

NORTH POLK

JUNE 2025

Living

4 SEASONS FESTIVAL

Celebrating 150 years of
Polk City June 27-28

The Mormon connection
HISTORY

Scotcheroos are a family tradition
RECIPE

Reis family's pups are more than just pets
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WELCOME

AIRING of grievances and feats of strength

"A Festivus for the rest of us." If you watched the popular TV show "Seinfeld" in the late 1990s, you are smiling right now. If you didn't watch the show, well, read on, as you can still smile.

Festivus was depicted on "Seinfeld" as a Dec. 23 holiday that includes a Festivus dinner, an aluminum Festivus pole, practices such as the "airing of grievances" and "feats of strength," and the labeling of explainable events as "Festivus miracles." It's a Costanza tradition.

Every time I hear the word "festival," I think of "Festivus." And, this time of year in Iowa, festivals are aplenty. For several decades now, Jolene and I have been traveling to various communities in our great state to partake in their wonderful community festivals, including the one we write about in this month's cover story.

Do these others sound familiar to you? Tulip Time in Pella. Mac and Cheese Festival in Dubuque. John Wayne Birthday Celebration in Winterset. Scandinavian Days in Story City. Bell Tower Festival in Jefferson. Good Egg Days in Stuart. Ice Cream Days in Le Mars. RibFest in Sioux City. Four Seasons Festival in Polk City. Truckers Jamboree in Walcott. Beef Days in Solon. National Balloon Classic in Indianola. Watermelon Days in Newell. Hobo Days in Britt. Pufferbilly Days in Boone. And, not to be left out, the Testicle Festival at Appleberry Orchard in Donnellson.

The list goes on. And on. If there is one thing we Iowans know how to do, it is how to throw a community festival.

Many of the festivals have similarities. Some focus on food. Others on drink. Many include music. But they all have at least one unique selling point that makes them truly stand out.

My dad would take me to festivals around our hometown when I was a kid, whether I wanted to go or not. He enjoyed connecting with people and reminiscing about days gone by — the same things I do today.

When it comes down to it, though, all of our community festivals are about wholesome fun — with or without the Festivus pole.

Have a great month, and thanks for reading. ■

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4 SEASONS FESTIVAL

**Celebrating 150 years of
Polk City June 27-28**

By Lindsey Giardino

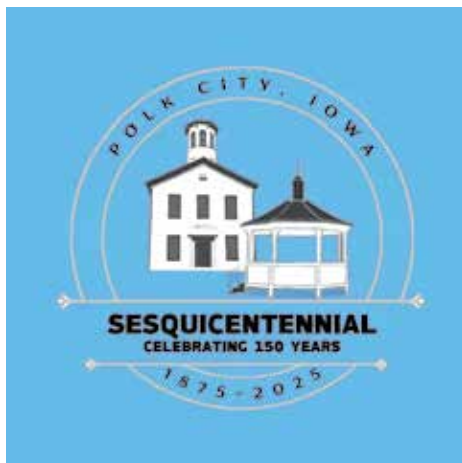
Polk City is throwing the party of the year, and everyone is invited.

Join the community for a special 2025 4 Seasons Festival on Friday, June 27, and Saturday, June 28, as the town celebrates 150 years of community spirit and small-town charm.

This year's festival, organized by Go Polk City in partnership with the city of Polk City, along with numerous volunteers, promises two days packed with live entertainment, food, drink and family fun.

Whether you're a longtime resident or first-time visitor, the 4 Seasons Festival is the perfect way to experience everything Polk City has to offer.

Brandon Converse, board president of Go Polk City and co-president of Polk City Kiwanis, says plenty of fun will be had for all ages at 4 Seasons Festival.



Polk City is celebrating its 150th year. The sesquicentennial will be commemorated at the 4 Seasons Festival.



The parade is one of the highlights of the 4 Seasons Festival

Friday highlights

The celebration kicks off bright and early with the Polk City Classic Golf Tournament at the Tournament Club of Iowa. Check-in begins at 7:30 a.m. with a shotgun start at 9 a.m. Participants can look forward to 18 holes of golf, a cart, a sleeve of balls, a box lunch, and a

drink ticket included with registration.

That evening, the beer tent opens at 5 p.m. on the Square. Stop by to play some beer games, mingle with friends, and enjoy a cold drink.

At 6 p.m., the North Polk All-Class Reunion begins at the American Legion,

followed by the golf tournament winners announced at 6:30 p.m. on the Home State Bank stage.

At 7 p.m., Encore Legends — a group that describes themselves as “the ultimate party band” — will take the stage.



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FEATURE

Saturday fun

Start your morning with the 4 Seasons Festival Road Run, featuring 5K, 8K and kids' races. Packet pick-up is available Thursday, June 26, at the Polk City Farmers Market, Friday evening on the Square (runners 21 and older get a free drink ticket) and from 6-6:45 a.m. on the morning of race day on the north side of the square.

Race announcements and the National Anthem begin at 7:15 a.m., with races starting at 7:30 a.m. from the American Legion on West Broadway. The finish line will be located near Cupp Insurance on Broadway, between Second and Third streets.

After the races, stick around for the 8:30 a.m. kids run and 8:45 a.m. awards ceremony on the square.

Amid all the activity, Angie Stender will host Yoga in the Park at 9 a.m.

Need to refuel after the morning sweat? Join the American Legion for a pancake and sausage breakfast from 7-10 a.m.



Enjoy activities and vendors around the Polk City Square.

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Parade, live music and more

Saturday also features the beloved 4 Seasons Festival Parade.

Parade entry is \$15 for businesses or politicians; organizations like school groups and churches can join for free. All participants must register by Friday, June 20.

Staging begins at 9 a.m. Saturday morning on Lincoln, Adams and Hillcrest streets with the parade kicking off at 10 a.m.

The parade is a great way for businesses, clubs or community groups to show off, and, most of all, it is a good time for the entire family without being too long or too short.

“We have a happy medium here,” Leah McBride Mensching, co-organizer of the parade, says. “It’s the perfect length and the perfect kickoff to the festival.”

Then comes a day full of festival fun. At 11 a.m., make your way to the square for food trucks, local vendors, inflatables, FFA petting zoo, a car show and shine at the Waters Edge, and much more.

At 11 a.m., cake will be served at City Hall to celebrate Polk City’s 150th birthday. The Bill Riley Talent Show begins at 12:30 p.m., followed by Magician Jonathan May at the bandstand at 3 p.m. — the same time the bags tournament begins.

Cap off the festival with performances from Plastic Apartment at 4 p.m. and Becker at 8 p.m., live on the Home State Bank stage on the square.

Need a little reset on Sunday? Join the community fitness class hosted by Anytime Fitness and Polk City Nutrition on the square at 9 a.m.

Brandon Converse, board president of Go Polk City and co-president of Polk City Kiwanis, gives credit where credit is due for the many people it takes to put on the Four Seasons Festival.

“As they say, ‘It takes a village’ to pull off the event,” he says. “I would like to thank the businesses who are supporting the event, the volunteers who have stepped up to lead activities or lend a hand, the city of Polk City and staff for providing their resources and safety, and Staci Allen for her planning and promoting of the event by bringing everything together. I am confident this year’s 4 Seasons Festival will be a success.”

Shawn Comer, fellow board member of Go Polk City, agrees and encourages residents to join.

“It’s fun, it’s free and it’s a really great way to get to know your community members,” he says.

Converse has fond memories of his own family first attending the 4 Seasons Festival nearly a decade ago.

“Seeing the families enjoying the event and the square in its glory, I felt right at home, and that experience has stayed with me,” he shares. ■



Live entertainment will be offered at 4 Seasons Festival.

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FROM ISOLATION to connection

Why community is the missing piece in aging well.

When we talk about aging well, the conversation usually starts with health: staying active, eating right and avoiding falls. However, if the past few years have taught us anything, it's this: We were specially



designed for connection. We are hard wired for face-to-face interaction, for having someone nearby who notices when we're not ourselves, and especially for those small, everyday moments that make us feel like we belong somewhere and with someone.

And yet, loneliness is quietly impacting more older adults than ever before. The numbers are hard to ignore. According to the National Institute on Aging, seniors who are socially isolated face a significantly higher risk of dementia, high blood pressure, heart disease and stroke. Some researchers even say loneliness affects health as much as smoking a pack a day.

It's hard to believe that something as emotional as loneliness can have such a strong impact on our physical health — but it does.

Behind those numbers are real lives. These are people who spent years surrounded by coworkers, friends, neighbors and family and now find themselves spending more and more time alone.

Here's the good news: Community can change everything.

When older adults live in a setting where relationships are part of the rhythm of daily life — whether that's over coffee in the morning, a shared meal in the evening, or someone stopping by to say hello — it changes more than just their mood. It supports memory, strengthens immunity, brings back a sense of purpose and even contributes to a longer lifespan.

Human connection meets a deep, emotional need. It reminds us that we matter, that someone notices when we're not at breakfast and that life still holds meaningful moments to enjoy and share.

I've had so many conversations with families who tell me, "They're just not ready yet." And I understand. Change is hard, especially when it involves your home, your independence and your identity. But when we stop and ask, "What could this next chapter look like?" — with more connection, more support and more ease — it often becomes less about what you're giving up and more about what you're gaining.

Aging well isn't just about living longer. It's about living fully, with people who see you, know you and walk alongside you.

If you're thinking about what comes next for you or someone you love, don't underestimate the power of community. Sometimes the best kind of care isn't medical. It's relational.

And that kind of connection might just be the most important part of the journey. ■

Information provided by Erik Ofloy, Sales and Marketing Director at CopperWood at Prairie Trail, 2855 S.W. Vintage Parkway, Ankeny, IA 50023, 515-425-3262, eofloy@copperwoodsl.com.

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HELP ensure continued independence as you age

Sandra, 68, is committed to aging in place. She's active, eats a balanced diet, and enjoys good health. But her son and daughter, both living out of state, can't help but worry.

What if something

changes — and she suddenly needs care?

Their concern is valid. Staying at home as we grow older can be a fulfilling choice, but it isn't always the most practical. Health conditions can develop, and the cost of in-home assistance can become overwhelming.

So, what are the options if moving into a community isn't the right fit — but planning for potential health needs is still top of mind?

One increasingly popular solution is



a Continuing Care at Home (CC@H) membership. Typically offered by organizations that specialize in aging services, CC@H programs are designed to help older adults remain in their homes longer, with a strong focus on proactive health and financial planning for future care.

If you're considering a CC@H membership — for yourself or a loved one — be sure to ask the right questions:

Does the program offer personalized well-being support? A good program should provide guidance such as wellness coaching to help you stay independent and thrive. Research shows people achieve better outcomes with the support of a dedicated advocate.

Are future care costs covered? Quality programs help pay for services you may

need later, whether it's home health care or a transition to a senior living community.

Who's behind the program? Look into the organization offering it. Do they have a strong track record in the aging services space? Longevity and a solid reputation matter — they're signs the program will be there when you need it.

The bottom line: Not all CC@H programs are alike. Choose one that fits your current lifestyle and supports your future — while offering peace of mind for you and your family. ■

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.



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SUMMER moving tips for families

Congratulations! You've found your dream home, your offer was accepted and you even received some nice concessions thanks to your Realtor's fantastic negotiation skills. Now it's time to move.

Here are some expert tips to make your summer move as stress-free as possible.

Plan early and book movers in advance:

Secure your movers early to get the best rates and availability. If hiring professionals isn't an option, coordinate with family and friends to ensure you have enough hands on deck.

Strategically pack for the heat: High temperatures can make moving physically draining. Pack essentials like water, sunscreen and snacks separately for easy access. Heat-sensitive items should be transported carefully or packed last.

Keep kids entertained: Moving can be overwhelming for children. Prepare a "moving day kit" with activities, books or toys to keep them occupied. If possible, arrange for them to stay with family or friends.

Update information promptly: Notify schools, doctors and other essential services of your new address as soon as possible.

With proper preparation, families can turn a potentially stressful move into an exciting fresh start. Happy moving. ■

Information provided by Jacquelyn Duke REALTOR®, CRS, e-PRO, Realty One Group Impact, 617 S.W. Third St., Ankeny, IA 50023, 515-240-7483, jacquelyn@sellingcentraliowa.com, www.SellingCentralIowa.com.



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INVESTMENT

By Kyle Matzen

SHOULD you pay off debts or invest?

Sometimes, paying down debt competes with your desire to invest. What's the best course of action? Here are a few things to consider.

If your cash flow is strong after paying monthly expenses, you might want to invest the extra money. But if you're just getting by, possibly due to high-interest loans, you may be better off reducing or refinancing your debt load.

Which debts should you tackle first? You may want to start by paying down high-rate consumer loans whose interest cannot be deducted from your taxes.

For the future, you may be able to help control your debts by building an emergency fund, with the money held in a liquid account, to pay for unexpected expenses.

On the investing side, if your employer offers a 401(k) with a match, contribute enough to earn the match. It's effectively free money.

However you manage investing and debt, taking small, incremental steps is key to helping you get to where you want to go. ■



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THE HEART of a busy family

Reis family's pups are more than just pets.

Chelsea Reis and her family have a lot of love for their two pups — Bella, a 5-year-old Bernedoodle, and Mabel, a 2-year-old Goldendoodle.

Bella was a COVID puppy who has “truly been a huge blessing to our home lives,” Reis says. She’s a gentle giant, weighing around 95 pounds, and loves everyone.

The Reis family chose Bella’s breed because Reis’ aunt is obsessed with Bernese Mountain dogs. While they loved her dogs, they found the breed a bit too big with shorter lifespans.

“We decided on the best of both worlds, and Bella has been the best family dog,” Reis says. “She is a huge cuddler and doesn’t realize how big she actually is. Her favorite place to lay, sleep, hang, is on our bed during the day while we are gone, even though she has dog beds to choose from.”

Mabel is the spirited one in the Reis household.

“We chose her for her spunkiness, and she has lived up to that reputation,” Reis says. “She is constantly getting into trouble or trying to rule the entire house into submission. She bullies her big sister (Bella) and is literally half her size.”

Mabel also loves to cuddle, but usually because she wants something. Her favorite activity is sitting outside and watching everything going on.

The Reis pups are certainly spoiled. Bella is groomed every five weeks due to her thick fur, and Mabel every 10.

“I love the bandanas that come with their



Bella is a gentle giant, weighing around 95 pounds.

grooming appointments and keep them for the entire year to rotate them occasionally,” Reis says.

Reis often buys new treats and toys to keep the dogs entertained.

“Bella really will play with anything and is gentle with her toys, whereas Mabel rips things apart and specifically picks a toy that Bella was playing with just to make her jealous or steals from her,” Reis says. “So, we buy toys that are tough and have to rotate bones to keep it fair between the two of them.”

Mabel goes on daily car rides and insists



Mabel is the spirited one in the Reis household and is known to take toys from Bella.

on sitting in the front seat — booting Reis’ daughter to the back. The dogs also have winter boots to avoid tracking in snow, and they each have coats. Reis celebrates them with occasional lick mats made from yogurt, peanut butter and other dog-friendly treats.

Indeed, the pups live a good life.

“We are a nurse and paramedic family with two teenage girls, so life for us is chaotic, and these two make coming home refreshing and are able to take our minds off whatever we dealt with in that day,” Reis says. “Our pets don’t judge us when we have emotions of any kind.” ■

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PROBLEMS with outdated estate plans

In our practice, we see many clients who have an outdated estate plan. Even if you have a will and powers of attorney, they may not meet your current needs. Here are three problems to watch out for:



Your children are older

When your children are young, your primary goal is to name a guardian to help raise them and provide a structure (often by trust) for management of money. If your child is now an adult, these concerns may no longer be relevant. Perhaps your children will now take over the role of executor or trustee. Or, if your child isn't financially responsible, maybe you want to extend that trust to provide continuing oversight of assets. You may have new issues arise as well, such as preserving an inheritance for grandchildren or protecting it from divorce.

Your medical authority is defective

The Health Insurance Portability and Accountability Act (HIPAA) was passed in 1996 to establish national standards for protecting the confidentiality of medical records. As a general rule, your powers of attorney — medical directives, living wills and

durable financial power of attorney — should contain stipulations waiving HIPAA protections so that your agent can communicate with your physician about your care.

These provisions ensure that your doctor can share important information about you so that your agent can make informed health care decisions. Without these protections, doctors may be unwilling to share medical information. If your powers of attorney are old enough, they may not even reference HIPAA.

It is important to review your estate planning documents every so often due to ever-changing tax laws and major life events. You should consider revisiting your plan every three to five years. Life can change, and it is vital to meet with your attorney to avoid potential pitfalls. ■

Information provided by Ross Barnett, Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

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Polk County Invests in Affordable Housing Initiatives & Homeless Shelter

Polk County Board of Supervisors distributing more than \$44 million on Affordable Housing initiatives & investing in critical infrastructure repairs at Central Iowa Shelter & Services' downtown Des Moines Homeless Shelter. Below are some initiatives Polk County has invested in using one-time federal funding.

Monarch Apartments (4845 Merle Hay Rd, Des Moines)



Anawim Housing converted a former hotel into permanent housing for those experiencing homelessness & offering wrap-around services

42 total housing units

Polk County's commitment: \$1 million

Goldfinch Lofts (3404 Ingersoll Ave, Des Moines)



Cutler Development's Goldfinch Lofts will be the first in the country that is carbon neutral certified and Iowa's first Passive House certified (for extremely high-efficient operational systems).

28 total housing units

Polk County's commitment: \$1 million

Central Iowa Shelter & Services' Downtown Des Moines Homeless Shelter (1420 Mulberry St, Des Moines)



Supporting critical repairs including HVAC, plumbing, electrical, kitchen repairs, and security upgrades

Polk County's commitment: \$817,333.93

"Access to affordable housing is one of the single most important issues facing this country," said Board Chair Matt McCoy. "Polk County is fortunate to have this one-time federal funds to invest in affordable housing initiatives and those experiencing homelessness, because wherever you're at in life, everyone deserves to have a roof over your head."

- Matt McCoy





Community Highlights

Anawim Supportive Hotel-to-Housing Initiative Launches in Des Moines

Polk County Supervisors Matt McCoy and Angela Connolly joined other community leaders to celebrate the grand opening of The Monarch Apartments, the latest achievement in supportive housing spearheaded by Anawim Housing. This innovative hotel-to-housing conversion aims to offer stable, long-term accommodation to 40 individuals who are currently experiencing homelessness. By leveraging funds from the American Rescue Plan Act (ARPA), Polk County has played a pivotal role in bringing this project to fruition. These efforts not only provide residents with much-needed housing but also offer a pathway toward enhanced independence and overall well-being.



Polk County and Ankeny Inaugurate Fourmile Creek Wetland Project

The Fourmile Creek Watershed Management Authority proudly dedicated the Creekview Stormwater Wetland, a landmark collaborative initiative between Polk County and the City of Ankeny. This ambitious project introduces a vast stormwater wetland meticulously crafted to manage urban runoff from approximately 423 acres of pre-regulation developments. Spanning 15 acres, the wetland incorporates key design features, including a precisely sized forebay, intricate micro-topography, and an innovative stream diversion structure. The dedication ceremony offered attendees a unique perspective with a hayrack ride tour, providing an up-close look at the transformational new wetland.



Open House Held for Center at Sixth Development

Polk County Board Chair Matt McCoy had the honor of speaking at the unveiling of the Center at Sixth Development, located along the vibrant 6th Ave. corridor in Des Moines. Proudly backed by Polk County's funding, this unique development aims to empower local minority entrepreneurs. The 9,000-square-foot space will blend innovation and community by offering live/work units alongside a dynamic mixed-use incubator tailored for local artists, chefs, and retailers. This groundbreaking project is poised to serve as a catalyst for revitalizing Des Moines' 6th Avenue corridor, fostering growth and opportunity in the area.



Polk County Gifts Adaptive Bikes to Ankeny Schools

Polk County Supervisor Mark Holm proudly awarded a Polk County Community Betterment Grant to Ankeny High School, marking a significant step towards inclusivity. The grant will fund the introduction of adaptive bikes, designed to empower students who are wheelchair-bound or have other special needs, enabling their active participation in school activities. This initiative underscores a commitment to ensuring accessibility and inclusivity for all students, fostering a more supportive and engaging educational environment.



Character Counts Expansion Supported by Community Funding

Polk County Supervisors are thrilled to back the expansion of the Character Counts initiative, made achievable through generous grants and support from local organizations such as Prairie Meadows and Polk County. This expansion aims to extend the program's influence, reaching more than 30% of classrooms statewide. The program offers early childhood kits centered around the six pillars of character, provided at no cost to classrooms. These kits include comprehensive lesson plans, family guides, music, and posters. Educators can benefit from on-site training at the Robert D. and Billie Ray Center at Drake University or participate in convenient webinars, ensuring impactful and widespread character education.



THE MORMON connection

Founding family has Mormon ties.

On March 4, the Big Creek Historical Society hosted a program titled “The Mormon Connection,” highlighting, in part, George and Hester Beebe — two individuals who were catalysts in Polk City’s early history.

Fittingly, the event took place on a significant date: March 4, 1875, was the day Polk City was officially incorporated.

When the earliest families arrived in the Big Creek area, they found the remnants of an abandoned Waukonsa Indian village. (In 1843, the United States government renegotiated the treaty with the Sauk and Meskwaki tribes, which forced them to leave.) The settlers also discovered rich soil, large stands of hardwoods, and a water source powerful enough to run multiple mills.

Among those families were George and Hester Beebe, who stopped in the Big Creek area on their way to Utah. Their settlement came to be known as the “Big Creek Settlement.”

Before arriving there, the Beebes had lived in Nauvoo, Illinois, during a time of great upheaval. The practice of polygamy among Mormon leadership was beginning to surface, and many within the faith community did not accept it. There was also a widespread belief that Joseph Smith — the founder of Mormonism — and his militia were behind an assassination attempt on Missouri Governor Boggs. Smith was eventually shot and killed by a mob, ending his role in the movement.

Still, the religion, only about a dozen years old, had more than 10,000 followers in Hancock County (home to Nauvoo) and continued to grow rapidly.

Brigham Young had emerged as the new Mormon leader and spent a year planning a mass migration to Utah. He organized wagon trains for the journey, with key leaders departing first. The Beebes appear to have been part of the second wave, arriving in Fort Des Moines in May 1846. They spent a night at Tucker’s Inn, which operated out of one of the abandoned fort buildings and rented rooms to travelers.

But instead of continuing west the next morning, the Beebes traveled up the Des Moines River and stopped in Polk City.

They built a log cabin, and, in 1849, George bought a claim along Big Creek and established a mill. A year later, the Beebes donated land for a town square when the settlement was plotted — on the condition that it would always remain a park.

According to the book “Pioneers of Polk County,” “There was no competing town nearer than the Fort and [George] at once set in motion plans for a trading center. He built a much needed mill on Big Creek, opened a general merchandise store, sold lots and invited people to come. And they did ... it was a rival of the Fort for the State Capitol.”

Later, George became an elder in the Mormon Church. In a 1938 interview, Anna Turley, a survivor of the Beebe wagon train, recalled, “Mr. Beebe was a successful farmer, and his home was always a refuge and stopping place for the Mormon elders traveling through Iowa.”

The Beebes’ home was also open to Protestant church groups, school groups, and other gatherings — virtually every kind of social occasion in those pioneer days. George eventually became Polk City’s first Justice of the Peace.

In 1875, George signed the petition to incorporate Polk City and voted in favor of it. That’s the last known written record of him in the town’s history. The Beebe Cemetery, located just down from the Square on East Broadway, is the final resting place of the six children who George and Hester Beebe lost. ■



The Beebe Cemetery, located just down from the Square on East Broadway, is the final resting place of the six children who George and Hester Beebe lost.

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HOW is interest accrued?

When it comes to taking out a personal loan or mortgage, most people want to know the interest rate. And there's more than one interest rate to consider.

While mortgage interest rates are the percentage you pay on your total loan, usually as an annual percentage, accrued interest is the interest that grows on your loan each day, even if you don't make any payments.



How do you determine accrued interest?

Accrued interest is determined by dividing your interest rate by the time period of your loan and then multiplying that by your principal amount.

The principal amount is the amount you currently owe at the time the accrued interest is calculated. As you pay your principal down, you will also decrease the amount of interest on the principal amount owed.

The period of time will depend on the type of loan you take out. Your interest rate may be an annual rate, but the interest could accrue daily, monthly (like for a mortgage loan), or even on a semi-annual basis.

For example, if you take out a \$200,000 mortgage loan, and your annual interest rate is 5% (0.05), your monthly accrued interest would be 0.00416666 multiplied by $200,000 = \$833.33$.

Applications of accrued interest

Accrued interest applies to more than a personal loan or mortgage. It also accrues on credit cards and other loans, such as car loans, student loans and small business loans.

On the flip side, accrued interest can work in your favor on saving accounts, earning interest that increases as you grow your savings balance. Many financial institutions will use annual percentage yield (APY) instead of APR, which also takes into account compound interest.

Why is this important to understand?

Understanding accrued interest (and how to calculate it) can help borrowers avoid unnecessary interest accrual and better manage their debt. Knowing what your accrued interest will be can also support in your financial planning, ensuring you're making the right budgeting and investment decisions.

For more information on accrued interest, loans, or financial planning, talk with your financial advisor or institution today. ■

Information provided by Nikki Mulbrook, Mortgage Banker, NMLS 1752770, HomeState Bank, 101 E. Bridge Road, Polk City, 515-329-8801.

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VISIT US AT THE FOUR SEASONS FESTIVAL

Make sure to come say "hello" to us at the Four Seasons Festival on June 28th. We'll be handing out fun prizes, showcasing some great financial services and products, and announcing our Secret Savers Scavenger Hunt winners on the main stage at 11:30am!



RISING LEADER SCHOLARSHIP RECIPIENT



Abigail Mangae from North Polk High School is one of Home State Bank's Rising Leader Scholarship recipients. Abigail will receive \$500 towards her next educational endeavor at the University of Iowa. Congratulations, Abigail!

Closed: Thursday, June 19 for Juneteenth

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





LIBRARY

SUMMER Reading fun continues through July 31

The library will close at 5 p.m. on Thursday, July 3, and will remain closed through the July 4 weekend.

Kids, teens and adults: The last day to **log your reading** is Thursday, July 31. Enter your tickets for prizes by Saturday, Aug. 2. Grand-prize winners will be announced on Monday, Aug. 4. Prizes must be claimed by Aug. 31.

Summer Cinema, July 7, 14 and 21 at 10 a.m. Each Monday, we will show a movie in the library's multi-purpose room that will be fun for the whole family to watch. July 7 is "Big Hero 6," July 15 is "Space Jam," and July 22 is "Super Mario Bros. Movie."

Story Time Tuesdays, July 8, 15 and 22 at 10 a.m. or 3 p.m. Join us at the library for stories, songs, bubbles and a craft or activity. The 3 p.m. story time will be held in different locations around town. See our website and social media for details. No registration required.

Comets Kids Club (K-5th graders), Wednesdays July 9, 16 and 23 at 10 a.m. or 11 a.m. Join us at the library for fun arts and crafts activities. Weekly registration is required. Registration will open on Wednesday of the previous week.

Wednesday Book Club, Wednesday, July 2, 7 p.m. Join us to discuss "Julie & Julia: My Year of Cooking Dangerously" by Julie Powell. The author recounts how she escaped the doldrums of an unpromising career by mastering every recipe in Julia Child's 1961 classic, "Mastering the Art of French Cooking," a year-long endeavor that transformed her life.

Monday Book Club, Monday, July 21 2 p.m. Join us to discuss "Completely Restored" with Iowa author Robert Kerr. When Joe and Linda Murphy see a for-sale advertisement for a "beautiful three-story Victorian house in need of some TLC," the couple jumps at the chance to transform the long-admired estate into their dream home. But when Joe awakens one morning to find a horse-drawn milk cart in his driveway, he realizes his family has gotten more than they bargained for. It seems the Murphys have been inexplicably whisked back in time to Marshalltown, Iowa, circa 1909.

Adult Crafternoon, July 8. Join us for a fun afternoon of crafting. We will be making paver/yard/garden owls. All supplies will be provided. Ages 17 and older. Registration required.

Friends of the Library Meeting, Wednesday, July 9, 6:30 p.m. Anyone interested in supporting the library is welcome and encouraged to attend.

Spock Sanctuary, Sponsored by Fareway, Thursday Summer Children's Performers Series, Thursday, July 10, 10 a.m. at City Hall Community Center. Meet the amazing animal ambassadors from Spock's Sanctuary, Des Moines' reptile and amphibian rescue. A fun and educational experience for all ages.

TeenTime: CosPlay, ages 12-18, Wednesday, July 16, 2 p.m. Are you intrigued by cosplay costumes but unsure where to begin? Join us for a fun session where you can craft your very own mini-cosplay rubber duck. We'll explore various fabrics and clay to bring your unique cosplay rubber duck to life. Register online at polkcitylibrary.org. ■

Polk City Community Library

1500 W. Broadway St., Polk City

515-984-6119

www.polkcitylibrary.org

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

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

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

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

Sunday: closed

HPV VACCINATION

Help Protect Against Cancer

Human papillomavirus (HPV) infections may be common. Fortunately, the HPV vaccine prevents the virus and the cancers it can cause.

WHO SHOULD GET VACCINATED?

The Centers for Disease Control and Prevention (CDC) recommends the HPV vaccine for boys and girls, starting as early as age 9 and through age 26.



Health and
Human Services



Ask your child's
healthcare provider
about the HPV vaccine.

Source: cdc.gov 4/25

FEAR-FREE fireworks

A pet parent's guide to the 4th

As June melts into July, the smell of barbecue fills the air, lawn chairs hit the curb, and fireworks prep begins in earnest.

While the Fourth of July is a highlight for many humans, it's more of a horror film for our pets. The sudden booms, flashing lights and strange smells can send even the most relaxed dog into a tailspin — or your cat under the bed for days.

Sound familiar? You're not alone. Roughly one in three pets struggle with noise anxiety. Whether it's fireworks, thunderstorms or the dreaded vacuum, noise phobias can range from mild unease to full-blown panic. Genetics, past experiences, and lack of early exposure all play a role — and some pets are just more sensitive than others.



Signs your pet may be struggling:

- Panting, drooling or pacing
- Hiding or escape attempts
- Barking, whining or meowing
- Destructive behavior (chewing doors, scratching floors)
- Indoor accidents

If any of this sounds like your pet, it's time to make a plan. These tips work for fireworks, but can also help with other noise triggers:

Talk to your vet. Calming medications can be game-changers — especially when used before anxiety kicks in. Your vet may also suggest pheromone diffusers, calming supplements or anxiety wraps.

Create a cozy safe zone. Set up a quiet space with minimal windows where your pet can retreat. Add favorite toys, soft bedding and soothing music. If you're not home, use a pet cam to check in.

Take an early walk. If your dog needs exercise, get that walk in well before the fireworks start. It gets them safely inside and helps burn off

anxious energy.

Muffle the noise. Shut windows, pull curtains, and turn on calming sounds — classical, soft rock or reggae are all pet approved.

Stay cool. Your pet feeds off your energy. Keep your tone calm, offer treats or try a frozen Kong. Skip frantic baby talk — it may make them more anxious.

Think long term. Desensitization training with a behaviorist takes time but can help your pet feel more confident around scary sounds in the future.

ID matters. Microchip your pet and check that their tags are up to date — just in case they pull a Houdini.

Whatever your holiday plans include, make sure they also include your pet's comfort. A little planning now can mean a much more peaceful Independence Day — for all of you. ■

Information provided by Dr. Amanda Gigler, Ankeny Animal & Avian Clinic, 742 S. Ankeny Blvd., Ankeny, 515-964-7387, amandagigler@ankenyanimal.com.

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GET TO KNOW YOUR LOCAL VET

**Dr. Terri Argotsinger,
CFV**

1. What inspired you to become a veterinarian?

The cliché answer is that I love animals. But it's true! However, I've also always loved the challenge of medicine; the desire to find a cause for the problems and then create a solution. And the added challenge of doing this with a patient that can't tell you what's wrong keeps my days from being boring!

2. How long have you been a veterinarian? Where did you go to school?

I graduated from Iowa State University's College of Veterinary Medicine in 2008. I did my undergraduate work at Wartburg College.

3. Do you have a special area of interest?

I enjoy performing ultrasounds and surgery. I'm also just starting to learn how to do echocardiograms (ultrasounds of the heart)!

4. What's a fun fact about you most people don't know?

I have four orange feline family members. And the joke that orange cats only have one brain cell isn't always that far off from reality!



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EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Upcoming in North Polk Living magazine:

Yards: Enjoying the green spaces around your home: Do you have a lush, green lawn with plenty of open spaces? Tell us how you keep your yard healthy and how your family makes the best of the space. Perhaps your yard provides space for barbecues, fun around the pool or hot tub, room for play equipment and lawn games. Email tammy@iowalivingmagazines.com with your experiences enjoying the cool feeling of grass beneath your feet.

RV Camping: Do you enjoy packing up the RV and heading out on the open road for vacation? Share with us why you think RVing is the way to go and the adventures you've discovered. Email tammy@iowalivingmagazines.com with your stories.

Vacation Bible School Road Trip

Sunday, June 22, to Wednesday, June 25, 6-8 p.m.
Polk City United Methodist Church, 1421 W. Broadway St., Polk City

This week of fun, games and learning about God features a road trip theme. Participants will create cars to race on the final night, and a surprise food truck will visit. The mission focus this year is to collect clothes for area shelters that are low on their supplies. To register, go to <https://polkcitiumc.breezechms.com/form/4b64f5605735> or go to the church's website.

Chamber events

As temperatures rise and the days grow longer, Polk City is welcoming the warmer months with a packed lineup of exciting events designed to bring people together. From outdoor markets to community celebrations, now is the perfect time to get involved, meet your neighbors and experience the joy of local connection.

- **Polk City Farmers Market**, Thursdays, through June 27, 4:30-8 p.m., Town Square. The weekly farmers market brings local produce, handmade goods, food trucks and live music to the heart of Polk City. Come stroll the square, meet vendors and enjoy a relaxed, welcoming vibe each Thursday evening.

- **Polk City Classic Golf Tournament**, Thursday, June 27, 7:30 a.m. to 3 p.m. Spend the day on the greens supporting local efforts while enjoying camaraderie and competition.

- **4 Seasons Festival**, June 28-29, at the Town Square. Cap off the season with Polk City's biggest celebration, featuring live entertainment, food, kids activities and more.



LifeServe Blood Drive

Saturday, July 26, 9 a.m. to noon
Parking lot corner of West Broadway Street and S. Fourth Street, Polk City

The blood drive is sponsored by Polk City Eastern Star. Sign up at LifeServe's website, www.lifeservebloodcenter.org, or by calling LifeServe at 1-800-287-4903.



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EVENTS IN THE AREA

Be sure to check for cancellations.

Curbside yard waste collection underway

Easily dispose of leaves, grass clippings and more right at your curb. Yard waste curbside collection in Polk City occurs on Friday, the regular garbage collection day. You can set out a variety of yard waste for curbside collection, including: twigs and branches, leaves, grass clippings and garden vegetation (such as spoiled vegetables on the vine or wilted flowers from landscaping).

Items that are not accepted include: dirt, mulch, rocks, food or pet waste.

You have two options for curbside collection with Metro Waste Authority:

- **Bags and stickers:** Place yard waste in Compost It! bags or store-brand bags with a green Compost It! sticker attached. Set bags at the curb by 6 a.m. on your regular collection day. Bags and stickers are available at many local retailers.

- **Cart service:** If you have a lot of yard waste, consider a Compost It! cart. Just fill the 96-gallon cart and place it at the curb on your regular collection day each week.

Logs, stumps, large branches, rocks and dirt are not accepted in the curbside Compost It! program, but they can be self-hauled to Metro Park East Landfill, where yard waste is accepted year-round.

Once collected, your lawn and garden debris is taken to Metro Compost Center at Metro Park East Landfill. There, Metro Waste Authority's team turns and maintains the yard waste for four to nine months as it decomposes. The final product is Grow Gold Compost, a natural soil enhancer available for purchase for your home, garden or landscaping projects.

Have questions about yard waste or the Compost It! program? Visit www.WhereItShouldGo.com/YardWaste, or give Metro Waste Authority a call at 515-244-0021.

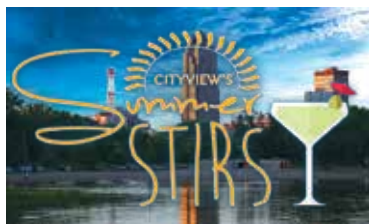
CITYVIEW Summer Stirs

Friday, June 20, 5-9 p.m.,

Downtown Des Moines

Friday, July 25, 5-9 p.m.,

East Village, Des Moines



This event is a relaxed

opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. For \$25 (prepaid online), participants will receive 10 tickets to use to sample drinks at any of the participating venues. Tickets may also be purchased at the event for \$35. All of the establishments will be within walking distance. For more information, list of participating businesses and to order tickets, visit <https://summerstirs.dmcityview.com/>.

The Music of John Williams

The Greater Des Moines Community Band announces the schedule for its 2025 summer concert series, The Music of John Williams. Summer concert selections run the gamut from movie themes to music for major athletic events.

- **June 23**, 7 p.m. Walnut Ridge, 1701 Campus Drive, Clive
- **July 7**, 7 p.m. First Baptist Church, 8250 N.W. 62nd St., Johnston
- **July 21**, 7 p.m. Woodlands Creek, 12675 Woodlands Parkway, Clive
- **Aug. 4**, 6:30 p.m. Rieman Music, 6501 Douglas, Urbandale
- **Aug. 9**, 11 a.m. Iowa State Fair, Knapp Stage ■

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THE SCOTCHEROOS that became a family tradition

“My mom’s Scotcheroos are the best!”

The first time I heard one of my daughters say that, I was deeply honored — and I still feel that way every time I hear it. They often tell me about other versions they have tried and always end with, “They were good, but yours are the best!”

In our family, Scotcheroos are a must-have at gatherings, reunions, road trips and just about any occasion. These sweet treats deliver a perfect combo: smooth peanut butter flavor, a satisfying crunch, and a thick, rich layer of butterscotch-chocolate topping that keeps everyone coming back for seconds. I am happy to share the secrets behind their success, but I first must give credit where credit is due. My friend Tammy Even gifted me this recipe more than 30 years ago at my bridal shower. I still have the recipe book my friends gave me that day, and I use it often.

Now, the secrets:

1. Use Special K cereal – it gives the perfect texture and structure. I know many recipes use crispy rice cereal, but trust me on this one. It is truly the ingredient that makes the difference.

2. Don’t skip on the topping – use one full bag each of semi-sweet chocolate chips and butterscotch chips.

3. Watch the syrup closely – this step can make or break the batch. Don’t overcook or undercook it. Bring it just to a boil (for maybe a minute). The sugar crystals need to melt completely, or the syrup will turn gritty. But overcook it, and your Scotcheroos will be too chewy.

Here’s a tip: Dip a spoon in the hot syrup, tap a little onto the counter, and taste it. If you can still feel sugar crystals, keep it on the stove a bit longer. The moment they are gone, pull it off the heat.

Give these a try and let me know what you think. Do you have recipe traditions you would like to share? Send them my way at jolene@iowalivingmagazines.com. Happy snacking! ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.



Scotcheroos

Ingredients

- 6 cups Special K cereal
- 1 cup white sugar
- 1 cup corn syrup
- 1.5 cups peanut butter
- 2 teaspoons vanilla
- 1 12-ounce package of semi-sweet chocolate chips
- 1 12-ounce package of butterscotch chips

Directions

- Let sugar and corn syrup come to a boil in saucepan on the stove. Do not let boil long, just until sugar is not crystalized. Remove from stove. Add peanut butter and vanilla. Stir. Add cereal. Press into a 9-inch by 13-inch pan. Let cool. Melt all chips in a microwave-safe bowl in the microwave. Spread over bars. Allow topping to set before cutting and serving. Enjoy!



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POLK CITY'S 150th birthday bash

Join us at the 4 Seasons Festival June 27 and 28.

Polk City is turning 150 years old, and there is no better way to celebrate than by joining us for the 4 Seasons Festival on Friday, June 27, and Saturday, June 28. This milestone event is packed with community spirit, entertainment and fun for all ages — and you're invited to be part of it.

We kick things off Friday with our annual Golf Tournament at the Tournament Club of Iowa. It's a perfect summer outing for friends and colleagues alike. Then, head to the Home State Bank Stage at 7 p.m. to enjoy live music by Encore Legends as we launch this historic weekend with energy and excitement.

Saturday begins bright and early with the 5K/8K Run at 7 a.m. and Yoga in the Park at 8 a.m. — a great way to wake up and get moving. The parade starts at 10 a.m., bringing festive floats, smiling faces and community pride to our downtown streets.

All day Saturday, the Polk City Square will be full of activities:

- The Bill Riley Talent Show, featuring young local stars.
- Magician Jonathan May, who will delight the whole family.
- A cheerful FFA Petting Zoo, perfect for kids and animal lovers.
- The Kiwanis Fun Tent, inflatables and games galore.
- Amazing vendors offering delicious food, unique goods and local services.

Make sure to stop by City Hall for a slice of birthday cake as we commemorate 150 years of Polk City. It's not just a celebration — it's a tribute to the generations that built this town from the ground up.

We believe the founders of Polk City would be proud to see how far we've come. What began as a small settlement has grown into a thriving, welcoming community full of heart and hometown pride. Their vision laid the foundation for the Polk City we know and love today.

Polk City is a place where neighbors feel like family, traditions are celebrated, and growth is embraced without losing small-town charm. Surrounded by nature and filled with community pride, it's a welcoming town where people come together to support one another and build a bright future.

Visit GoPolkCity.com for more details. We can't wait to see you there. ■

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



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IF YOU HAD KNEE OR HIP REPLACEMENT SURGERY AND SUFFERED AN INFECTION between 2020 and the present time, you may be entitled to compensation. Call Attorney Charles H. Johnson 1-800-535-5727. (mcn)

WANT TO BUY

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

AUCTIONS

Vander Werff & Associates specializing in Iowa farmland and farm equipment auctions. Call today to get your auction listed with this locally owned auction company! www.vw72.com (1)712-729-3264. (mcn)

Elite Auctions in Canistota, SD specializes in equipment auctions and features vehicles, tools, and household items monthly. Discover great deals or consign your items today at EliteAuctionsLLC.com (mcn)

AUTOMOBILES

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-1046. (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)

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! 1-833-472-7954. (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)

EMPLOYMENT/HELP WANTED

ADVERTISING SALES/MARKETING - Great pay/benefits selling print and digital advertising for Livewire Printing Co. in Jackson, Minn. Established local territory; flexible hours. Send letter of application and resume to justin@livewireprinting.com (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 1-833-650-5916. (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)

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: 1-833-816-2128. (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 1-833-889-4410. 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: 1-833-879-1480. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

Discover Austin, MN—home to the SPAM® Museum, scenic bike trails, craft breweries, boutique shopping, unique eateries, Hormel Nature Center, and fun events. Plan your adventure at www.austinnm.com. (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)

SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-462-2330. (mcn)

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-833-641-6323. (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: 1-833-787-0248 (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: 1-833-879-1534. (mcn)

YOU MAY QUALIFY for disability benefits if you have been 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! 1-833-641-6779. (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)

No more cleaning out gutters. Guaranteed! LeafFilter is the most advanced gutter protection for your home, backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-855-577-1268 to schedule a FREE inspection and no obligation estimate. Plus get 20% off! Seniors and military save an additional 10%. Restrictions apply, see representative for warranty and offer details. (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)

WANT TO BUY

Buying and selling silver bars, silver dollars, rare coins, gold jewelry, any gold-silver items, collector coins, currency. I have a \$1,500,000 line of credit and own 1,475 acres of land near Ormsby. Kuehl's Coins, Fairmont, MN. 507-235-3886/507-399-9982. (mcn)

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 1-833-641-6646. (mcn)

WE BUY VINTAGE GUITARS! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, And Gibson Mandolins / Banjos. 1-833-641-7028. (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

SunSetter. America's number one awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-855-914-1148 (ACP)

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 877-305-1535 (ACP)

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 1-844-955-4930 (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 strug-

gles 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! 833-890-1262 (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 6/30/25. 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)

No more cleaning gutters guaranteed! LeafFilter - most advanced gutter protection, backed by a no-clog guarantee & lifetime warranty. 833-610-1936 to schedule free inspection & estimate. Get 20% off! Seniors/military save extra 10%. Restrictions apply, see rep for warranty & details (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 833-640-4753 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: 1-833-887-0117. Have zip code of service location ready when you call! (ACP)

OUT & ABOUT

Kiwanis Co-Presidents Al Burrows and Brandon Converse awarded Kiwanis of Polk City \$1,000 scholarships to three students at the North Polk School's recent 2025 Scholarship Awards Night.



Ali Lundgren accepts her award.



Morgan Meiners accepts her award.



Sophia Campbell accepts her award.



On May 13, Polk County Board of Supervisor Jill Altringer presented a check to the Big Creek Historical Society for \$3,000. The check will go to the repair of the outside stair case to the Big Creek Historical Museum. Supervisor Altringer, Roxana Currie, Rose Taylor and Rich Taylor.



Maggie Doll, Lashanna Nickles and Jaden Nickles at the Polk City Farmers Market on June 5.



Jenifer and Zach Callahan at the Polk City Farmers Market on June 5.



Maddie Law and Lindsey Neuroth at the Polk City Farmers Market on June 5.



Z Liew at the Polk City Farmers Market on June 5.



Piper and Reece Conklin at the Polk City Farmers Market on June 5.



Shawn and Tabatha Hayner at the Polk City Farmers Market on June 5.



Kristina and Kris Wilder at the Polk City Farmers Market on June 5.

FARMERS Market

The Polk City Farmers Market was held on June 5.



Ashton Van Horn



Dennis Knigge



Scott Meier



Jodi and Maya Pieper



Adrianna and Donovan Hill



Dustin and Ashlyn Coy



Martha Sheldahl



Dennis Kain gives a presentation at the Big Creek Historical Museum



Wyley Jager



Linda Cook



Violet, Willow and Jason Duke



Seems and Rudra Chauhari



Carter Corn, Wanita Corn and Tanner Weier



THE COMETS CORNER

NEWS FROM NORTH POLK CSD

JUNE 2025

HONORING THE NORTH POLK HIGH SCHOOL CLASS OF 2025

174 STORIES. ONE UNFORGETTABLE MILESTONE.

On Sunday, May 18, 2025, North Polk High School proudly commemorated the graduation of 174 seniors! It was a day filled with pride, joy, celebration, and memorable moments as students walked across the stage, marking the end of one chapter and the beginning of the next. This milestone reflected the dedication of our entire PK-12 community. Thank you to the teachers, staff, administrators, coaches, school board members, families, and friends who helped make this moment possible.

Congratulations, Class of 2025, you've made us proud!



THANK YOU, COMET NATION

The final bell has rung on another incredible school year at North Polk. From the first day of school to the last, this year was filled with growth, achievement, and unforgettable moments. Thank you to our students, families, staff, and community members who gave their time, energy, and heart to make 2024-25 such a special year to remember.

Wishing everyone a restful summer!



NPCSD COMMUNITY SURVEY – 2025

Another great school year has passed, and as we reflect on the past year and begin planning for the fall, we are committed to continuous growth and improvement as a district. To help guide our next steps, we want to hear from you! That's why we invite you to participate in our annual Community Survey.

This brief survey addresses important topics such as academics and learning, culture and safety, and communication. It is open to everyone in the community, and your feedback will help shape our priorities and decisions moving forward. **Please take a moment to complete the survey by scanning the QR code below with your device.** Thank you for helping us make North Polk CSD the best it can be!



A NEW ERA FOR COMET BASEBALL & SOFTBALL

Thanks to the overwhelming support of our community, North Polk proudly opened the new baseball and softball complex in early June, made possible through the bond referendum approved in November 2023.

By the time this reaches your mailbox, our student-athletes will have already taken the field for the very first time. The grand opening celebration brought together current players, coaches, families, former players, and community supporters to mark this exciting milestone.

Thank you, Comet Nation, for helping make this vision a reality.

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

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