

NORTH POLK

JULY 2025

Living

MAGAZINE

INSIDE: HOW-TO GUIDE

Learn from local industry experts

Dream YARDS

Residents share how they
make the best of their
outdoor spaces.

Broccoli and friends salad
RECIPE

Gibbons steps into pageant life
NEIGHBOR

Friedman earns doctor of optometry degree
NEWS BRIEF

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

Iowa State Fair

Free Entertainment

AUGUST 07 - 17, 2025

Susan Knapp Amphitheater

- Thursday, August 7 - Ty Myers
- Friday, August 8 - Creed Fisher
- Saturday, August 9 - Waylon Wyatt
- Sunday, August 10 - The Castellows
- Monday, August 11 - Kashus Culpepper
- Tuesday, August 12 - Drew Baldrige
- Wednesday, August 13 - Tanner Adell
- Thursday, August 14 - William Clark Green
- Friday, August 15 - Brent Cobb
- Saturday, August 16 - Drake White
- Sunday, August 17 - Redferrin

#fairsweetfair

REALTYONEGROUP
IMPACT

Anne and Bill Riley Stage

- Thu-Fri, August 7-8 - The Holy Rocka Rollaz
- Saturday, August 9 - Iowa State Fair Queen Coronation
- Sunday, August 10 - Parranderos Latin Combo
- Monday, August 11 - Six Appeal
- Tue-Wed, August 12-13 - Herman's Hermits starring Peter Noone
- Thu-Sat, August 14-16 - Ron Diamond (Hypnotist)
- Sunday, August 17 - Rebecca St. James

MidAmerican Energy Stage

- Thursday, August 7 - Taylor Inspired Dance Party (Pop/Electronic/Dance)
- Friday, August 8 - The Nadas
- Saturday, August 9 - The End (A Tribute to the Beatles)
- Sunday, August 10 - Pecos and the Rooftops
- Monday, August 11 - PetRock
- Tuesday, August 12 - Electric Avenue (MTV '80s Tribute)
- Wednesday, August 13 - Allie Colleen
- Thursday, August 14 - The Pork Tornadoes
- Friday, August 15 - Not Quite Brothers
- Saturday, August 16 - Jason Brown
- Sunday, August 17 - Journey from the Heart

Fun Forest Stage

Runs every day, Aug 7-17:

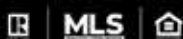
- The Chipper Experience! (Comedy & Magic)
- Brad Weston (Comedy/Juggler)

Buy Tickets



515-419-1620
susie@susiesheldahl.com

113 W Broadway Street
Polk City, IA



Licensed to sell in the state of Iowa

Other Grounds Entertainment

CHAINSAW ARTISTS: GARY KEENAN, T.J. JENKINS,
AND CLINT HENIK
THE FLYING ROYALS (TRAPEZE SHOW)
HOT GLASS ACADEMY
COWBOY BOOT CAMP
KIDS CAN COOK COOKING SHOW
THE ICE CREAM SHOW WITH GREG FRISBEE
BANDALONI (STROLLING PERFORMANCES)
HILLBILLY BOB



WELCOME

LAWN striping

I vividly remember the pride that Jolene and I had in owning our first home. That was more than 30 years ago, but, in many ways, it still feels like yesterday.

One of the most satisfying aspects of home ownership, at least for us, was having a yard to care for. We couldn't wait to mow our own lawn, do our own landscaping, plant our own trees, etc. It was a matter of pride, and we enjoyed it. It was also a time before becoming parents when we had more hours and more energy to devote to such things. What we didn't have back then were two dimes to rub together, and that's why we begged and borrowed from family members for used mowers and used trimmers and all the other stuff necessary to take care of a lawn.

I remember when I decided I should apply fertilizer to our lawn. This was new to me, as my frugal parents never spent their hard-earned money on such frivolous things. Mom simply had my siblings and me pull weeds by hand. But, as a first-time homeowner, I wanted my lawn to look nice. So, I bought the fertilizer and the spreader and I went to work, making paths throughout my yard like the instructions said to do. What I didn't do was have the dial set to the right number for my fertilizer spreader, and I burned my entire yard with stripes. This was obviously not what I had hoped for, but it did provide fodder for some good-natured ribbing from my neighbors during the years that followed. I gladly gave that fertilizer spreader to my sister-in-law, and I hired a company to do the fertilization from that point forward. And, in time, my lawn took shape — just in time to sell the property and start all over again at our new home.

Today, I still enjoy taking care of my yard — mowing, trimming, gardening, mulching, landscaping, tree trimming — and I am even fertilizing again. But, as I have aged, these tasks became overwhelming, especially when doubled. A few years ago, Jolene and I bought a home on a nearby lake, which meant we now had two properties to care for. It didn't take long before we realized the benefits in owning a townhome and having those yard tasks handled by someone else. I continue to get my fill of yard maintenance enjoyment at our lake home, but I do smile when watching the pros take care of our townhome property. And, thankfully, neither place has lawn stripes burned into the yards.

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



Total Quality^{INC.}
COMPLETE LAWN SOLUTIONSSM

YOUR FRONT LAWN IS IN OUR OWN BACKYARD.

A FAMILY-OWNED LAWN CARE
COMPANY FOUNDED IN POLK
CITY, SERVING OUR NEIGHBORS
FOR 27 YEARS.



LAWNCARE NEEDS?



JOE HUSAK
Just ask
Joe
LAWNCARE
SERVICES

IRRIGATION QUESTIONS?



CHARLIE HUSAK
Just ask
Charlie
SPRINKLER
SERVICES

WWW.TOTALQUALITYINC.COM | © 2025 TOTAL QUALITY INC.

Join Us at Assumption

Adoration/Benediction

3rd Tuesday of every month at 6pm

Walkers Monday 9am-12pm & Friday 12-2pm

Pickleball

Tuesday, Wednesday and Friday's 8:30-11am \$2 to
play each day

Rosary every Tuesday at 7:30pm for the sick

Mat Pilates with Haley Manning

Thursday's 6am & 9am (Assumption gym)

Bags Tournament hosted by NCYC group

July 20th. Register the day of

K of C Pancake Breakfast

10-11am on Sunday, July 20th

Homemade Cinnamon Rolls, Pizza Burgers

August 1. CWC will be serving lunch
during 141 Garage Sales

Garage Sale hosted by our NCYC group

August 1 and 2. In front of the School grounds for
the 141 Garage Sale

Celebration of Dcn. Tom Schenk's 15th Anniversary of his Deaconate

August 16. Mass at 5pm followed with a dinner

K of C Pancake Breakfast

for Granger Days. August 23 8am-10am in gym

NCYC Garbage Can Clean Out

September 7. Parking lot of church

Adult Faith Bible Study on the Prophets

Starting September 8-November 12. Mondays
(8:30am) & Wednesday (5pm or 7pm)

Baptismal Prep Class September 14 at 1pm

HOT RODS & HOGS
AUGUST 9
10am-2pm • Free Will Donation
Car & Motorcycle Show • Granger, IA

2025 Fundraising Event

August 9 • 6:30-8pm • Gym

RSVP to Emmanuel
515-531-9217

SCAN TO DONATE

TRIVIA NIGHT
August 23
6:30pm • Gym
scan to register!

1st Saturday of the Month morning Mass at 8am

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

RECONCILIATION: Saturdays at 4pm



Assumption
OF THE BLESSED VIRGIN MARY
CATHOLIC CHURCH

1906 Sycamore Street, Granger

www.assumptiongranger.com

PASTOR-REV. DOMINIC ASSIM

PO Box 159, Granger • 515-999-2239 • parish@assumptiongranger.com

Dream YARDS

Residents share how they make the best of their outdoor spaces.

By Lindsey Giardino

Give 10 people the blank slate of a spacious yard, and you are likely to see those yards evolve into 10 different visions. Some will be a fenced-in oasis for dogs and kids to run, roll and play. Others will have pools and fire pits for summer fun. A few may even feature makeshift ballfields, sledding hills, playgrounds or ponds. And most all will provide a scenic setting for enjoying sunrises and sunsets. Whatever the vision, area residents share how their outdoor spaces have become their dream yards.

Summer fun means time outdoors for the Erdahl kids on their spacious property.

FEATURE

A life well-lived on 30 acres

Alli Erdahl and her family live on a nice plot of land — more than 30 acres, actually. Eleven of those acres are part of the Conservation Reserve Program, a USDA initiative that pays landowners to convert environmentally sensitive land to conservation uses. Another 10 acres are mostly untouched timber.

They have a stocked pond, a treehouse with a zipline that runs over a stream, and a ninja-style rope course woven between the trees.

The property also includes a fire pit, several deer blinds the Erdahl boys like to play in, and wide open spaces to roam. They've started an orchard with apple and peach trees, along with raspberry and blueberry bushes — something they hope to expand over time.

Erdahl and her husband, Sam, bought the first 21 acres in 2013, built their home, and moved in by 2017. In 2022, they added another 10 acres next to the original property.

"From the beginning, it was Sam's dream to live away from town and have land of his own," Erdahl explains. "He poured his heart into making that dream a reality. He even sent letters to landowners in areas he liked, and this



The pond on the Erdahl property provides all kinds of fun. The Erdahl kids — and cat — take a break from fishing when something in the water catches their eye.

was the only one that responded. They kindly gave us time to think before putting it on the market, and we made our offer."

That same month, the Erdahls found out they were expecting their first child.

"It felt like everything was falling into place," she says.

When the couple bought the land, the house on it was in such poor condition that part of the deal was they had to tear it down. The



Mallori Phillips
Optometrist

iris & ray's
EYEATTIC

(515)500-6873
eyeattic.com

Hwy 141 in Grimes

entire property was so overgrown with brush that it was nearly impossible to walk through.

"Sam had the vision and determination to bring it back to life," Erdahl says. "He spent countless hours clearing the land, uncovering hidden wells, metal scraps and piles of trash."

He even discovered a stream buried in debris, including old cars, and envisioned a pond, which he later built and stocked with bass, bluegill, catfish and crappie.

After the Erdahls moved in, Sam kept clearing more brush to expand the yard. During the COVID shutdowns, he built a treehouse, installed a zipline, and constructed bridges over the creek.

"As he cuts down old trees, he splits and stacks the wood to fuel our wood burner, which heats our home through the winter," Erdahl says. "His dedication has truly transformed the land."

Even though the Erdahls' land has brought their dreams to life, it is continually evolving.

"As soon as one project is finished, we're usually already dreaming up the next one," Erdahl says. "Even the regular upkeep is a major task. Mowing alone takes nearly two days. I help where I can with our push mower and zero-turn, while Sam takes care of our half-mile lane, trims

timber along paths, and handles bigger jobs with the tractor."

Even with all the work, the couple enjoys dreaming about what is next. This past spring, Sam added a new dock at the pond so the family can swim more easily. Erdahl would like to add a shaded gazebo near it so she can fish comfortably in the summer. She usually grows a large garden, too, though she had to pause this year to focus on finishing her master's degree.

"There's always something on the horizon," Erdahl says. "In a world where screens seem to dominate everything, this space is such a gift. I've always loved animals and nature, and I've passed that on to our kids. We're constantly exploring and learning from what we find. Sam is a hunter, and much of what we eat comes from the land, which gives it even more meaning."

The Erdahl land has become a peaceful getaway for family and friends as well.

"I wanted it to be a place where kids could be kids, free to run, climb, dig and explore," she says. "Sam has worked so hard to bring that vision to life. When the kids have friends over, they hardly ever ask to go inside or touch a screen. That, in itself, feels like a win."

Oh, and, of course, the Erdahl land is a



The Shortleys have hills they can enjoy during the winter.

Thank You All for Voting us **BEST BUILDER!**



515-371-3009 • www.RedwoodBuildersIowa.com

[redwoodbuildersiowa](https://www.facebook.com/redwoodbuildersiowa)

FEATURE

special place for their cats.

"With the amount of space we have, it has truly been a dream come true to care for several well-loved farm cats," she says. "They have become an endearing part of our outdoor life, often following our boys around the property like loyal companions, even joining us on pedal boat rides and enthusiastically 'assisting' with fishing adventures."

What ultimately means the most to Erdahl is watching her kids grow up with a deep connection to the natural world.

"Outside, they're free to imagine, build, explore and learn in ways that screens and structured environments can't offer," she says. "I love that they get to experience wonder, whether it's spotting a deer, finding a new bug, or fishing in our pond. It gives them space to be curious, brave and creative. For us, being outside isn't just a way to pass time — it's part of how we live, learn and grow as a family."

The land teaches patience, responsibility and appreciation for

nature, Erdahl adds.

"It grounds us," she says. "And, in a fast-paced world, I'm so grateful they have a place where they can slow down and just be kids."

"This life we live is nothing short of a fairytale," she says.

Room to roam

Nearby, Kelsey Shortley and her family also enjoy life on a couple of acres of land outside of Elkhart. But beyond those acres are fields and trees with no visible neighbors, so it feels even larger.

On the property, the family has a large shop full of four-wheelers, dirt bikes and a tractor. Their backyard — a large green space — features a play place, jungle gym, trampoline, tetherball pole, soccer net, fire pit and pool.

The Shortleys officially made the property their own about six years ago.

"We had been looking for a place in the country in either North Polk or Ballard school district," Shortley explains. "This house listed without



Kelsey and Adam Shortley enjoy their large yard that includes play areas, including a sandbox, for the kids.

Put a little
Sparkle
in your home
with **NEW FLOORING!**

- Carpet
- Tile
- Natural stone
- Hardwood
- Luxury vinyl
- Pet Friendly
- Laminate
- Vinyl



Come check out our *HUGE* showroom!

4925 NW JOHNSTON DRIVE, JOHNSTON

515-508-0024 ★ www.theflooringguysdsm.com

Family-owned, local business operating since 1999.

even posting pictures, and we set up to look at it that night. Things moved very quickly from there, as we put an offer in the next day.”

Adding to the green spaces will never end, Shortley jokes.

“This year, my son wanted to tackle a garden, which he is doing very well at, working hard to grow his crops,” she says.

They also enjoy spending time together in their large above-ground pool, which they plan to put a deck around, “unless I talk my husband into an in-ground pool before then,” Shortley says.

“The kids did learn how to mow this summer with the zero-turn, so that’s helpful with the larger land,” she adds. “Even if the lines aren’t straight.”

For Shortley, living on an open green space means her kids can be active and have lots of opportunities when playing outside.

“They can go exploring and get dirty,” she says. “I love when they get to have friends over and do things that other kids may not necessarily get to do living in town.”

It’s also conducive to their being an active



When it’s time to take a break from running and playing, there is a comfy spot in the grass where kids and dogs alike can enjoy the scenery.

family.

“We own the gym in Elkhart and love having space for the kids to grow up being healthy, being outside, and burning all the energy,” Shortley says. ■



With plenty of land available, The Shortley kids can enjoy riding their four-wheelers.

NEWS BRIEF

SDMJW celebrate with flower shower

The Suburban Des Moines Junior Women (SDMJW) celebrated their decades of friendship and service at Hyperion Field Club on a 90-degree May day with a Flower Shower — an exchange of flowers, plants, bulbs, herbs and seeds. Chair Shari Hawk led the reading of “The Collect” preceding the luncheon. Members continue to sow seeds of servant leadership in Women Lead Change, Interfaith Alliance of Iowa, Public School Strong, League of Women Voters, Cemetery Preservation boards (Highland Memorial Gardens and SAPIC), Child and Adolescent Brain and Mental Health Awareness, Iowa Barn Foundation, Friendship Force, Des Moines Metro Opera, food pantries, the Red Cross and their churches.

The SDMJW Ambassadors nurture their seeds of friendship when traveling to Italy, Iceland, European river cruises, Hawaii, California, Arizona, Florida, Colorado, Illinois, Missouri, New Hampshire, Massachusetts and along the Iowa roads this past year.



Nancy Lundstrom, Shari Hawk, Bobbi Segura, Mary Richards, Marcia Flaugh, Margo Lierman, Wendy Tack and Dianne Banning

The SDMJW women plant their enjoyment in ballroom dancing, gardening, fitness classes, Mah Jongg, writing memoirs, reading, swimming and bike riding.

Shari is arranging the SDMJW Harvest Gathering at DMACC Bistro restaurant. Contact her at sharihawk@hotmail.com. The SDMJW will celebrate our nation’s Semiquincentennial, the signing of the Declaration of Independence, with Shari serving as chair of the 2026 Luncheon. Contact Mary Richards at mrichards@netins.net for information about SDMJW. ■

SHADE TREE AUTO:

KEEPING IOWA SUMMERS COOLER SINCE
2005

SHADE TREE AUTO SERVICES ALL MAKES AND MODELS.
FROM **SIMPLE RECHARGES TO FULL DIAGNOSTICS**, WE'LL
FIND WHAT'S WRONG, **FIX IT FAST**, AND BACK IT WITH A
SPECIAL 2 YEAR / 24,000-MILE WARRANTY.



GRIMES

📍 1750 SE 11TH St. Grimes, IA

📞 515.986.5241

URBANDALE

📍 3831 70TH St. Urbandale, IA

📞 515.512.1095

ANKENY

📍 1329 SW Ordinance Rd. Ankeny, IA

📞 515.964.9492



SHADE TREE AUTO

With locations in Grimes, Urbandale,
and Ankeny, plus loaner cars, you
don't have to sweat it out in the
waiting room (literally).

HOSPICE care may be a gift to your family

For Linda's family, summer had always meant joy — a season of togetherness, with loved ones traveling from near and far to reconnect and celebrate.

But last year was different. Linda's health was steadily declining due to several chronic conditions, and although she still cherished the idea of seeing her family, she and her husband, Tom, weren't sure how they could fully take part in the usual reunion activities.

Support from an in-home hospice team helped shift the focus from what they couldn't do to what was still possible — allowing the family to create lasting memories during a meaningful summer.

"Hospice began caring for Linda just after Easter," Tom recalls. "They gave her the support she needed to enjoy a few very good months, and she was able to take part in our June family gathering. It might sound unusual, but that



summer felt full of life."

When you're exploring hospice care for someone you love, it may feel difficult — even paradoxical — to associate it with the idea of living. But that's exactly what hospice is meant to support: living well, with dignity and comfort, even as health declines.

Hospice care isn't one-size-fits-all. It can be provided at home, in a dedicated hospice facility, or in a blended care model — and the right choice depends on your family's unique situation and needs.

Whatever form of care you consider, one of the most important questions to ask is: "How can this help my loved one live fully during this stage of life?"

Many people are surprised to learn that hospice can begin earlier than they think — as soon as a person has received a diagnosis of a life-limiting condition. Early access to hospice can improve comfort and quality of life for weeks or even months, providing space and peace to focus on what matters most.

If you're navigating a loved one's illness this summer, consider how you want to spend that time together. Hospice providers can often deliver care in a person's home, helping preserve familiar surroundings while supporting both the individual and their family.

While reaching out to a hospice team can feel daunting, having compassionate, expert care in place can ease stress and allow for more meaningful moments — especially during treasured family traditions.

"Once we had hospice involved and a plan in place, it lifted a huge burden," Tom says. "We could concentrate on celebrating the season with Linda, knowing she was comfortable and cared for. We'll never forget that summer — it was a gift." ■

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.

Live well, age well, and handle the *what-ifs* right at home.

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

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

To learn more about WellAhead, join us for one of our upcoming seminars. Call (515) 400-4715 or use this QR code for details.

(515) 400-4715 | wesleylife.org/wellahead

This institution is an equal opportunity provider and employer.

HOW TO choose a real estate agent

Finding a reputable Realtor is essential when you are considering buying or selling a home. But how do you choose the best agent for your situation?

Where to start looking: Ask people in your social network for referrals. If they've come to know, like and trust their Realtor, there is a good chance you will also have a positive experience. But, what if you are new to the area? Look for agents who do a lot of business. Drive neighborhoods, study open-house and for-sale signs, and check with the local chamber of commerce.

Comfort level: In your first interaction, what does your intuition tell you? Are they genuinely interested in helping you? Do they know the current housing market? Do they pay attention to details? Do they seem like an honest person?

Communication and planning: If you are selling your home, your agent should be able to develop an effective marketing plan, explain it to you, and address any questions you might have. If purchasing, your agent should listen to your list of wants and needs and then help you prioritize what is most important within your price range.

Above all, your Realtor should be available for questions. Do not work with someone who does not return phone calls, texts or emails within a reasonable timeframe. ■

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.



CALL TODAY FOR A FREE CONSULTATION!

We'll discuss pricing, staging & my process for getting your home SOLD!



Jacquelyn Duke
REALTOR®, CRS, e-PRO

515-240-7483
617 SW 3rd St. • Ankeny
SellingCentralIowa.com

Jacquelyn
DUKE REALTY TEAM
expect more!

Brokered by:
ONE REALTYONEGROUP

FREE ACCESSORY STAGING FOR ALL SELLERS!



A REFERRAL IS THE **GREATEST** COMPLIMENT.

I'd Love To Help Your Friends, Family & Coworkers Find the Perfect Home!

Licensed to Sell Real Estate in Iowa



THE IMPORTANCE of setting strong financial goals

There's a quote about the importance of setting goals: "If you don't know where you're going, any path will take you there."

This holds true for things that are important to you financially as well. To set your financial goals, think about your priorities. Outline them as either "must-haves" — such as a comfortable retirement — or "wish list" — perhaps a vacation or entertainment.

You'll want your goals to be specific. Assign estimated dates and costs to each one so you can plan how much to save and how much time you have before you need the money.

Next, hold yourself accountable to stay on track. That involves actively tracking your progress, maintaining your focus and using these three time-tested strategies — diversify, own quality investments and keep a realistic perspective. A financial advisor can help with this.

Finally, enjoy that sense of accomplishment when you reach your goals, seeing your efforts literally pay off. ■

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 | Member SIPC



Happy July - Land of the Free!

Wishing you sunshine and good times.



Kyle Matzen, AAMS®
Financial Advisor

407 W Bridge Rd Ste 7
Polk City, IA 50226
515-984-6073

EJB-9811F-A-E-DA AECSPAD 25488705

GIBBONS steps into pageant life

Finds success from the get-go

Emily Gibbons, a rising senior at North Polk High School, has hit the ground running in her first few months of pageant life — and she's already making a name for herself.

This past spring, Gibbons competed in her first-ever pageant: Miss Golden Circle's Teen, a local preliminary to Miss Iowa's Teen. And she came out on top.

On her very first try, Gibbons was crowned the winner, earning her a spot on the Miss Iowa Teen stage in Davenport this past June.

Pageants had always been on her radar, so finally stepping into that world was a major milestone.

Gibbons didn't have much time to prepare between winning her title and competing at Miss Iowa Teen, but she embraced the challenge.

"I focused mainly on building up my community service initiative, which focuses on dance and helping all kiddos everywhere get the chance to dance," she says. "The competition itself was absolutely incredible."

She and her mom spent nearly a week in Davenport for the event, arriving Tuesday and staying through Saturday. Leading up to competition day, participants enjoyed bonding activities, meals and other events. Friday's competition featured fitness, evening gown, talent and an onstage question, with interviews taking place on Thursday.

"Overall, the competition itself was so fun," Gibbons says.

She finished strong, placing fourth overall and earning the title of Miss Iowa's Teen Third Runner-Up.

One of her favorite aspects of competing in pageants overall is the talent portion — hers is dance — because it allows each contestant to express herself in her own unique way.

But what stood out most was the sense of connection.

"My favorite part of the week would have to be making friends with all the other girls there competing, as well as just taking in the experience for the first time ever," Gibbons says. "I encourage every young woman who is interested in pageants to join the Miss America Opportunity." ■



Emily Gibbons won the Miss Golden Circle's Teen pageant then went on to claim the Third Runner-Up title in the Miss Iowa's Teen competition.

LEGAL issues when a spouse passes away

Losing a spouse can be one of life's most stressful events. In addition to coping with the loss of a loved one, the survivor must make important decisions. The surviving spouse may have to take on new responsibilities, such as managing household finances or returning to work. The loss of a spouse has a major impact on the survivor, both emotionally and legally. A handful of legal issues should be addressed when a spouse passes away.

First, the surviving spouse must locate the will. The will names an executor to handle the administrative responsibilities of settling the estate, such as paying final bills, disbursing assets, and filing final income and estate tax returns. The executor may be the surviving spouse or someone else. If there is no will,



the probate court can appoint someone to administer the estate. It is essential to hire an experienced attorney to assist with the probate process.

Even if the decedent and a surviving spouse owned most or all property jointly, legal actions are required to finalize the estate. Iowa law requires that an original last will and testament be filed with the clerk of court, even if there will be no probate of the estate. Title to jointly owned real estate must be transferred to the survivor; this must be done through a document filed with the local county recorder. Assets such as investment accounts and life insurance should be transferred to the named beneficiary.

The will isn't the only document required to settle an estate. Financial documents and information to file claims for insurance and other benefits are also needed, including:

- Death certificate
- Abstract of title to real estate

• Vehicle registration and insurance information

- Insurance policies
- Original stock certificates
- Information on bonds
- Financial account statements (bank accounts, investments, retirement accounts)

A surviving spouse should then review their own estate plan. The passing of a spouse is a good time to update a last will and testament and to ensure that advance directives (powers of attorney and a living will) are in place. A widow or widower can also assess the remaining assets to plan for strategic gifting or the possibility of needing long-term care.

Consult with an experienced attorney to ensure that the death of a spouse doesn't create a bigger problem in the future. ■

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

WHERE TO BEGIN?

YOU DON'T HAVE TO DO THIS ALONE.

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

ATTORNEYS WHO SPECIALIZE IN YOU



ABENDROTH RUSSELL
BARNETT LAW FIRM
ESTABLISHED IN 1987

2560 73rd St., Urbandale ■ 515.278.0623 ■ www.ARPCLaw.com



HOW-TO

GUIDE

HOW TO **CHOOSE GARAGE DOORS**

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage faces the front of the house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're selling, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside. If you're thinking about installing a new garage door, you may be surprised

at just how many options are on the market — and how affordably they can be installed.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek urban getaways. So if you thought your choices were limited to simple sheet metal styles, think again. You should also pay close attention to the materials. Today's garage doors can be made from expensive hardwoods, textured vinyl, fiberglass or basic aluminum, all of which will have a big impact on the look

and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose. Some will hold their color longer than others, and real wood doors can require regular staining and sealing every few years to keep them looking spectacular.

INSULATION

Depending on climate, the insulation of your garage door can be an important factor to help reduce your energy bills. This is especially important in heated garages. But even an insulated door on unheated garages can make a positive impact on your energy usage if it can keep the hot and cold weather away from the interior of your house. ■

YOUR EXPERT SOURCE FOR

ALL THINGS GARAGE DOOR

REPAIRS • NEW DOORS • OPENERS



VISIT OUR
WEBSITE OR
SHOWROOM TODAY!

AMEGA
GARAGE DOORS
& OPENERS, INC.

GARAGE DOORS WITH CURB APPEAL

CALL US **515-633-2119**

AmegaGarageDoors.com

SALES • SERVICE • PARTS • INSTALLATION

HOW TO CHOOSE THE RIGHT PODIATRIST

When foot or ankle pain begins to impact your quality of life, choosing the right podiatrist is one of the most important steps in your recovery. Whether you are facing a bunion, heel pain, sports injury or chronic discomfort, the expertise and approach of your provider will significantly influence your outcome.

CREDENTIALS AND CLINICAL EXPERTISE

Start by verifying board certification through the American Board of Foot and Ankle Surgery (ABFAS). This distinction signals that your podiatric surgeon has met nationally recognized standards for education, surgical training and professional performance. Doctors of Podiatric Medicine (DPMs) complete four years of medical school focused on the full body — with a strong emphasis on lower extremity anatomy — followed by at several years of intensive residency training in foot and ankle medicine and surgery. In fact, they typically perform

more foot and ankle procedures during training than any other medical specialty.

GO BEYOND WORD OF MOUTH

Recommendations from friends, family or your primary care doctor are a great starting point, but do not stop there. Take time to explore the podiatrist's website. You can learn a great deal about their background, areas of specialization, and the clinic's overall philosophy of care. Are they publishing research or contributing to medical education? If so, it often indicates a commitment to innovation and advancing the field. Patient reviews are also valuable — they offer real insight into what it is like to be under that provider's care.

MODERN TREATMENTS AND MEANINGFUL COMMUNICATION

The best podiatrists stay current with evidence-based, state-of-the-art treatments like Lapiplasty® for bunions

or laser therapy for soft tissue injuries. If a provider is still doing things the same way they did 20 years ago, it may be time to explore newer, more effective options.

Equally important is how well your provider communicates. You should leave each appointment feeling educated and confident — not confused or dismissed. Expect a thorough explanation of your diagnosis, treatment options and recovery plan. If that is missing, it is a red flag.

YOUR CARE, YOUR CHOICE

Most insurance plans do not require a referral to see a podiatrist, though you should confirm with your provider. Even if you are referred within a larger health system, you are free to choose the specialist who best aligns with your needs, values and goals. And do not overlook the clinic's culture — a personable, knowledgeable and compassionate team speaks volumes about the care you'll receive throughout your journey. ■

YOU DON'T HAVE TO BE IN PAIN

FOOT & ANKLE CENTER OF IOWA

The team of foot and ankle surgeons at **Foot & Ankle Center of Iowa / Bunion Surgery Specialists** are proud to be the leading **Lapiplasty® 3D Bunion Correction Center** in the country, having successfully corrected over 1,600 bunion deformities with Lapiplasty® 3D Bunion Correction to date!

- ▶ Bunions
- ▶ Arthritis / Tendonitis
- ▶ Warts
- ▶ Ingrown Nails
- ▶ Plantar Fasciitis/Heel Pain
- ▶ Sprains & Injuries

Other Services:

- ▶ Custom Orthotics
- ▶ SWIFT Wart Treatment
- ▶ MLS Class IV Laser Treatment

DR. PAUL DAYTON, DPM, MS, FACFAS | **DR. MINDI DAYTON, DPM, MHA, FACFAS**
DR. JESSEKA KALDENBERG-LEPPERT, DPM, MSA, FACFAS



NEW PATIENTS WELCOME!

515.639.3775 • footanklecenteriowa.com



Ankeny | 515.639.3775

1200 NW 36th St., Ste. 100

Grimes | 515.500.6568

255 SW Brookside Dr., Ste. 200

Des Moines | 515.244.0633

4214 Fleur Dr., Ste. 7

Fort Dodge | 515.209.2262

3 N 17th St.

HOW TO CHOOSE THE BEST RETIREMENT COMMUNITY

Retirement communities have come a long way since the days of a quiet home on the golf course or beach. Today's seniors are more active than ever and want to continue to enjoy their passions years into their retirement.

Modern retirement communities have become lifestyle communities, not solely about golf and tennis. Celebrities such as the late Jimmy Buffett — himself a senior citizen at the time — have created “branded” retirement communities that celebrate the fabled “Margaritaville” lifestyle.

Other factors may include whether you need living assistance or ready medical care. Of course, there's nothing wrong with finding a quiet place to live around people your own age. That is really what all of us look for in a community, and it's no different for seniors. If you're considering a move to a retirement community — or are in search of that lost shaker of salt — here are a few things to consider.

COMMUNITY ACTIVITIES AND PARKING

Many seniors enjoy golf, tennis, swimming and walking. Any prospective retirement community should have easy access to such activities.

Other seniors enjoy arts and crafts, board games, dancing and organized activities. Taking part in social events can provide opportunities to make new friends. Research what kinds of social events are organized within the retirement community.

Also, find out if the community has ample opportunities for residents to travel to theaters, museums or shopping malls.

Parking is another important factor when choosing a retirement community. Most people enjoy having family and friends visit, so parking is a necessity.

MEDICAL CARE FACILITIES

Retirement communities should be easily accessible to emergency personnel.

Know the location of the closest

hospitals, doctors, ambulance services and other personnel. You may wish to restrict your search to communities located near your preferred physician or other service providers.

Any prospective community should have a formal emergency plan in place. In addition, check to see if the retirement unit has custom safety features, such as railings in the bathrooms and entranceways.

PET POLICIES

Pet policies are another feature to consider. Some facilities will allow you to bring your pet to live with you while others will not. Many communities now recognize the health benefits of having pets.

Additionally, a park or nearby dog walking area will benefit you and your animal companion, particularly if your pet requires daily exercise. Taking a walk each day will benefit both of you. ■

Homeownership without the Hassle at
Vintage Hills Cooperative
 at Prairie Trail



Enjoy Ice Cream after the 1-1:30pm talk!

Homes start at \$120,000

OPEN HOUSE

Thursday, July 24 | 1-4pm

Discover Cooperative Living at Our Open House!

Join us for an engaging session where you'll learn what it means to live in a cooperative—from how it works to why it's a smart and community-driven lifestyle. Hear directly from current members during our live Q&A panel and get all your questions answered.

Unable to attend? Schedule a tour that works best for you by calling us. 515.729.2040 • 1370 SW Magazine Rd, Ankeny • vintageprairietrail.com



Benefits Included in the Monthly Fee*

- Maintenance and Repairs
- Landscaping
- Snow Removal
- Satellite TV Service ("Expanded Basic")
- Internet Service
- Heating
- Water & Sewer
- Waste Removal
- Document Shredding Service
- Property Taxes
- Insurance
- Heated Underground Garage
- Car Wash Bay
- Unlimited Use of Exercise Room
- Free Use of Great Room and Multipurpose Room
- Free Use of Woodworking Shop
- Use of Guest Rooms for Visitors**
- Free Use of Garden Plot
- Safety, Security, and Accessibility
- Plenty of Social Activities

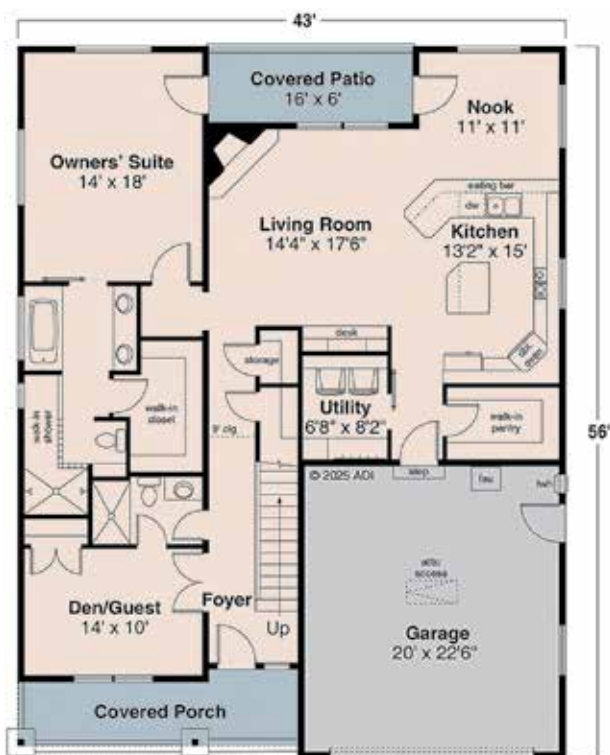
* Our monthly carrying charge is based on the co-op's shared expenses, budgeted annually by member-elected representatives on our Finance Committee and Board. It covers amenities, builds reserves for major repairs, and may be partially tax-deductible due to the co-op's collective mortgage and property tax payments.

** Guest rooms are available for a small fee—far less than typical hotel rates—to help cover cleaning and maintenance.

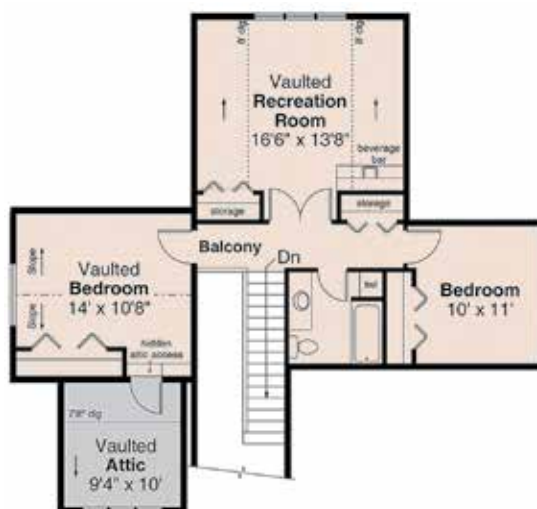
Scan here to learn more about the advantages of cooperative living, floor plans, and more!



EARLWOOD



The Earlwood is a beautifully crafted 2 story home that effortlessly balances classic charm with smart, functional design. As a Craftsman plan enriched with bungalow style elements, it delivers timeless curb appeal and a warm, welcoming presence. Tapered porch columns, stone accents, and deep eaves evoke the cozy spirit of a traditional bungalow while the layout offers a more expansive and modern lifestyle. ■
Copyright 2025 Associated Designs, Inc.

**AT A GLANCE**

2,477 square feet
4 bedrooms
3 full baths
2 floors
2 car garage

Scan the QR
code to view
this home plan



midwest mattress®

www.SaveMoneySleepBetter.com



ANKENY STORE MOVING EVERYTHING MUST GO



bedgear



cozzia.

RESTONIC

STEARNS & FOSTER®

UP TO 70% OFF

10% OFF

THE LOWEST MARKED SALE PRICE!*

**Tempur-Pedic and Stearns & Foster purchases are excluded.
Not valid on prior purchases. Ankeny store only.

Shop now for the best selection on mattresses, adjustable bases, performance pillows, furniture, massage chairs, and more!

We're relocating soon and would rather sell it than move it.

Hurry in — limited time, limited inventory!

Flexible financing available with approved credit. See store for details!



317 E 1ST ST
Ankeny, IA 50021
515-964-9955

midwest mattress®

www.SaveMoneySleepBetter.com

SUMMER pet safety: What owners should know

Last summer, the dogs and I were enjoying a late-morning walk on a fiercely sunny day when my dog, Pixel, suddenly started limping. A quick check revealed the problem: a small burn on his paw pad. Thankfully, we were almost home, and it healed quickly — but I felt awful. As a veterinarian, I know pets face unique warm-weather hazards — ones they can't always communicate — and yet I had forgotten.

So, before you leash up and head out with your kiddo, here are a few quick ways to keep your pet safe, cool and comfortable during the hot summer months:

Keep them cool

- Never leave pets in a parked car. Even at 70 degrees, the interior can hit 100 in 30 minutes. Flat-faced breeds, seniors and pets with heart or weight issues are especially vulnerable. Signs of heatstroke include excessive panting, abnormal gum color, vomiting, disorientation



or collapse.

Best bet? If you can't bring your pets inside, leave them at home with the AC.

- Walk early or late. When temps climb over 85 degrees, opt for indoor games or training sessions to burn energy instead.
- Limit outdoor time. Provide water and supervision — especially during mid-day heat.

Protect those paws

- Hot asphalt, sand or even decking can cause burns. If you can't hold the back of your hand on the surface for seven seconds, it's too hot. Stick to grass, shaded trails, or try pet booties (just be sure to introduce them gradually).

- Watch for toxic waters. In Iowa, cyanobacteria (blue-green algae) blooms often appear in still or slow-moving water in summer — and can be fatal to dogs. Avoid any water that looks green, cloudy or has visible scum.

Skip the BBQ scraps. Cookouts can lead to ER visits:

- Corn on the cob can block intestines.
- Bones, grease and skewers can cause injury or pancreatitis.

- Grapes, onions, garlic and alcohol are toxic — even in small amounts.

Stick to pet-safe treats and let guests know not to share.

Keep your yard safe

- Cocoa mulch smells great but contains theobromine — highly toxic to pets. Also beware of fertilizers, rodenticides, pesticides and plants like lilies and azaleas. If your pet loves to dig or nibble, double-check your landscaping for possible threats. If in doubt about a plant's safety, check with your veterinarian or visit the ASPCA website.

Summer should mean beachy walks, shady naps and shared adventures — not emergency vet visits. I learned the hard way with Pixel that even a short outing can have unexpected consequences. The good news? A little awareness — and knowing when to call your veterinarian — can make all the difference. Now go enjoy that summer day. ■

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

YOUR PARTNER IN PET CARE FOR OVER 50 YEARS

Dogs • Cats • Birds • Small Mammals

- The **only** locally-owned Fear Free Certified Practice in the metro.
- Exceptional customer service
- Personalized patient care
- Fear Free grooming
- Feline Friendly Practice
- Voted Ankeny's Best Vet Clinic for 14 years

**RECEIVE \$35 OFF
YOUR FIRST VISIT!**

Mention this ad to receive discount. For new clients only.



GET TO KNOW YOUR LOCAL VET

Dr. Patrick Hepner

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

I've been a veterinarian for 6 years, and graduated from Iowa State University College of Veterinary Medicine in 2019.

2. What inspired you to be a veterinarian?

I am very interested in medicine. Being a vet allows me to experience and work through many aspects of medicine and patient care.

3. Do you have a special area of interest?

I enjoy ophthalmology (eyes). Though I once considered specializing in ophthalmology, I've found great satisfaction treating eye cases in general practice.

4. If you weren't a vet, what would you be doing instead?

I would likely have pursued pharmacy school to become a pharmacist

5. What's one tip you wish every pet owner knew?

Google (and the internet in general) has a lot of incorrect and misleading information about pet care. Online sources are not always accurate or factual, but often opinion based. It is best to check with your veterinarian for answers.



**ANKENY ANIMAL
AND AVIAN CLINIC**

PAYMENT OPTIONS AVAILABLE

742 S ANKENY BLVD, ANKENY
www.ankenyvets.com (515) 964-7387

CITYVIEW'S

2025
EAST VILLAGE
Summer
STIR



JULY 25, 2025 • 5-9 P.M.

DES MOINES' HISTORIC EAST VILLAGE

**10 SAMPLE DRINKS.
JUST \$25!**

*\$35 AT THE DOOR

PARTICIPATING ESTABLISHMENTS:

**AJ'S ON EAST COURT, QUINTON'S, TRUMAN'S PIZZA,
ALLEGED LEE'S, NIGHTINGALE COCKTAIL,
FONG'S PIZZA, THE NEW NORTHWESTERN**

TICKETS AND INFORMATION AVAILABLE AT
summerstirs.dmcityview.com



BROCCOLI and friends salad

Step aside, “Trees and Raisins.” It’s 2025, and there is a new salad in town. The Broccoli and Friends Salad is bursting with flavor and packed with nutrients, making it a fresh favorite you will want to hang on to.

Salads and slaws have come a long way in the past 75 years. I’ll admit, I wasn’t a fan growing up, but now they are the dishes I look forward to most at potlucks. Add some cubed chicken or a piece of salmon, and you have got a light, satisfying meal.

These days, salads are more versatile than ever, thanks to healthier, more creative dressing options ranging from various oils and vinegars to honey, mustard, maple syrup, Greek yogurt, fat-free sour cream and soy sauce. To lighten this recipe, try swapping the mayo for Greek yogurt and cutting the sugar to half a cup. You will still get all the flavor with fewer calories.

Whip up a batch this weekend. You will be glad you did. ■

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



Broccoli and friends salad

Recipe courtesy of “Cookin’ Savvy”

Servings: 4-6

Ingredients:

- 2 medium heads broccoli
- 2 apples
- lemon juice
- 1 carrot
- 1 cup blueberries
- 1 cup dried cranberries
- 1 cup sunflower seeds
- 1 cup pecans
- 1 package (2 1/2 ounces) real bacon pieces

Dressing:

- 1 cup mayonnaise
- 1/3 cup milk
- 1/3 cup apple cider vinegar
- 2 tablespoons poppy seeds

Directions

- Coarsely chop broccoli and place in large bowl.
- Coarsely chop apples and brush with

lemon juice to prevent browning; add to bowl.

- Shred carrot and add to bowl with blueberries, cranberries, sunflower seeds, pecans and bacon.
- To make dressing: Mix mayonnaise, milk, apple cider vinegar, sugar and poppy seeds. Pour over broccoli salad and mix well.



YOUR BUSINESS + OUR GAME PLAN = A WINNING TEAM!

From expert advice to custom solutions, our banking coaches are here for every play.

MEET THE TEAM THAT’S READY TO HELP YOU TACKLE YOUR FINANCIAL GAME PLAN!



PATRICK ROMIG
Market President
NMLS #1200065



SCOTT HENRY
SVP Senior
Loan Officer



JON T. OLLENDICK
SVP Mortgage Banking
NMLS #488066



ANDY SCHNURR
Branch Manager
NMLS #552735



MIKE SMITH
SVP Treasury
Management

ANKENY

2010 N. Ankeny Blvd.
Ankeny, IA 50023

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](https://www.availa.bank).



THE QUIET gift of being known

Why personal connection matters in later life.

Last month, I wrote about how community shapes our well-being as we age and why face-to-face connection is not just helpful, it is essential. This month, I want to take that thought a step farther. It is not only about being around others, but also about being known.



There is a certain sense of dignity that comes from someone remembering your favorite dinner order, asking how your family is doing, or noticing when something feels off. These simple interactions remind us we were handcrafted for more than routines. We were designed to live in relationship with people who know our names, our habits and our stories.

As we grow older, that need doesn't go away. In many ways, it becomes even more vital. When older adults begin to lose their daily routines or their roles shift, being known speaks to

something much deeper. It affirms that they are still seen, still valued, still created with purpose.

Sadly, many seniors who live alone can go days without meaningful interaction. Without someone checking in or truly noticing them, time begins to feel weightless.

In the right kind of environment, personal connection becomes part of the rhythm of life. People greet each other by name, ask thoughtful questions, and notice when something is missing. These small acts carry weight. They nourish our souls. They remind us that we were not meant to go through life alone.

And here's something just as important: The act of knowing others also shapes us. We were not only created to be seen but also created to see others fully. When we take the time to learn someone's story, remember the details that matter to them, and show up with genuine care, we reflect something sacred. We don't just offer dignity, we participate in it, and, in the process, we begin to discover more of ourselves. In loving others well, we often find ourselves more deeply

known.

Social activities may pass the time, but relationships help shape a life. It matters when someone is known by name and by story, but it matters just as much when we choose to know others in that same way. When we give and receive attention, when we both notice and are noticed, something in our soul settles. That's where identity takes root.

So, whether you are walking alongside someone you love or simply mindful of the people around you, take the time to invest in their lives. Learn their stories. Know their names. Because being known — and, more specifically, choosing to know others — is where lasting connection begins. It speaks to the very core of who we were designed to be. ■

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.

NOW OFFERING Independent Living at CopperWood at Prairie Trail

Welcome to a new kind of Independent Living, where luxury meets lifestyle. Our community is designed for active adults who want more from retirement. Whether you're entertaining, exploring new passions, or relaxing at home, everything you need is right here.

One-bedroom rate starts at \$3,700.

Make the MOVE

Tour our community by July 31 and receive

\$6,000* to use **Any Way You Choose!**

Ask about this limited-time Move-In Special today.

* Some exclusions may apply.

*For more information or to schedule a visit
call 515.758.9588
or email eofloy@copperwoodsl.com*

CopperWood 
AT PRAIRIE TRAIL

2855 SW Vintage Parkway
Ankeny, IA 50023
copperwoodseniorliving.com.



Managed by:
FAS FRANCISCAN
ADVISORY
SERVICES

Independent Living • Assisted Living • Memory Care





ALL SAINTS CATHOLIC CHURCH

650 NE 52nd Avenue • Des Moines, Iowa • 515-265-5001
www.dmallssaints.org

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

Reconciliation:
Saturday 3:00 - 3:45pm
Sunday 8:00 - 8:45am

Let's Walk Together in Christ *Scan here!*



NEWS BRIEF

FRIEDMAN earns doctor of optometry degree

McKenzie Friedman, O.D., of Polk City, was among 129 students recently awarded a doctor of optometry from Southern College of Optometry in Memphis.

Friedman graduated Magna Cum Laude and Beta Sigma Kappa, a designation for students demonstrating exceptional academic achievement. She also earned the CooperVision Leadership Award, which recognizes a student who demonstrates leadership qualities and an interest in the field of contact lenses.

Friedman is the daughter of Paul and Dr. Traci Friedman, who is also an optometrist. She is a graduate of North Polk High School and the University of Iowa.

Graduates of SCO's Class of 2025 hail from a total of 35 states and Canada. Optometrists are independent, primary health care providers who specialize in the examination, diagnosis, treatment and management of diseases/disorders of the visual system, the eye and associated structures, as well as the diagnosis of related systemic conditions. ■



WE MOW LAWNS! 515Lawn Services



Locally owned, operated and insured

TEXT, CALL OR MESSAGE FOR A FREE QUOTE! 515-587-8171

MORE THAN JUST A JOB...

Have a meaningful career!

If you love our publications, you'll love working with us!

If you are a motivated sales representative with attention to detail and a solid work ethic who wants to work where you live, then we want to talk with you.



IOWA
Living
MAGAZINES

Benefits include unlimited earnings potential, health insurance, dental insurance, life insurance, AD&D, long-term disability, paid vacation and sick time in a casual, family-owned working environment.

Contact Jolene Goodman at 515-326-0082

or email your cover letter and resume to jolene@iowalivingmagazines.com

ARE YOU PAYING TOO MUCH FOR A BAD WEBSITE?

We make professional websites simple.

ONLY
\$79
month
Plus one time production fee.

- **LOCAL**
People you know and trust.
- **QUICK**
Up and running fast.
- **MODERN**
100% mobile responsive design on all devices.
- **AFFORDABLE**
Flat fees, no surprise charges.

For a **FREE** design preview with no obligation, call Megan at 515-360-1225 or email megan@iowalivingmagazines.com.

www.biggreenwebdesign.com



BUSINESSES GET RESULTS

when they
advertise in

NORTH POLK
Living
MAGAZINE

iowalivingmagazines.com



North Polk Living
magazine is the most
read publication in the area.

Our readers are your potential customers.

80%

of households say they read
North Polk Living magazine.

67%

of readers say they purchase
products and services seen in
North Polk Living magazine.

63%

of readers visit the advertiser's
website after viewing an
advertisement.

CALL ME TODAY!

**I would love to help
grow your business.**

**DAN
JUFFER**

Advertising Account Executive

dan@iowalivingmagazines.com

Cell: 515-371-2290

HOME STATE BANK

Happenings

FUN AT THE FOUR SEASONS FESTIVAL

The Polk City Home State Bank team had a great time at the Four Seasons Parade and Festival, handing out fun goodies. As the Premier Sponsor of the event, we enjoyed all the fun events on our Home State Bank stage, including announcing the winners of our Ultimate Giveaway from our second annual Secret Savers Scavenger Hunt!



Our Home State Bank team ready to walk in the Four Seasons Parade!

Our second annual Secret Savers Scavenger Hunt was a hit with many new participants. Each participant received an instant prize for turning in their punch card. Those who filled all 15 spots were entered into our Ultimate Giveaway drawing, which was presented at the Four Seasons Festival. Congratulations to our winners!



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



FINANCE

By Jeremy Arends

BUILDING an emergency fund at any age

While many people understand the importance of having an emergency fund, nearly three in four Americans (73%) are saving less for emergency expenses due to inflation, rising prices, elevated interest rates, or a change in income or employment.¹

In the past year, 37% of U.S. adults needed to use their emergency savings at some point in the last 12 months. Eighty percent of those people used the money for essentials, and 48% of these individuals earned between \$500 and \$2,499.¹

An emergency fund should ideally be used for just that — emergencies, not essentials. From unexpected medical expenses to car repairs and job or income loss, an emergency fund should be a must in your financial portfolio.

Apart from having funds on hand quickly, emergency funds also allow you to avoid credit card debt or withdrawing funds from other important accounts, such as retirement or personal savings, for goals you have set.

How much should you have in your emergency fund? The standard rule of thumb is enough to cover three to six months' worth of expenses. If you have dependents you cover, you'll want to save more to account for them as well.

Building an emergency fund doesn't have to be hard. You can set up a basic savings account or a money market account. Because this is an emergency fund, you want to be able to access your money quickly — maybe not instantly — but within a day. Avoid stocks and bonds for these reasons and due to market risk.

Many financial institutions offer high-yield savings accounts, which can help you grow your emergency fund faster.

An emergency fund is important to establish but shouldn't be a burden on your everyday expenses. Once you figure out what your emergency fund savings goal is, determine a feasible amount you can set aside each month to reach this goal. If you have a tax return, consider using those funds to bump it up a bit, too.

As you establish and grow your emergency fund, it's also important to identify what counts as an "emergency" to pull money from. Failing to identify these can lead to a slippery slope, with individuals using them for everyday needs rather than true emergencies. If you are contributing with someone else, discuss and agree on what constitutes drawing funds from your emergency account.

Whether you already have an established emergency fund or are just getting started, your financial institution and local bankers can help you reach your goal effectively and efficiently. ■



Information provided by Jeremy Arends, Cash Management Officer, 515-329-8813, HomeState Bank, 101 E. Bridge Road, Polk City.

1. www.bankrate.com/banking/savings/emergency-savings-report

POLK CITY Community Library news

Ladies' Wednesday Coffee, Wednesdays, 10 a.m. to noon.

Ladies, join us for coffee and conversation.

Sit N' Stitch, Thursdays, 6-8 p.m.

Bring your current project and join us for stitching and conversation.

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

Gentlemen, drop in for coffee and conversation.

Home Run Reader Night at the Iowa Cubs, Thursday, Aug. 14, 6:30 p.m.

The I-Cubs take on the Worcester Red Sox. Free general admission tickets will be available at the library beginning July 31. Limit six per family while supplies last.

Crafternoon - Jr, Tuesday, Aug. 5, 1-3 p.m.

Kids and teens are invited to an open crafting session. The library will provide a variety of supplies for crafting. Drop in for one last library crafting session before school starts.

Wednesday Book Club, Wednesday, Aug. 6, 7 p.m.

Join us for a discussion of "The Little Liar" by Mitch Albom. Eleven-year-old Nico Krispis has never told a lie. When the Nazis invade his home in Salonika, Greece, the trustworthy boy is discovered by a German officer, who offers him a chance to save his family. All Nico has to do is persuade his fellow Jewish residents to board trains heading "north," where new jobs and safety await. Unaware that this is all a cruel ruse, the innocent boy reassures passengers on the station platform every day. Stop by the library for a free-to-keep copy of the book while supplies last.

Monday Book Club, Monday, Aug. 18, 2 p.m.

Join us for a discussion of "Everyone in This Room Will Someday be Dead" by Emily Austin. Gilda, a 20-something, atheist, animal-loving lesbian, cannot stop ruminating about death. Desperate for relief from her panicky mind and alienated from her repressive family, she responds to a flyer for free therapy at a local Catholic church and finds herself being greeted by Father Jeff, who assumes she's there for a job interview. Too embarrassed to correct him, Gilda is abruptly hired to replace the recently deceased receptionist, Grace. In between trying to memorize the lines to Catholic mass, hiding the fact that she has a new girlfriend, and erecting a dirty dish tower in her crumbling apartment, Gilda strikes up an email correspondence with Grace's old friend. She can't bear to ignore the kindly old woman who has been trying to reach her friend through the church inbox, but she also can't bring herself to break the bad news. Desperate, she begins impersonating Grace via email. But when the police discover suspicious circumstances surrounding Grace's death, Gilda may have to finally reveal the truth of her mortifying existence.

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



Adult Coloring, Tuesday, Aug. 19, 5 p.m.

Join us for a relaxing evening of coloring on the third Tuesday of the month. Colored pencils and gel pens will be provided. You are also welcome to bring your own. Ages 17 and older.

Garden Produce Swap

Entire month of August during library hours. Throughout August, feel free to share the love by placing your garden surplus onto the library entryway table. Then, snag some delightful finds for yourself! Since there is sure to be an abundance, feel free to grab some goodies even if you have nothing to share.

Note: Kids programming will start back up in September. ■

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT

**GET 8
FREE
BURGERS**
A \$22 value!

Butcher's Classic Pack SAVE 57%

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

Scan Now To Order

78237XDS separately \$300.99

\$129.99

SPECIAL INTRODUCTORY PRICE

ORDER NOW!

Ask for your FREE burgers with offer 78237XDS

OmahaSteaks.com/ClassicPack7199 | 1.833.897.4133

Savings shown over aggregated single item base price. 8 free 4 oz. burgers will be sent to each shipping address that includes 78237. Limit 2. 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 12/31/25. 24M7165 | Omaha Steaks, LLC

Be sure to check for cancellations.

Upcoming in North Polk Living magazine:

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.

Home Improvement: Our annual Home Improvement issue in which we share residents' stories about their remodeling projects is coming up. Please share your stories about the work you have done on your home and how it has changed your use of the space and enjoyment of your home. Email tammy@iowalivingmagazines.com with your stories.

LifeServe Blood Drive

Saturday, July 26, 9 a.m. to noon

Parking lot corner of West Broadway Street and South Fourth St., Polk City

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



Polk City Farmers Market

Thursdays, through Sept. 25, 4:30-8 p.m.
Polk City 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.

Music in the Garden Series

July 24 and 31 and Aug. 7

Greater Des Moines Botanical Garden,
909 Robert D. Ray Drive, Des Moines
www.dmbotanicalgarden.com

Enjoy live music in the beautiful setting of the Des Moines Botanical Garden. Upcoming concerts are: July 24: The Crowfoot Rakes; July 31: Mango Soul; Aug. 7: Diplomats of Solid Sound. Doors open at 6 p.m. and concerts start at 6:30 p.m.

The Music of John Williams

Various dates and locations

The Greater Des Moines Community Band announces the schedule for its 2025 summer concert series, "The Music of John Williams."

- July 21, 7 p.m. Woodlands Creek, 12675 Woodlands Parkway, Clive
- July 28, 7 p.m. Copper Shores Village, 1500 Edgewater Drive, Pleasant Hill
- Aug. 4, 6:30 p.m. Rieman Music, 6501 Douglas, Urbandale
- Aug. 9, 11 a.m. Iowa State Fair, Knapp Stage

FIRE UP THE GRILL!

Visit us for a large selection of seriously awesome pork to grill this season!



100% OF YOUR BERKWOOD PURCHASE SUPPORTS OUR SMALL FAMILY FARMS.



Visit our retail location to find premium pork products for you and your family.
Only serve the Berkshire Difference!



6615 N.E. 14TH ST., DES MOINES

betterpork.com • 515-244-7675

Monday-Friday 8am-4:30pm, Saturday 10am-2pm

100% CERTIFIED
Pure Heirloom
Berkshire Pork

EVENTS IN THE AREA

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

Be sure to check for cancellations.

Waukee Arts Festival

July 18-19

Centennial Park,

1255 Warrior Lane, Waukee

Visit 140 vendor booths in the largest Waukee Arts Festival to date. Food and beverage trucks, the Waukee Fine Arts Footrace and numerous live bands are planned. For a full schedule of events, list of artists and festival updates, visit www.waukeeartsfestival.org.

DMPA Free Outdoor Family Events

Des Moines Performing Arts announced the engagements headed to Des Moines as part of its 2025 Free Outdoor Family Events series. These free presentations are designed to engage new audiences and performing arts enthusiasts alike, while also removing the barrier of cost.

- July 21-22: Dupont Brass, parks across the metro
- Aug. 13: Storytime Under the Green Umbrella, Cowles Commons

- Aug. 23: Dancing on Cowles Commons

For more information including times and park locations, visit www.desmoinesperformingarts.org/whats-on/series/free-outdoor-family-events.



CITYVIEW Summer Stir

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/>.

Clive Festival

Friday, July 18, to Saturday, July 19

Mark your calendars for Clive's biggest (and best) community event. Enjoy free live music, Thunder Over Clive Fireworks, bounce houses, activities for kids, food trucks, Kids Art Expo, the Clive Running Festival, Clive Lions Club Pancake Breakfast, Touch a Truck, Cardboard Boat Regatta at Clive Aquatic Center, and more. Check the Clive Festival Facebook page for details.

National Balloon Classic

July 25 to Aug. 2

Memorial Balloon Field,

1136 150th Ave., Indianola

Beautifully colored hot air balloons dot the skies over Indianola at this annual event. Watch the competition as well as special night shows and enjoy entertainment at the Balloon Field. For more information, visit www.nationalballoonclassic.com.



Healthy Kids Iowa
from Iowa HHS

Healthy Kids Iowa Starts With Healthy Choices!

Learn more and find a
Healthy Kids participating
pantry near you.



Be sure to check for cancellations.

Beats and Eats

July 17 and 24

Ankeny Market & Pavillion,
715 W. First St., Ankeny

Enjoy this fun summertime event featuring food trucks, live music, activities, yard games, the Uptown train and more. On July 17, enjoy music by Cover That and food trucks Main Street Cafe, Nina's Tacos, Pho All Seasons, Sweet Swirls and Lucky Wife. Activities will include Hock Farms petting zoo, Pink Stew balloon twist, spin art and a parkour obstacle course. Enjoy The Get Down Band on July 24 and food from Loudi's, Flame, Outside Scoop and Lucky Wife. Activities include axe throw inflatable, basketball inflatable, K Brede Art face paint and a parkour obstacle course. Beats & Eats is a free community event produced by the City of Ankeny Parks & Recreation Department and sponsored by Uptown Ankeny. Food trucks and entertainment are subject to change. For more information, visit www.ankenyiowa.gov/eats.



Earlham concert series

Every Sunday until Aug. 10, 6 p.m.

Earlham City Park, Earlham

The Levitt Amp Earlham Music Series starts with an opening act around 6 p.m. and a headliner around 7:15 p.m. Lots of kids activities and food trucks will be offered as well. The concerts are free and include: July 20: Mae Simpson, Yubu; July 27: Blame Not the Bard, Day's Live Music; Aug. 3: Larry & Joe, Sun Centauri; Aug. 10: Dessa and The 29:11 South African Choir, Nella Thomas.

Wallace Centers of Iowa Summer Events

Wallace Farm, 2773 290th St., Orient

Wallace House, 756 16th St., Des Moines

• **Pizza on the Prairie: Every Friday until Sept. 26, 5-9 p.m., Wallace Farm.** Come to the prairie at the Wallace Farm on Friday nights during the summer for brick oven pizza packed with farm-fresh veggies and local meats. This family-friendly evening is packed with good food, live music, outdoor art, and picturesque sunsets. Reservations for pizza ordering times are required at <https://wallace.org/pizza-on-the-prairie/>.

• **Farm to Table Vegan Dinner: Tuesday, July 22, 6-8:30 p.m., Wallace House.** Enjoy a vibrant three-course vegan dinner featuring produce from the Wallace Center's gardens and locally sourced seasonal ingredients. \$75/ticket available at <https://wallace.org/event/farm-to-table-vegan-dinner/>.

• **Ice Cream Social: Sunday, Aug. 3, 2-4 p.m., Wallace House.** Grab your friends and family and join us at the Wallace House for farm-inspired ice cream. Pay by the scoop: \$4 for one or \$6 for two.

• **Bites & State Fair Traditions: Tuesday, Aug. 5, 5-9 p.m., Wallace House.** Step into a nostalgic evening where Iowa State Fair traditions come to life. Dinner features entrée and dessert options inspired by classic fair flavors. Then test your state fair smarts with trivia cards at every table. Tickets purchased by table. <https://wallace.org/event/bites-state-fair-traditions/>

• **Garden Party Luncheon: Wednesday, Aug. 20, 11:30 a.m. to 1:30 p.m., Wallace House.** Enjoy a beautifully curated lunch featuring farm-fresh produce and edible flowers. Take a stroll around the garden in your favorite garden-inspired attire. \$45/ticket. <https://wallace.org/event/garden-party-luncheon/>

• **Know Your Farmer Dinner: Sunday, Aug. 24, 6-8 p.m., Wallace Farm.** Meet Kevin Blair, garden programs manager, and learn about the garden programs while enjoying a three-course dinner using fresh ingredients from the farm. \$75/ticket. <https://wallace.org/event/know-your-farmer-dinner-kevin-blair/>

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.



Urbandale Summer Concert Series

Tuesday, July 29 and Tuesday, Aug. 26, 6:30-8 p.m.

Charles Gabus Memorial Tree Park, next to the Urbandale Public Library

Enjoy free, high-quality music in a family-friendly setting. Bring your lawn chair or blanket, and feel free to pack a cooler. Concerts are: Tuesday, July 29: June Bugs DSM; Tuesday, Aug. 26: River City Opry. ■

GRATEFUL for a great festival

Thank you, Polk City

The 2025 Polk City Four Seasons Festival was one for the books. Even the summer heat couldn't stop the fun, and we have you, our amazing community, to thank for that. From the first parade float to the final encore on stage, Polk City showed up with enthusiasm, resilience and heart.

We kicked off the weekend with a wonderful round of golf at Tournament Club of Iowa with our Polk City Classic, a book walk put on by the Polk City Library and Encore Legends taking the Home State Bank Stage. Saturday, we kicked off with a fantastic parade that drew crowds all along our streets — the kind of turnout that reminds us just how tight-knit and spirited our community truly is. The energy didn't stop there. Our square was buzzing all day with kids' activities, food trucks, music and laughter.

A major highlight? Our Saturday bands. Plastic Apartment warmed up the crowd for the final show from local favorite band, Becker. Their farewell performance packed the stage and gave us all a night to remember. Thank you, Becker, for sharing your music with us over the years. Polk City will always be your biggest fans.

Another proud moment was welcoming Miss Iowa and Bill Riley Jr. to our beloved Bill Riley Talent Show, where young performers lit up the stage with talent and confidence. We are so proud of every participant who stepped into the spotlight, your future is bright.

As we reflect on the weekend, we are overwhelmed with gratitude for our volunteers, vendors, sponsors, and especially the families and friends who braved the heat to celebrate with us. You are what makes this event possible.

Polk City continues to shine as a destination for family fun, great food and small-town charm. Whether you cooled off with a drink on the patio at Arcadia, grabbed a bite at the Polk City Pub, or Pappa's Pizza, our local businesses were ready to serve up summer. Be sure to swing back in for Rising Sun's Christmas in July menu. It is a festive way to beat the heat.

With our trails, parks and proximity to the lake, Polk City is the perfect place to live, work and play. We're so proud to call it home.

From the bottom of our hearts — thank you, Polk City. Let's carry this attitude of gratitude with us all year long. We can't wait to see you at the next event.. ■

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.



WSJ WINE
THE WALL STREET JOURNAL.

TOP 12

Wines You Need to Try
plus Bonus Gifts

JUST \$69.99

**SAVE
\$150**



GO TO

Buywsjwine.com/Cork1

OR **CALL 1-855-594-3045** and mention code AGRJ001

WSJ Wine is operated independently of The Wall Street Journal and Dow Jones & Company, Inc. Full terms and conditions online. Void where prohibited by law.

Go
Polk City
CHAMBER + ECONOMIC DEVELOPMENT

**Join the
Chamber!**



Join Now

CLASSIFIEDS

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.

FOR SALE

NEW 2026 MODULAR HOMES, 3Br.-2Ba., (1120 Sq. Ft.), Starts at \$138,000. Delivered Factory Direct In Iowa. Basement Ready. Coachlight Homes, Inc. 3766 W. Airline Hwy., Waterloo, Iowa. Dennis Payne, 319-239-1920. (mcn)

WANT TO BUY

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

AUCTIONS

BAIER AUCTION CO Friday, July 18 10 AM 4257 NE 80th St., Altoona, IA Live on-site. Industrial and commercial electrical, plumbing, refrigeration tools and supplies. www.baierauctions-service.com for sale bill. (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)

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/mid-west#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

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 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! 1-833-641-6779. (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

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)

Jacuzzi BATH REMODEL

Safety. Style. Stress-Free Installation.

CALL NOW 866.753.9521

SPECIAL OFFER: Waiving All Installation Costs!

Small text: *Not every sale. Offer subject to change without notice. See dealer for details.*

Call today and receive a FREE SHOWER PACKAGE PLUS \$1600 OFF

SAFE STEP WALK-IN TUB

1-855-417-1306

With purchase of a new Safe Step Walk-In Tub, new customer with any previous walk-in tub purchase. Offer excludes prior tub purchase. For cash value, refer to terms and conditions of purchase. 7/18 & 1/18/2025. 10/18 & 1/18/2026. (10/18/25)

FINANCING AVAILABLE WITH APPROVED CREDIT

My Patriot Supply

GRAB YOUR 4-WEEK EMERGENCY FOOD SUPPLY

- ✓ Breakfast, Lunches, Dinners, Snacks and More
- ✓ 2,300+ Calories/Day - Filled with 13 Essential Vitamins & Minerals
- ✓ Up to 25-Year Shelf Life
- ✓ Lightning-Fast FREE Shipping

AMERICA'S MOST TRUSTED EMERGENCY FOOD COMPANY
OVER 72,300 5-STAR REVIEWS - 1.4A RATING WITH THE BBB

1-844-214-6185

mypatriotdeal.com/prep13

We Buy Houses!

Liz Buys Houses Connects Home Sellers with Legitimate Cash Buyers Nationwide! **No Repairs. No Fuss.**

- Fair Cash Offer
- Quick Closing
- No Realtor Fees
- No House Repairs
- Simple Home Sale

We work **fast** and are ready to help with your sale. Call today to see if our fast cash offer aligns with your home sale needs!

CALL (877) 791-5531

Liz Buys

ERIE HOME Trust the Nation's #1 Roofing Contractor
Award-Winning Roofing and Customer Service
Erie Roofing Since 1976

LIMITED TIME OFFER 50% OFF Installation

FREE ESTIMATE SCHEDULE TODAY! Call 1.833.370.1234

CALL TODAY! 1.833.370.1234

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservices.compliance.com. All rights reserved. License numbers available at eriehome.com/erielicenses/

LeafFilter GUTTER PROTECTION

Spring showers may bring costly home repairs

Spring rain can overwhelm clogged gutters, leading to overflow causing damage to your home.

CALL 1-855-595-2102 TO SCHEDULE YOUR FREE INSPECTION

Promo Code: 285

*\$250 discount (no cash value) is for same-day signing only. This offer cannot be combined with any other promotion or offer. No obligation estimate valid for 1 year. Expires: 6/30/25. See website for all license and registration numbers.

CHAMBER Golf

Go Polk City Chamber
golf outing was held
on June 27.



Staci Allen and Brandon Converse



Drew Trimble and Lee Efft



Karla Hogrefe, Jenny Coffin and Jason Thraen



Mike Schoneboom and Al Dorenkamp



Kelly Fried and Steve Karsjen



Tregg Sandahl and Russ Young



Justin Clausen and Damion Pregitzer



Sam Yoder and Bairn Nail



Alex Schlader and Corey Hoodjer



Jordan Doyle and Kaleena Lively



Joel Feller and Scott Paulson

CHAMBER Lunch

The Go Polk City chamber lunch was held on June 18.



Susie Sheldahl once again was voted Favorite Northern Polk County Realtor in the Living magazines Residents' Choice Poll.



Shawn Comer with Papa's Pizzeria's Favorite Northern Polk County Pizza Establishment Living magazines Residents' Choice Poll award.



Halie Trappe and Wendy Musgrave



Matt Wight and Ringo Kienitz



Martha and Susie Sheldahl



Jessica Faue and Cassie Kozelka



Mayor Steve Karsjen, Luke Hoffman and Madison Rollefson



Staci Allen, Luke Hoffman and Mayor Steve Karsjen



Rising Sun Cafe won several categories in the Living magazines Residents' Choice Poll. Danyel Fahey, Katryn Halterman, Ava Jenkins



Colby Cupp and Ryan Tonei



Lonn and Noah Kammeyer



Alysia Olson and Cory Hoodjer



THE COMETS CORNER

NEWS FROM NORTH POLK CSD

JULY 2025

NORTH POLK PAVING THE WAY IN CAREER & TECHNICAL EDUCATION

The North Polk Community School District continues to take bold steps in preparing students for the future. A key part of the 2023 Bond Referendum included the construction of a new Career and Technical Education (CTE) Center, which is set to open this fall. The project reflects a shared vision of opportunity and innovation.

While many North Polk graduates pursue 2- or 4-year college degrees, the district acknowledges that today's workforce requires a wider variety of skills. Employers and industry leaders across the region and the nation are demanding more hands-on experience and training in fields like advanced manufacturing, agricultural technology, and construction, and this center provides the opportunity for exactly that.

A National Spotlight: The CHIPS Challenge

This past spring, North Polk was named one of just 36 semi-finalists—and the only one from Iowa—in the U.S. Department of Education's CTE CHIPS Challenge, a national competition focused on building strong career pathways in high-tech and high-demand industries. The challenge supports schools in creating innovative plans to recruit, train, and place students in careers aligned with the growing semiconductor and advanced manufacturing sectors.

As a semi-finalist, North Polk is actively participating in Phase 2 of the challenge, which runs through December 2025. During this time, the district is receiving expert guidance, engaging in national collaboration, and refining its action plan to strengthen local career and technical education programs.

Drones, Ag-Tech, and the Future of Learning

North Polk's proposal builds upon the district's strong agricultural community, robust FFA program, and growing CTE offerings. As part of its CHIPS Challenge initiative, the district aims to prepare students for semiconductor fabrication (fab) construction and advanced manufacturing-aligned careers by integrating agriculture drone technology into its CTE program.

This effort will equip students with essential skills in drone operation, maintenance, and troubleshooting, while also creating more work-based learning opportunities with industry partners. As agriculture evolves through advanced technology, North Polk is focused on bridging the gap between education and workforce needs.

By combining classroom learning with real-world experience, the district aims to create clear pathways for students to thrive in emerging ag-tech and manufacturing careers, strengthening both individual futures and our community's economic growth.



Building the Future: The 2023 Bond's Role



The 2023 Bond referendum provided critical funding for a brand-new Career and Technical Education (CTE) addition at North Polk, set to open this fall. This facility is designed to give students hands-on access to advanced technologies and career pathways. The bond investment was a vital next step that set the foundation for success in national competitions like the CHIPS Challenge.

Iowa's Sole Semi-Finalist: North Polk Shines in the CHIPS Challenge



North Polk CSD stands out as the only Iowa semi-finalist in the U.S. Department of Education's prestigious CTE CHIPS Challenge. This national competition recognizes innovative career pathways in advanced manufacturing and technology, highlighting North Polk's leadership in preparing students for the future.



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**

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