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NORTH POLK

MARCH 2026

Living



A 'fur-ever' HOME

Residents share stories about the animals they rescued.

Meet Heather Sheahan
EDUCATION

Sick Day Chicken Noodle Soup
RECIPE

Garton shares special life moment
NEIGHBOR

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Small Updates Can Significantly Impact Your Spring Listing

Spring is one of the busiest times in real estate. More buyers are actively looking for homes, but there are also more listings competing for attention. If you're thinking about selling this year, a few simple updates can help your home stand out, attract stronger offers, and sell faster.

Upgrades That Are Usually Worth It Before Selling

Fresh Paint (Neutral Colors)

One of the most impactful and affordable updates you can make. Fresh paint instantly makes a home feel clean, bright, and move-in ready.

Lighting Updates

Replacing outdated fixtures or switching to brighter bulbs can make your home feel more modern and photograph better in listing photos.

Minor Kitchen & Bathroom Improvements

Simple updates like cabinet hardware, faucets, mirrors, and fresh caulk can give these important spaces a polished look without a major renovation.

3 Ways to Help Your Home Stand Out

1. Boost Curb Appeal First

First impressions matter. Fresh mulch, trimmed bushes, swept walkways, and a clean front door can make buyers feel welcomed before they even step inside.

2. Declutter Before You List

Buyers want to picture themselves in the home. Clearing counters, simplifying shelves, and packing away extra items helps spaces look larger and brighter.

3. Deep Clean Everything

A spotless home feels well cared for. Pay extra attention to kitchens, bathrooms, windows, and floors.

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SUSIE SHELDAHL

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WELCOME

TO THE rescue

Some of you have spent a great deal of money on your cat or dog, and you have a wonderful pet. Some of you spent the same or more, and you have a lousy pet. I am convinced that getting a good pet is often the luck of the draw. Much like with children, genetics and upbringing are important, but they don't help explain how one from the same litter can be so drastically different from the next one.



Jolene and I have had six pets during our time together — two cats and four dogs. We reluctantly inherited the first cat, D.C., from Jolene's parents who went south for the winter. The other cat, Reggie, was adopted from the Animal Rescue League. Both were good cats, as far as cats go.

Our first dog, Roxy, was from a rescue league specific to the breed. It was delivered to us from Missouri, and the dog that showed up didn't look anything like the one on the website. But, that was OK, as we loved that little, chubby, tail-less dog anyway.

We adopted the next dog, Max, from a neighbor's friend who was moving out of the country. It was a purebred that he wrote a big check for. Our third and fourth dogs, Kobie and Layla, came from rescue leagues again.

These were all adult dogs when we got them, and all but one have since died. Jolene called them "short-term investments." Her words, not mine. The lone survivor is not fond of babies, so it was shipped off to Jolene's brother in Washington state for a simpler life once our grandson was born.

We didn't pay more than \$40 for any pet we had, including adoption fees. We may have paid more for the right pet, but we simply didn't see the need to do so, and we were happy to adopt rescue animals that needed a home. They certainly all had their quirks. In my experience, every pet does. For that matter, every human does, too.

Meanwhile, rescue animals have warmed the hearts of many pet-owners, and they continue to do so. We share a few of their stories in this issue in hopes that you may be inspired to open your home to a rescue pet as well.

Have a great month and 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



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A 'fur-ever' HOME

Residents share stories about the animals they rescued.

By Lindsey Giardino

Abandoned. Abused. Neglected. The world is full of animals — big and small — that don't know the comfort of a full belly, a warm place to sleep, and the love of a caring owner. Some people seek out these needy animals when looking to add a pet to their family. Others come across them unexpectedly and are moved to rescue them. Whatever the case, rescued pets often give their humans as much love as they receive.

Three Shih Tzu pups in need of homes were adopted by three families who are friends, so the dogs are still in touch with each other.

Family of pups stays together

It is a story of three special rescue pups who, despite being adopted by three different families, still share a connection.

Some time ago, a link was sent to Matt Aicher by a fellow Polk City resident, Elizabeth Lyons, who fosters rescue dogs for the Animal Rescue League of Iowa. She had posted about three small Shih Tzu puppies in need of homes. Aicher happened to be riding in RAGBRAI at the time and committed to the adoption before telling his wife, Nicole. Fortunately, once the kids met Georgia, it was an easy decision for everyone.

Georgia and her two sisters were rescued at just 2 weeks old from a hoarder/breeder situation. Today, all three still live in the Polk City area — one with Susie Sheldahl and her family, another with Shawn Comer's family. Being nearby allows the sisters to enjoy occasional playdates.

Despite her difficult start, Georgia is confident, affectionate and full of personality.

Sheldahl's pup, Daisy, had a diseased eye that required removal before she could come home.

"I always joke that Daisy has generational trauma because she's kind of crazy and likes to bark and scare people, but she's only like 8 pounds," Sheldahl says. "She's also the sweetest dog in the world. You would never know that she only has one eye because she's so black. And she runs and plays just like she has both eyes."

The Sheldahls already had other dogs and believe they helped Daisy adjust.

"Daisy was so little when we got her," Sheldahl says. "But she is a sweetheart, and she follows us everywhere we go. She is the moodiest of our three dogs though."

Rescuing Daisy is "the best thing we have done," Sheldahl says, and the family has since adopted another rescue as well.

For the Aichers, bringing Georgia home required a short adjustment period, especially without knowing her full history. However, she quickly found her place.

"Our children immediately connected with her, and she quickly became part of our daily routine," Aicher says.

Like the Sheldahls, the Aichers already had two dogs — one an active police K9 at the time and the other a goldendoodle.

"It simply added another responsibility, but one that blended naturally into our family life," Aicher says.

In the Aicher home, Georgia has earned the



Matthew Aicher adopted Georgia, one of the trio of Shih Tzu pups adopted by friends.

nickname "Big Bad George." Despite her small size, she runs the household.

"Even our now retired police K9 knows she is in charge," Aicher says.

For those considering rescue, Aicher encourages preparation and patience.

"Rescue animals can require extra understanding, but they are incredibly rewarding," he says.

Georgia and Daisy's third sister, Rubi, lives with the Comers — and, like her siblings, she is also the leader of the pack.

"Rubi was sassy and naughty for about the first month but then settled in and formed a bond with our other dog," Comer shares. "She immediately was great with the grandkids."

Rubi thrives on routine, waking Comer at 7 a.m. daily and reminding him at 9:30 p.m. when it's time to go outside for a treat and bedtime.

"If I am even 10 minutes late, she talks to me and tells me I'm neglecting my duties," Comer jokes. "It is the same time every single day, and she even takes into account daylight savings time. No idea how she does that."

Comer advises prospective adopters to let the dog choose them. The Comers have had many rescue dogs over the years, and all have been loving and loyal companions.

Reward in rescue

Adopting a rescue animal is a big decision. Hope Hunt knows this, but she also knows that it is one that can be life-changing in the best way.

"Rescue dogs love so hard, and it seems like they are always thanking you for giving them such a good rest of their life," she says.

For the Hunt family, that dog was Alvin, a sweet pitbull rescued at 8 years old after they spotted his photo on the Furry Friends website.

"My husband and I were feeling very spontaneous that day, so we went to Furry Friends and hung out with Alvin for a while," she shares. "He was the most gentle, happy and loving dog ever and just wanted to be close to us. We adopted him that day."

Alvin had been rescued from a kill shelter in Texas. While much of his history was unknown, signs of his past were evident. He struggled with other dogs but settled quickly into the Hunts' home.

"He just wanted to cuddle with us and be pet," Hunt says. "The most surprising thing was how quickly he made friends with anyone. From little babies to older adults, he loved every single person he met, and they loved him back. I think he helped a lot of people understand



Hope Hunt rescued Alvin, a sweet pitbull adopted at 8 years old.

that pitbulls are such gentle dogs.”

Alvin also formed a close bond with the Hunts’ retired neighbor, who began tossing treats over the fence and eventually cared for him regularly.

“We started taking him over every day we were at work, so Alvin was very seldomly left by himself,” Hunt says. “Alvin quickly got to the point where we just opened our front door and said ‘Have a good day!’ and he would walk himself over to our neighbor’s house.”

Though Alvin recently passed away, he remains a special part of the family’s story.

A busy life, filled with pup love

Life with three rescues can be hectic, especially when adopting dogs past puppyhood. Jessica Chapman understands that firsthand.

“You don’t know their background, so you must navigate issues sometimes,” she says.

Each dog has unique quirks. Moose is protective and territorial but greets guests with a toy. Max has storm anxiety yet is highly food-motivated and loves comfort. Frank, part husky, has grown increasingly vocal and mischievous, even learning to open cabinets.

Yet, for Chapman, the rewards outweigh the challenges.

“You are giving them a second chance at having an amazing life,” she says. “You don’t always know their background, but it’s a beautiful thing to watch them develop trust and loyalty for you and your family. Adopting also helps to reduce the number of animals in shelters and discourage irresponsible breeding practices.”

Lots of tail wags

When Keri Jacobs and Aaron Becker adopted Hope, they were told she was a mastiff mix. A DNA test later confirmed her top breeds included mastiff, cane corso, dogue de Bordeaux and bullmastiff.

“In other words: a whole lot of mastiff,” Jacobs says. “The test also declared she is 100% ‘good gurl,’ which we consider the most accurate result of all.”

They adopted Hope in December 2023 from Animal Welfare Friends, a no-kill shelter in Monticello — Jacobs’ hometown.

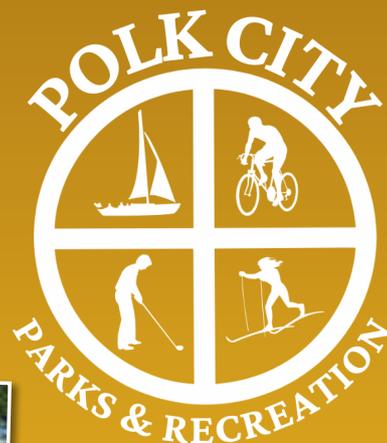
“My sister happened to be at the shelter adopting a puppy when she noticed Hope

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FEATURE

calmly sitting in the lobby, watching people come and go,” Jacobs says. “The rescue manager jokingly called her the ‘grandma’ of the shelter because she was a little older (she already had gray around her muzzle) and had absolutely no patience for the younger dogs being rambunctious.”

The couple adopted her before even meeting her in person.

“It may not be the most conventional adoption strategy, but sometimes you just know.”

Hope quickly settled into her new role as neighborhood watch.

“She sounds incredibly tough when someone approaches the door, but the moment it opens, the tough act disappears, and the butt wiggles set in,” Jacobs shares. “She goes from ‘intimidating mastiff guardian’ to ‘very large dog hoping you might be here to pet her.’ People should worry more about her whippy and strong tail than her



Jessica Chapman has three rescue dogs, Max, Frank and Moose.

bite.”

For others considering adoption, the couple offers simple advice.

“Spending even a few minutes with a rescue dog can open your mind and heart to the possibility,” Jacobs says. “And it’s a pretty special feeling to know that a dog who once didn’t have a bed or food bowl of their own now has safety, a routine they can trust and a family.” ■



Keri Jacobs and Aaron Becker adopted Hope, and they say she is 100% “good gurl.”

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

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

Make your voice be heard and cast your votes in the 2026 Ankeny and Northern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in the May issues of Ankeny and North Polk magazines. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES APRIL 10, 2026.

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.

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

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

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

SHOPPING

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

ENTERTAINMENT

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

HEALTH/BEAUTY

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

HEALTH/BEAUTY

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

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- Heating and Cooling Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Place for Guests to Stay
- Contractor/Construction Services/Remodeling
- Cleaning Company
- Painting Company
- Home Builder

SPRING is coming... and so are the parasites

Every spring, as the weather warms and pets spend more time outside, we start seeing the same unwelcome visitors return: fleas, ticks and mosquitoes.



Parasite prevention is one of the easiest ways to protect your pet's health. Fleas, ticks and mosquitoes aren't just annoying; they can transmit diseases and other parasites such as Lyme disease, ehrlichiosis and heartworm disease. These infections can cause significant illness and often require extensive treatment. And cats aren't immune either. Even indoor cats can pick up fleas brought in on clothing, other pets or visitors. Prevention, on the other hand, is simple, safe and far less stressful for both pets and their people.

With so many options available, though, choosing the right preventative can feel overwhelming. The short answer? Lifestyle. The best option depends on your pet's outdoor exposure, activity level and what fits best with

your routine.

Flea and tick protection. Most flea and tick preventatives fall into three main categories.

- Topical treatments like Revolution and Frontline are applied to the skin and absorbed through the skin's oils. They're easy to apply monthly and are a good option for pets that refuse pills. However, frequent bathing or swimming may reduce effectiveness, and some pets with sensitive skin may develop irritation or hair loss at the application site.

- Oral chewable medications have become very popular. Products like NexGard, Bravecto, Simparica and Credelio are given every one to three months depending on the medication. Because they work systemically, they aren't affected by bathing or swimming, and many pets happily take them as a treat.

A newer option for dogs is an injectable flea and tick preventative, which provides protection for an entire year with a single injection. This can be especially helpful for dogs who are difficult to medicate at home and helps ensure consistent protection (no missed doses).

Heartworm prevention. Heartworm

disease is spread by mosquitoes and can be life-threatening, but it is almost entirely preventable. Preventatives come in several forms, including monthly chewables, topical medications, or a once-yearly injectable option for dogs. Some chewables also include flea and tick protection, offering convenient all-in-one coverage.

Spring is a great time to revisit your pet's parasite prevention plan, but protection should always be year-round (yes, even in Iowa). Fleas thrive indoors regardless of the season, and some ticks remain active even during the winter months.

The good news is that we now have more safe and effective options than ever before. Your veterinary team can help you choose the preventative that best fits your pet's lifestyle and keeps them protected all year long. Because when it comes to parasites, the goal isn't just treatment, it's keeping our pets comfortable, healthy and able to enjoy the seasons right alongside us. ■

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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TALKING with a loved one about care at home

Starting a conversation with a family member about at-home support can feel uncomfortable. Many people worry about saying the wrong thing, creating tension, or being perceived as overstepping.



Yet when approached thoughtfully, these discussions can become productive, collaborative moments that help everyone feel more prepared for the future. Recent national surveys tell us 93% of older adults want to remain in their homes as they age, making conversations about at-home services and care increasingly relevant for families planning ahead.

A successful conversation often begins with the right conditions. Choosing a calm, familiar setting allows both people to feel at ease and focused. While moments of frustration or struggle might feel like natural openings, those situations can heighten emotions and defensiveness. A planned, unhurried conversation is more likely to lead to

understanding.

Framing also matters. Rather than positioning at-home care as a response to decline, it can be helpful to focus on what it makes possible. Many people are more receptive when the discussion centers on quality of life, independence, and support rather than on decline and loss.

As you prepare for the conversation, consider these practical tips:

- Focus on benefits, not problems. Highlight how receiving supportive services at home — such as help with grocery shopping, cleaning, cooking, organizing, and/or pet care — can support daily routines, provide companionship, and help your loved one remain safely at home.
- Research options. Gathering information ahead of time can help address concerns, while researching together can empower your loved one and keep them involved in decisions.
- Address cost and logistics openly. To decrease uncertainty, discuss pricing, financial resources, scheduling, and how care would fit into existing routines.
- Offer reassurance and patience. Aging-

related decisions often carry emotional weight. Let your loved one know you are there to support them, regardless of the timeline.

- Keep the door open. One conversation does not need to resolve everything. If your loved one is hesitant, suggest revisiting the topic later after they have had time to think.

- Providing reassurance is especially important. Life transitions can bring fear, grief, or resistance, even when support is needed. Consistent encouragement and listening can help build trust and reduce anxiety over time.

- Follow-up is just as critical as the first discussion. Checking in later reinforces that the conversation was about partnership, not pressure. If at-home care eventually is introduced, ongoing communication can help ensure the care plan continues to meet your loved one's needs. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering. To learn more, visit wesleylife.org/wellahead.



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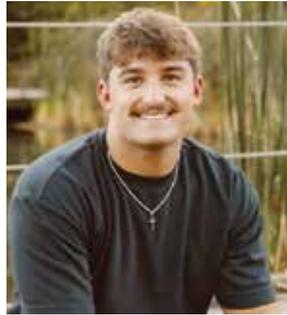
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KIWANIS Seniors of the Month

Polk City Kiwanis Club has named Seniors of the Month.

Chase Miller: “I am Chase Miller, a senior at North Polk High School. I am the son of Jason and Teri Miller and brother to Tate, who is a sophomore at North Polk, and to Drea, who is a seventh-grader at North Polk. I participate in football and track, Principal’s Council, Comets for Christ and National Honor Society at North Polk.



“I made Gold Honor Roll three years in a row and have also been named academic all-district and academic all-state as a football player. I was also named first team all-district twice as well as second and first team all-state as a varsity starter for North Polk football. I was also chosen as one of our team’s captains. But, above all else, I am a Christian and love my Lord and Savior Jesus Christ.

“I attend New City Church in Ankeny and go to Lakeside Fellowship for youth group, where I have helped with things like vacation bible camp. My future plans are to go to Dordt University and play football and study kinesiology.”

Dylan Tyler Twedt: “I live on my family’s farm located between Polk City and Alleman. I have two older brothers, Kendall and Tanner. Growing up on the farm gave me opportunities to learn responsibility and how to work hard. It also gave me an appreciation for agriculture and the impact it has in our community, which is why I plan to attend Iowa State University next year to major in Agronomy. Off the farm, I am actively involved in FFA and enjoy running track and playing soccer for North Polk. I’ve also been involved in 4-H for the past nine years, showing pigs and my horse at the county fair.”



Dylan’s parents are Craig and Cindy Twedt. Dylan is a member of the National Honor Society and on the Gold Honor Roll. After graduation, he plans to attend Iowa State University and major in agronomy.

Elise Fosselman: “Hello, I’m Elise Fosselman, a senior at North Polk High School. I am the daughter of John and Misty Fosselman and the younger sister to Ava and Leo, who are both in college. I participate in marching/ concert band, color/winter guard and tennis. I am a Silver Cord volunteer, and I am in National Honor Society, Leadership Team and ELP. I have been on the Gold Honor Roll all four years of high school, and I am on the DMACC President’s List. I am involved in Girl Scouts, church, and I am currently working at Smoothie King. My favorite classes are developmental psychology and sculpture. I like going to movies with friends and listening to music. After graduating, I plan to attend Iowa State University.”



Isabella Bauer is a senior at North Polk High School. Izzy is the daughter of Missy and Brian Bauer of Polk City and has one brother, Blake. Izzy is involved in cross country, tennis, golf, show choir, chamber choir, student council, and science club. Izzy has been awarded with Gold Honor Roll, DMACC Dean’s List, DMACC President’s List, National Honor Society, National STEM Honor Society, and National Math Honor Society. After graduation, Izzy plans to major in aerospace engineering at an undecided university.



Rylie Campbell: “I like spending time with friends and family and staying involved in activities that matter to me. I’m part of band, tennis, speech, 4-H and FFA, which have helped me build confidence, responsibility and teamwork skills. I enjoy learning new things, taking on challenges, and improving over time. I’m motivated, reliable and always open to new experiences and opportunities to grow.”



Rylie is the daughter of Darwin and Julie Campbell of Cambridge and sister to Allie and Asa. Science and anatomy are her favorite classes. She has earned her Iowa FFA Degree, and is on the Gold Honor Roll and DMACC President’s List. She is in the National Honor Society and has earned an academic letter and letter in band and tennis. She is a State 4-H Council and Polk County 4-H Youth Council member. She is involved in youth group and works at Scooters Coffee in Huxley. After graduation, she plans to major in animal science on the pre-vet track for large animal/livestock at Iowa State University. ■

TAKE THE POLL

WHICH OF THESE FIRST SIGNS OF SPRING IS YOUR FAVORITE?

1. Birds singing
2. Thunderstorms
3. Jacket weather
4. Green grass
5. Flowers blooming



SCAN THE QR CODE TO VOTE!



A PROPOSAL to remember

Garton shares special life moment.



Jill Garton says her husband, Tim's, proposal was extra special because it involved her daughter, Gabryel. Jill still has the shirt Gabryel wore to pop the question.

A typical evening at home turned into one of the most meaningful moments of Jill Garton's life. Years ago, Garton had just returned from work while her boyfriend at the time, Tim, played in the living room with her 2-year-old daughter, Gabryel, giving Garton time to finish up in the kitchen.

As she tidied, Garton turned to see Gabryel walking in with a huge smile on her face. She was also carrying a box that looked like it might be holding something special.

"I noticed her shirt and it said, 'Mommy, will you marry Tim?' and, on the back, it had boxes for checking yes or no. I looked up, and he was standing there with a Sharpie. Gabryel

handed him the ring box, and he got down on one knee and asked me to marry him. I said yes, and he gave me the ring and her a ring pop sucker."

Although Garton and Tim had talked about getting engaged, she had no idea when it would happen. In fact, with Valentine's Day approaching later that week, she assumed it might happen then.

"I was so extremely happy and thought it was so cute that he included my daughter," Garton shares. "I cried and gave him and her a big hug."

And, of course, she used the marker to check "Yes" on the shirt.

After the proposal, the couple spent the rest

of the evening calling friends and family to share the news, reliving the moment again and again as congratulations poured in.

"I think the most meaningful part was that he included my daughter in the proposal," Garton shares. "He was so great with her when we were dating and is now a great stepdad, so it makes it so special that she was included in the proposal."

Thirteen years later, Garton still has the shirt from that evening — a keepsake from a moment that marked the beginning of their family's next chapter. The couple welcomed their son, Jack, the following year, and, as Garton puts it, the rest is history. ■

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Living RESIDENTS' CHOICE AWARD RUNNER-UP

REAL ESTATE

By Jacquelyn Duke

SPRING into a sale



In central Iowa, the “spring market” is more than a season — it’s an event. As the snow melts off the Des Moines River, and the tulips begin to peek through, local buyers hit the pavement. Whether you’re listing a family home in Ankeny or a lakeside oasis in Polk City, your spring cleaning needs to go beyond basic dusting; it needs to be a strategic “refresh.” Here are three high-impact areas for Iowa sellers:

- **The mudroom reset:** Iowa springs are notorious for mud. Deep-clean your entryways, store the heavy winter parkas, and swap out salt-stained rugs for a bright, neutral runner. You want buyers to feel a sense of space, not a reminder of the slush outside.
 - **Window clarity:** Between late-season flurries and agricultural dust, our windows take a beating. Professional window cleaning is a high-ROI task. Sunshine flooding in makes spaces more inviting.
 - **Curb appeal “quick-fix”:** Don’t wait for May flowers. Power wash the siding, clear out dead perennials, and add fresh mulch. In scenic areas like Polk City, highlighting outdoor space early is a massive advantage. Take advantage of local resources to lighten the load. For instance, Polk City’s Spring Cleanup is scheduled for April 9-10. This is the perfect window to purge bulky items and clutter before your open house.
- By tackling these central Iowa essentials, you aren’t just cleaning — you’re staging for a successful closing. ■

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

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INVESTMENT

By Kyle Matzen

HOW outdated beneficiary choices can derail your plans



When you open a retirement account or buy life insurance, you are asked to name a beneficiary. It may feel like routine paperwork, but this choice can shape your family’s future in powerful ways.

Many people forget about their beneficiary forms after they sign them, but these instructions can override your will. If they are outdated, your money could go to someone you didn’t intend, creating what experts call an accidental inheritance.

When life changes — through marriage, divorce, children or the loss of a loved one — it’s a good time to review your choices.

You’ll also want to be cautious about naming minors as beneficiaries because the court would need to get involved.

And, for family members with special needs, improperly naming a beneficiary could jeopardize that person’s eligibility to receive government benefits.

Take time today to add beneficiary designations if you haven’t already, or to confirm that your beneficiary designations still reflect your wishes. ■

This content was provided by Edward Jones for use by Kyle Matzen, your Edward Jones financial advisor, 407 W. Bridge Road, Suite 7, Polk City. Edward Jones, Member SIPC. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.



NORTH POLK COMETS SPRING SCHEDULE 2026

GOLF - BOYS & GIRLS

DATE	OPPONENT	TIME	LOCATION
4/13 B	Multiple	1:00 PM	Terrace Hills
4/13 G	Multiple	4:00 PM	Tour.Club
4/16 B	Multiple	12:00 PM	Woodward
4/17 B	Multiple	11:00 AM	Bos Landen
4/17 G	Multiple	4:00 PM	Ames
4/18 B	Multiple	9:00 AM	Bos Landen
4/21 B	Multiple	2:00 PM	River Bend
4/23 B	Multiple	11:00 AM	Otter Creek
4/25 B	Multiple	8:30 AM	Perry
4/27 G	Multiple	1:00 PM	River Bend
4/27 G	Multiple	4:00 PM	Perry
4/30 B	Multiple	12:00 PM	Bos Landen
4/30 B	Multiple	1:00 PM	Briggs Woods
4/30 G	Multiple	2:00 PM	Pleasantville
4/7 G	Multiple	4:00 PM	Tour.Club
5/1 B	Multiple	12:00 PM	Winterset HS
5/11 B	Multiple	9:00 AM	Pleasantville
5/11 G	Multiple	9:00 AM	Breda
5/12 G	Multiple	4:00 PM	Lake Pan
5/18 G	Multiple	4:00 PM	
5/9 B	Multiple	9:00 AM	Ames

SOCCER - BOYS & GIRLS

DATE	OPPONENT	TIME	LOCATION
3/24 B	Newton	7:00 PM	North Polk HS
3/26 B	S. Tama Co.	5:30 PM	South Tama
3/28 G	Ankeny	2:30 PM	Ankeny HS
3/31 B	Pella	7:00 PM	Pella HS
4/13 B/G	Boone	7:00 PM	Goeppinger
4/16 B	Nevada	7:00 PM	Nevada HS
4/2 B	ADM	7:00 PM	North Polk HS
4/23 G	Indianola	7:00 PM	North Polk HS
4/27 B/G	Carlisle	5:30 PM	Carlisle HS
4/2 G	ADM	7:00 PM	ADM HS
4/3 B	Ankeny	7:00 PM	North Polk HS
4/30 G	Norwalk	7:00 PM	North Polk HS
4/6 B/G	Winterset	7:00 PM	Winterset HS
4/9 B/G	Perry	7:00 PM	North Polk HS
5/1 B	Van Meter	7:00 PM	North Polk HS
5/11 B/G	Ballard	4:15 PM	North Polk HS
5/12 B/G	Carroll	7:00 PM	North Polk HS
5/1 G	Van Meter	4:30 PM	Van Meter
5/15 B/G	Bond/Far	7:00 PM	North Polk HS
5/18 G	DM Hoover	7:00 PM	North Polk HS
5/2 B	Gilbert	11:00 AM	Gilbert HS
5/21 G	Clear Cr.	5:00 PM	Clear Creek HS
5/22 G	DM East	7:00 PM	North Polk HS
5/5 B/G	Ballard	5:45 PM	Ballard HS
5/9 B/G	@ TBD	11:00 AM	Carroll

TRACK - BOYS & GIRLS

DATE	OPPONENT	TIME	LOCATION
3/12 B/G	Multiple	9:00 AM	Lied
3/24 B	Multiple	4:15 PM	Johnston HS
3/31 G	Multiple	5:00 PM	North Polk HS
4/2 B/G	Multiple	4:15 PM	Indianola
4/3 B	Multiple	4:30 PM	Winterset HS
4/6 B/G	Multiple	4:30 PM	Norwalk
4/7 B/G	Multiple	4:30 PM	PCM HS
4/9 B/G	Multiple	4:00 PM	Northwest HS
4/11 B/G	Multiple	8:30 AM	Drake
4/14 B/G	Multiple	4:15 PM	Northview MS
4/16 B/G	Multiple	4:15 PM	Indianola
4/17 B	Multiple	4:00 PM	North Polk HS
4/20 G	Multiple	4:30 PM	Bondurant HS
4/20 B	Multiple	4:30 PM	Valley HS
4/23 G	Multiple	4:30 PM	Roland
4/23 B	Multiple	4:30 PM	H. A. Lynn
4/27 G	Multiple	4:30 PM	Saydel HS
4/28 G	Multiple	4:30 PM	Hawk
4/28 B	Multiple	4:30 PM	North Polk HS
4/30 G	Multiple	4:15 PM	Carlisle HS
4/30 B	Multiple	4:30 PM	Roland
5/4 B/G	Multiple	4:30 PM	North Polk HS
5/6 B/G	Multiple	4:00 PM	ADM HS
5/21 B/G	Multiple	9:00 AM	
5/22 B/G	Multiple	9:00 AM	
5/23 B/G	Multiple	9:00 AM	

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A NEIGHBOR to count on

Johnson is neighborhood's go-to guy.



John Johnson is the kind of neighbor everyone wishes they had.

Since moving into his Elkhart home more than four years ago, he and his wife, Janet, have not only settled in with their golden retriever, Cooper — and most recently, a new puppy, Nash — but have also become an indispensable part of the neighborhood.

That's because Johnson has a knack for stepping in wherever he is needed.

"I have learned a lot over the years," he shares. "I was a mechanic for nearly 40 years. A couple neighbors asked for my advice on finishing their basements. They took my advice and had it done properly and up to code."



Natalie St. John presents John Johnson with the Good Neighbor certificate.

One neighbor even jokingly called Johnson his project manager.

Johnson also keeps busy working on small engines. Over the years, he has repaired mowers and snowblowers for neighbors and often picks up small engine equipment, repairs it and resells it.

He lends a hand when neighbors need help with yard work as well. Johnson has mowed lawns for neighbors who needed assistance and regularly blows snow to help others out. In fact, he often clears sidewalks throughout the neighborhood, including around the community mailbox.

"I received lots of homemade cookies one snow," he recalls.

Johnson has also helped a couple of neighbors install water softeners and assisted another with installing a dishwasher.

"I've been a resource for several young first-time homeowners in our neighborhood," he shares.

Johnson's service extends even beyond the neighborhood as he volunteers with the city and serves on the Planning & Zoning Committee and the Board of Adjustments.

For Johnson, putting his talents to use helping others simply comes naturally.

"I am a 66-year-old cancer survivor and very happy I'm still here to help out when I can," he says. ■

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Do you know a Good Neighbor who deserves recognition?
Nominate at tammy@iowalivingmagazines.com.

STOP the sniffles with Sick Day Soup

(Feature Impact) Coughs and sniffles don't have to derail you for long – not with a fresh, homemade stockpot full of Sick Day Chicken Noodle Soup. Loaded with rotisserie chicken, celery and carrots, it's sure to warm you from the inside-out as a warm, comforting meal. Plus, with eight servings, this dish can help solve dinnertime dilemmas throughout the week by storing leftovers in the refrigerator and reheating on the stove.

Warm up your winter meals with more comforting ideas available at Culinary.net. ■

Sick Day Chicken Noodle Soup

Recipe adapted from Tastes Better from Scratch
 Prep time: 20 minutes
 Cook time: 20 minutes
 Servings: 8

INGREDIENTS

- 1/2 tablespoon butter
- 2 ribs celery, diced
- 3-4 large carrots, diced
- 1 clove garlic, minced
- 10 cups chicken stock or broth
- 1/8 teaspoon dried rosemary
- 1/8 teaspoon dried thyme
- 1/8 teaspoon crushed red pepper flakes
- salt, to taste
- pepper, to taste
- chicken bouillon cubes (optional)
- 4 cups dry egg noodles
- 3 cups cooked rotisserie chicken

DIRECTIONS

- In large stockpot over medium-high heat, saute butter, celery and carrots 3 minutes. Add garlic and cook 30 seconds.



Photo courtesy of Shutterstock

- Add chicken stock or broth and season with rosemary, thyme and crushed red pepper. Add salt and pepper, to taste. Taste and add chicken bouillon cubes, if desired, for flavor.
- Bring to boil. Add noodles and cook until al dente. Remove from heat once noodles are tender.
- Add chicken. Taste and adjust seasoning as desired.

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FINANCE By Jason Kerndt

KEEP your finances safe during tax season

Holidays aren't the only time scammers are on the prowl. Tax season is a particularly popular time for scammers to strike. To keep your finances and identity safe, watch out for these common tax scams and follow our tips to safely prepare and process your taxes.



Common tax scams

- **Identity theft:** There are two ways in which scammers can use your identity for fraud. One way is through your Social Security number. If a scammer has your SSN, they can use it for reporting wages. If this occurs, you would likely receive notice from the IRS for earned income from a job you never actually worked at.

The other way is for someone to file in your name to receive your refund. In these cases, when you go to file your return, the IRS would likely reject it, stating that a return has already been filed with your name and SSN.

- **IRS Imposters:** Impersonating the IRS is another way scammers try to obtain important personal data, such as your birth date, SSN, and even bank account information. Using email, text or phone, these impersonators will say you have an unclaimed refund. In other situations, they may use urgency, stating a payment is needed and threatening law enforcement if action isn't taken.

- **Ghosting:** In these situations, scammers present themselves as tax preparers hoping you'll hire them so they can ghost you as soon as they have your information. They ask for fees upfront but never actually file anything.

Staying safe

To avoid these scams and divulging important information to potential scammers, follow these tax preparation safety tips:

- Request an identity protection PIN from the IRS. This is an annual PIN number they send you by mail each year to submit with your tax return, so they know it's you.

- Filing your return as early as possible is a way to beat scammers. They will use urgency and timing to their advantage, so if you wait too long, they can use fear of missing timelines against you.

- Don't answer, click, or reply to any suspicious emails, texts, or calls. The IRS never communicates via text, email or social media. Let them leave a message if calling, and find your own IRS number to call back and confirm any information. If there is a concern from them, it will come via mail with information to log into a secure website.

- When hiring out your tax preparation, verify their business license and that they are registered with the Secretary of State. There are websites you can use to search for verifiable preparers.

- Never give out any personal information. No reputable institution will ask for this information first. ■

Home State Bank is dedicated to keeping our customers and communities safe through fraud education and best practices. Contact your banker to learn more about common frauds, safety tips, and how to ensure peace of mind during tax season. Information provided by Jason Kerndt, Market President, 515-329-8812, HomeState Bank, 101 E. Bridge Road, Polk City.

HELPING with diminished financial capacity

You may have a parent or other loved one with diminished financial capacity, or who you worry may face that issue in the future.



“Diminished financial capacity” is the decline in a person’s ability to manage money. When people of any age lose the capability to manage their finances, they may also become more vulnerable to fraud and other forms of financial abuse.

Taking the steps listed below will help avoid or minimize problems for you and your family:

First, have an open conversation about financial matters sooner rather than later. Ask your relative to consider how they want to maintain control of finances in the

future. Explain that advance planning is a way to make sure that a trusted person makes decisions if the individual no longer can.

Second, make sure your family member has current estate planning documents. Your loved one may have named you as an agent under a power of attorney or a trustee under a revocable living trust. If these documents don’t exist, explore how to get advance planning in place to ensure that you will be a legal substitute decision-maker in the future.

Third, if your family member or friend has named you to manage money, understand your responsibilities. You may need to take a more active role in helping manage assets. You may have to take on immediate tasks, such as helping to pay bills, preparing tax returns, or helping with investment decisions.

Be alert to mistakes your loved one may make in managing finances and to any signs

of elder financial abuse. It can be hard to tell whether actions are the result of confusion or of financial exploitation. For example, if you find that a loved one has paid the same bill twice by mistake, you should help fix the error. But beware that multiple or unusual payments could also be a sign of financial exploitation.

Finally, keep complete records of everything you do. If there are questions about the use of assets in the future, you want documentation. Be sure that, if something changes, you keep your information as current as possible.

An experienced estate-planning attorney can help answer questions about powers of attorney, substitute decision-making, and how to best help your family. ■

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

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MEET Heather Sheahan

Enjoys teaching through and through

Teaching wasn't originally part of Heather Sheahan's plan, but, over time, she discovered that sometimes the right path finds you.

From a young age, Sheahan enjoyed babysitting and working with children. Her first job was with the Dubuque Parks and Recreation Department, where she served as a playground director and spent summers planning and leading free activities for kids.

Fast forward to today, and Sheahan is in her 15th year teaching middle school students. Throughout her career, she has taught a wide range of subjects, including science, math, literacy, and even unique courses like MythBusters and career navigation.

"Those experiences have helped me see students from many different angles and find new and exciting ways to engage and educate students," she says.

This is Sheahan's second year teaching literacy at North Polk Middle School. When she and her family moved from Kansas City two years ago, she spent considerable time researching school districts and interviewing for various positions.

"North Polk immediately stood out because of its hometown feel, combined with the growth and opportunities it offers," she shares. "I still remember walking into the building one February morning for my interview. There was an FCCLA bake sale happening, and students were

incredibly polite and welcoming. The school felt warm and positive right away."

Sheahan says the leadership team left an equally strong impression — personable, thoughtful, and genuinely invested in both students and staff.

"I can't speak highly enough about Mr. Richards, Mr. Wolf, and Mrs. Young," she shares. "I asked countless questions because I wasn't just looking for a job; I was looking for a place where my family could thrive."



This is Heather Sheahan's second year teaching literacy at North Polk Middle School. She and her family moved to the district from Kansas City two years ago.

At North Polk, Sheahan learned about the district's strong parent involvement, the systems in place to support student needs, and the high expectations held for everyone.

"The minute I walked out the door, I called my husband and said that this was the place I wanted to be," she says. "It has truly been one of the best decisions I've made."

Over her 15 years in education, Sheahan has created countless memorable experiences for students — from building a classroom garden and hosting dystopian mock trials to organizing field trips and having students design life-size cardboard boats to race across a pool.

"The best activities are the ones that are memorable, and they are memorable because they are meaningful," she says.

Each year, Sheahan also surprises her students with a fully staged "crime scene" in her classroom, complete with caution tape and carefully curated evidence.

"I love seeing their faces light up and the deep conversations it inspires," she says. "It is so fun watching them debate interpretations and apply critical thinking skills to solve the mystery."

While the creative projects and lessons are memorable, Sheahan says it is ultimately the students and the people she works alongside who bring her the most joy.

"I love that no two days are ever the same, and I'm grateful for the time I get to build meaningful relationships with my students," she says. "Middle school students are quirky and hilarious."

Sheahan looks forward to coming to work each day and feels grateful to be part of a supportive, connected community.

"Being part of a community that values growth, connection and student success is something I never take for granted," she says. "North Polk is an absolute hidden gem. It is a great place to live, work and raise a family. I am so proud to be a part of this community and call myself a Comet." ■

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EVENTS IN THE AREA

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

Be sure to check for cancellations.

Upcoming in North Polk Living magazine:

Celebrating heritage: What have you learned about your family or community's heritage? How do you celebrate or honor your heritage? Let us know by emailing tammy@iowalivingmagazines.com.



Game Night with The Dealt Hand

Friday, April 10, 5:30-8:30 p.m.
Polk City Community Room (new city hall),
200 S. Fourth St.

Drop in at any time for a fun evening playing games. The Dealt Hand will provide hundreds of games for your enjoyment. Play one of your favorites or learn something new. You are welcome to bring your dinner and eat while playing. The Friends of the Library will provide light snacks. Any and all ages are welcome.



Pancake Breakfast

Saturday, March 28, 8-11 a.m.
Lakeside Fellowship Church,
1121 W. Bridge Road, Polk City

Polk City Kiwanis Pancake Breakfast is Saturday, March 28, 8-11 a.m. The Easter Egg Hunt is at 11 a.m. on the Lakeside soccer fields. Support your Kiwanis Club at their legendary, yummy pancake breakfast and watch or participate in the hunt for eggs. The breakfast is a free will donation event. All proceeds go toward three North Polk senior scholarships awarded at the May award banquet.

Plant Swap

Thursday, April 30, 5-7 p.m.
Polk City Public Library,
1500 W. Broadway

Is your houseplant collection starting to resemble a rainforest? Plant too many tomato seedlings and don't have the heart to thin them? Stop by the library to trade plants, seeds and tips with other enthusiastic gardeners. Labeling supplies will be available. New to plant parenthood? No problem. There is sure to be extras, so feel free to drop by even if you don't have a plant to bring.

Des Moines Community Orchestra Spring Concert

Sunday, May 10, 2 p.m.
Drake University Sheslow Auditorium, 2507 University Ave., Des Moines

Enjoy the Des Moines Community Orchestra in concert with guest conductor Kara Mather and featured soloist Dr. Kevin Allemagne on the clarinet. ■



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POLK CITY Community Library news

ANNOUNCEMENTS

National Library Giving Day is April 1.

The library will be closed Saturday, April 4.

National Library Week is April 19-25.

• **Library Giving Day**, Wednesday, April 1, Library Giving Day is a one-day fundraising event with the

goal of encouraging people who depend on and enjoy public libraries to donate to their individual library system. And, in turn, that support will go toward the incredible programs, services and materials provided by local libraries all over the country.

• **Adult Coloring**, Wednesday, April 1, 1-3:30 p.m., and Tuesday, April 21, 5-6:30 p.m. Ages 17 and older.

• **Wednesday Adult Book Club and Lunch & Learn**, Wednesday, April 1, 7 p.m. "Bet the Farm: The Dollars and Sense of Growing Food in America" by Beth Hoffman. In her late 40s, Beth Hoffman decided to upend her comfortable life as a professor and journalist to move to her husband's family ranch in Iowa — all for the dream of becoming a farmer. There was just one problem: money. "Bet the Farm" is a first-hand account of the perils of farming today and a personal exploration of more just and sustainable ways of producing food. This book club includes a live visit and presentation from the author. Registration is only required if you plan to join for the meal prior to the presentation. Serving will begin at 6:30 p.m.

• **Babble and Brew**, Thursday, April 2, 10 a.m. Playtime for them, coffee and conversation for you.

• **The Lit Bag**: A free monthly subscription for PCCL kids in grades 3-6 and teens in grades 7-12! Each themed bag includes two handpicked 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! Pick-up: April 2.

• **Not-A-School-Day**, Monday, April 6, 1 p.m. Join us each month for a special activity on Monday, teacher in-service days when North Polk Schools are out.

• **Adult DIY: Fairy Garden Planter Houses**, Tuesday, April 7, 6 p.m. Join us for a relaxing evening of crafts. All supplies will be provided. Ages 17 and older, registration required.

• **Balance and Books with Rock Valley Physical Therapy**, Wednesday, April 8, 10 a.m. Join Rock Valley Physical Therapy for an informative program focused on balance, fall prevention and healthy aging. Includes a balance assessment.

• **Friends of the Library Meeting**, Wednesday, April 8, 6:30 p.m. All meetings are open to members and the public. Anyone interested in supporting the library is welcome and encouraged to attend.

• **Tiny Tot Art**, Thursday, April 9, 10 a.m. Let your little ones explore creativity through process art designed just for toddlers. This hands-on

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

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program focuses on fun, sensory-friendly activities where messiness is encouraged, and imagination leads the way.

- **Lego Club**, Monday, April 13, 4 p.m. Engage in learning through stacking and building with these deceptively simple bricks and enhance your problem-solving skills and teamwork. Registration is required. Register online at polkcitylibrary.org.

- **Comets Kids Club**, Tuesday, April 14, 4-4:45 p.m. Join us in April when we make a bird feeder. Register online at polkcitylibrary.org.

- **Setting Up Your Phone for Success (with Sarah the Tech Tutor)**, Wednesday, April 15, 10 a.m. This hands-on class focuses on simple changes that personalize your phone to your needs and make it easier to use. We will focus on functional features that will improve your smartphone experience. Registration required.

- **Messy Munchkins**, Thursday, April 16, 10 a.m. Have your child wear clothes that you don't mind getting dirty.

- **Take and Make Craft Kits**, Friday, April 17. Make a Wildflower Seed Bomb. Supplies are limited.

- **National Library Week: "Find Your Joy,"** April 19-25. Stop in to celebrate with us.

- **Monday Book Club**, "A Happier Life" by Kristy Woodson Harvey, Monday, April 20, 2 p.m.

- **Adult Crafternoon: Nature-Themed Scratch Art**, Thursday, April 23, 2 p.m. Your choice of beautiful, pre-designed nature-themed scratch art. All supplies will be provided. Ages 17 and older. Registration required.

- **Toddler & Preschool LEGO DUPLO Free Play**, Thursday, April 23, 10 a.m. Parent/caregiver attendance is required.

- **Pre-K Playday**, Friday, April 24, 9-11 a.m. at City Hall. Parent/caregiver attendance is required.

- **Comet Kids Cooking Club**, Tuesday, April 28, 4:15 p.m. Learn some kitchen basics and enjoy a delicious snack. This month, we will chop strawberries and assemble a delicious strawberry shortcake. Registration required and limited to grades 2-6.

- **Men's Book Club**, "Chances Are..." by Richard Russo, Wednesday, April 29, 6 p.m. at Fenders Brewing. Consider joining us for our new Men's Book Club located at Fenders Brewing. Swing by the library to pick up the first book: "Chances Are..." by Richard Russo. Book summary: One beautiful September day, three 66-year-old men convene on Martha's Vineyard, friends ever since meeting in college circa the 1960s. They couldn't have been more different then, or even today. Lincoln's a commercial real estate broker, Teddy a tiny-press publisher, and Mickey a musician beyond his rockin' age. But each man holds his own secrets, in addition to the monumental mystery that none of them has ever stopped puzzling over since a Memorial Day weekend on the Vineyard in 1971. Now, 44 years later, as this new weekend unfolds, three lives and that of a significant other are displayed in their entirety while the distant past confounds the present like a relentless squall of surprise and discovery. ■

BIOIDENTICAL hormone therapy

For years, many women avoided hormone therapy due to fear created by early studies that were widely misunderstood or misinterpreted. Much of the concern stemmed from the early 2000s reporting around hormone therapy, which led many women to believe all hormones were unsafe. Today, we understand far more about the role hormones play in women's health and the importance of individualized treatment.



Bioidentical Hormone Replacement Therapy (BHRT) uses hormones that are structurally identical to those produced by the human body. One of the most important hormones for women is estradiol, a form of estrogen that supports bone health, cardiovascular health, brain function, skin quality, and overall well-being. When appropriately prescribed and monitored by a qualified medical provider, estradiol therapy can be both safe and effective for many women experiencing symptoms of hormonal decline.

Modern BHRT offers several delivery options that allow treatment to be tailored to each patient's needs. Common methods include subcutaneous hormone pellets, which provide a steady release of hormones over several months, as well as transdermal patches and topical creams that deliver hormones through the skin. These methods allow for consistent hormone levels while avoiding the metabolic effects associated with oral hormone pills.

With updated research and individualized care, BHRT is helping women safely restore balance, improve quality of life, and feel like themselves again. ■

Provided by Dr. Stephanie Koos, RenuYou MedSpa, 1705 N. Ankeny Blvd., Suite B, Ankeny, www.renuyouaestheticsandbotox.com, 515-330-8900.

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Chelsea Huisman and Brandon Converse at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Steve Karsjen and Laramie Sandquist at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Michael Kline and Jason Kerndt at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Jessica and Nate Faue at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Jeni Lewis and Lindsay Drake at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Martha Sheldahl, Susie Sheldahl and Ashley Schrage at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.

**POLK CITY AREA
CHAMBER OF COMMERCE**

Networking Events Schedule

**2nd Wednesday of each month
Luncheons - TCI**

**Last Thursday of each month
Coffee and Connections - Rising Sun Cafe**

Subscribe to our calendar:

Join Us at Assumption

<p>Stations of the Cross: March 20 & 27 at 5pm followed with Mass</p> <p>Evening Prayer: March 22 & 29 at 4:30pm</p> <p>Martial Arts: Mondays & Thursdays (except 3rd Thursday of the month) at 6:30-8:30pm Call Mark Wheeler to register 515-577-3599</p> <p>Rosary: Tuesday evenings at 7:30pm</p> <p>Mandatory Confirmation Retreat: March 29 from 9am-5pm</p> <p>Palm Sunday: March 28 & 29 during Mass</p> <p>Divine Mercy Novena: April 5 at 7:30am</p> <p style="text-align: center;">— HOLY WEEK BEGINS —</p> <p>Holy Thursday: April 2 at 7pm</p> <p>Adoration: April 2 from 8pm-10pm</p> <p>Adoration: April 3 from 6am-7pm</p> <p>Good Friday Service: April 3 at 7pm</p> <p>Divine Mercy Novena: begins Good Friday at 7:30am</p> <p>Adoration: April 3 from 8pm-10pm</p> <p>Adoration: April 4 from 6am-3pm</p>	<p>Divine Mercy Novena: April 4 at 7:30am</p> <p>Holy Saturday: Easter Vigil at 7:45pm</p> <p>Easter Sunday: Mass at 8am & 10am (NO 5pm Mass)</p> <hr/> <p>Religious Education Classes LAST class is April 8</p> <p>Assumption Book Club: April 11 & May 9 at 9am</p> <p>Divine Mercy Novena: April 12 at 8:30am</p> <p>1st Eucharist Practice: April 12 at 10am</p> <p>Confirmation Practice: April 12 at 7pm</p> <p>Confirmation with Bishop Joensen: April 15 at 7pm with reception to follow</p> <p>"New" Grief Class: starts April 17 on Friday nights for 6 weeks at 6:30pm</p> <p>1st Eucharist for 2nd graders: April 19 at 1pm</p> <p>Adoration/Benediction: April 21 & May 19 at 6pm</p>
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K OF C WEEKLY FRIDAY NIGHT FISH FRY DURING LENT
Through March 27 | 5:30-7pm

1st Saturday of the Month morning Mass at 8am

MASS TIMES: Mon-Fri: 8am | Sat: 5pm | Sun: 9am & 5pm **LENT MASS:** Fridays at 5:30pm

RECONCILIATION: Saturdays at 4pm

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OUT & ABOUT



Ryan Snaadt and Colby Cupp at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Teresa Herold, Ryan Toney and Matt Wight at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Celeste and Ozzy Galvan at the Polk City Chamber of Commerce Lunch held at Tournament Club of Iowa on Feb. 11.



Maura Trierweiler at the North Polk Girls Basketball Class 4A State Quarterfinals game against Bishop Heelan on March 3. Photo by North Polk CSD



Amelia Growdon at the North Polk Girls Basketball Class 4A State Quarterfinals game against Bishop Heelan on March 3. Photo by North Polk CSD



Ava Fjelland at the North Polk Girls Basketball Class 4A State Quarterfinals game against Bishop Heelan on March 3. Photo by North Polk CSD

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GIRLS Basketball

North Polk Girls Basketball played in the Class 4A State Quarterfinals vs. Bishop Heelan on March 3.



Jaslyn Rasmussen



Aubrey Happ



Madelyn Cory



Jocelyn Manock



Norah Mathes



Campbell Schulz



Fayth Sullivan



Jenna Manock



THE COMETS CORNER

NEWS FROM NORTH POLK CSD

MARCH 2026



© North Polk CSD



SPRING INTO SCHOOL SUCCESS

Spring is a season of growth—and there's no better time to grow with us.

At North Polk, every student has a chance to shine in the classroom, on the court, on the stage, and beyond.

In the past month, our students have made headlines:

- Girls basketball qualified for the state tournament for the fourth straight year
- Senior wrestler Charlie Boelman earned 2nd place at the state tournament
- The dance team performed at Nationals in Orlando, FL
- Large-group All-State speech students represented the district at Iowa State University

And so much more.

These big wins start small. Transitional Kindergarten (TK) and Kindergarten classrooms are where students take their first steps in learning, confidence, and curiosity, the same foundation that leads to state trophies and national stages.

NOW IT'S YOUR CHILD'S TURN TO BEGIN. THEIR FUTURE STARTS HERE, AT NORTH POLK.

Step 1: Complete the Google Sign-Up Form

Scan the QR code or visit northpolk.org/enroll to begin the process. Submit the form and upload your proof of residency to place your child on a roster.



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Step 2: Finish Registration in Infinite Campus

After Step 1, complete registration in Infinite Campus:

- New families: Provide contact information, permissions, transportation requests, and student details.
- Existing families: Log in, update current students, and add incoming students. Click Submit to finalize enrollment.

Pro Tip: Use a computer or laptop for Infinite Campus.

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