

NORTH POLK

AUGUST 2023

# Living

MAGAZINE



## PUT ME IN, COACH

Residents recall the coaches  
who impacted their lives

Heart-healthy pita pizza

RECIPE

VBS on a mission to help foster kids

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# How to Ease Back-to-school Anxiety



## 1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

## 2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

## 3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

## 4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

## 5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
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WELCOME

## JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■

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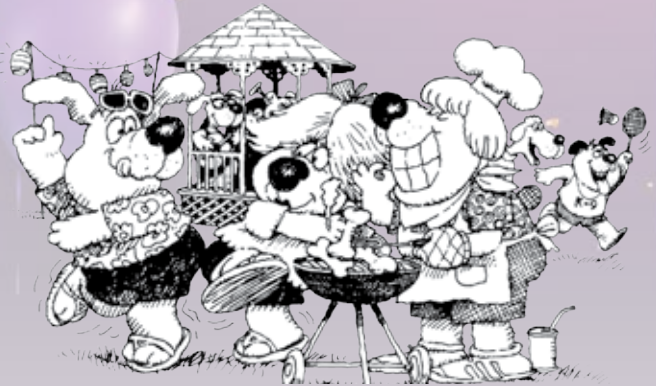
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## FEATURE

Brian Tate of Polk City cites three coaches who were influential in his becoming a coach and mentor.

# PUT ME IN, COACH

Residents recall the coaches  
who impacted their lives

By Jackie Wilson

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.



## The influence of three coaches

As a student athlete, Brian Tate played four sports in school: football, basketball, track and baseball. He grew up in Des Moines and attended Hoover High School. As a kid, if he had free time after school, he needed to manage his time wisely. Sports was the answer. Having the right coach helped him stay engaged and motivated in both school and sports.

His football coach, Steve Lundholm, was just the right type of coach. Lundholm's mantra and guiding principles included making certain all athletes led by example.

"He told us how you conduct yourselves in the home and off the court or field represents the community. We were to lead by example. He was also so kind. He left the business on the field and modeled what he spoke. He always instilled in us that we were student athletes and not just jocks," Tate recalls.

Throughout high school, Tate says he admired professional football players and aspired to become a pro athlete. Yet, he realized, if a career as a professional athlete didn't work out, he needed something to fall back on. He enjoyed playing football but discovered he liked

developing plays and schemes more.

Tate played football at Simpson College, where he met another influential coach, Jim Williams.

"Jim showed me about offensive sets and the 'why' behind the schemes. I learned the professional and technical side of college coaching," he recalls.

His final mentor was Drake University's football coach, Rob Ash. From him, Tate says he got his "master's in football" and learned how to balance life.

"He mentored a lot of kids, especially those who struggled," says Tate. "He was like America's dad. He'd get on the same level to better understand them."

Because of these three coaches and their positive influence, he says he weaves their philosophies into his career and coaching today.

For the past 33 years, Tate has been a teacher, coach and athletic administrator for Des Moines Public Schools. He also coaches and helps with his sons' youth teams at North Polk Schools.

Early in his career, Tate became a football coach for the same high school where he



Brian Tate, with his son, Drake, after a game.

graduated. While at Hoover High School, he celebrated a major achievement. He was the first African American head coach to coach a 4-A high school football team in the Central Iowa Metropolitan League in 2002.

"From 1846 until 2002, there weren't any African American coaches. It was an honor,"

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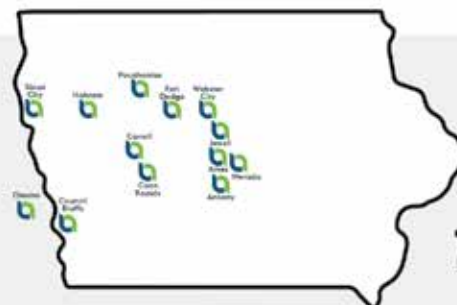
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he says. “There’s been so many highly qualified people of color who coach. I wasn’t trying to do a milestone, just be a coach.”

When he was an assistant coach at Drake and a head coach at Hoover, Tate found it was time to step back and raise a family.

“Once my son was born, it was more important to be present for him. I wanted to be there to raise my kids, and coaching took up a lot of time.”

One of his Drake coaches left the university, and the staff followed him, except for Tate.

“I could have gone, but I stayed here,” he says.

He is passionate about giving kids in sports a chance. He’s created a travel team for baseball.

“Having a travel team gives kids more opportunities to develop skills,” Tate says. “All kids have a chance to build skills. They use those skills to help out in the community as well.”

Since his family moved to Polk City, he’s dived in coaching his sons’ teams. He says he makes sure there is another coach helping out, as the coach and son dynamic is complicated.

“Your kids see you as ‘Dad.’ I have more than 20 years of coaching experience, but it doesn’t matter to him (his son). He thinks I’m old,” Tate laughs.

His sons have other coaching role models who help keep them grounded.

“North Polk Schools has a tremendous staff and a great school.”

Tate says coaching is an important role that he takes seriously.

“Coach Rob Ash said a coach provides a purpose. Coaching is helping someone get from one place to another, and they can’t do that by themselves,” he says. “If you provide assistance, that’s a coach,” he says.

Another reason Tate enjoys the profession is his love of kids.

“You can’t be in education if you don’t love kids,” he reflects.

He says the COVID pandemic squelched activities and created more downtime for young people. He says it’s important for kids to be engaged in activities in addition to school.

“If kids come to school and have a coach who cares about them, that’s a reason to keep

going to school,” he says. “We want to make sure kids have coaches who care enough to use their time to do that.”

Tate’s former players text him, invite him to reunions and stay in touch.

“When I go to games, I see former players I coached. They still come up to me and call me Coach,” he says.

“Coaches wear many hats — some are a therapist or like a big brother. You’re always there for them. My identity was shaped by my coaches to become the best student athlete,” he reflects. “I’m glad to be a part of that community now with my sons and other kids.”

## Coaches gave confidence

Olivia Cooper’s three dedicated cross country coaches at North Polk High School gave her confidence and goal-setting abilities — attributes she says she has carried into adulthood.

Cooper played sports and went out for activities in elementary and middle school. When she was in eighth grade, she decided to try something new.

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## FEATURE

"I wasn't a runner, and I decided to go out for cross country," she recalls.

Cooper approached her eighth-grade track coach, who was also the cross country coach, and she explained her plan.

"I'm not a long distance runner, but I want to go out for cross country. Can you help me?" I asked him. He said, 'Of course, we'd love to have you on the team.'"

She admits she was terrified, yet all of her coaches were remarkable, treating each runner as family and embracing their unique gifts to the team.

"The coach got to know each runner as themselves, which was amazing for me," says Cooper. "They didn't look down on me because I was on JV (junior varsity). And they didn't focus on just the varsity athletes."

She credits her North Polk coaches, Steve Leach, Scott Huether and volunteer coach Curt Subra, for their support.

"I ended up all four years running cross country because of them. They made sure they knew all the runners and made it a priority to make a relationship on and off the track," she



Olivia Cooper, second from right, gained confidence from her cross country coaches at North Polk High School.

says.

Cooper admits she didn't "love" running.

"But I loved the team, and the coaches made it like family and so enjoyable, regardless

of your abilities," she says.

Cooper is a triplet, and one of her sisters ran varsity cross country. After graduation, she chose to attend Dordt University, where

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she didn't know anybody. It was the first time she didn't have her siblings with her. She says she made the college choice because of ambitions she learned from her cross country coaches.

"I began setting goals I'd learned in cross country. I began trying to achieve goals based on me and not someone else's performance or comparison to others," she says.

Her goal became clear, and she realized she wanted to become a teacher.

"It was because of the relationships with the coaches — who were also my teachers — about how important that is in a person's life," she says.

Cooper is currently attending UNI for an elementary education degree and hopes to give her students the same experience she had in high school.

"I want to apply that to my own students and not compare each other," she says.

Cooper suggests establishing a strong connection with the coach.

"If you like a sport, don't let a coach ruin a sport for you. I've had a lot of coaches who can make or break a sport," she says.

Cooper says she has considered coaching but is still exploring her career options. She knows that coaches helped her become a leader and a role model.

"They really helped me to not be so introverted and to make others feel welcome," she says.

She feels grateful for her coaches and adds, "If I could look at them today, I'd like to say thank you for everything." ■



Olivia Cooper learned life skills while in cross country.



## FOOTBALL SCHEDULE

AUG 18	VS. URBANDALE
AUG 25	AT BONDURANT-FARRAR
SEP 1	VS. CARLISLE
SEP 8	AT WEBSTER CITY
SEP 15	VS. HUMBOLDT
SEP 22	VS. DES MOINES NORTH
SEP 29	AT BALLARD
OCT 6	VS. INDIANOLA
OCT 13	AT BOONE
OCT 20	AT ADM CSD

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# THE COMETS CORNER

NEWS FROM NORTH POLK CSD

AUGUST 2023



## A MESSAGE FROM SUPERINTENDENT MICHAEL KLINE

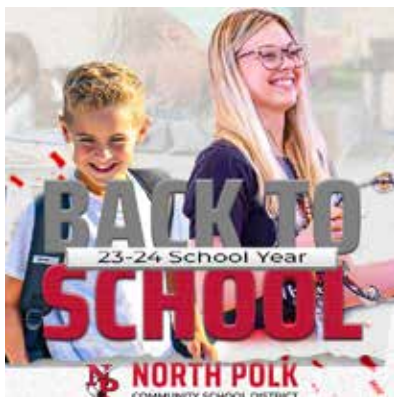
As we approach the 2023-2024 school year, the North Polk Community School District is eagerly gearing up for the first day of school on Wednesday, August 23. For both new and returning students and staff, this fall presents a remarkable opportunity. To our newcomers, welcome to North Polk CSD! We are thrilled to have you join our community. To returning students, welcome back.

This marks the inaugural edition of the Comets Corner, a monthly section in the North Polk Living magazine that will keep you informed with key updates, news, and stories directly from the North Polk Community School District. We are sincerely excited about the upcoming year and deeply appreciate the community's dedication and continued partnership with our District.

Throughout the school year, we will maintain our focus on three main areas: Safe and Healthy Spaces for Learning, Standards-Based Learning, and Innovation. These pillars will guide our staff's professional development efforts, ensuring a supportive and thriving learning environment for all students, families, and staff.

Finally, we have been blessed to have all of our Certified Staff positions filled, but we still have a few open positions for the upcoming school year. These current needs include bus drivers, substitute teachers, and activities coaches/sponsors. If you are interested in joining the North Polk Community School District team, don't hesitate to apply today at [northpolk.org/careers](http://northpolk.org/careers). We look forward to a great school year.

**Thank you and Go Comets!**



## WELCOME BACK TO SCHOOL, COMETS!

### GROWTH AND CONSTRUCTION: A COMMON THEME WITHIN THE DISTRICT

Exciting growth is happening in our district as we continue to expand and welcome more students within our halls. On average, we are adding 65-85 new students each year.

In the fall of 2022, we completed the construction of our third elementary school, Big Creek Elementary, located in Polk City, serving students in grades 3rd-5th. Currently, we have two active projects underway at the Alleman Campus to support our growing district, as we recognize the need for further expansion and improvements to accommodate the increasing enrollment numbers.

This project is being completed in two separate phases: the addition phase and the renovation phase, both of which are currently underway.

The Central Elementary Office renovation is taking place this summer and will be completed in time to start the 2023-2024 school year. The renovation includes an upgraded office area with a more secure entrance, requiring visitors to check in at the office before being granted access to the hallway.

During the addition phase of the project, Central Elementary will see the incorporation of new classrooms and facilities. This includes the addition of six grade-level classrooms, a new Art Room, and a new Music Room. Furthermore, the Middle School addition is expanding to the west of the building, incorporating seven additional classrooms, along with extra communal restrooms and a single-occupancy restroom. Both these additions are on track to be ready for the start of the 2024-2025 school year. These developments are significant in accommodating our growing student population and enhancing the learning environment for our students and staff.



### NORTH POLK ACTIVITIES

Throughout the previous academic year, our school district achieved unparalleled success in all of our activities, making it one of the most successful in the history of North Polk.

As we eagerly look ahead to the upcoming year, we'd like to ensure that everyone has the opportunity to catch all the exciting North Polk events and activities. Simply scan the QR code below for a complete list of upcoming events! Get out there and support our Comet students!



# POLK CITY Community Library news

The library will be closed Monday, Sept. 4, in observance of Labor Day.

• **Story Time, Mondays and Tuesdays, 10 a.m., beginning Sept. 11.** Join Ms. Allyson at the library for stories, songs and an activity or craft. Choose the day that works best for you. Register online at our website for one of the programs each week. Every story can be logged in our 1,000 Books Before Kindergarten program, too.

• **Chair Yoga, Mondays, 9 a.m., beginning Sept. 11.** Join Rachel via Zoom. We will be broadcasting the class on the big screen in the library or you can join us from home. Yoga is for everyone and 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 our website at polkcitylibrary.org.

• **Geri-Fit® Strength Training Workouts, Tuesdays, 9 a.m. beginning Sept. 12.** Strength Training workouts that work for all ages and fitness levels. Geri-Fit is challenging, effective and safe to do. The Geri-Fit® program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. Ages 50 and older. Stretch bands and a Zoom link are available upon request.

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

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

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

• **Wednesday Book Club, Sept. 6, 7 p.m., "Gender Queer" by Maia Kobabe.** Join us as we discuss this memoir that started as a way to explain to their family what it means to be nonbinary and asexual. More than a personal story, it is a useful and touching guide on gender identity — what it means and how to

think about it — for advocates, friends and humans everywhere.

• **Comets Kids Club for K-5th graders, Monday, Sept. 11, 4 p.m.** Come and enjoy a few games of Back-to-School Bingo. Register online at our website.

• **Crafternoon, Tuesday, Sept. 12, 2 p.m.** Join us for a fun afternoon of crafting. Activity to be determined. All supplies will be provided. Ages 17 and older. Register online at polkcitylibrary.org.

• **Coloring Night at Fenders Brewing, Wednesday, Sept. 13, 4-9 p.m.** Come for a night of relaxation and fun with friends at Fenders Brewing.

• **Music and Movement (toddlers and preschoolers), Thursday, Sept. 14 (held on the second Thursday of each month), 10 a.m.** Come shimmy and shake with your child. Dance and sing while building pre-reading skills with rhythm and rhyme.

• **Safe Medication Practices for Better Health with Generation Rx: Learn how to Be Your Own Health Advocate, Thursday, Sept. 14, 1 p.m.** This educational programming will address simple ways to decrease the risk for adverse drug events, the safe storage and disposal of medications, as well as prescription drug misuse in our country.

• **Friends of the Library Book Sale, Saturday, Sept. 16, 8 a.m. to noon.** Purchase a bag for \$5 and fill it with books, DVDs and books on CD. No donations are accepted for this book sale.

• **Monday Book Club, Sept. 18, 2 p.m.** "The Husband's Secret" by Liane Moriarty. Imagine your husband wrote you a letter to be opened after his death. Imagine you stumble across this letter while he is still very much alive.

• **Book Club (K-2nd grade), Tuesday, Sept. 19, 4 p.m.** "How To Catch A Class Pet" by Alice Walstead. Pick up your copy of the book starting Tuesday, Aug. 22, while supplies last. Read, then join us for some fun discussion, games and/or a craft.

• **Adult Coloring, Tuesday, Sept. 19, 5-7 p.m.** Join us for a relaxing evening of coloring. Colored pencils and gel pens will be provided. You are also welcome to bring your own. Ages 17 and older.

• **Messy Munchkins (toddlers and**

**preschoolers), Thursday, Sept. 21 (held on the third Thursday of each month), 10 a.m.**

Does your toddler or preschooler always make a mess? It is actually a great way for them to learn. Visit us and let your child explore sensory tables we will put out. Have your child wear clothes that you don't mind getting dirty.

• **Adult D.I.Y, Thursday, Sept. 21, 6 p.m.** Join us for a relaxing evening of crafts. Craft project to be determined. Ages 17 and older. Register online at polkcitylibrary.org one month in advance of the program.

• **Adult DIY Card Crafting, Monday, Sept. 25, 6 p.m.** Join Jane and Kim in making handmade cards that are fun to create and treasured by the recipients. Make two cards each of four different designs using numerous techniques. There will be a \$5 material fee payable that night. Beginners are welcome. Feel free to bring scissors and adhesive if you have them, and prepare to have a good time. Ages 17 and older. Register online at polkcitylibrary.org one month in advance of the program.

• **Book Club (grades 3-5), Tuesday, Sept. 26, 4 p.m.** "Planet Omar Incredible Rescue Mission" by Zanib Mian. Pick up your copy of the book starting Wednesday, Aug. 29, while supplies last. Read, then join us for some fun discussion, games and/or crafts.

• **Author and Historian Linda McCann, Wednesday, Sept. 27, 6 p.m.** Rosie the Riveter was a name used to encourage women to go to work during WWII. They needed to take the place of the men who were fighting the war. Iowa had 55 businesses that used women to meet production needs of the military. Linda was able to speak with 35 women who had worked as Rosies. Some worked in Iowa and others went to the West Coast. She shares their experiences when she speaks. Linda will have copies of all her books for sale for \$20 each (cash or check).

• **Bookmarks & Bracelets Drop-In D.I.Y. Kids Craft, Thursday, Sept. 28, drop-in anytime.** Stop by the library to color a fall bookmark and create your own slap bracelet, or take it home with you and do it on your own time.

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# NATURE lovers enjoy town

Two-story windows provide great views.



Christine and Matt White's custom-built home provides plenty of room for their family to grow. Christine especially enjoys the home's great room, with its two-story windows and the views they offer.

Both Christine White and her husband, Matt, are longtime residents of Polk City, with Matt moving to town in 2009 and Christine in 2014.

Today, the couple lives in a two-story, custom home they chose to build as a way to "establish a foundation for our family, allow plenty of room to grow, and ensure that we will be comfortable living here for many years to come."

The Whites especially enjoy the huge windows in their great room that overlook the trees and wildlife of Big Creek Lake.

"We have access to the Neal Smith Trail right from our backyard, so exploring Big Creek State Park is always only a few steps away," Christine says.

Their neighborhood in general is a bonus of where the family lives.

"We love how easy it is to socialize and get to know our neighbors and their families," Christine says. "Summer nights remind me of living in my college dorm, where everyone keeps their room doors open, or, in this case, their garages."

Within the community, Matt has volunteered on Polk City's Community Visioning Committee, focusing on public art, while Christine is active with the Polk City Chamber of Commerce as part of her business, Home Comfort Pet Nursing Services, which offers in-home pet nursing services for dogs, cats, rabbits and guinea pigs.



"During the day I raise my daughter, Hazel, full-time, and, in the evenings, I am available for appointments," she says.

Ultimately, there is much for the family to enjoy in the area, including the views and recreation the two nearby lakes provide and all the opportunities to explore nature.

"Everyone seems to be on the same page

regarding family values and community wellbeing," Christine shares. "Growing up near downtown Chicago, I never experienced what it felt like to live in a trusted, safe community."

"For me, growing up in small-town Iowa, I love that Polk City has that small-town feel but with easy access to all of greater Des Moines' amenities," Matt adds. ■



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Dr. Jesse Kahnk

## HEALTH By Dr. Jesse Kahnk, OD

### CAN cataracts return?

I'll often have patients who have just had cataract surgery ask the question, "Can I get cataracts again?" My usual answer, with a bit of a grin, is "No... well, kind of."

During cataract surgery, the lens inside of your eye is removed and replaced with an implanted artificial lens. There is a capsule that normally surrounds your lens, so your old lens is cut out of that capsule and into that same capsule is where the new lens is implanted. To make removing the lens easier, the lens is cut into pieces and vacuumed out of the capsule. However, just like when you cut anything else (like a pizza or a cookie) there are bound to be some crumbs. For cataract surgery, those crumbs are lens epithelial cells. After surgery, these cells can begin to migrate and accumulate on that lens capsule. As it progresses, a filminess can appear in a post-cataract surgery patient's vision.

This is what I mean by "kind of." It's not that you actually get cataracts again, but, if the film gets bad enough, it can start to feel that way again.

The fix for this is much easier than cataract surgery. A special laser called a Yag is used to knock the film off the capsule. Other than noticing a few floaters for a couple of days, most patients can expect the procedure to be quick and painless. ■

Information provided by Dr. Jesse Kahnk, OD, Prairie View Eyecare, 1345 S.W. Park Square Drive, Suite 106, Ankeny. 515-305-2922.




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## HEALTH By Shelly Stewart-Sandusky

### ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), 515-528-8135.





## THE MEANING in a memorial

I hadn't spent time in cemeteries previous to working in one enough to notice the patterns and meaning behind how memorials are designed and even laid out on the grounds. Reasons behind a cemetery layout are often biblical. Many of the individual areas within a cemetery have biblical context — Trinity, Prayer, Resurrection. The way the memorial is facing is even of biblical relevance. The Bible teaches that when Jesus returns, He will come from the east, and the dead in Christ will be raised to meet him. If two had been joined in matrimony, Christian tradition would have the man standing on the right of his wife facing the east, therefore, being buried on her left. I challenge you to look closer the next time you're visiting a cemetery.



While this is some interesting history, every family's story, beliefs and desires are different and should be honored. Many times the wife is buried on the left side because it is closer to her family. Perhaps they just liked how it looked on the memorial better. You may see three names on a memorial or a single name. Nearly every aspect of a memorial can be customized. Whether driven by tradition, faith or the unique life lived by a person, designing a memorial is a meaningful process.

Give your family the gift of love and care for your future end-of-life needs now. ■

Information provided by Tosha Edmundson, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

## WELLNESS

By Alex Townsend, BSN, RN

## SUSTAINABLE weight loss

In the fast-paced world we live in, maintaining optimal health and wellness has become a pressing concern for many individuals. One of the most prevalent health-related topics is weight loss, and while it is essential to address this concern, it is crucial to adopt a holistic approach that promotes overall wellbeing.



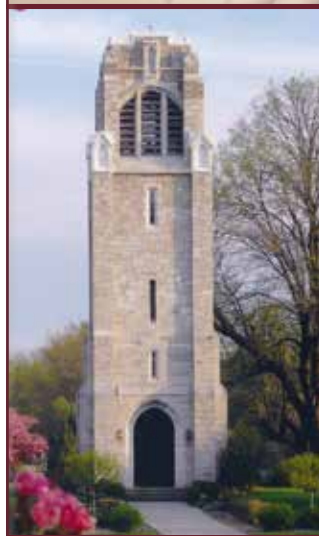
True health and wellness encompass not just physical wellbeing but also mental, emotional and social aspects. A holistic approach to weight loss involves understanding the connection between these facets and how they influence our overall health.

Rather than striving for an ideal weight, it is essential to focus on progress and the development of a sustainable lifestyle. Sustainable weight loss involves making realistic changes that can be maintained in the long term. Celebrate small victories, such as increased energy levels, improved mood, or better sleep quality, as these positive changes contribute to overall wellbeing.

Health and wellness go hand in hand with weight loss, but the journey is not about pursuing perfection. By nourishing our bodies with wholesome foods, staying active, cultivating mindfulness and fostering emotional wellbeing, we can achieve balance and harmony, leading to a healthier and happier existence. Remember, each step counts, and it's never too late to embark on the journey. ■

Information provided by Alex Townsend, BSN, RN, assistant clinic director, IV Nutrition, 2405 S.W. White Birch Drive, Suite 105, Ankeny, 515-686-8400. [www.ivnutrition.com](http://www.ivnutrition.com)

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## VBS on a mission to help foster kids

Donations collected for Kaden's Klostet.

Crafts, games, snacks and bible stories are the hallmarks of vacation bible school. The Polk City United Methodist Church added one new element:

mission. The mission station is learning how to care for others.

In previous years, they collected \$500 in change to build wells in Africa through Lifewater and 400 pairs of shoes for Soles for Souls. VBS teachers Maria Steckle and Emily Young organized the mission station.

"We are teaching kids how to care for others beyond the walls," says Emily.

VBS consisted of 50 kids and 30 youth and adult volunteers. An informative session explained this year's mission: Kaden's Klostet. It's a non-profit organization that supports foster families.

They suggested collecting "super hero side kicks" — stuffed animals which are given to kids in the foster care system.

"We taught kids how they can be a super hero, which is more powerful with a team," says Emily.

The next day, a couple bags of donations came in. Once the kids understood what it was like to be in foster care, the donations started rolling in.

"If they know the why, it takes on more value — not just because their mom and dad said they had to do it. Kids went through their closets and brought in items," says Emily.

At the end, they collected 15 garbage-sized bags of stuffed animals, eight boxes of toys and two boxes of school supplies.

"I liked donating a lot of stuff like school supplies and stuff we don't use," says James Ten Nepal, a VBS student.

"It's important because it helps foster kids who can get toys and other things from Kaden's Klostet," Parker Young adds. "Foster kids don't normally get to take a lot of things with them when they change families. It felt good to help."

Emily says that kids provided a positive impact by serving other young people.

"Kids realize they belong to a community that is here to support them, but they have the power to support others. It's neat to see kids play an active role at such a young age. You see how it affects kids, and their confidence grows."

Jack Jacobs, VBS student, sums up his involvement.

"It was like an elevator that lifted me up and made me happy to see all of those donations everywhere," he says.

For more information, visit [www.kadensklostet.com](http://www.kadensklostet.com). ■



VBS kids display the donations they collected the Sunday after VBS. From left, front row: Elinor Menke, Cohen Schelling and Olivia Ten Napel; and, back row: James Ten Napel, Dietrich Menke, Grayson Schelling, Clara Menke, Parker Young and Ella Converse.

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# RACCOON VALLEY BANK provides unique community gathering place

After being closed for more than 3 years, the Raccoon Valley Bank Community House in Adel is ready to reopen to the public after a lengthy renovation.

Originally built as a church in 1862, the building was acquired by neighboring Raccoon Valley Bank in 1996. The building was extensively renovated to include a large meeting room, kitchen and bathroom addition. An extensive collection of historical Adel photos was also put on display. After the \$400,000 renovation was complete, the building was opened for use by the public. Anyone, not only customers of the bank, could reserve the building at no charge.

Fast forward 25 years, and the well-used historical building was due for an upgrade. The building was closed as plans were put in place for a complete property renovation expected to cost more than \$600,000. A new metal shingle roof was installed after old sagging rafters were replaced. The foundation was reinforced, flooring replaced, and new paint applied throughout. A new paver patio with natural rock retaining walls was installed. New landscaping and sod were planted. An artificial turf area was installed that will soon house four permanent bags tournament boards. Raccoon Valley Bank Market President Thomas Book said, "We want people to stop and enjoy the whole property, not just the inside of the building. People are welcome to play bags or sit on the shaded patio and enjoy the view of Main Street and the adjoining stage and pavilion park if the facility is not already in use." People using the inside of



The Raccoon Valley Bank Community House is located at 1016 Main Street in Adel.

the facility will enjoy new furnishings that include tables and chairs for groups of 60 people that can easily be stored away, as well as an expanded kitchen with new appliances.



The planners of the project wanted to respect the historical nature of the building as much as possible. The pavers used in the patio are meant to mimic the street pavers used on nearby Main Street. The shingle roof was chosen because it was designed to look like a roof from the 19th century. Even grape vines, which have existed on the East side of the building for decades, were saved. "Adel is a historic town. We wanted this project to reflect the character Adel is known for," said Book.

The Raccoon Valley Bank Community House will reopen in late August. An official open house is planned for Thursday, August 3, from 5 p.m. to 7 p.m. An online reservation scheduling system will be available to the public soon. As before, the facility will be free for use by the public. Not just for Raccoon Valley Bank customers

"Raccoon Valley Bank understands the importance of providing space for people to gather," said Book.

*"A true community bank does things that bring the community together."*



## Raccoon Valley Bank

[www.raccoonvalleybank.com](http://www.raccoonvalleybank.com)



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## NEWS BRIEFS

# POLK CITY is named an Iowa Great Place

The Iowa Economic Development Authority and Iowa Great Places Citizen Advisory Board designated Polk City as an Iowa Great Place. The prestigious designation recognizes communities dedicated to improving their quality of life and enhancing placemaking.

An advisory group of 30 volunteers, the City of Polk City, and GoPolkCity collaborated on submitting a vision plan and application to the Iowa Great Places Board in March of 2023. Through public survey and feedback, the Polk City Vision Plan, "Explore Polk City," was created and submitted with the application. The plan outlines Polk City amenities, recent accomplishments and future projects which range from small to large scale. "Explore Polk City" can be found on the City's website, [www.polkcityia.gov](http://www.polkcityia.gov).

In May 2023, key members of the advisory group hosted the Iowa Great Places Advisory Board and had a public presentation and tour of the community. Polk City was designated an Iowa Great Place in July of 2023. "Explore Polk City" focuses on improving and enhancing Polk City's downtown district, prioritizing arts and culture projects, and showcasing the existing natural environment opportunities throughout Polk City that make it a recreation destination.

"Polk City is honored to be an Iowa Great Place, and this opportunity gets us one step closer to being Central Iowa's Recreation Destination," stated Mayor Steve Karsjen. With the designation, Polk City will have access to new grant opportunities through the State of Iowa to help fund projects.

The Downtown Assessment Report summarizes the observations and recommendations resulting from an Iowa Downtown Resource Center Assessment conducted in Polk City. The team's familiarization process with Polk City began with a review of materials supplied prior to the visit, a pre-visit survey consisting of 229 completed online surveys, a driving tour of the city and a walking tour of the downtown square. The intensive three-day visit also included interviews with approximately 35 community leaders, individuals and groups representing the public and private sectors. Based upon these activities and the Assessment Team's extensive working knowledge in downtown economic development, this report summarizes their findings and recommendations for downtown Polk City.

The assessment team's recommendations have been grouped into five themes with suggested time frames for specific projects.

- Improve walkability to connect the downtown
- Comprehensive wayfinding and environmental graphics (signs)
- Community character, appearance and public art
- Comprehensive event and activity calendar
- Enhance business mix using data and incentives

It is important to take one step at a time and understand that the longer-term recommendations are not of much consequence until the shorter-term recommendations are addressed.

The assessment team hopes Polk City will assess each recommendation and develop a plan to implement what is right for downtown. As the process gains momentum, community leadership will need to determine additional strategies and develop approaches that are more sophisticated.

The report said, "Our hope was/is to work with leaders to identify the strengths, challenges and opportunities in a constructive way to help the community improve the vitality of the downtown over time. We appreciate the openness and honesty of residents, and we appreciate that community leaders allowed the assessment team to be honest in its findings." ■

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**Andrei Murphy**  
President



## SHOULD YOU consider 401(k) loans or withdrawals?

At some point, you may have more money in your 401(k) than in any other investment. And even though your 401(k) is intended for your retirement, you may one day think you have to tap into your account early — but should you? And if you do, how should you go about it?

If it's possible to avoid taking money from your 401(k) before you retire, you probably should do so. You could spend 25 or more years in retirement, and you'll need to pay for those years, so you may want to look for alternatives to your 401(k). If you've built an emergency fund containing several months' worth of living expenses in cash or cash equivalents, you could use some of this money. If you have a Health Savings Account (HSA), you could use it to pay for qualified medical expenses. Or you could sell some of your taxable investments, rather than going into your tax-deferred 401(k).

But, if you have determined that you must look at your 401(k) plan to meet a short-term funding need, you'll want to carefully consider how to go about it. You typically have two main choices: loans or withdrawals.

For plans that allow loans, employees can generally borrow up to 50% of the vested amount of their 401(k)s, up to a maximum of \$50,000 within a 12-month period. Administrative fees may apply, and interest will be charged, but it will be added back to the 401(k) account as part of the loan repayments. Except when they're used for a home purchase, loans must be repaid within five years, with equal payments made at least quarterly, unless payments are allowed to be paused temporarily. If you leave the company or don't repay the loan according to the agreement, the loan balance will likely be treated as a taxable distribution.

Now, let's consider withdrawals. For 401(k) plans that allow current employees to make withdrawals, the withdrawal requests are usually considered either hardship or non-hardship. To qualify for a hardship withdrawal, you must demonstrate an immediate and heavy financial need to pay for certain expenses, including a home purchase, college, a medical issue or other specified costs, and your withdrawal is limited to the amount necessary to meet the need. Non-hardship withdrawals can typically be taken for any purpose but usually are not granted until you're 59 ½ or older.

Unlike with a loan, a hardship withdrawal can't be repaid, while a non-hardship withdrawal can usually only be repaid by rolling over the amount to an IRA within 60 days. But the bigger issue may be taxes. If you withdraw funds from your 401(k), any previously untaxed money is generally taxed as ordinary income and a 10% penalty will apply if you're younger than 59 ½, unless you qualify for an exception. Plus, your 401(k) plan typically must withhold 20% of the withdrawal for taxes, so you'd have to take an even larger withdrawal to meet your needs.

Before embarking on a 401(k) loan or withdrawal, you may want to consult with a financial professional and your tax advisor. Taking money from your 401(k) is a big move, so make sure you know everything that's involved. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC. Information was provided by Kyle Matzen, AAMS, 407 W Bridge Rd. Suite 7, Polk City, 515-984-6073.




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## REAL ESTATE

By Bonnie Christensen

# NATURAL kitchens: always in style

Lighten up with a kitchen remodel that adds wood, stone and plenty of daylight and greenery. Here are six ideas to inspire a natural look for your kitchen.



**1. Wood cabinets mix warmth, low maintenance and durability.** White is still the tried and true top choice for cabinets in remodeled kitchens. Wood is the second-favorite choice of homeowners surveyed, with a 2% increase from 2020. Homeowners may be gravitating toward wood because it's easy to clean, durable and adds warmth. Wood is also versatile, mixing well with other materials and colors. And if you like to change things up regularly, lighter color woods are easier to re-stain.

**2. Light woods keep flooring looking clean.** Improved finishes help boards resist water and scratches. Lighter colors like white oak are popular not only because they have a cleaner look than dark floors, but also because they hide dust and dirt. Overall, a new wood floor provides a whopping 118% ROI and a perfect joy score of 10 out of 10.

Whether you go with solid hardwood or engineered wood, each has pros and cons. Hardwood is easy to refinish and repair, but prone to contraction and expansion. That can cause instability, cracks and bowing over time. Engineered wood consists of a wood veneer atop plywood layers, which makes boards more stable.

**3. Natural stone countertops combine easy care and strength.** Natural stones are gaining fans. They offer a more tranquil look, especially when a big slab is used.

Quartz makes for a strong, durable countertop that's easier to maintain than granite because it's made of stone or quartz material with resin added. Granite countertops, on the other hand, need more care and should be sealed every year. If that sealing isn't done correctly — or at all — the surface can absorb liquids and stains. And granite surfaces can have small cracks that turn into breaks if someone places a hot pan directly on them.

**4. Natural lighting is good for your mood — and you.** Being indoors for long stretches may have caused you to crave more natural light in your kitchen. Natural light, especially sunlight, reduces stress and anxiety, boosts your immune system, and is a source of vitamin D. Door and window manufacturers are meeting higher demand with bigger frames that provide access and better views. Good natural light also permits those with a green thumb to garden indoors year-round.

**5. Handmade touches, repurposed heirlooms add coziness.** The return of natural materials and interest in personalizing kitchens has attracted homeowners to texture and handmade-looking touches.

Another option is tiles that appear more handcrafted than tried-and-true subway rectangles. Many are also larger and may have both a glossy and matte finish and contoured edges.

**6. Greenery brings the outdoors in.** One way to go natural is by bringing nature inside with plants and herbs. Choices for smart interior plants include pandemic-pup-friendly suggestions, as well as plants that thrive in different light levels and temperature conditions. ■

Article by HouseLogic. Information provided by Bonnie Christensen, broker, ReMax Precision. 225 N.W. 18th St., Suite 103, Ankeny. 515-971-9973.



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## RETIRE your way

In the last 20 years, I've learned that all retirement plans look different. Each family or individual we've helped has a separate retirement vision, individualized retirement savings, and a distinct set of circumstances that led to retirement — but, sometimes people want to compare themselves to others. People often ask us, “What is the average account balance?” or “How much do most people retire with?” They want to know how they stack up. Others may think they should make their pension decision based on what a coworker did or elect Social Security based on what a friend or relative did. I understand it's normal to compare ourselves to others — but retirement is too individualized to compare yourself to others. To retire your way, you can't make decisions based on some arbitrary benchmark or what someone else did. Your neighbor or coworker has not lived the same life you have. Your friend or relative does not have the same goals you do.



You don't have to find the perfect product or reach a financial threshold to live the retirement of your dreams. I'm convinced that the only thing standing between you and that dream trip, vacation home,

new hobby, or move to be near family and friends is a strategy tailored to your distinct needs and goals.

Last year, we met with a woman who was just 59 years old and wanted to retire to care for her ailing husband. She didn't think it was possible. We put together a detailed plan that showed her how and why she could do it. Though she had difficult circumstances, there was a sense of relief and joy when she found out she could confidently retire her way.

Conversely, we started working with a couple in their early 60s a few years ago. Their previous advisor had told them they could retire at the end of the year with a 99% probability of living the retirement they'd envisioned. When we performed our analysis, we found they would likely run out of money by the ages of 75 and 80. They were shocked and dismayed but glad to know this before they retired rather than five or ten years after. We then put together a written strategy that included actionable and measurable goals. As a retirement planner — and not an accumulation advisor, my primary responsibility is to be completely transparent and deliver the truth. It also means having a proven process to help you retire your way using a customized, written plan.

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Be sure to check for cancellations.



### Farmers Market

Thursday evenings  
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Polk City Square

The Polk City Farmers Market is underway. Enjoy visiting a variety of vendors and live entertainment.



### Ingersoll Live

Aug. 26, 3-10 p.m.  
2800 block on Ingersoll Avenue

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit [www.theavenuesdsm.com](http://www.theavenuesdsm.com).

### Ice Cream Smorgasbord and Auction

Sunday, Aug. 27, 4:30 p.m. ice cream, 5 p.m. auction  
Sheldahl United Methodist Church,  
Sixth and Hubbell, Sheldahl

Enjoy homemade ice cream, toppings and goodies for \$8 for adults and two for \$15. The annual auction follows. Bring your lawn chairs. There will be baked goods, homemade pickles, garden produce, handmade articles and more.



### Halfway to St. Pat's Car Show

Sunday, Sept. 17  
Mugsy's Pizza House, 1225 Copper Creek Drive,  
Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at [www.friendlysonsiowa.com](http://www.friendlysonsiowa.com).



### Log Cabin Days Festival

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	<b>Saturday: 4:00 pm</b>	<b>Saturday,</b>
	<b>Sunday: 9:00 am</b>	<b>3:00 pm — 3:30 pm</b>

[www.dmallssaints.org](http://www.dmallssaints.org)

2nd Ave south to 54th Ave, then east to 3rd St  
3rd St south to 52nd Ave, then east to the church



## EVENTS IN THE AREA

Be sure to check for cancellations.

### Latino Heritage Festival

Sept. 23-24

Western Gateway Park, 100 Grand Ave., Des Moines

Latino Heritage Festival presents a taste of Latin America with more than 20 food vendors and tons of live music over the weekend at Western Gateway Park, [www.latinoheritagefestival.org](http://www.latinoheritagefestival.org).

### The Water Ride

Saturday, Aug. 26

Confluence Brewing Company

Start at Confluence Brewing Company and enjoy the Des Moines trails. Join in riding for a cause and help raise awareness and funds to support water and education projects in Ghana, Africa. Show up around 11 a.m. to sign in or register and get your Water Ride gear. Start riding your bicycle at noon from Confluence with riders throughout the community. Over the past 10 years, the money raised through various Water Ride events has helped fund three wells and the creation of TMP Academy, a primary school in Ghana. All proceeds from this event go directly to ensuring all students of TMP Academy have access to education when finances would otherwise be a barrier they are unable to get around. TMP Academy currently educates more than 150 kids. To date, more than \$45,000 has been raised. Official 2023 Water Ride stops are Confluence Brewing Co., 515 Brewing and Peace Tree Brewing DSM. The event link is [www.facebook.com/events/278203251215477/?active\\_tab=discussion](http://www.facebook.com/events/278203251215477/?active_tab=discussion).



### Harmony Central Chorus of Des Moines concert

Sept. 30, 3 p.m.

First Baptist Church of Greater Des Moines, 8250 N.W. 62nd Ave., Johnston

Harmony Central Chorus of Des Moines, a four-part a capella harmony chorus, will present a concert. Tickets are \$20 per adult and \$15 per student and may be purchased at the door.



### The Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.  
Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; Sept. 28, The Crust. ■

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**HVAC**

By Sam Yeager

## AC: modern marvels

Get ready to chill, because we're about to embark on an adventure that will leave you wanting to upgrade your AC unit immediately.

Gone are the days of clunky, energy-draining air conditioners that seemed to blow more hot air than cold. Today's air conditioners are like sleek, energy-sipping ninjas, ensuring your comfort without breaking the bank. So, why exactly are newer AC units so efficient? Let's unveil the secrets:

Modern air conditioners employ state-of-the-art technology, such as variable-speed compressors and smart thermostats. These smart features allow your AC to adjust its output based on your cooling needs, ensuring that it doesn't work harder than necessary. It's like having a personal cooling assistant, always tailoring the perfect temperature just for you.

Say hello to the superhero acronym of air conditioners — SEER. This stands for Seasonal Energy Efficiency Ratio, and it's an indicator of how efficiently your AC uses electricity. The higher the SEER rating, the more efficient your unit is, and the more you'll save on utility bills. Newer models can boast SEER ratings of 20 or more, while older ones typically have ratings below 10. Upgrade, and you'll see the difference on your monthly bills.

Not only do newer air conditioners save you money, but they also play a part in saving the planet. Many modern AC units use eco-friendly refrigerants that are kinder to the environment. You can stay cool while feeling good about your carbon footprint — talk about a win-win situation.

Your new AC can also play nice with other smart devices in your home. Imagine controlling your cooling remotely through your smartphone or integrating it with your smart home assistant. Turn your home into a futuristic, chill-zone paradise where the temperature bends to your will.

Newer air conditioners are built to last. With proper maintenance, they can provide reliable cooling for years, unlike older models that often required frequent repairs and replacement parts. Investing in a modern AC is a long-term commitment to staying cool and comfortable.

There's a world of difference between older AC units and the sleek, efficient wonders available today. Upgrading your air conditioner is a decision that brings you instant comfort, significant savings, and a nod to environmental responsibility. Embrace the chill, embrace the efficiency, and embrace the wonders of modern air conditioners. Remember, life's too short to sweat away in discomfort, especially when the solutions are as cool as the breeze from a modern AC. Keep it chill, folks. ■



Information provided by Sam Yeager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



## RECIPE

# STEPS toward heart-healthy eating

*(Family Features)* As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit [hearttruth.gov](http://hearttruth.gov) to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov). ■

## Heart-healthy pita pizzas

Prep time: 10 minutes  
Cook time: 8 minutes  
Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

### Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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## OUT & ABOUT



Polk City Community Foundation recently granted \$5,000 to the Friends of Polk City Parks for the completion of the town square pocket park. Foundation members pictured are Nan Boland, Emily Feldman and Susie Sheldahl along with Friends of Parks members.



The Polk City Community Foundation recently granted a donation request to the Polk City Police Department to help with its summer kickoff event. Pictured are Police Chief Jeremy Siepker; K-9 officer Matt Aicher; Foundation members Susie Sheldahl, Nan Boland and Emily Feldman; and Sergeant Matt Aswegan.



Polk City Community Foundation recently fulfilled a grant for the Polk City Fire Department for its new sonar equipment. Pictured are Nan Boland, Fire Chief Karla Hogrefe, Mark Voyek, Brennan Burke, Susie Sheldahl and Emily Feldman.



Princess Belle, Andy, Susie and Lilly Sheldahl and Princess Anna at the Four Seasons Festival on July 22.



Mary Lewellin, Red Dragon Herbs & Teas, and Alysia Olson, Meraki Mamas Boutik, had booths at the Four Seasons Festival July 22.



The Polk City Chamber of Commerce hosted a ribbon cutting for Nahlia Thrift July 19.



Dixie Bequeaith, Michelle Cole, Amanda Thompson and Maria Nuriel at the Nahlia Thrift ribbon cutting on July 19.



Bernice Springer, Alysia Olson and Katlyn Quick at RAGBRAI on July 26.



Ryan and Mary Lewellin at RAGBRAI on July 26.

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