern Polk County?**

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.



Make your voice be heard and cast your votes in the 2025 Ankeny and Northern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish April issues of Ankeny and North Polk magazines. You can vote in one or every category, or anywhere in between.

**HURRY! POLL CLOSES MARCH 1, 2025.**

See rules and vote at [www.iowalivingmagazines.com/residentspoll](http://www.iowalivingmagazines.com/residentspoll). One vote per resident, please.

SCAN HERE TO VOTE TODAY!



## FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Server/Bartender

## AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

## COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot
- Coach
- Teacher

## SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Florist

## ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

## HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Chiropractic Office
- Vision Care
- Health Club or Gym
- Pharmacy
- Cosmetic Service
- Physical Therapy

## HEALTH/BEAUTY

- Alternative Health Care
- Weight Loss Clinic
- Medical Spa
- Dance Studio
- Gymnastics and/or Tumbling Studio
- CBD Store

## OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Veterinarian
- Lawn Care Business
- Landscaping Company
- Heating and Cooling Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Place for Guests to Stay
- Contractor/Construction Services/Remodeling
- Cleaning Company
- Painting Company
- Home Builder



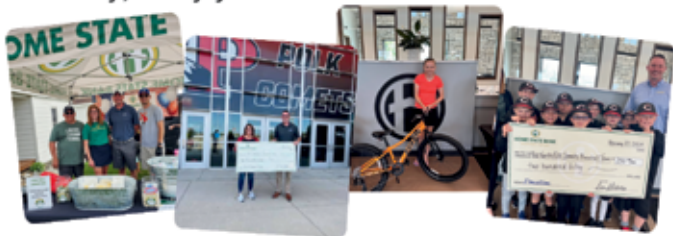
# HOME STATE BANK

## Happenings

### ONE YEAR OF JOY & FUN!

January 18th marked our one-year anniversary of opening in Polk City. Since that day, we have kept busy within and outside our bank walls.

From sponsoring amazing community events like Light Up Polk City and the 4 Seasons Festival to hosting a local small business scavenger hunt, we're incredibly honored to be a part of the Polk City community and hope to continue contributing for many, many years to come.



## SWITCH & GIVE DONATIONS

Throughout 2024, Home State Bank offered a switch and give promotion to support local charitable organizations in Polk City.

Home State Bank donated \$25 to the customer's charity of choice for each new account. We're excited to share that we raised \$4,875 in total that will be distributed to 16 different organizations!



## CLOSURES

**Closed:** February 17 for President's Day

101 E. Bridge Road | Polk City | 515-329-8801



## FINANCE

By Rachel Moler and Tamra Wayman

# SMART savings have goals

When people think of savings, they usually think of long-term goals, such as an emergency fund, car or home down payment, etc. However, many people overlook the benefits of savings accounts for short-term goals.

Many financial institutions offer savings accounts for specific goals. Why should you consider opening one of these? First, having a particular goal helps people save. When you've identified what you're saving for, you're more apt to contribute because it's something you want, and you know the amount you need to save. Saving for a vague amount and unknown use can cause people to not be as disciplined in saving.

While some banking institutions have specific goal-oriented savings accounts available to open (like a vacation, college or holiday), you can always open more than one general savings account and mark it for "vacation" or "holiday."

Check out some examples below of how these can benefit you.

**Vacations:** While the expenses for vacations can greatly vary based on how you travel, length of vacation, and number of people, setting aside money for a vacation can still seem daunting. Based on 2024 numbers, the average cost of a vacation for one person was \$1,984, and for a family was around \$7,936.\*

Vacations should be fun and relaxing and there's no need to pile on financial burden or stress to pay for them. A vacation savings account may be a great option to relieve stress and ensure you can take those deserved vacations each year.

**Holiday shopping:** While we're sure the holidays brought you joy, they may have piled on unnecessary financial stress. On average, Americans spend a little under \$1,000 on holiday gifts, décor and other holiday items.

Wouldn't it feel great to go into the holiday season knowing you have the funds to cover everything and not go into any debt or max out those cards?

Opening a holiday savings account is a great way to set aside something each month to cover those expenses and truly enjoy the holidays. You can even opt to make it a joint account with your loved ones to boost savings and returns.

The benefits of these savings accounts come from variable interest rates that help grow your savings quicker than a traditional savings account. Another benefit is ensuring these funds are earmarked for specific uses, such as vacations or holidays.

When it comes to saving, consider these special savings accounts. The future you will thank you, and you're sure to reach your goal quicker having identified a purpose.

Contact your local banking institution to see what they offer for savings accounts and enjoy a less stressful financial year and holiday season. ■

Information provided by Rachel Moler and Tamra Wayman, universal bankers, Home State Bank, 101 E. Bridge Road, Polk City, 515-329-8801.

\* <https://gogocharters.com/blog/average-vacation-cost/>



Rachel Moler



Tamra Wayman

# NORTH POLK artwork exhibited

## 70 students display art at Ankeny Art Center

The Ankeny Art Center invites the public to a North Polk student art exhibit through March 14, with a reception on Feb. 20. The exhibit showcases more than 100 art pieces from 70 North Polk High School students. Overall, the show contains artwork from more than 250 kindergarten through high school student artists.

Sylvia Dresen, senior at NPHS, is displaying four different art pieces, including two watercolor paintings with Greek inspiration and a pencil drawing on a suede board of a bumblebee.

Sylvia obtains inspiration from her experiences and surroundings for her art.

“I appreciate the sense of community it brings with others in the art room, being able to see the wide variety of ideas other people have,” she says. “Overall, art is an amazing tool for self-expression, and there is nothing more fulfilling than finishing an art piece after hours of work.”

Emy Sander is senior at NPHS and one of her submissions is called “ἐλευθερία” (pronounced Elutheria), which is the ancient Greek word for freedom. The pencil sketch is of a statue of the Greek god Hermes, who was a symbol of freedom and peace in ancient Greece.

She explains why she chose the topic.

“Hermes has always been my favorite mythology figure, so I figured, why not draw him? I feel like many people don’t realize this about artists — we tend to draw what’s on our minds, not so much to describe some intended message or meaning, but because we want to get it out of our heads.”

After high school, Emy is attending college for animation and illustration, hoping to develop skills to create comics, become an author or work with cartoons.

“My dream someday is to use my art to create stories that inspire people, like other creators and stories have inspired me.”

NPHS art teacher Liz Huether helps select and coordinate the artists and their entries. She says it’s important to showcase high school students’ creations.

“This not only builds their confidence in their skill, but it helps develop a creative environment in the greater community. Supporting our young artists shows them that we value the time and effort that they are putting into art.” ■

### North Polk Student Art Exhibit

Ankeny Art Center, 1520 S.W. Ordinance Road, Ankeny  
 Reception for NP students:  
 Feb. 20, 5-7 p.m.  
 The show is open to the public from Feb. 19 - March 14 during normal Ankeny Art Center hours.



Emy Sander displays a pencil sketch drawing of the Greek messenger god Hermes.

# SLOWING down nearsightedness

Myopia, also known as being nearsighted, is on the rise and has become a worldwide epidemic. Today, around 40% of people in the U.S. are nearsighted compared to 20% only 30 years ago. One reason nearsightedness is on the rise is the increase in the amount of time people spend looking up close. Kids are especially affected as they are now spending less time outdoors and more time indoors and on devices. Digital devices have become common among children for education and entertainment at a young age.



On a positive note, studies have shown that outdoor time has some protective benefits in preventing myopia, and getting at least two hours of outdoor time daily is recommended. Other beneficial lifestyle modifications include taking a break after 30 minutes of near work and increasing the distance between you and your screen. Clinically, there are three options that can slow down nearsightedness by around 50%, and they are ortho k contact lenses, atropine eye drops, and MiSight soft contact lenses.

Ortho-k is a hard contact lens you wear while you sleep. This option has the added benefit of allowing you to see clearly without glasses or contacts during the day because it flattens the cornea. Atropine drops are low dose eye drops that are put in every evening before bed and can be combined with the other options. The third option, MiSight contact lenses, are similar to the soft contacts many people currently wear, but with the benefit of slowing down nearsightedness due to their multifocal design. ■

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

*We Love Your Eyes*

**Our optometrists are passionate about providing you with expert medical advice for all your eye health and vision needs.**

**Dr. Erica Seelye, OD, Dr. Kenneth R. Hansen, OD  
 Dr. Mandy Pietig, OD, Dr. Todd Pietig, OD**

**WHY CHOOSE US?**  
 Doctors • Value • Expert Staff • Over 1,000 frames to choose from!

Serving the Ankeny community for over 45 years!

ANKENY FAMILY  
**VISION**  
 CENTER

**Set Up Your Appointment Today!**  
[www.afvcweb.com](http://www.afvcweb.com)  
 311 N. Ankeny Blvd., Ankeny  
 515-964-1671



# BOLANDS celebrate 60th anniversary

A lifetime of love for each other and community

Bruce and Theresa (Terri) Boland are celebrating a remarkable milestone — 60 years of marriage.

The couple married on Jan. 22, 1965, in St. Louis, Missouri, and then made their home in Fort Dodge. While Terri focused on raising their three daughters and volunteering in many ways, Bruce worked in the car business. He eventually founded Boland Motor Company, one of Iowa's largest car dealerships.

In 1989, after selling the dealership, Bruce and Terri found their next adventure — moving to Johnston to explore entrepreneurial opportunities. Within a year, they stumbled upon their dream home in Polk City and fell in love with the area.

Over the past few decades, not only have Bruce and Terri enjoyed watching the town flourish, but they've also actively contributed to its growth and development. They transformed a run-down property on the square into an office building called The Point, creating affordable spaces for small businesses. Bruce's vision also extended to the development of the office spaces in the Business Park on Vista Lake. He also helped secure land for the new City Hall.

Philanthropy has been at the heart of the Bolands' lives as well. They've long been supporters of a variety of Polk City initiatives, from



Bruce and Theresa "Terri" Boland have spent 60 years devoted to each other and the communities they have called home.

**Iowa PBS**  
 **Passport**

Watch your favorite dramas anytime, anywhere.

Stream local and national shows on demand.

Sign up today at [iowapbs.org/passport](http://iowapbs.org/passport)

---

**New Local Shows**



**The Texas Tenors: Faith & Inspiration**  
March 2025



**Dogs of Service**  
March 2025



**Shift: The RAGBRAI Documentary**  
Jan 2025

the Four Seasons Festival to library programs and parks and recreation events. They also established a grant aimed at enhancing public spaces for the community, with recent funds supporting the addition of a GaGa ball pit and spring riders at Lost Lake Park. Additionally, they donated \$30,000 to refurbish the park on the Square.

After the 2020 derecho destroyed a 100-year-old tree on the square, the Bolands funded the creation of the totem pole monument — a piece symbolizing Polk City's motto, "A City for All Seasons."

During the pandemic, Bruce and Terri provided much-needed support for families in need by contributing to the NP Comet Cupboard and school meal programs, even covering electric bills for struggling families. Their philanthropic efforts continued in 2022 when they made a \$50,000 matching donation during the inaugural Polk City Community Foundation gala, and they followed that up with a \$20,000 contribution in 2023 to support the police and fire departments of Polk City.

Bruce and Terri's family includes three daughters: Valerie (Joel) Harris of Ankeny, Nanette Boland (Brian Butt) of Polk City, and Pamela (Jim) Oglesby, also of Polk City. They are proud grandparents to three grandchildren and three step-grandchildren, who have all been the heart of their lives.

It's clear that the 60 years Bruce and Terri have spent together have borne fruit, not only leaving a lasting impact on countless lives, but also shaping the future of Polk City. ■

## KNOWING the time is right

Couple grows their family through fostering.

Andrea Schubert Davis and Kali Davis had known for a long time that they wanted to grow their Polk City family but hadn't taken the "big" step. In April of 2020, a distant cousin of Kali's reached out to let them know that his granddaughter was in foster care and asked us if they would consider placement.

It was time.

"We knew us being foster parents was meant to be,"

Andrea says.

The family met with Four Oaks Family Connections, an organization that partners with the Department of Health and Human Services (HHS) to recruit, license, train and provide ongoing support to foster, kinship and adoptive families throughout the state of Iowa.

In order to become a foster parent, a mandatory 10 weeks of classes must be successfully completed, as well as a home study to assure the residence is safe.

All the boxes were checked. One foster child led to another, and to another, each with a different story.

"Each kiddo or sibling set we have brought into our home has had a different transition," Andrea says. "Babies tend to bond and adjust within a week or two. The older the child is, the harder it is for them to adjust and feel safe."

Trauma and food insecurity are the first main hurdles to adjust to, she adds. Hand in hand is the reassurance the children need to feel safe, to know where to access food and to learn to trust the new person or people in their lives. Each case was a learning experience for all parties involved.

"No child is the same, and no situation is the same," Andrea says. "Trauma response for kids changes often. What worked one day may not work the next day. There is a lot of grace needed and love to be shared as you remember this is not the child's fault. There are so many kids who deserve a loving and safe home while they are going through what is one of the hardest times of their life."

Andrea encourages those who are interested to take that next step. Like they did.

"There are never enough foster parents, and, if you are able to help just one kiddo, it makes a huge difference," she says.

Anyone wanting to learn more about foster care can attend one of Four Oaks Family Connections' virtual orientations held each Sunday and Wednesday nights. Instructions to register for orientation and a step by step look at the licensing process can be found at <https://iowafosterandadoption.org/how-to-get-started/>. ■



Andrea Schubert Davis and Kali Davis knew they wanted to be foster parents to Mayiah when asked to consider the possibility.

## HOOKED

Merrill shares the story of his first ride.

Being an auto enthusiast and a wrench turner can be mutually exclusive. One doesn't have to know every nook and cranny of an engine to be able to appreciate the purr of an engine.

Such is the case of David Merrill, who, right from the top, admits that he isn't the greatest when it comes to getting under a car and knowing everything there is to know about it.

"No, I'm not a good mechanic," he admits.

But that doesn't matter. He's a car lover, not a fixer.

Merrill's fascination began when he was but a teenager. At 14, he knew he wanted a car eventually and had his eyes open for the perfect one. And he found it. A 1929 Dodge Brothers sedan. He was hooked. Literally.

"We were on a family vacation in 1961 at Clear Lake and saw a tow truck with a 1929 Dodge on its hook," he says. "I talked my dad into following him to a local salvage yard."

Once there, they discovered that the tow truck owner had just purchased the vehicle at a farm sale for a whopping \$75. Merrill had been saving up from his paper route just for this exact occasion.

"I offered him \$125 and paid another \$75 to haul it to our home in Des Moines," he says.

Done deal.

Merrill was a proud young man. After all, this was his first real ride — and not a bad one at that. As a matter of a fact, it was what you could call "loaded."

"It had shades on the back windows, a heater, hydraulic brakes, a flower vase and a cigarette lighter," Merrill says. "They were all rare options for 1929."

There really wasn't too much work to do on it, so Merrill didn't feel the need to personalize it much. He liked it just the way it was.

"I kept it all original," he remembers.

And his love for cars was off and running.

Although Merrill sold that 1929 to a Chrysler dealer from the Chicago area about 10 years later, his penchant for the finer things in automobiles stayed. In later years, he would own a 1929 Ford Model A two-door, a 1979 Corvette, a 1973 Mustang convertible, 1965 and 1967 Corvair convertibles, and now, a 2003 Chevy SSR Super Sport roadster and LS 2 Corvette.

All this from that one fateful day in Clear Lake.

On a hook. ■



David Merrill with his first car, a 1929 Dodge Brothers sedan.



David Merrill has owned 1965 and 1967 Corvair convertibles among other classic cars.





## RSV can cause serious illness in infants and older adults.

RSV can cause fever, runny nose, wheezing and more. Vaccines and antibodies can help protect those most at risk.

**Who should get the RSV vaccine?**  
The Centers for Disease Control and Prevention (CDC) recommends the RSV vaccine for

- All adults 75 and older.
- Adults 60-74 with medical conditions like heart or lung disease.
- Children 8-19 months who are at increased risk for severe illness.
- Pregnant women in weeks 32-36 of pregnancy.



Health and Human Services



Ask your healthcare provider about RSV vaccines for your family.

Source: cdc.gov

## EVENTS IN THE AREA

Be sure to check for cancellations.

### Upcoming in North Polk Living magazine:

**Foreign Exchange Students:** Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) to be included in the April issue.

### The Mormon Connection

March 4, 7 p.m. • The Museum on the Square

Two people important to the founding of Nauvoo, Illinois, were early Polk City residents: George Beebe, town founder, and Dr John C Bennett, fascinating scoundrel. 2025 is the 150th anniversary of Polk City's incorporation. Celebrate by learning about these powerful men who impacted the small town's future. Speculate on the connection that brought them both here. Bennett was an assistant to Joseph Smith the Prophet for a period time, then excommunicated. Beebe owned land in Nauvoo across the road from Smith and remained faithful.

### Library book club meetings

• **Wednesday Book Club, "Solito" by Javier Zamora, Wednesday March 5, 7 p.m.** At 9 years old, all Javier can imagine is rushing into his parents' arms and living under the same roof again. He cannot foresee the perilous boat trips, relentless desert treks, pointed guns, arrests and deceptions that await him.

• **Graphic Novel Book Club, Monday, March 10, 4 p.m.** Kids in grades 4-7 can dive into the world of colorful stories, amazing characters and thrilling adventures. Each month, we'll read a different graphic novel and discuss the art, plot and our favorite moments. Whether you're a comic book expert or new to graphic novels, everyone is welcome to join the fun. March topic is Create Your Own Graphic Novel. Join us for a special book club where we share the graphic novels YOU created. Stop by the library for your CYO kit. Registration required.

• **PCCL Homeschool Book Club, Wednesday, March 12, 2 p.m.** This monthly book club is designed for homeschooling families with children reading levels 4.5-7. After completing your registration, visit the library to collect your copy of the book club book. March book: "I Survived: The American Revolution, 1776." Registration required online at [polkcitylibrary.org](http://polkcitylibrary.org).

• **Monday Book Club, "The Little Liar," by Mitch Albom. Monday, March 24, 2 p.m.** Eleven-year-old Nico Krispis has never told a lie. His schoolmate, Fannie, loves him because of it. Nico's older brother, Sebastian, resents him for both these facts. When their young lives are torn apart during the war, it will take them decades to find each other. Stop by the library ahead of the meeting for a free copy of the book.

SUBSCRIBE TO THE LIVING MAGAZINES EMAIL TODAY!



Sign up for one community or all 14 to stay up-to-date on local news.



SIGN UP FOR FREE!

[WWW.IOWALIVINGMAGAZINES.COM](http://WWW.IOWALIVINGMAGAZINES.COM)



Be sure to check for cancellations.



## Elks Annual St. Patrick's Day Celebration

Saturday, March 15, 5:30 p.m.  
West Des Moines Elks No. 2752,  
2060 N.W. 94th St., Clive

The Elks Annual St. Patrick's Day Celebration will begin with the Foy School of Irish Dancers performing at 5:45 p.m. They will perform for about 20 minutes, followed by the Elks' famous St. Paddy's Day corn beef and cabbage with Irish potatoes meal for \$12 per serving.

## Bondu Chowder Ride

Feb. 22, 10:30 a.m.  
101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (approximately 10 miles) on Saturday, Feb. 22. Check in at 10:30 a.m. at Reclaimed Rails Brewing Company before the ride starts at 11 a.m.

## CITYVIEW'S Chocolate Walk

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines  
[chocolatewalk.dmcityview.com](http://chocolatewalk.dmcityview.com)  
Feb. 21

CITYVIEW and West Glen Town Center will once again bring the Chocolate Walk to West Glen Town Center on Friday, Feb. 21 from 5-9 p.m. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 drink tickets that can be redeemed for sample cocktails at participating venues. Participating establishments are Wellman's, Anna Dolce, Shotgun Betty's, Grimaldi's, The Irish, Tonic, El Fogon, The Breakfast Club, Coach's Pizza and Hurts Donut.



## Friendly Sons of St. Patrick Pre-Party and Parade

March 15 and March 17

The Friendly Sons of St. Patrick is back with its St. Patrick's Day celebrations. Join them on Saturday, March 15, from 2-6 p.m. at The Shop DSM, 901 Cherry St., Des Moines, for a Pre-Paddy Party, featuring live music from Black Dirt Ramblers, a food truck and cash bar for an at-will donation. The parade is on Monday, March 17, and begins at noon. Participants will proceed from E. First Street, west on Grand Avenue to Eighth Street, with the parade officially ending at Eighth and Grand Avenue. The after party will be in the Des Moines Marriott Downtown Hotel. Visit [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com) for more information.



## DSM Book Festival

Saturday, March 22, 9 a.m. to 6 p.m.  
Franklin Event Center, 4801 Franklin Ave., Des Moines

Readers and book lovers in central Iowa will be thrilled to find an outstanding array of authors appearing at this free, fun-filled event, presented by Beaverdale

Books and Beaverdale Neighborhood Association. In addition to author programs, panels, workshops and children's activities, the event will offer attendees the opportunity to have their books signed, visit with publishers, and enjoy mingling with fellow book lovers. For the complete schedule, visit <https://beaverdalebooks.com/dsmbookfestival/>.

Four headlining presentations will be offered in the venue's large theater, including fiction writer Claire Lombardo, historian Alexis Coe, award-winning Hanif Abdurraqib and AViD author C.J. Box.



## Covered Bridges Winery events

2207 1700th Trail, Winterset  
[coveredbridgeswinery.com](http://coveredbridgeswinery.com)

See website for tickets and any last minute changes.

- Feb. 22: Blues & BBQ, Central Iowa Blues Society Benefit Dinner
- Feb. 28: Bourbon Barrel Release Party
- March 1: Music at the Winery, Looking 4 Luke, 6:30-9:30 p.m., \$5 cover
- March 9: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jesse and the Medicine Men
- March 23: Sunday Music at the Winery, 2-4 p.m., no cover charge, Jake Schrodt
- March 29: Comedy Night Chowdown Improv
- April 13: Sunday Music at the Winery, 2-4 p.m., no cover charge, Liv McNair
- April 19: Music at the Winery, Kracklin, 6:30-9:30 p.m., \$5 cover



## CAP Theatre presents "Disney's Beauty and the Beast JR"

Through March 2  
CAP Theatre, 201 First Ave. S., Altoona

Featuring 28 youth actors on the Melissa Grooters Stage, CAP Theatre presents "Disney's Beauty and the Beast JR." Friday shows begin at 7 p.m., and Saturday and Sunday matinees begin at 2 p.m. Tickets are \$16 for adults, \$14 for seniors and \$10 for students. Class Act Productions (CAP) Theatre is a children's community theatre in Altoona that strives to give young people, regardless of experience, the opportunity to be part of and appreciate live theatre. ■



# POLK CITY'S small business roots

A history worth supporting

Polk City has always been a town built on hard work, community and local businesses. Founded in 1846 and officially incorporated in 1875, its residents once had dreams of becoming the seat of Polk County before Des Moines took the title. But even without that distinction, Polk City has thrived — thanks in large part to the small businesses that have shaped its past and continue to drive its future.



Back in the early days, this town was all about agriculture. Farmers cleared the land, planted crops and built a life here. But farming alone wasn't enough — people needed places to buy supplies, repair equipment and trade goods. That's where Polk City's first small businesses came in. General stores, blacksmith shops, grain mills, and even a few banks, helped turn this town into a local hub. The town square, still a unique feature in Polk County, was the center of it all.

One of the town's early banking leaders, A.F. Miller, played a key role in helping businesses and families grow by providing financial support. And, just like that, Polk City's foundation was built — not just on farming, but on local businesses supporting one another and their community.

Fast forward to today, and that same spirit is still alive. Polk City may not be the biggest town in Iowa, but it's got a strong sense of community, and small businesses are at the heart of it. When you shop at a local boutique, grab a bite from a family-owned restaurant, or use the services of a Polk City business, you're doing more than just making a purchase — you're investing in your town.

Small businesses are the backbone of the local economy. They create jobs, keep money circulating within the community, and contribute to the unique charm that makes Polk City special. According to the U.S. Small Business Administration, small businesses make up 44% of economic activity in the U.S. That's a big deal.

The bottom line? Supporting local businesses isn't just a nice thing to do — it's essential to keeping Polk City thriving. So, next time you need to make a purchase, think local first. The businesses that built this town and the ones keeping it strong today will thank you. ■

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.



# Join the Chamber!





**Butcher's Savory Collection** **SAVE 52%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 Boneless Pork Chops (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)

**8 FREE PureGround® Filet Mignon Burgers (6 oz.)**

78045BAC separately \$269.94 **\$129<sup>99</sup>**

**SPECIAL INTRODUCTORY PRICE**

**8 FREE FILET MIGNON BURGERS**

**ORDER NOW! » OmahaSteaks.com/Savory1355**  
**1.855.932.6844** Ask for offer 78045BAC

Savings shown over aggregated single item base price. Limit 2. 8 free 6 oz. burgers will be sent to each shipping address that includes 78045. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 03/31/25. 24M7123 | Omaha Steaks, LLC

# HOMMERS conquer solo races

Competitive spirit fuels their racing passion.

Jay and Linda Hommer have the racing fever. It all started when Jay was finally able to fulfill his dream of buying a Corvette. Jay had been interested in cars since high school, especially Corvettes. After serving in the Marine Corp, he started looking and found a 1964 Corvette to buy.

He found an ad in the sports section about the Corvette Club of Iowa.

“That’s how I got into it,” he says.

The Corvette Club would meet at Porky’s monthly.

“Porky’s was a gathering place. It was known all over,” Linda says.

After a couple of years, Jay brought home a green 1972 Corvette in 1993.

“The ‘toad’ was supposed to be a red convertible, and it ended up being a green hard top,” says Linda. “He went out to buy that thing. He comes home, I’m upstairs, looking out the window, and there is a green car sitting in the driveway. I said, ‘Jay, it looks like a giant toad!’

“He raced a little bit before I got started, but I knew (I would race, too). I tend to be very competitive at things, so I told him, if I wreck this car, I don’t want to hear a word, because I knew it could happen. And we have both wrecked it since!” Linda laughs.

“We had an event at the John Deere Works in Ankeny. That was her first speed event, and when she got done with that weekend, she had two questions, ‘When is the next event,’ and ‘How do you make this car go faster?’” Jay says.

“I knew I would like it because I liked the speed part of this whole thing. That’s why I told him, ‘Don’t ever say a word,’ because I knew it (a wreck) would happen.”

“The toad has a roll bar and five-point racing harnesses. We wear helmets, so I feel fairly safe in that car. We’re not doing wheel-to-wheel racing. I’m out there by myself, so all I have to be concerned about is me,” Linda says.

“The wreck I remember the most, and it’s not necessarily the best or the happiest memory, was when I crashed at the high-speed course at Brainerd, Minnesota,” Linda says. “Brainerd is a very fast high-speed track.”

“You can get speeds 130-140 mph there,” Jay says. “She was racing in 1996 or 1997



Jay and Linda Hommer enjoy driving their white 2017 Grand Sport Corvette when they go on road trips with the Corvette Club of Iowa. Photo by Deborah Mikelson

against cars that were about 25 years more advanced technologically.”

Linda remembers it was raining, and the track was wet. She was a few thousands of a second behind the fastest car. “So, I thought, I can do this.” Then her left front tire hit the grass.

“The thing I remember most is they have an entire barrier wall made of old tires that they hook together so you don’t go out into the forest, because Brainerd, Minnesota, is nothing but trees. Evidently, I was going fast enough that I went through the tire wall, and all I could see were trees coming at me. But the car stopped. It wasn’t just a few feet off the track. I was way off the track,” she remembers.

“He obeyed my direction (about not saying a word if I crashed) because all he ever said was ‘Is that all that’s left of the car?’”

“I was fine. I walked to the ambulance. That’s why I say (racing) never has scared me because I feel safe in that car with a helmet, a harness and a roll bar.

“The wrecker brought the car home,” Linda continues. “That was probably our worst wreck.”

Jay had a wreck at Hawkeye Downs in Cedar Rapids sometime in the early 2000s.

“I was in the outside on the half-mile, and



Linda is coming over the hill in Tulsa, Oklahoma, at the National Council of Corvette Clubs convention in 2008. It was held at the Hallet Speedway, a high-speed road course.

the car went down into the ditch that was between the half-mile and the quarter-mile and became airborne, butt up in the air and nose down.”

“You could see the entire undercarriage of the car,” Linda remembers.

“So, then I landed on the quarter-mile, and that was kind of the end of the day for me,” Jay laughs. “It was a hard landing, because I was airborne, totally airborne.”

They are retired from racing now, but continue to be involved in planning club events, attending the national conventions, and displaying their cars in car shows. ■



**DISCLAIMER:** This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

## WANT TO BUY

**WANT TO BUY** your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

## AUTOMOBILES

**GOT AN UNWANTED CAR???** DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-844-588-6535. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

## BUSINESS OPPORTUNITIES

**PRIVATE LENDING OPPORTUNITY** Become a private Lender in a Lucrative Nationally recognized Market. Receive a 150% return in a period of 4 months' time secured with a Legally binding Promissory Note. \$10K minimum. Call 305-504-5198 for Details. (mcn)

## CABLE/INTERNET

**AFFORDABLE TV & INTERNET.** If you are overpaying for your service, call now for a free quote and see how much you can save! 1-866-472-7954. (mcn)

**DIRECTV-** All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount +, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

## FINANCIAL

Inflation is at 40-year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

## HEALTH & MEDICAL

**ATTENTION OXYGEN THERAPY USERS!** Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-888-815-4903. (mcn)

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance -NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

**STOP OVERPAYING FOR HEALTH INSURANCE!** A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

## HOME SERVICES

**Don't Pay For Covered Home Repairs Again!** Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

**AGING ROOF? NEW HOMEOWNER? STORM DAMAGE?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

**WATER DAMAGE CLEANUP & RESTORATION:** A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

## MISCELLANEOUS

**\$19 Auto Insurance!** Stop Paying too much right now! Call now and lower your rate today! Free 60 second Quote! No obligation. It really is just a free quote. 866-673-0210. (mcn)

Reach over 1.5 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

**LONG DISTANCE MOVING:** Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

**NEED NEW FLOORING?** Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-844-588-6590. (mcn)

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

**INJURED IN AN ACCIDENT?** Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

**YOU MAY QUALIFY** for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

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 & Military Discounts. Call 1-855-577-1268. (mcn)

Safe Step. North Americas #1 Walk-in Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring

our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

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)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-877-518-0356. (mcn)

Omaha Steaks Wines. 12 world class wines (and bonus gifts) for ONLY \$79.99 (plus s/h.) Save \$160! 12 new wine selections plus a FREE \$25 Omaha Steaks E-reward card every three months. Cancel anytime. 100% guarantee! Call 1-877-201-4648 and mention code AGJF002 or visit www.GetOSWine.com/sip140. (mcn)

## REAL ESTATE

**We Buy Houses for Cash AS IS!** No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-349-1639. (mcn)

## WANT TO BUY

**PAYING TOP CASH FOR MEN'S SPORT WATCHES!** Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-888-815-5873. (mcn)

**TOP CASH PAID FOR OLD GUITARS!** 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-855-399-2203. (mcn)

## AUTOS/MISC

**Donate Your Car to Veterans Today!** Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

## MISCELLANEOUS/HEALTH

**STRUGGLING TO HEAR?** Audien Hearing delivers crystal-clear sound with affordable, invisible hearing aids. Starting at \$189! Call Now: 888-760-1015 (ACP)

Attention oxygen therapy users! Discover oxygen therapy that moves with you with Inogen Portable Oxygen Concentrators. Free information kit. 1-866-477-9045 (ACP)

## MISCELLANEOUS

**!!OLD GUITARS WANTED!!** GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277 (ACP)

We buy houses for cash as is! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer & get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-844-877-5833 (ACP)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who

struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Home break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢/day! 1-844-591-7951 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/30/25.) 1-844-501-3208 (ACP)

MobileHelp America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! Call 1-888-489-3936 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Consumer Cellular - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 1-877-751-0866 (ACP)

**DIRECTV Stream** - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

Bath & shower updates in as little as 1 day! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. 1-877-543-9189 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a free 5-Year warranty with qualifying purchase\* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

## SERVICE DIRECTORY

**AGING ROOF? NEW HOMEOWNER? STORM DAMAGE?** You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 Have zip code of property ready when calling! (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-872-2809. Have zip code of service location ready when you call! (ACP)

# CHAMBER Lunch

Go Polk City Chamber Lunch was held at Polk City City Hall on Jan. 15.



Madison Rollefson, Lindsay Drake and Sarah Macehowski



Rob and Larry Cupp



Jeremy Sieper, Tony Haisman and Steve Karsjen



Taylor Maiefski and Ringo Kienitz



Emily and Carson Rhodes



Jason Thraen and Jessica Faue



Karla Hogrefe and Devin Quindel



Mark Triplett, Martha Sheldahl and Dee Yates



Kimberley Jackman and Shawn Comer



Joel Newman and Brandon Converse



Ashley Stolze and Aubrey Dooley



# CHAMBER After Hours

Polk City Chamber After Hours was held at Arcadia on Jan. 9.



Martha Sheldahl, Susie Sheldahl and Ryan Tonei



Sarah Hoodjer and Chris Baker



Ron McQuiston and Sam Brichetto



Kristin and Michael Kline



Kurt and Cassie Kozelka



Codi and Dakota Allen

## LIKE CHOCOLATE? LIKE CHOCOLATE DRINKS? THEN YOU'LL LOVE THIS EVENT!



**FRIDAY**  
**FEB. 21**  
**5-9 P.M.**

at West Glen Town Center  
**Pre-Event Ticket Price \$25**  
(\$35 at the door)

**RECEIVE 10 DRINK TICKETS + CHOCOLATE TREATS**



CITYVIEW

**CHOCOLATEWALK.DMCITYVIEW.COM**





# THE COMETS CORNER

NEWS FROM NORTH POLK CSD

FEBRUARY 2025

## PHYSICAL PLANT & EQUIPMENT LEVY BALLOT MEASURE: MARCH 4TH, 2025



### WHAT IS VPPEL?

The Voter-Approved Physical Plant & Equipment Levy (VPPEL) is a voter-approved fund that uses property tax revenues to support essential improvements and purchases across our district. The current rate is set at \$1.34 per \$1,000 of taxable valuations. In the current school year, the district will receive \$1,028,849 in funding from the existing Voter-Approved PPEL. These restricted funds are used exclusively for uses allowed in Iowa Code 298.3.

### WHY ARE WE HAVING A VOTE ON IT?

The levy is set to expire at the end of FY26 (June 30, 2026). This ballot initiative seeks to extend the current levy rate for another 10 years. The Voter-Approved PPEL levy rate is not increasing — it is merely a renewal of the existing rate.

### HOW HAS THE DISTRICT USED FUNDS IN THE PAST?

The PPEL funds have been essential for a wide range of important projects, including:

- The purchase of school buses and transit vans
- The purchase of student Chromebooks and staff devices
- Building and grounds improvements and repairs (e.g., Playground equipment and HVAC systems)
- The purchase of non-instructional software (e.g., operating software for student and staff devices, finance and human resource software, and the district's student information system)
- Major bus repairs

These funds directly impact the learning environment and safety of our schools. Without them, the district would face significant consequences and delays in maintaining and upgrading critical infrastructure and operational resources. It would also need to increase the levy rate in the general fund or begin cutting costs to cover the gap.

### HOW WILL THIS IMPACT MY TAXES?

The current levy rate of \$1.34 per \$1,000 of taxable valuation will remain the same.



On Tuesday, March 4, 2025, North Polk voters will have the opportunity to vote on a key measure: the renewal of the Voter-Approved Physical Plant & Equipment Levy (VPPEL). This levy supports essential infrastructure and equipment needs within the district. The district is seeking a 10-year extension of the current levy rate. A simple majority (over 50%) approval is required for the extension to pass.

## MRS. NIKKI KALLAL RECEIVES WHO 13 NEWS GOLDEN APPLE AWARD



The prestigious WHO 13 Golden Apple Award for Excellence in Teaching has made its way back to North Polk! In January, Re/Max Precision and WHO 13 News honored Mrs. Nikki Kallal, Family and Consumer Sciences (FCS) teacher at North Polk Middle School, with this well-deserved recognition. Mrs. Kallal is celebrated for her outstanding work with FCCLA and FCS and for her commitment to providing inclusive, hands-on learning experiences for all students. Her positivity, dedication, and unwavering support leave a lasting impact on her students.



The Golden Apple Award is presented monthly to one exceptional teacher in the metro area who demonstrates excellence in teaching. Mrs. Kallal's recognition was driven by nominations from students and colleagues throughout the middle school building.

*Congratulations, Mrs. Kallal!*





# THE REMAX VANTAGE TEAM

# GUARANTEE



*WE WILL SELL YOUR HOME OR WE'LL BUY IT FROM YOU!*



- ✓ One day listing agreement
- ✓ Your home marketed on over 2,000 websites
- ✓ 24-hour customer service
- ✓ FREE use of 12-foot cube trailer
- ✓ Choice between 3-hour moving labor or 3-hour house cleaning or staging consultation - BASED ON AVAILABILITY

**515-984-0222** [SellingCentralIA.com](http://SellingCentralIA.com)

Each office independently owned and operated. Licensed in the State of Iowa and Illinois.