

NORTH POLK

NOVEMBER 2025

Living

MAGAZINE

HOMETOWN

holidays

Residents prepare to
enjoy the festivities.

**Honoring those
who served**
VETERANS SALUTE

**Parmesan garlic
focaccia bread**
RECIPE

**North Polk's new CTE Center
already making an impact**
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THANKSGIVING

HOME & HOSTING HACKS

Hosting this year? Or just want your home to feel extra cozy for the holiday? Here are a few simple hacks that'll make your space look (and smell) amazing for the holiday season!



Set the Vibe With Lighting

Swap in warm bulbs, light a few candles, and let the cozy glow do the decorating for you.



Keep Decor Simple + Natural

Mini pumpkins, greenery, and pinecones look good everywhere and cost next to nothing.



Create a Snack or Drink Station

A little coffee, cider, or mimosa bar keeps guests happy (and out of the kitchen!)

From the bottom of my heart...

THANK YOU

Helping families make their next move is something I never take for granted.

515-419-1620 | susie@susiesheldahl.com



Susie Sheldahl

REALTYONEGROUP
IMPACT

WELCOME

GIVE Santa a hug

There he was. An overweight, old man dressed in red with an unkept beard and a peculiar hat. He was a complete stranger who wanted me to sit on his lap and share my wishes. Creepy? You're darn right! At least he was to this young boy.

Keep in mind that I didn't even want hugs or kisses from my grandmothers, so there was no way on Earth, or anywhere else, that I was going to get close to the man whose real name is Kris Kringle. I would forgo any and all presents before I would share a single word with the guy who now proclaimed himself as Father Christmas.

Santa was welcome to park his sled on our roof and break into our home to leave presents, but that's where our relationship ended. From what I can see today, and from what I remember with our kids, I am not the only one who was uncomfortable with the Christmas tradition of sitting with Santa.

But, we keep doing it. Standing in line. Cameras in hand. Hoping for that memorable keepsake image but instead apologizing to Mr. and Mrs. Claus for a screaming kid who doesn't understand the process.

You have got to love Christmastime traditions. Despite those unsettling Santa Claus memories, I certainly do enjoy the season. The caroling of festive songs. The sleigh rides. The lighting of the Christmas tree. The hot chocolate and candy canes.

Keeping these holiday traditions going takes work by many people, and I am thankful to them for their efforts. With that in mind, I hope you will join me for the wonderful holiday celebrations in the area.

I might even give Santa a hug. Maybe. ■

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November 18: Adoration/Benediction
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November 22: Pre: Advent Retreat "Hope"
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November 27: Thanksgiving Day Mass at 9am

November 30: 1st Sunday of Advent

December 3: Parish Reconciliation
starting at 6:30pm

December 6: Holiday Vendor Fair with over
32 Vendors from 9am-1pm

December 14: Family Christmas Event
starting at 11:15am

December 21: Serving our Joppa Christmas
downtown

December 24-January 2: Parish Offices Closed

New Year's Eve Mass Time: 5pm

New Years (Holy Day of Obligation): 9am

January 12: She Shall Be Called Woman
starting at 6:30pm

January 17: Chili Cook-off 6pm-8pm
Register online

January 18: Baptismal Prep Class
starting at 1pm

Christmas Mass Times

Christmas Eve Mass Times: 4pm & 6pm
Christmas Morning Mass Time: 9am

Ash Wednesday Mass
February 18 at 8am & 7pm

Pickleball now plays Tuesday, Wednesday, Thursdays and Friday's unless noted in bulletin.

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Walkers are welcomed to walk in our gym on Monday's 9am-12 noon & Friday's 12-2pm

1st Saturday of the Month morning Mass at 8am

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

RECONCILIATION: Saturdays at 4pm



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HOMETOWN *holidays*

Residents prepare to
enjoy the festivities.

By Lindsey Giardino

The calendar page has turned to November and thoughts to the holiday season. A chill is in the air, and the aroma of pies, cookies and turkey dinners waft from the kitchen. Halls are being decked, mantles decorated and mistletoe hung. Indeed, the holiday season is upon us, and how better to celebrate than with family gatherings and hometown festivities?

Santa visits with children
at the gazebo during
Light Up Polk City.



The Polk City Square will be awash with colorful lights for the holidays.

Light Up Polk City brings the holiday magic

There is something undeniably special about the holiday season in Polk City, and, for many residents, it officially begins with Light Up Polk City. This year, the event falls on the evening of Friday, Dec. 5.

“Expect the same magical holiday square lighting as in the past,” Staci Allen, executive director of Go Polk City, says.

The event starts off with Mayor Steve Karsjen counting down the moments to when the holiday lights are turned on. Then hear a few great tunes from the North Polk fifth grade band and visit local businesses for

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Saturday: 4:00pm	Sunday 8:00 - 8:45am
Sunday: 9:00am	

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Santa arrives by firetruck to the Light Up Polk City festivities.



Visitors to Light Up Polk City are likely to catch a glimpse of Grinch roaming the streets.

hot chocolate, apple cider, cookies and holiday treats. Cupp Insurance will have soup, too.

The evening will be filled with festive favorites and fun surprises. Home State Bank will host real reindeer for a photo opportunity, while Santa and Mrs. Claus arrive on a fire truck thanks to Susie Sheldahl. Families can also enjoy free horse-drawn carriage rides at the American Legion Hall and may even run into Anna, Elsa or the Grinch himself around the square.

The Greater Des Moines Partnership is adding a new twist this year with a hidden ornament contest.

“Be on the lookout for a special ornament you can keep,” Allen says. “One will have a gift card to Oak & Berk as an extra special surprise.”

Allen describes the event as “a wonderful way to kick off the holiday season with Polk City’s small-town charm. It is an annual tradition. It really feels like you’re walking in a Hallmark movie.”

The celebration is a true community effort, with local businesses, the Kiwanis Club and the American Legion all helping to bring the evening to life.

“We encourage each business on the square to participate,” Allen explains. “If the business doesn’t have a storefront, we encourage them to set up a table and tent.”

For Allen, Light Up Polk City captures what makes the town special.

“It’s a wonderful free event — an annual tradition that brings out our community spirit and pride,” she says.

Home Lighting Contest

The Polk City Kiwanis Club invites residents to spread some cheer by entering the annual Home Lighting Contest. Homes can be registered now through Dec. 15 using the interactive Google Map on the Kiwanis website, www.polkcitykiwanisclub.com/events/home-lighting-contest. Once registered, community members can drive around town, admire the festive displays and vote for their favorite homes. Winners will be announced just in time for Christmas.

Celebrate Small Business Saturday on the Square

The week before Light Up Polk City, the community will gather for Small Business Saturday on the Square on Nov. 29. The event highlights Polk City’s local businesses and makers, encouraging residents and visitors to shop small and support local enterprises ahead of the holiday season.

Pop-up vendors and local artisans will offer a variety of handmade goods, unique gifts and seasonal treats. Shoppers can also enjoy food and drinks from area businesses while exploring the decorated square.

Small Business Saturday on the Square provides an opportunity to celebrate Polk City’s growing business community and the local entrepreneurs who contribute to its vibrant downtown.

Holiday happenings at the library

• Children’s books collection

Dec. 1-31: Library staff is collecting donations of new and like-new children’s books to fill the book vending machine at Moulton Elementary School in Des Moines. Unwrapped donations may be left under the tree in the library’s foyer.

• Library Advent Calendar for Kids

Pick up your very own Advent calendar at the library and discover a new activity to enjoy each day of December leading up to Christmas Eve. Some tasks will bring you to the library for festive fun, while others can be done at home with family and friends. Finish 10 items on the list and get a prize. If you finish all 24 days, you are entered into a drawing. A winter-only version (no holiday or Santa references) is available upon request.

• Not-a-School-Day Movie

On Monday, Dec. 1, 1 p.m., enjoy watching “A Muppet Christmas Carol: The Interactive Movie Experience.” The library will provide scripts and props so you can sing, shout and celebrate right along with the Muppets.

FEATURE

• DIY Holiday Photo Shoot

From Dec. 2-6, schedule a mini-photo shoot for the family. The library provides a holiday backdrop with some props, a tripod to hold your smartphone or camera, and a room. Use your camera or phone for some fun holiday photos. Feel free to bring additional props. Registration required. Visit www.polkcityia.gov/library.

• Light Up Polk City

On Friday, Dec. 5, 6-8 p.m., stop by the RealtyOne office on the Square and make a fun holiday craft with library staff and volunteers.

• Mrs. Claus and Cookies

On Wednesday, Dec. 10, 10 a.m., stop at City Hall to visit with Mrs. Claus, who is coming all the way from the North Pole to share a magical storytime filled with holiday cheer. Afterward, enjoy cookies and cocoa. Register to save your spot and ensure plenty of goodies for all. Visit www.polkcityia.gov/library.



A home-decorating contest will again be held by the Polk City Kiwanis Club.

• Teen and Tween Last-Minute DIY Gift and Wrapping

On Monday, Dec. 22 and 23, 1-4 p.m., teens and tweens are invited to drop in for this activity. Forgot a present for a friend, parent or

little brother? Don't be a Scrooge. Drop in for our expanded makerspace and create some last-minute gifts, handmade and from the heart, and wrap them while you are here. Or bring in other gifts if you need to wrap. ■

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KIWANIS Seniors of the Month named

The Polk City Kiwanis Club has named sisters Jenna Manock and Jocelyn Manock as its October Seniors of the Month.

Jenna Manock

"Outside of school, I enjoy spending time with friends and family and traveling. Some of my favorite memories from high school are my junior golf season, taking Peer Helper PE and prom."

Jenna's parents are Julianne and Michael Manock and siblings are Hunter, Colton and Jocelyn. She has been involved in student council, Principal's Council, golf, basketball, cross country and National Honor Society. She has been on the Gold Honor Roll, DMACC Dean's List and part of National STEM Honors Society. She works as a CNA at a nursing home and at Plato's Closet. After graduation, she plans to attend DMACC and study nursing.



Jocelyn Manock

"I am a very involved person in our school and community. I participate in cross country, basketball and track. Along with that, I have received many honors. In my free time I help to volunteer with the clubs I am in and work as a CNA in a nursing home. This work has helped me find my passion for helping others. In the future, I will be attending UNI to major in nursing to later become a nurse practitioner and continue to help others in many different ways."

Jocelyn's parents are Julianne and Michael Manock and siblings are Hunter, Colton and Jenna. In addition to the activities mentioned, she is also involved in Science Club and Principal's Council. She has been honored with the Gold Honor Roll, National Honor Society, National Spanish Honor Society, DMACC Dean's List and DMACC Presidents List. ■



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FINDING balance in caregiving

Discover the benefits of adult day services.

Caring for a loved one is deeply meaningful, yet it can also be one of life's greatest challenges. Between work, appointments and home responsibilities, many caregivers find themselves running on empty. Adult day services can help, offering daytime support for loved ones and welcome relief for caregivers.



What are adult day services?

Adult day services provide care, structure and connection for adults who need assistance with daily activities, face safety risks when left alone, or simply enjoy being around others. Attendance can range from one day a week to daily participation, depending on family needs. While many participants live with dementia, a diagnosis isn't required.

Safe, engaging and reassuring

Adult day programs are built on safety and engagement. Participants enjoy supervised activities in a secure, welcoming setting, and families gain peace of mind knowing their loved one is thriving.

One daughter shared, "My mom was becoming isolated at home while I tried to balance caring for her and working full-time. Once she started adult day, her mood lifted, and I finally felt like I had some breathing room."

More than "something to do"

Quality adult day programs support the whole person through:

- Social opportunities that encourage connection and purpose
- Nutritious meals and snacks
- Cognitive and physical activities that foster well-being
- A caring, secure environment

Why families choose adult day

Many families discover adult day services only after experiencing burnout. But exploring early can prevent insurmountable stress and strengthen relationships. Participants enjoy engagement and connection, while caregivers gain time, balance, and confidence their loved one is cared for.

Take the first step

If you're navigating the challenges of caregiving, consider adult day services in your area. These programs provide the support your loved one deserves as well and the reassurance you need to be at your best. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services for older adults — including adult day services in Des Moines and Newton. To learn more, visit wesleylife.org.



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REAL ESTATE

By Jacquelyn Duke

BRINGING the holidays into your home

Start with a feeling: Before you reach for ornaments, choose a mood — nostalgic, wintry woodland or candlelit and cozy. Let that feeling guide your colors, textures and even the treats you'll serve. A clear vision keeps décor intentional rather than cluttered.

Layer the light: Short days call for glow. Combine twinkle strands in a glass bowl, candles at varying heights, and one warm lamp in a darker corner to make rooms feel welcoming.

Invite nature inside: Tuck evergreen clippings into a vase, scatter pinecones on a tray, or hang a small wreath on an interior door. Add bowls of clementines, dried citrus slices, cinnamon sticks, or cloves for scent.

Edit, then add texture: Clear a few everyday items first. Swap in plush throws, knit pillows, and a linen runner to create depth. Repeating one or two materials — wood, brass or wool — keeps the look calm and cohesive.

Set a livable table: Mix daily dishes with cloth napkins, a sprig of rosemary and one low centerpiece that won't block conversation.

Make it personal: Frame a favorite recipe card, display travel ornaments, cue a seasonal playlist, and plan one small ritual — hot cocoa after a walk or game night by the tree. When your home reflects your people and traditions, the holidays don't just arrive — they settle in. ■

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INVESTMENT

By Kyle Matzen

GENEROSITY meets strategy with tax-savvy donations

Are you thinking about giving to charity? If you itemize your tax deductions, your donations to qualified charities may be tax-deductible.

For that to work, your total deductions must exceed the standard deduction. In 2025, that's \$15,750 for single filers and \$31,500 for couples.

For some people, combining donations with mortgage interest, and state and local taxes exceeds that standard deduction to make itemizing possible.

But, if not, consider "stacking" your charitable donations to exceed the standard deduction — giving more this year for greater tax benefit, then taking the standard deduction next year.

Of course, not all donations qualify. You must give to IRS-recognized charities, and you can't receive personal benefits in return.

Above all, keep good records. Receipts and acknowledgments matter. For larger non-cash donations of property, the IRS requires a qualified appraisal.

A tax professional and financial advisor can help you develop a giving strategy that aligns with both your charitable goals and financial situation. ■

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FOOD pantry is open

Pantry at North Polk High School helps families in need.



Taylor Irvin, student engagement specialist counselor and NP Food Pantry coordinator, says the Food Pantry fills a vital need in the community.

Last winter, the Food Bank of Iowa reached out to North Polk High School with an opportunity to partner in its school pantry program — a pantry designed to serve students, families and members of the surrounding community.

“As a team, we recognized that establishing a school-based food pantry would be a meaningful way to support families in our district and neighboring areas,” Taylor Irvin, student engagement specialist counselor and NP Food Pantry coordinator, says. “While a few local pantries exist nearby, the need for additional resources remains significant.”

High School Principal Seth Poldberg brought valuable insight to the planning process, having previously worked at Carlisle High School, which also had a school-based pantry.

“His experience helped guide our discussions and inspired our team to explore how we could successfully implement a similar initiative here at North Polk High School,” Irvin explains.

The process of launching the school-based pantry has been both exciting and meaningful. The school partners with the Food Bank of Iowa to provide nonperishable and frozen food options for students and families. To learn best practices, Irvin also connected with the Bondurant-Farrar School District, which has

successfully implemented a similar program, and gained valuable insights into their operations.

After completing the required training and hosting a site visit from the Food Bank of Iowa, the North Polk High School pantry location was approved, and the team began ordering food to serve the community.

Irvin currently serves as the primary trained coordinator for the pantry and is in the process of training Counseling Sidekick high school students to assist with daily operations.

“These students will play an important role in stocking shelves, managing walk-in hours and tracking inventory, helping us create a welcoming and sustainable resource for those in need,” Irvin says.

Since launching the pantry this year, Irvin has been moved by the outpouring of community support.

“I have always known that North Polk is an incredibly supportive place, but experiencing that generosity firsthand — through donations, encouragement and volunteer interest — has been truly inspiring,” Irvin says. “Seeing our community come together to ensure that every family has access to the resources they need has reaffirmed just how special this district truly is.”

Looking ahead, the food pantry team

hopes to implement an online ordering system that would allow families to request needed items with ease and privacy. Orders could then be prepared for convenient pickup or, when possible, delivered directly to families’ homes.

The food pantry is open to all and has walk-in hours on Tuesdays and Thursdays from 3:25-3:50 p.m. Entrance is through Door No. 3 (north of the main entrance to the Collaborative Center), and the pantry is located in Room E104.

While donations of nonperishable food items are always welcome, Irvin notes the greatest current need is for essential household and personal care products. These include toilet paper, paper towels, shampoo, conditioner, body wash, toothbrushes, toothpaste, cleaning supplies and feminine hygiene products. The pantry also accepts plastic grocery bags.

Those wishing to contribute can place items in the donation box located in the front walkway of the high school during school hours. Monetary donations can be made by check to the North Polk School Foundation or via Venmo to the North Polk Foundation (@NP-Foundation). Include “Food Pantry” in the memo line to ensure funds are directed appropriately. ■

POLK CITY Community Library news



Polk City Community Library

1500 W. Broadway St., Polk City

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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

Library holiday hours:

- Closed Dec. 24-28
- Wednesday, Dec. 31, closing at 5 p.m.
- Closed Thursday, Jan. 1

The Lit Bag

A free monthly subscription for PCCL teens in grades 7–12. Each themed bag includes two handpicked YA library books plus fun treats, crafts or swag — personalized to your reading interests. Register online each month and complete the form to secure your spot. Bags are ready the first Thursday of the month — keep the goodies, return the rest. December pick-up is Dec. 4.

STEAM Storytime, Mondays, 10:15 a.m.

Attend Miss Nicole's session for a STEAM-themed story along with an engaging STEAM activity or experiment. Designed for ages 3-5. No Storytime Monday, Dec. 29.

Tiny Tots (Baby/Toddler and Me) Storytime, Tuesdays at 10:15 a.m.

Let's read, rock and roll together. This storytime is made for little ones and their favorite grown-ups, with songs, rhymes and stories that get everyone moving and bonding. While this program is created with our youngest patrons and their grown-ups in mind, all are welcome to join in. Designed for ages 3 and younger. No Storytime Tuesday, Dec. 30.

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

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

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

Zumba/Low-Impact Dance, Fridays, 9 a.m.

Zumba is a dance-based fitness program that

combines Latin dance styles with aerobic exercises. Follow along with us as we explore a series of online Zumba/Low-Impact Dance workouts tailored to 50 ages older. No Zumba/Low-Impact Dance Friday, Dec. 26 or Jan. 2.

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

Adult Coloring, Wednesday, Dec. 3, 1-3 p.m., and Tuesday, Dec. 16, 5-7 p.m.

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

Wednesday Book Club, Wednesday, Dec. 3, 7 p.m.

"Eleanor Oliphant is Completely Fine" by Gail Honeyman. Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she's thinking. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kind of friends who rescue each other from the lives of isolation they have each been living.

Block Party - LEGO Club, Monday, Dec. 8, 3:45-4:45 p.m.

Engage in learning through stacking and building with these deceptively simple bricks, and you can enhance your problem-solving skills and teamwork. December, we have a holiday-themed club happening. Don't miss this one. Meets monthly. Registration required. For ages 8-16.

Comets Kids Club K-5th graders, Tuesday, Dec. 9, 4 p.m.

We meet each month for a fun, hands-on craft or activity. December, join us for a holiday craft to gift to a loved one. Registration required.

Babble and Brew, Thursday, Dec. 11, 10 a.m. (Different week for December.)

Don't let the cold weather get you down. Come to the library for some climate-controlled fun. We will have coffee for you and exciting, age-appropriate toys for the kiddos.

Homeschool Hangout, Thursday, Dec. 11, 2 p.m. Expanded to all ages.

Looking for a fun, low-key way for your homeschooler to meet other kids in the community? Join us for Homeschool Hangout, a relaxed meet-up for homeschoolers of all ages. No formal lessons, just a chance to connect, chat and create in a welcoming space while new friendships take shape. Games, crafts, toys available. Come hang out.

Monday Book Club, Monday, Dec. 15, 2 p.m. Reader's Choice: Favorite Book Month.

December is the season of giving, and there's no better gift than a book recommendation. This month, everyone will bring their favorite book (or books if you can't pick just one) to discuss and recommend to the group. There is no set book for this month.

Messy Munchkins, Thursday, Dec. 18, 10-11 a.m.

This fun-filled program invites little ones to dive into sensory play with squishy, splattery activities. Dress them in old clothes and watch as they explore, create and get delightfully messy in a safe environment.

Take and Make, Monday, Dec. 22

Stop by the library to pick up a fun take-and-make craft kit. Create something festive at home and start your winter break with a little creativity and relaxation. Supplies are limited — grab yours while they last.

See the cover story for holiday-themed library happenings. See the calendar for more library events for adults. ■

THE REAL story behind those veterinarian bills

Why costs are rising — and what you can do about it

We understand. Vet care is expensive. Over the past decade, veterinary costs have risen sharply, leaving many people wondering why. Are veterinarians overcharging or taking advantage of the bond you share with your pet?



The truth is, most of us entered this profession out of love and compassion, not for profit. But, like everything else, the cost of providing high-quality care has changed dramatically.

Rising operating expenses: Running a veterinary clinic is costly. On average, 80 to 85 cents of every dollar goes right back into operating expenses — medical equipment, medications, lab supplies, rent, insurance, education and licensing — all of which have increased with inflation and supply chain challenges. Nearly 60% of this supports staff wages. Our skilled teams of doctors, technicians, assistants and client service representatives

play vital roles in your pet's care and earn only a fraction of what their human-healthcare counterparts make.

No subsidies or insurance safety nets:

Unlike human medicine, veterinary care isn't supported by programs like Medicare or Medicaid. Pet owners pay the full cost of care directly. Even though veterinary care remains far less expensive than human healthcare, it can feel pricier because there's no insurance company or government program covering part of the bill.

Advances in medical care: Pets are family now, and expectations for their care have grown. Modern veterinary medicine includes digital imaging, ultrasound, advanced dental care and improved anesthesia and pain control — all of which enhance safety and comfort. Our pets are also living longer, meaning more long-term care for chronic conditions. These advances are wonderful but do add to costs.

What you can do: Keep up with preventive care. Skipping exams may seem like a way to save money, but regular wellness visits help

detect issues early, when they're easier and less expensive to treat.

Ask about wellness plans. Wellness plans bundle routine services at a discounted rate and spread costs into manageable monthly payments over the entire year. Check what's included so you know exactly what to expect.

Consider pet insurance or a savings account. Pet insurance helps cover unexpected illness or injury. Alternatively, setting aside a small monthly amount in a dedicated savings account can make emergencies less stressful.

Speak up. If you have cost concerns, let us know. A good veterinary team will always discuss options and help you find a plan that fits your family. Our goal is simple: To keep your pet healthy, happy, and with you for as long as possible. ■

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



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PARMESAN garlic focaccia bread is a slice of comfort

This month, I share another recipe from my daughter, Samantha. She loves to make all kinds of bread. Few things make a kitchen feel more welcoming than the aroma of freshly baked bread, and parmesan garlic focaccia delivers that comfort in every bite. Golden and crisp on the outside yet soft and airy inside, this Italian favorite is elevated with the irresistible pairing of roasted garlic and nutty parmesan cheese. It is the kind of bread that feels special but is surprisingly simple to make at home. Serve as a side with soups and pastas, cut into squares for an appetizer board, or enjoy warm right out of the pan. Focaccia is versatile and crowd pleasing. The drizzle of olive oil, a sprinkling of herbs and the cheesy finish give it that bakery-style touch you will love sharing — or keeping all to yourself. Enjoy! ■



Parmesan Garlic Focaccia Bread

Ingredients:

- 1½ cups warm water (about 110°F)
- 1 tablespoon sugar
- 2¼ teaspoons instant yeast (1 packet)
- 4 cups flour
- 1½ teaspoons salt
- 1/3 cup extra virgin olive oil, plus more for greasing
- 3 cloves garlic, minced
- 2/3 cup freshly grated Parmesan cheese
- 1 teaspoon dried Italian herbs or chopped rosemary
- Flaky sea salt

Directions

- Combine warm water, sugar and yeast. Let sit for 5 minutes until foamy. Add flour and salt. Mix until dough forms. (It will be sticky.) With a mixer, kneed for 5-7 minutes or by hand for 8-10 minutes until smooth. Brush dough with olive oil and cover.
- Let rise 1-1.5 hours in a warm spot until dough has doubled.
- Heat 2 tablespoons olive oil with minced garlic until fragrant (about 1 minute) in a

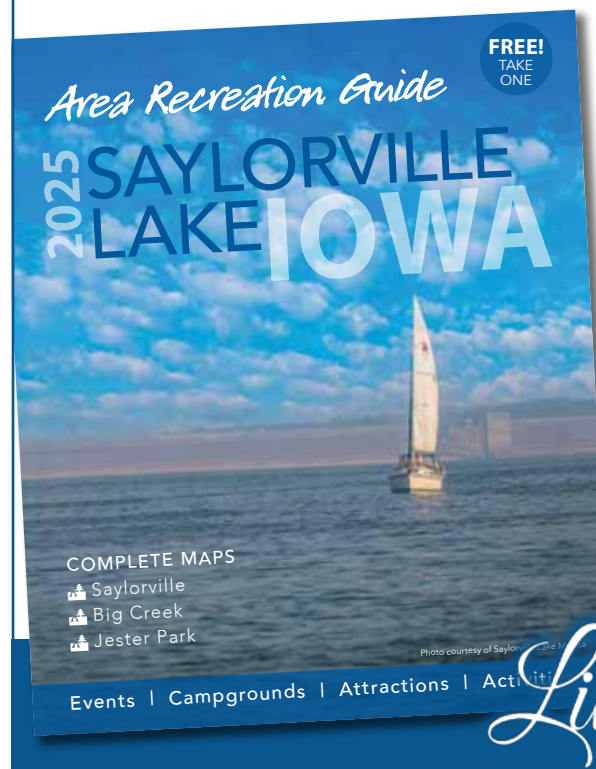
pan. Keep for later.

- Place dough in greased 9-inch by 13-inch pan. Gently press to corners. Let rest 10 minutes, then stretch. Cover and rise 30-45 minutes.
- Preheat oven to 425 F. With your fingers, dimple the dough all over. Brush with garlic oil. Then sprinkle parmesan cheese, herbs and sea salt on top of dough.
- Bake 20-25 minutes until golden brown. Cool 10 minutes in pan, then transfer to wire rack.
- Slice and serve warm. Store bread for two days at room temperature or freeze up to three months.
- **For the best results, follow these additional steps:** Make sure your water is warm (110 F), not hot. For the best texture, let the dough rise completely. Use plenty of oil in your pan, as this will give your bread a crisp crust.



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

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SAYLORVILLE LAKE

Area Recreation Guide

This publication is the single most comprehensive source of information, maps, activities and advertising for the Saylorville Lake, Big Creek Lake and northwest Polk County area.

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INVESTING in the workforce

North Polk's new CTE Center already making an impact.



A ribbon cutting was held for the CTE Center.

Like anywhere in the nation, many students in the North Polk Community School District choose the conventional path of attending a four-year university after high school.

"However, we also acknowledge this isn't the path for every student," Hunter Fleshner, director of communications for the district, says.

That belief was the driving force behind the North Polk Career and Technical Education (CTE) Center, made possible through a 2023 bond referendum.

"Our district is uniquely positioned, as it is surrounded by agriculture and construction sectors where a four-year degree is often not necessary," explains Fleshner. "With this new center, we are committed to providing students with not only high-quality classroom instruction, but also the opportunity to explore the various pathways open to them — along with the technical skills, practical experiences and professional connections necessary to see themselves succeeding in high-skill careers right here in Iowa."

When designing the new CTE addition, the district aimed to build on its already strong agriculture, construction and technical programs while expanding opportunities and serving a wider range of students.

A major focus was on strengthening ag mechanics, particularly welding. The district has since grown from one mobile unit to 12 full welding booths to meet both student interest and workforce needs. In addition, courses such as Introduction to Drones, Foundations of Construction, Computer-Aided Drafting and Design, and Home Repair provide technical pathways and hands-on learning experiences.

Students truly are at the heart of the CTE Center.

"Students interested in specific CTE projects or even potential new courses are certainly sought after and appreciated," Fleshner says. "North Polk High School has added new courses over the past few years, thanks in part to student input and feedback."

Feedback overall — from not just students, but also families, the community, local partners and industry — has been overwhelmingly positive. Through the district's Ag Advisory and CTE Advisory Councils, partners like America's Cultivation Corridor and ABC of Iowa provide insights that help shape curriculum design and strengthen career-connected learning experiences.

Recently, the district was awarded an Iowa STEM BEST grant, which funded the purchase of upgraded computers capable of running industry-standard software. These tools expand learning opportunities in agricultural and CTE courses, including CAD programs that were previously unavailable on Chromebooks.

Additionally, North Polk High School has established a Quality Pre-Apprenticeship Program with the Carpenters Training Institute (Local 106), further preparing students for careers in the trades. ■



You're
Invited!

Santa

Visits Luana Savings Bank

Polk City Branch

Saturday, Dec. 6

9 - 11 am

Luana Savings Bank (Polk City Lobby)
855 West Bridge Road, Polk City, IA 50226

Santa is visiting Luana Savings Bank! All children are welcome to meet Santa in the bank lobby and tell him what they would like for Christmas this year. There will be refreshments, treats, and gift bags for kids (as supplies last). We hope to see you!

This is a free event and open to the public.

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**Santa is visiting all locations.
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HOME STATE BANK

Happenings

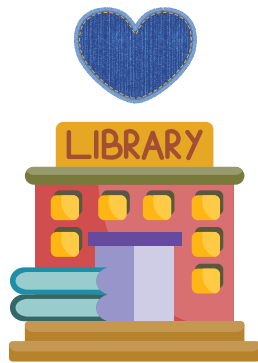
GROWING OUR POLK CITY TEAM



We're excited to welcome Halen Burke to our Home State Bank team. Halen joins us as a Credit Analyst. Make sure to say "hello" when you stop in!

JEAN FRIDAY FUNDS HELP LOCAL LIBRARIES

Home State Bank employees in Polk City and Jefferson have raised over \$1,000 from our second quarter Jean Friday fundraiser. These funds were recently distributed to six libraries in Greene County and \$225 was given to the Polk City Library!



THINK YOU CAN OUTSMART A SCAMMER?

Scammers are constantly finding ways to take advantage of others. In 2024, scammers stole over \$16 billion from people. No one is safe from scams and the best ones feel legitimate. Education is the most important way to prevent becoming a victim of scams and fraud. Take the quiz below to see how well you can spot a scam.

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CLOSED: Thursday, November 27 (Thanksgiving)

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FINANCE

By Nikki Mulbrook

FISCAL responsibility during the holidays

The holidays are fast approaching, and with them comes more financial strain for many families and individuals. From holiday parties and gatherings to gifts and traveling, it can be challenging and stressful to manage funds during this time. To avoid unnecessary stress and debt during the holidays, follow these holiday budgeting and financial responsibility tips.



Set a budget

Identify all the individuals (or families) you are close to and want to purchase gifts for. Once you have this list, set a budget for each person/family. This way, you don't get carried away and can stay more organized during the hectic holiday season.

Be proactive

It's a busy time of year, and waiting until the last minute can cost you. Make your lists early, set your budgets and then start shopping. There's no need to wait until the holidays to get your gifts.

You don't need the newest model

Oftentimes, especially with electronics like gaming systems and phones, we want the newest models, but these are usually more expensive. Consider last year's models, which are usually more affordable (and do the same things).

Make a list (and price check)

Make a list of the items you want to purchase for each person. The easiest way to overspend during the holidays is to not have a plan or list and get caught up in the "deals." Before you go shopping, start price checking those items to see who offers the best deal (or who will match). Remember, making gifts can be a thoughtful, appreciated way to show loved ones you care.

Track your spending

Make sure to stay on top of your spending and prioritize the important needs, such as bills, before purchasing gifts. If you use a credit card for gifts, make sure to pay off each statement and choose one with rewards you can take advantage of.

Remember the extra costs

The holidays aren't just expensive for the gifts, but also for the travel, lodging and food. Make sure you create a budget for these "other" holiday categories that can add up fast.

Save early

The easiest way to avoid overspending during the holidays is to start saving early. Many financial institutions have special savings accounts you can open to help save for vacations, holiday spending and more. Setting up an automatic transfer to these accounts can assure you have funds ready when the holidays roll around. ■

For more financial tips and resources to make your holiday season more enjoyable and within budget, connect with Home State Bank today. Information provided by Nikki Mulbrook, Mortgage Banker, NMLS 1752770, HomeState Bank, 101 E. Bridge Road, Polk City, 515-329-8816.

DO YOU need to update your will or trust?

It is a good idea to review your estate planning documents periodically. Through a strategic analysis of your documents, you can ensure that your loved ones continue to be provided for appropriately. There are certain major life events that require you to do a legal check-up.



Have the right executor

Your executor or trustee will help settle your affairs. If your plans were made some time ago, the person you named may no longer be able to serve or may no longer be the right person for the job.

Provisions for children

If your children are beneficiaries, you may wish to delay their inheritance, so they receive money when they are older and better able to manage assets. If you have nominated a guardian to care for minor children, you want to ensure that the agent is still willing and able to assist you.

Loved ones with different needs

Over time, the needs of your heirs may change. Age or illness may require restructuring your estate plan to provide asset protection.

Recently moved to Iowa

Each state has its own laws governing the

settlement of estates. Your will or trust may have been drafted under the laws of your former state of residence. You may wish to have them reviewed to be sure they are appropriate under the laws of the state of Iowa.

Real estate in another state

If you own real estate in another state, the laws of that state may apply to its disposition. You also have the potential for probate in two different states, doubling the time and expense of settling your affairs.

With thoughtful and periodic reviews of your will or trust, you can make certain that your estate planning documents reflect your current situation and goals. Make an appointment with an experienced estate planning attorney to help you update your estate plan. ■

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

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Be sure to check for cancellations.

Upcoming in North Polk Living magazine:

Handmade gifts: If you have made or received a cherished handmade gift, we would like to share your story for the December issue. Email tammy@iowalivingmagazines.com.

Super Bowl parties: Do you have a tradition of holding a Super Bowl party? Share your party plans, recipes and other ideas! Email tammy@iowalivingmagazines.com to share your story!

Adult Evening DIY

Thursday, Dec. 18, 6 p.m.

Polk City Community Library,
1500 W. Broadway
polkcitlibrary.org

Enjoy a fun afternoon of crafting with various odds and ends from the library's craft closet to re-create some beloved projects, along with the option to create something entirely new and unique. All materials will be supplied. This event is open to ages 17 and older. Registration is required. Register online at polkcitlibrary.org.

Chair Yoga

Tuesdays, 9 a.m.

Polk City Community Library,
1500 W. Broadway
polkcitlibrary.org

Join Rachel via Zoom. The library staff will broadcast the class on the big screen in the library, or you can join from home. Yoga is for everyone and every body. Yoga is not for flexible people but for people who want to become more flexible. This chair yoga practice will include breath work, mindfulness and simple, easy movements to release tension, reduce pain and restore your body to optimum movement. Props needed are an armless chair, like a kitchen chair, and a small hand towel or kitchen dish towel. Join the Zoom meeting on the library website at polkcitlibrary.org. No class Dec. 30.

Des Moines Community Orchestra Concerts

• **Sing Messiah!:** Sunday, Dec. 7, 2 p.m., Grace United Methodist Church, 3700 Cottage Grove Ave., Des Moines. Guest Conductor: Dr. Marion Scott

Lunch & Learn

Thursday, Dec. 4 at noon

Polk City Community Library,
1500 W. Broadway
polkcitlibrary.org

Watch the documentary, "Free for All: The Public Library" (1 hour 24 minutes), while you enjoy a light, complimentary lunch. This documentary tells the story of the quiet revolutionaries who made a simple idea happen. From the pioneering women behind the Free Library Movement to today's librarians who serve the public despite working in a contentious age of closures and book bans, meet those who created a civic institution where everything is free, and the doors are open to all.

Qigong/Tai Chi

Wednesdays, 9 a.m.

Polk City Community Library,
1500 W. Broadway
polkcitlibrary.org

Qigong/Tai Chi is a Chinese martial art that emphasizes slow, deliberate movements that are gentle on the joints, making it accessible to people of all ages and fitness levels. It integrates physical postures, breathing techniques and mental focus to promote relaxation and mindfulness. Regular practice can improve balance, flexibility, muscle strength and cardiovascular health. Follow along with this series of online Qigong/Tai Chi workouts tailored to ages 50 and older. No class Dec. 31.

Jingle in the Junction

Thursdays, Nov. 20,

Dec. 4, 11 and 18, 5-8 p.m.

Fifth Street Main Street District,
West Des Moines

Shop for one-of-a-kind gifts at locally owned small businesses. Dine and drink at local restaurants and bars. Enjoy free horse-drawn trolley rides. Santa and Mrs. Claus will visit with kids in Old City Hall. Also featured are live ice carving demonstrations, food and treat vendors, free admission and family-friendly programming on all four dates. Free parking is available in the 886 spaces located off Fourth and Sixth streets. Weekly rotating features including live reindeer and specialty performers. See the full event schedule at <https://valleyjunction.com/upcoming-events>.

Adult Crafternoon

Tuesday, Dec. 9, 2 p.m.

Polk City Community Library,
1500 W. Broadway
polkcitlibrary.org

Enjoy a fun afternoon of crafting with various odds and ends from the library's craft closet to re-create some beloved projects, along with the option to create something entirely new and unique. All materials will be supplied. This event is open to ages 17 and older. Registration is required. Register online at polkcitlibrary.org.

Geri-Fit® Strength Training Workouts

Mondays, 9 a.m.

Polk City Community Library,
1500 W. Broadway
polkcitlibrary.org

Strength training workouts that work for all ages and fitness levels, Geri-Fit is challenging, effective and safe to do. The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. Tailored to age 50 and over. Stretch bands and a zoom link are available upon request. No class Dec. 29.

'Miracle on 34th Street'

Dec. 5-14

Ankeny Community Theatre,
1932 S.W. Third St.

This stage production is adapted by Mountain Community Theater from the novel by Valentine Davies and based on the Twentieth Century Fox motion picture, "Miracle on 34th Street." Single mother, Doris Walker, is on a mission to protect her young daughter, Susan, from fairy tales and make-believe. By chance, Susan meets and befriends Kris Kringle, the Macy's store Santa for the Christmas season, and everything starts to change. Doris is not impressed, but what if this Macy's Santa is, in fact, the real Kris Kringle? Filled with love and holiday cheer, this Christmas-time staple will warm your heart for the holiday season. Show times on Thursday, Friday and Saturday are 7:30 p.m. and, on Sunday, 2 p.m. Additional 2 p.m. matinees on Dec. 6 and 13. Order tickets at <https://tickets.midwestix.com/events/22086/tag/website>. ■

HONORING OUR LOCAL *Veterans* AND THOSE ACTIVELY SERVING.

Dennis Knigge

Polk City

Military branches: U.S. Army January 1969 to November 1971, including a tour in Vietnam. Army National Guard, 1983 to 2009.

Dennis takes great pride in his Vietnam service from 1969 to November 1970.



*Thank you for
your service!*

Seth Subra

Seth is a 2019 graduate of North Polk High School and 2023 graduate of ISU, where he was in the Army ROTC for four years. He is currently on active duty in Eastern Europe.

Military branch: U.S. Army

Rank: First Lieutenant



Ethan Subra

Denver, Colorado

Ethan is a 2009 graduate of North Polk High School and a 2013 graduate of ISU. Army ROTC cadet at ISU for four years

Military branch: U.S. Army

Rank: Major in the Third Ranger Battalion when he left the Army to obtain his MBA at the University of Colorado.

"Serving in the U.S. Army for 10 years gave me both an appreciation for the sacrifices made by those who served throughout America's history and for the incredible benefits we have in America. We are truly blessed to live in a country with the freedom and privilege that many other countries are currently fighting and spilling blood to earn."



IOWA
Living
MAGAZINES



WHOLENESS in the brokenness

Finding peace as life changes

No one makes it through life without change. Some of it is expected, yet some of it comes suddenly. Much of it, if we are honest, is harder than we thought it would be.

Getting older brings losses we never used to think about. We slow down, we stop doing things we used to do without effort. People we love move away or pass on. Our routines shift and our roles change. We begin to ask questions we never asked before: What now? What do I still have to give? What does peace look like in this chapter?

It can be easy to feel like something is missing. Like we are somehow less whole because we cannot do what we once did. The truth is, brokenness does not have to mean emptiness. In fact, some of the most meaningful peace we experience comes not despite change, but because



of it.

We were not created to stay the same. We were designed to grow, to be refined, and to become more aware of what really matters. As the Psalms remind us, “The righteous will still bear fruit in old age.” Growth does not expire with age; it simply matures. It is often the very things that slow us down that teach us how to be present: how to listen more, how to appreciate quiet mornings, and how to be grateful for a conversation that doesn’t feel rushed. Wholeness often looks different than we expected, but it is no less real.

I have met people in their 70s, 80s and 90s who carry a kind of peace that younger people are still chasing. It did not come easily. It came through loss, through letting go, and through learning to embrace a new kind of strength. That strength does not come from independence but from surrender. And, while relying on others may not feel like strength at first, it is not weakness. It is part of how we were designed. We were never

meant to walk through life alone. Accepting help allows others to grow in compassion, patience and love. There is purpose in being served, just as there is purpose in serving. Both are part of what it means to be in true community. When we allow others to care for us, we create space for their gifts to grow and for our own hearts to be softened in the process. That kind of peace comes from knowing you are still loved, still needed and still here for a reason.

So, if you find yourself grieving what was, or unsure about what comes next, know this: Peace is still possible. Wholeness is not the absence of pain. It is the presence of purpose, even amid it.

You are not behind. You are not forgotten. You are still becoming. Even now, in this season of change, something beautiful is being formed in you. ■

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



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*Some restrictions will apply.

UPCOMING HOLIDAY EVENTS

SOCIAL HOUR

December 19
3:30 p.m.-5 p.m.

Come together with family, friends and new faces over festive cocktails and handcrafted mocktails.

HOLIDAY BINGO

December 4
5:30 p.m.-7 p.m.

Celebrate the season with an evening of laughter, light bites, and friendly competition that's sure to make your spirits bright!

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POLK CITY'S magical Christmas charm

The holiday season in Polk City is truly something special, a time when our community sparkles with lights, laughter and the spirit of togetherness. From the glow of neighborhood decorations to the joy of shopping local, there's no better place to experience small-town holiday magic than right here in Polk City.



Home Lighting Contest

The Polk City Kiwanis Club invites residents to spread some cheer by entering the annual Home Lighting Contest. Whether you prefer a classic white glow or a full-on Clark Griswold spectacle, every home adds to the wonder of the season.

Homes can be registered now through Dec. 15 using the interactive Google Map on the Kiwanis website, www.polkcitykiwanisclub.com/events/home-lighting-contest. Once registered, community members can drive around town, admire the festive displays and vote for their favorite homes. Winners will be announced just in time for Christmas, celebrating the creativity, craftsmanship and spirit of the holidays that make Polk City shine year after year.

Shop small, support local

Kick off the season of giving on Saturday, Nov. 29, with Small Business Saturday in Polk City. Our local shops and restaurants will be decorated for the holidays and offering special promotions, treats and plenty of holiday cheer. Many businesses will also host local vendors within their stores, allowing you to discover unique handmade gifts, delicious treats and one-of-a-kind treasures while supporting small-town entrepreneurs. Keep an eye out for flyers around town highlighting participating locations. Don't miss the Little Entrepreneurs Fair at the American Legion, an excellent showcase of creativity and inspiration from our community's youngest business minds.

Lighting the Square

Dec. 5, gather downtown for one of Polk City's most beloved traditions, the Annual Square Lighting. It's our own magical Hallmark movie moment. Bundle up and head to the square. Mayor Karsjen will kick off the event with a countdown to the lights being turned on. We will hear a few great tunes from the North Polk fifth grade band. Enjoy hot cocoa and hot apple cider as you take in the lights. Santa and Mrs. Claus will arrive in town for a visit on a fire truck. Home State Bank is providing real reindeer for a great photo opportunity. Head to the American Legion for a horse-drawn carriage ride.

Experience the magical charm of Polk City this holiday season by shopping local, taking in the lights, and enjoying your family and our sweet town. ■

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

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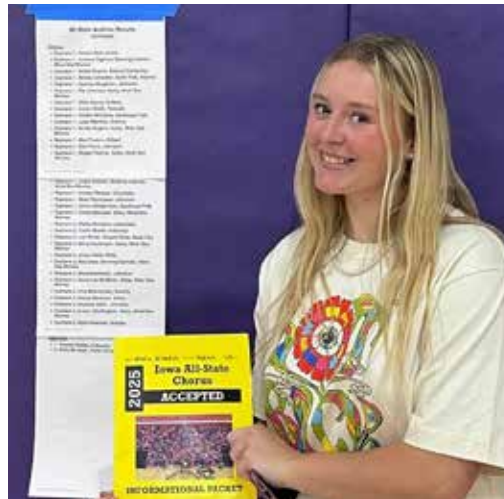
More than 550 North Polk students participated at the annual Band Extravaganza on Oct. 10 at North Polk High School.



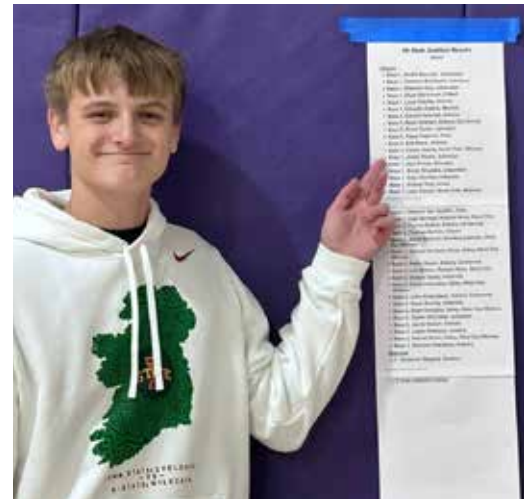
North Polk scored a last-second game-winning field goal vs. Carlisle on Oct. 17 at North Polk High School.



Liam Triplett was accepted to All-State (Baritone) First Year



Amelia Growdon was accepted to All-State (Soprano 1) First Year



Canon Krantz was accepted to All-State (Baritone) First Year



Ellie Bunnell placed 78th with a strong run to finish the year.



Ellie Bunnell and Alexis Hergenreter, North Polk State Cross Country qualifiers.



Alexis Hergenreter placed 15th, earning a podium finish and All-State distinction.

OUT & ABOUT

CHAMBER lunch

Go Polk City Chamber Lunch was held at Tournament Club of Iowa on Oct. 22.



Alysia Olson, Staci Allen and Ringo Kienitz



Shawn Comer and Ryan Tonei



Sara Wilson, Emily Mitchel and Jim Foreman



Lindsay Drake, Madison Rollefson and Nick Otis



Sam Williams and Jenna Harris



Ringo Kienitz, Jean Shelton and Staci Allen

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NORTH POLK COMETS

WINTER SCHEDULE 2025-2026

V. WRESTLING

DATE	TIME	LOCATION
11/17*	5:30 PM	N. Polk Tri N. Polk HS Gym
11/22*	10:00 AM	Cen. IA Kickoff T. Nevada HS
11/25*	5:00 PM	Norwalk Inv. Norwalk HS NPECC
12/1*	5:00 PM	W-G Dual Wood.-Granger MS/HS
12/4**	5:30 PM	NP Triangular N. Polk HS Gym
12/4*	12:4:00PM	DG D.brook Tour. Xstream Arena
12/5**	2:00 PM	Cliff Keen Ind. Inv. Ind. HS
12/5*	9 AM/7:30 PM	DG D.brook Tour. Xstream Arena
12/6**	9:00 AM	Cliff Keen Ind. Inv. Ind. HS
12/11**	5:30 PM	ADM/Polk JV/V Duals N. Polk HS Gym
12/13**	10:00 AM	Baltzley Inv. Johnston HS
12/13*	10:00 AM	V-S Varsity T. Vin.-Shells. M. Gym
12/16*	6:00 PM	Meet N.view MS M. Gym
12/18**	5:30 PM	N. Polk Inv. N. Polk HS
12/20**	10:00 AM	Jim K. Norse. Inv. Rol.-Story HS N. Gym
12/20*	10:00 AM	E. Buchanan Dual T. E. Buchanan CS
1/3**	10:00 AM	Osage Inv. T.
1/6*	5:30 PM	N. Polk Quad N. Polk HS Gym
1/8**	5:30 PM	Varsity/JV Carlisle HS Barn
1/10*	10:00 AM	W. Cen. Valley Inv. W. Cen. Valley HS
1/15**	5:30 PM	Ballard Ballard HS Gym
1/15*	5:30 PM	Ballard Ballard HS Gym
1/17**	9:30 AM	Panther Inv. Creston HS
1/22**	5:00 PM	N. Polk and Winterset Boone HS Gym
1/23*	5:30 PM	Carroll Conf. Carroll HS
1/24**	9:30 AM	E. Marshall Dual T. E. Marshall HS
1/24*	10:00 AM	I-35 Rich Gray T. I-35 HS
1/31**	10:00 AM	Rac. River Conf. Ballard HS Gym

Girls Only * Boys Only **

V. BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
11/24	6:00 PM	Rol.-Story Jamboree	Rol.-Story HS N. Gym
11/24	8:15 PM	Rol.-Story	Rol.-Story HS N. Gym
11/25	7:30 PM	DSM Lincoln	Lincoln HS Roundhouse
11/28	10:00 AM	Mustang Scrimmage	DCG HS
12/1	7:30 PM	Atlantic	Atlantic HS Gym
12/2	7:30 PM	Pella	N. Polk HS Gym
12/5	7:30 PM	ADM	N. Polk HS Gym
12/8	7:30 PM	Webster City	Webster City HS Gym
12/9	7:30 PM	Gilbert	N. Polk HS Gym
12/12	7:30 PM	Ballard	Ballard HS Gym
12/15	7:00 PM	Van Meter	N. Polk HS Gym
12/16	7:30 PM	Winterset	N. Polk HS Gym
12/20	3:00 PM	Creston	Creston HS
1/2	7:30 PM	Carlisle	Carlisle HS WAC
1/6	7:30 PM	Bondurant-Farrar	Bondurant-Farrar HS
1/9	7:30 PM	Carroll	Carroll HS
1/13	7:30 PM	Boone	Boone HS Gym
1/16	7:30 PM	ADM	ADM HS N. Gym
1/19	7:30 PM	Webster City	Webster City HS Gym
1/20	7:30 PM	Gilbert	Gilbert HS Gym
1/23	7:30 PM	Ballard	N. Polk HS Gym
1/27	7:30 PM	Winterset	Winterset HS
2/3	7:30 PM	Carlisle	N. Polk HS Gym
2/6	7:30 PM	Bondurant-Farrar	N. Polk HS Gym
2/10	7:30 PM	Carroll	N. Polk HS
2/13	7:30 PM	Boone	N. Polk HS Gym
2/16	7:30 PM	DSM Hoover	N. Polk HS Gym

V. GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
11/25	7:30 PM	Dallas Center-Grimes	N. Polk HS Gym
12/2	6:00 PM	Pella	N. Polk HS Gym
12/5	6:00 PM	ADM	N. Polk HS Gym
12/9	6:00 PM	Gilbert	N. Polk HS Gym
12/12	6:00 PM	Ballard	Ballard HS Gym
12/16	6:00 PM	Winterset	N. Polk HS Gym
1/2	6:00 PM	Carlisle	Carlisle HS WAC
1/5	7:30 PM	DSM Roosevelt	Roosevelt HS M. Gym
1/6	6:00 PM	Bondurant-Farrar	Bondurant-Farrar HS
1/9	6:00 PM	Carroll	Carroll HS
1/10	1:30 PM	Xavier	N. Polk HS Gym
1/13	6:00 PM	Boone	Boone HS Gym
1/16	6:00 PM	ADM	ADM HS N. Gym
1/20	6:00 PM	Gilbert	Gilbert HS Gym
1/23	6:00 PM	Ballard	N. Polk HS Gym
1/24	3:00 PM	Ankeny Cent.	Ankeny Cent. HS M. Gym
1/27	6:00 PM	Winterset	Winterset HS
2/3	6:00 PM	Carlisle	N. Polk HS Gym
2/6	6:00 PM	Bondurant-Farrar	N. Polk HS Gym
2/10	6:00 PM	Carroll	N. Polk HS Gym
2/13	6:00 PM	Boone	N. Polk HS Gym

Schedules are subject to change. Scan for up-to-date schedule.



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THE COMETS CORNER

NEWS FROM NORTH POLK CSD

NOVEMBER 2025

SUPPORTING OUR COMMUNITY: NORTH POLK OPENS NEW FOOD PANTRY

Recently, a new food pantry opened at North Polk, serving as a valuable resource created to support students, families, and community members in our district. This service is designed to reduce food insecurity and ensure access to essential food items for those who need them most.

Open to All

The Food Pantry is open to anyone in our district or the surrounding communities. No appointment is required during walk-in hours. Simply stop by and select the food items you need. Our goal is to make accessing support as easy and welcoming as possible.

What's Available

Currently, the Food Pantry offers a variety of non-perishable and frozen food items. In addition, USDA food items are available for those who qualify. To access USDA items, individuals will need to complete a TEFAP (The Emergency Food Assistance Program) form, which is available at the pantry.

Respectful and Confidential Support

We understand that seeking support can be a sensitive experience. That's why all

visits and inquiries are treated with the utmost respect and confidentiality. The Food Pantry is a safe, stigma-free environment committed to helping our community thrive.

Visit the Food Pantry

- Location: North Polk High School - Room E104 - Entry Door #3 (doors north of the Main entrance to the Collaborative Center)
- Walk-In Hours: Tuesdays and Thursdays 3:25 PM - 3:50 PM
- Contact Information: If you have any questions, please contact Taylor Irvin - taylor.irvin@northpolk.org.

How to Support

Monetary contributions can be made by check or via Venmo to the North Polk Foundation.



Please include "Food Pantry" in the memo line for either option to ensure your donation is directed appropriately.

- Checks Payable To: North Polk Foundation PO Box 104, Polk City, IA 50226
- Venmo: @NorthPolkFoundation

Your generosity helps support the North Polk Food Pantry and the families we serve.

Thank you for your continued support.

Together, we can ensure that no student or family goes without.

NORTH POLK VOTERS ELECT BOARD MEMBERS IN THE 2025 SCHOOL ELECTION

On Tuesday, November 4, voters from across Polk, Boone, and Story counties participated in the North Polk Community School District election to fill three open seats on the North Polk Board of Education.

In a close four-candidate race, the community re-elected incumbents Keith Bormann and Matt Aicher and welcomed newcomer Holly Hunter to the board. According to unofficial results, Bormann earned 27% of the vote, Aicher followed with 26%, Hunter received 24%, and Ben Engler earned 23%.

The newly elected board members will officially take their oaths of office during the November board meeting and begin four-year terms serving the North Polk community. Each election highlights the district's strong civic engagement and shared commitment to student success. North Polk Schools extends sincere appreciation to all four candidates for their dedication, time, and commitment to serving the district and its students.



HOLLY HUNTER
NEWLY ELECTED



MATT AICHER
RE-ELECTED



KEITH BORMANN
RE-ELECTED

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