

Living

MAGAZINE

COMPETING for TIME

Residents share how relationships
are the “win” in sporting together

“Capture the spirit”

EDUCATION

Time for Summer Reading

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June 4th - July 23rd - 6 - 10 PM (Tuesdays)

City Wide Garage Sale

June 7-8, 2024

Movies In The Park at Town Square (Dusk)

- June 7th - Super Mario Bros
- July 12th - Migration
- Aug 9th - Wish

Polyglot Theatre's ANTS at Polk City Town Square

June 12th at 6:30 PM

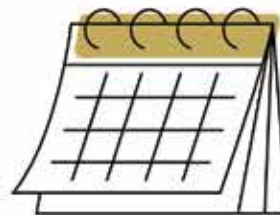
Four Seasons Festival

July 19-20, 2024

All-Star Sports Camp at Sports Complex

Aug 5-9 (Ages 5-7) Aug 12-16 (Ages 8-11)

Monday - Friday from 8:30-11:30 AM



WELCOME

MORE exercise, fewer excuses

As a younger man, I was an active runner. It was a great stress-reliever and kept my weight where I wanted it to be. I also coached wrestling and worked out directly with many of the young men. And I enjoyed weight lifting. Those activities kept me in decent shape.

Then the kids arrived, along with excuses to not exercise as much. As they grew, it seemed like most of my free time was spent dropping them off and picking them up from their various activities or attending their events. I enjoyed it all, but I did not commit as much time to my own physical exercise, and it now shows. Maybe some of you can relate.

Of course, that was not a great excuse to be inactive, as we all know folks with young kids who run marathons or participate in triathlons. Had I made regular exercise more of a priority, it most certainly would have happened. Maybe not marathons or triathlons, but at least something more than mowing the lawn. The good news is, it's not too late. And as an empty-nester, I can no longer blame it on running the kids.

Admittedly, exercise has changed in each chapter of my life. At 55 years old, I now count walking the dog as exercise. And recreational swimming. And a leisurely bicycle ride. Even a game of disc golf. And why not? That all beats watching another episode of "Yellowstone," doesn't it?

Ideally, Jolene and I would exercise together, but it's not as easy as it sounds. I like to play tennis. She prefers golf. She likes to prep for 20 minutes and go on a bicycle ride. I prefer to plop down on a stationary bike and pedal immediately. We operate at different paces, but that's OK. We do like to go on walks together, and, some day, when I am old enough, I might pick up golf. But probably not.

As most all of us know by now, we are creatures of habit. Good habits and bad habits. Once I break the bad habit of eating Snickers bars and reintroduce the habit of riding that now-dusty exercise bicycle in my basement, I will be started down the right path again.

This month's cover story on active people had me thinking about my exercise, or lack thereof, through the years, and it is even inspiring me to break out that stationary bike again. I might even still catch Beth and Rip on a few "Yellowstone" episodes while I am at it.

Thanks for reading. ■

SHANE GOODMAN

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A photograph of three men standing on a grassy field. The man on the left is bald and has a beard, wearing a blue and yellow sports jersey with a graphic of a man's face. The man in the middle has curly blonde hair and is wearing a similar blue and yellow sports jersey. The man on the right has blonde hair and is wearing a blue and yellow sports jersey with a logo that says "ALLY'S GRILL". They are all wearing black shorts and white socks. The background shows a grassy field with some trees and a fence in the distance.

COMPETING for TIME

Residents share how relationships
are the “win” in sporting together

By Lindsey Giardino

Central Iowa has become a virtual oasis for those looking for sporting opportunities. Baseball, softball, soccer? Fields abound. How about tennis, volleyball, pickleball, basketball? The courts are there. So are the pools, trampolines, rock climbing walls, bowling alleys, skateboarding parks, trails, ice rinks, rivers, lakes, race tracks, and disc golf and golf courses. Want to learn martial arts, fencing, curling, bodybuilding? Go for it. Those wishing to pursue dreams of wins, trophies, accolades, personal bests and other achievements can find the opportunities to do so.

But not everyone is concerned about wins and losses. Some simply want to play sports for the fun of it. They want it to be about time with friends and family — about building relationships. Instead of looking for a chance to shine, they seek a time to share. Instead of medals, they seek memories. Instead of competition, they seek companionship. When the goal is time together, it's always a win.

Justin McKay has been playing rugby since he was 13. Now, 25 years later, that passion has extended to his two sons, Preston, a junior at North Polk High School, and Judah, a sophomore.

Powerful bonding

Amy Boyd's two daughters grew up with an active, healthy mom as a role model.

"I think many moms feel guilty for taking time to themselves," Boyd says. "While I absolutely work out alone or with other adults often, there is nothing more powerful than being in the gym doing hard things alongside them. It makes you credible, so when they go through hard seasons in life, they know you're in the trenches with them, and together you can tackle anything."

Since Boyd became a regular at CrossFit in 2011, her daughters, Payton, 17, and Aly, 16, have been right there with her. At the time, the girls were just 5 and 3.

They would mimic Boyd's movements, sit on rowers and see how many meters they could get, attempt pull-ups, climb ropes and race one another.

"My workout was their play time," Boyd says. "My minis also attended my competitions, often hanging in the athlete area the entire day. They've stood on many podiums with me and flexed their guns."

Prior to Boyd starting CrossFit, she'd go on runs with her daughters, who rode along in a jogging stroller. She also launched her own personal training business around that time.

"It was hard to find the time and energy with young kids to do any type of exercise, let alone run a business," Boyd shares. "CrossFit fed my competitive side — I played four sports in high school — and I fell in love with feeling strong moving a barbell. I no longer felt like exercise was



Amy Boyd, daughters Payton and Aly, and, at left, Amy's friend Madison Freeman.

a chore to be checked off my list. It was fun."

Boyd adds, when her girls were young, they would make up team workouts to do together. As they've grown and become involved in sports of their own, the workouts have become more specific training like helping them with running intervals paired with accessory lifts or barbell complexes to build power and explosiveness. The best part is they get to train together right at home, since Boyd runs BA Fitness out of their



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garage gym and has all the equipment they need.

"I try not to be a trainer in those movements and just enjoy time being active and feeling strong with them," Boyd says. "Teaching my girls that being strong is worth chasing over being thin means everything. I want them to know they are capable, independent, powerful and fierce."

Rugby unites father and sons

The sport of rugby has a special place in Justin McKay's life. He's been playing since he was 13.

Now, 25 years later, that passion has extended to his two sons, Preston, a junior at North Polk High School, and Judah, a sophomore.

"I love rugby because the sport is a blast to play in general, but the camaraderie and the community that rugby offers is unmatched," McKay says. "I've retired and come back a few times, but I've always wanted to play a game with my sons, and now that dream is becoming a reality."

This past year, McKay helped launch a touch rugby team at North Polk High School. While not an official team, it is a club sport that aims to positively represent the school.

"I started the high school rugby team for a couple reasons," McKay shares. "I wanted to coach my boys, of course, but I am also passionate about bringing rugby to places that don't have access to the sport."

While the sport is currently only offered at the high school level, "We, as a community, are working to improve that," McKay says.

Together, McKay and his sons will be able to play touch rugby together until they graduate high school.

"I always hoped they would pick it up," McKay says. "My girls even participate in camps in the summer, though their time playing won't start until their high school years."

For McKay, one of the best parts of leading the rugby team is traveling with the team.

"But I think by far the most rewarding memory was watching my boys take the pitch for the first time," he says.

Family waterskis together

Joe Weiser started waterskiing alongside his brother and father when he was young. He qualified for his first National Waterski Championships at age 10.

When he and his wife, Nicki, started a family of their own, he wanted his kids to compete, too. Their son, Ryan, 13, first competed on water skis when he was 8. He has since qualified and competed in two National Championships, most recently in Florida last August.

"Ryan wanted to ski like the other men in our family," Nicki says.

The Weisers' daughter, Ali, 15, has participated in one state tournament as well. So, too, has Nicki, who's competed in two state tournaments.

Simply put, waterskiing is something the Weiser family has enjoyed together.

In the early 2000s, Joe's dad and mom, Denis and Kathryn, with the help of their children, built a competition ski lake on their property in southern Iowa.

"Our summers are spent with family



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FEATURE

down at the family lake,” Nicki explains. “We put the buoy course in together and start sometimes as early as mid-May. Our children have grown up on the water.”

For the Weisers, there’s nothing quite like skiing. Joe and Nicki’s favorite moments are when they get to watch their kids gain the confidence to try something new on the water.

“From just having the courage to get behind the boat, to moving from two skis to one or trying to throw a flip on the trick ski, we love the time together at the lake,” Nicki says. “We look forward to watching to see if our youngest two decide to ski.”

She adds, “We are so thankful for the memories our children have with family and friends and meeting new people all over the country through waterskiing.” ■



Joe and Nicki Weiser have a passion for waterskiing, and their children are developing interest, too.

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PRETTY pollinator plants

Hundreds of trees, shrubs, perennials, vines and annuals can attract various types of pollinators.

Bees, butterflies, moths, beetles, flies, wasps, ants, hummingbirds and bats all have two things in common. They are pollinators, and they are in decline. Those are big deals.

Did you know 75% of our crops depend on pollinators to some degree? One way to help is to add pollinator plants to your landscape, and now is the perfect time, as June is pollinator month.

Hundreds of trees, shrubs, perennials, vines and annuals can attract various types of pollinators. For now, we'll highlight a few of the prettiest perennials that attract primarily bees, butterflies and hummingbirds.

CONEFLOWER (*Echinacea*)

Mix natives with showier cultivars for a display that is attractive to both pollinators and humans.

- **Pale Purple Coneflower** (*Echinacea pallida*)
- **White Coneflower** (*Echinacea purpurea* "Alba")
- **Pica Bella Coneflower** (*Echinacea purpurea* "Pica Bella")
- **Pixie Meadowbrite Coneflower** (*Echinacea Pixie Meadowbrite*™)
- **Ruby Star Coneflower** (*Echinacea purpurea* "Ruby Star")
- **Rocky Top Tennessee Coneflower** (*Echinacea tennesseensis* "Rocky Top")

Designer's Tip: Rocky Top Tennessee Coneflower is fairly short with blooms that nod to the east, so be sure to position it accordingly.

BLAZING STAR (*Liatris*)

Liatris looks best when mixed with other *liatris* or with other perennials such as coneflower. Try these cultivars for best results.

- **Kobold Gayfeather** (*Liatris spicata* "Kobold")
- **Floristan White Gayfeather** (*Liatris spicata* "Floristan White")
- **Marsh Blazing** (*Liatris spicata*)
- **Rough Blazingstar** (*Liatris aspera*)
- **Prairie Blazingstar** (*Liatris pycnostachya*)

Designer's Tip: Plant *liatris* amongst ornamental grasses such as prairie dropseed, little bluestem and autumn moore grass.

BEEBALM (*Monarda*)

So many *monarda*, so little time. It's tough to pick a favorite, but I did my best. Look for these mildew resistant cultivars.

- **Garden View Scarlet** (Similar to Jacob Cline, but more resistant to powdery mildew)
- **Raspberry Wine**
- **Pardon My Purple**
- **Purple Rooster**

Designer's Tip: Pair *monarda* with Little Joe Joe Pye Weed (*Eupatorium dubium* "Little Joe"). They both attract pollinators, love full sun, and tolerate moist soil.



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Mixed coneflower at Brenton Arboretum, Dallas Center. Photo by Lynn Kuhn

BUTTERFLY WEED (*Asclepias*)

I'm amazed at how the showy orange blooms of butterfly weed steal the show for about two months straight, but that's nothing compared to the butterflies it attracts.

- **Hellow Yellow Milkweed** (*Asclepias tuberosa* "Hello Yellow")
- **Butterfly Weed** (*Asclepias tuberosa*)
- **Common Milkweed** (*Asclepias syriaca*)

Designer's Tip: Without common milkweed, there would be no monarch butterflies, so if possible let it grow if it pops up in your landscape. Be aware it can be aggressive and is not suitable for formal gardens.

For these plants and so much more, check out this local plant source: <https://plantlifedesigns.com/native-and-pollinator-plant-sale>



Celebrate Pollinator

Month by adding these pretty perennials to your landscape, then sit back and enjoy the show. ■

Start your morning off right with an update from

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Brief updates on local news, weather, events, career opportunities and the morning chuckle.



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WILDCARD Robotics excels

Local robotics team offers a high school sport based around engineering.

Wildcard Robotics is making a big impact on local students hoping to build new skills and learn more about engineering.

The team is part of the global FIRST® Robotics Competition, through which teams design, fabricate, assemble and program a robot starting with a global reveal of the year's theme "sport" and a common set of rules to design and play by. Teams also build a brand, develop community partnerships for support and work to promote STEM in their local community.

This past season, 16 students from North Polk, Ankeny Centennial and Madrid high schools participated in Wildcard Robotics. The team also includes about 10 mentors, most of whom work for John Deere as professional engineers.

Lee Johnson, who works as an engineering manager at John Deere, is Wildcard Robotics' lead mentor. His wife, Jana, also helps oversee the team and shares that her husband especially enjoys mentoring students, showing them what a career in engineering looks like and teaching them new skills.

Lee and a few of the mentors have been involved with FIRST® Robotics Competition for more than 10 years. They first started with a team in West Fargo, North Dakota, and are now in their third year leading the team in Polk City. Two of the mentors are past students from the West Fargo team, now John Deere engineers working in Urbandale.

Wildcard Robotics had a successful 2024 season, placing second at two regional events, one that was held in Sedalia, Missouri, and another in Cedar Falls. They finished as the No. 1 ranked team in Iowa out of 28 teams and in the top 10% in the world out of nearly 4,000 teams.

"Students gain so much from being involved in the team," Jana says. "After the game for the season is revealed, they brainstorm and come up with concepts. They then build prototypes and keep redesigning and building from there."

Students are involved with everything from designing the robot using computer models to coding software and machining parts.

"We may hack together prototypes to test a concept, but, in the end, the robot is precision



The Wildcard Robotics team participates in competition.

built by the students using CNC machines and 3D printing, and parts are even powder coated for a professional look," Lee adds.

"There is so much that the students do with help from the mentors," Jana says. "It is not just for those aspiring to be an engineer. These skills can apply to any career path. They not only learn the computer side of things, but also the actual fabricating, assembling and, of course, driving it in competition. The students can choose what they want to focus on but can also participate in other areas they want to learn."

"The team has several areas including a social media team that documents and shares the team's progress, a team that develops a marketing brand and graphics, and even a group that manages the significant budget the team operates with from major sponsors like John Deere, 3M and The Gene Haas Foundation," Lee says.

The team just ended its season but is now making plans for its offseason student development program, which will meet once a week beginning in June and run through December to help the students develop skills and design and build something of their own choice. The team is particularly wanting to add students who are interested in mechanical engineering and using 3D CAD to design the robot, although all interests are welcome.

After graduation, the team has 13 returning members with six of those being girls. The team would like to keep this strong blend of diversity. There are positions for girls on any of the teams, but they are interested in expanding their social media, public relations, and community outreach impact and would welcome new team members.

If you are interested, email 4646Robotics@gmail.com for more information. ■



THE

COMETS CORNER

NEWS FROM NORTH POLK CSD

MAY 2024



NPBS RECOGNIZED AS A TOP HIGH SCHOOL IN THE NATION

We are thrilled to share that North Polk High School has achieved impressive national and metro-area rankings in the 2024 Best High Schools, as per the latest U.S. News rankings. Among 18,000 schools nationwide, NPBS stands in the top 15%. The rankings are based on state test performance, graduation rates, and college preparedness. Moreover, North Polk High School is tied for first place nationally in Graduation Rate.

Here locally, NPBS continues to shine as a top achieving school coming in at #13 in all Iowa High Schools and #4 in the Des Moines Metro Area.

This recognition highlights the commitment and effort of our students and staff in the classroom every day.

CENTRAL ELEMENTARY RECOGNIZED AS A MODEL PLC AT WORK®

One of Nearly 600 Schools and Districts in the US and Canada to Receive This Honor

Solution Tree recently recognized Central Elementary School for its sustained success in raising student achievement.

Professional Learning Communities (PLCs) help schools by emphasizing that continuous, job-embedded learning for educators is crucial for enhancing student success at high levels.

The three big ideas of a PLC call upon educators to:

1. Focus on learning.
2. Build a collaborative culture.
3. Create a results orientation.

In response to this news, Central Elementary Principal, Ms. Kristi Mixdorf said, "We are honored to receive this recognition from Solution Tree. This award acknowledges the dedicated efforts and teamwork of the staff here at Central and the daily investment that goes into student achievement. Our team is devoted to collaborative practices and being only the 14th school in Iowa to receive this honor puts us in special company and I am immensely proud of the



dedication our staff has shown on this journey over the last three years."

Schools are recognized based on strict criteria, including demonstration of a commitment to PLC concepts, implementation of these concepts for at least three years, and clear evidence of improved student learning over that period. Once measurable results can be seen, the school must explain its practices, structures, and culture and submit its application for consideration by the PLC Review Committee. According to the Champions of PLC at Work®, educators in the schools and districts selected for this recognition have shown "a sustained commitment to helping all of their students achieve at high levels. They have been willing to alter the structure and culture of the organization to reflect their commitment. We applaud them and congratulate them for achieving this very significant milestone on the never-ending PLC journey."

SCHOOL BOARD RECOGNITION MONTH

In Iowa, May is celebrated as School Board Recognition Month, a time to show appreciation for those who selflessly serve to support our students, staff, and community, shaping the path of public education. These committed leaders dedicate their time and effort without pay, investing in overseeing Iowa's public education system. Currently, the North Polk Board of Education consists of five members who deserve recognition for their valuable contributions and dedicated time to making our schools a better place.

President: Keith Bormann
Vice President: James Hill
Director: Ashley Delaney
Director: Matt Aicher
Director: Kyle Campbell

SCHOOL REGISTRATION 2024-2025

Spring can be a hectic time, with end-of-school-year celebrations, events, activities, and much more, however, be sure to cross one more thing off your to-do list by registering for school for the 2024-2025 school year. Time flies, it will be here before we know it! Currently, we have less than half of existing students registered for the fall so be sure to get yours in today. As a reminder, registering also satisfies the different permissions required to start the school year and participate in activities such as the 7-12 Activity Code of Conduct and Concussion Form. Lastly, looking at transportation, if your child requires transportation more than two days per week, you will need to request it during the registration process as we will not be carrying over route information from this year. The transportation request form can be found in the registration portal in Infinite Campus. To guarantee that routing for your student is done before the first day of school, the deadline for filling out this form is July 15th. Requests made after this date will be placed on a waiting list, and transportation cannot be guaranteed until after September 1st.



RECIPE

A CREAMY pasta delight perfect for dining outdoors

(Family Features) Warming weather brings with it plenty of opportunities to celebrate from holidays and birthdays to sunny afternoons offering an excuse to spend time outdoors with loved ones. Dining al fresco brings added freshness to favorite foods, and taking your next meal to the patio can be a fun, delicious way to soak in some vitamin D.

Pasta provides an easy option for sharing with a crowd, like this Creamy Tomato Smoked Sausage and Asparagus Tortellini. A cheesy, filling delight, it's ready to enjoy in less than half an hour.

Plus, locally grown Michigan Asparagus adds an extra level of freshness requiring just about three days to travel from family farms in Michigan to your kitchen. It doesn't need a passport to make it from farm to table, and you won't need one either to enjoy this Italian-inspired dish in the comfort of home.

Find more patio-friendly recipe ideas at michiganasparagus.org. ■

Creamy tomato smoked sausage and asparagus tortellini

Recipe courtesy of the Michigan Asparagus Advisory Board
Servings: 6

- 1 tablespoon olive oil
- 1 pound smoked turkey sausage, sliced into bite-sized rounds
- 1 clove garlic, minced
- 1 2/3 cups chicken broth
- 1 can (15 ounces) tomato sauce
- 3/4 cup heavy cream
- 18 ounces cheese tortellini
- 1/2 pound fresh asparagus, trimmed and cut into bite-sized pieces

- In large rimmed skillet, heat olive oil over medium heat.
- Add sausage and brown on both sides. Add garlic and stir until golden, 20-30 seconds.
- Add broth, tomato sauce, cream and tortellini; stir to combine. Bring to light simmer.
- Cover and simmer over low heat 10 minutes. Add asparagus during last 5 minutes of cooking until tortellini is tender and sauce has reduced.





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ELKHART City Festival returns

Get ready for a fun, community-filled weekend

Mark your calendars for Friday, June 21, and Saturday, June 22, when the Elkhart City Festival returns for its 11th year. Wristbands for the weekend are \$10.

The fun begins at 6 p.m. on Friday evening with a kiddie parade on Main Street and a slow pitch softball tournament.

Saturday festivities kick off at 7 a.m. with a freewill donation pancake breakfast put on by the Elkhart Fire Department. At 8 a.m., the 5K and Kids' Run begins, followed by a parade at 10 a.m. At 10:30 a.m., park events, bingo, the car show and a bags tournament start.

People will thoroughly enjoy the food truck selection this year, which opens at noon. Then, at 3 p.m., the main event begins — truck pulls.

Andrew and Lori Cory, who help organize the Elkhart City Festival, share that, in the past, 2,000 to 3,000 people have come out for the truck pulls alone. It's unique in that it is held right on Main Street. Volunteers bring in dirt and lay the track directly on the road.

Live music begins at 8 p.m., and the weekend concludes with fireworks at 10 p.m.

The Elkhart City Festival is put on by the Elkhart Community Betterment Committee (ECBC) and more than 30 faithful volunteers.

"We couldn't do this without volunteers," Andrew says. "They make this all happen."

Lori explains that the festival started with a very small committee — so small that, a few years ago, the festival nearly didn't happen. Lori, who taught in the North Polk school district for 34 years, started calling up people she knew, many of them former students, and encouraging them to get involved.

"They all stepped up and have helped us a ton," she says. "I love seeing these younger residents get involved with the community."

Andrew adds that his favorite part of the Elkhart City Festival is helping bring something so big to a small town. It also harkens back to his childhood in Elkhart when the town hosted Elkhart Days.

Proceeds from the festival go right back into the community. Funds help with future ECBC events, including pancake breakfasts and the Fall Music Festival, and other initiatives like a scholarship for a North Polk High School senior.

In the past, ECBC has also donated to things like picnic tables around town, Little League, the North Polk football team and the fence surrounding the Prairie Pointe Park basketball courts.

More information on the 2024 Elkhart City Festival can be found on Facebook. ■



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LIBRARY

POLK CITY Community Library news

ANNOUNCEMENTS

The 2024 Summer Reading program is here. This year's theme is Read, Renew, Repeat! We have programs for kids, teens and adults.

Polk City Community Library
1500 W. Broadway St., Polk City
515-984-6119
www.polkcitylibrary.org

• Kids and teens: June 1 –

July 31. Please stop by the library to pick up our paper packets for details on how to participate. See what free events we have and how to earn prizes. We'll have movies on Mondays, story time on Tuesdays, Comets Kids Club on Wednesdays (K-fifth), and our Performers Series on Thursdays during our summer reading program. There will also be teen events. Programming runs from June 10 to July 25, but you can begin logging your reading June 1.

• **Adults: June 1 – July 31.** Tickets towards grand prizes can be earned by reading and attending programs. We have a fun lineup of summer programs including Iowa Native Plants, Mushroom Foraging, Author Robert Kerr, Sushi-making, DIY programs and more.

ACTIVITIES

• **Movie Mondays,** June 10, 17, 24 at 10 a.m. Each Monday, we will be showing a movie in the Library multi-purpose room that will be fun for the whole family to watch. They are: June 10, "The Lorax"; June 17, "Happy Feet"; and June 24: "Wall-E."

• **Story Time Tuesdays,** June 11, 18, 25 at 10 a.m. or 11 a.m. Join us at the library for stories, songs, bubbles and a craft or activity. Weekly registration is required. Registration will open on Tuesday of the previous week.

• **Comets Kids Club (K-fifth graders) Wednesdays.** Sponsored by Polk City American Legion Auxiliary Post 232, June 12, 19, 26 at 10 a.m. or 11 a.m. Join us at the library for fun arts and crafts activities. Weekly registration is required. Registration will open on Wednesday of the previous week.

• **Chair Yoga,** Mondays at 9 a.m. beginning June 10. 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 breathwork, 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.

• **Wednesday Book Club,** Wednesday, June 5, 7 p.m. Join us for a discussion of "The Adventures of Tom Sawyer" by Mark Twain. Driven by imagination, an insatiable desire for freedom, and his knack for getting in trouble, Tom Sawyer, a mischievous 12-year-old orphan, finds himself entangled in a series of thrilling escapades in this coming-of-age tale set in a quiet, rural Mississippi River town.

• **Magician Jonathan May.** Sponsored by Measure, Inc. Thursday Summer Children's Performers Series, Thursday, June 10, 10 a.m. at Luana Savings Bank. Magician Jonathan May provides family-friendly entertainment for audiences of all ages.

• **Adult Crafternoon: Mini Bookcases,** sponsored by Polk City Women, Tuesday, June 11, 2 p.m. Join us for a fun afternoon of crafting.



We will be making miniature bookshelves that fit in a mint tin. All supplies will be provided. Ages 17 and older, registration required.

- **Native Plants with The Rain Campaign**, Thursday, June 13, 6 p.m. According to the Iowa Association of Naturalists, native prairie plants and grasses once made up 85% of the Iowan landscape. Now most of that prairie is gone, but these plants are still incredibly important to pollinators and for water quality. Learn more about the different varieties of Iowa native plants and how you can incorporate them into your yards and gardens. No registration required.

- **Coloring Night at Fenders Brewing**, Wednesday, June 12, 4-9 p.m. Come for a night of relaxation and fun with friends at Fenders Brewing.

- **Monday Book Club**, Monday, June 17, 2 p.m. Join us to discuss "Into the Wild" by Jon Krakauer. In April 1992, a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. Four months later, his decomposed body was found by a moose hunter. This is the unforgettable story of how Christopher Johnson McCandless came to die.

- **Adult Coloring**, Tuesday, June 18, 5 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.

- **Performer, Will Stuck**, sponsored by Luana Savings Bank, Thursday Summer Children's Performers Series, Thursday, June 20, 10 a.m. at Luana Savings Bank. Join us for a story, a song, a science experiment, lots of silliness and plenty of audience participation.

- **Mushroom Foraging with ISU Extension**, Thursday, June 20, 6 p.m. Foraging for wild mushrooms can be a fun and exciting culinary scavenger hunt. Learn how to safely spot different varieties of wild mushrooms with ISU extension. For ages 17 and older. Registration recommended but not required.

- **Teen Time D.I.Y. Mug Cakes**, sponsored by Re/Max Torres Team, Monday, June 20, 2 p.m. Sift, measure, mix. Teens can whip up their very own mug cake masterpieces. Register online at polkcitylibrary.org.

- **Sushi-Making Workshop with Pho Wheels**, Tuesday, June 22, 6 p.m. Learn how to create a delicious and nutritious sushi roll. All food and supplies provided. Ages 17 and older, registration required. Register online at polkcitylibrary.org.

- **Juggler Dan Kirk**, sponsored by Mi-Fiber, Thursday Summer Children's Performers Series, Thursday, June 27, 10 a.m. at Luana Savings Bank. You are invited for lots of smiles, laughs and sometimes tears as the Juggler with the Yellow Shoes stops by and tosses us into a world of wonder.

- **TeenTime: Upcycle & Repair Clothing**, sponsored by Re/Max Torres Team, Thursday, June 27, 2 p.m. Teens are invited to bring some clothing that can use a little TLC or just some drip. Register online at polkcitylibrary.org.

- **Adult DIY: Tin Can Drink Stakes**, Thursday, June 27, 6 p.m. Join us for a fun evening of crafting. We'll be decorating recycled tin cans to make drink stakes to keep your drink of choice conveniently off the ground and at hand during your outdoor activities. All supplies will be provided. Ages 17 and older, registration required. Register online at polkcitylibrary.org. ■

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MACULAR degeneration

My grandmother struggled to see in the later years of her life. I remember having to read the menu to her when we went out to dinner. She, like many elderly people, had macular degeneration, which is the leading cause of vision loss in people older than 50. Macular degeneration results in the loss of your central vision while not affecting the peripheral vision. If you know someone with macular degeneration, you may notice how they look off to the side to use their peripheral vision to see. Most people have the “dry” form, but it can progress to “wet” when the blood vessels start leaking blood into the macula. You are more likely to develop macular degeneration if you are Caucasian, overweight, a smoker, older than 50, have a family history, have hypertension or have high cholesterol. Some treatments for macular degeneration include nutritional supplements and the injection of medicine directly into the eyeball. Lutein and zeaxanthin are the beneficial antioxidants found in the supplements. These antioxidants are thought to filter light and reduce light-inducing damage to the macula. A lot of people with a family history will take these supplements to hopefully delay or reduce vision loss as they age. For those with significant vision loss, a digital magnifier can be a helpful tool with reading. ■



Information provided by Dr. Todd Pietig, Ankeny Family Vision Center, 311 N. Ankeny Blvd., Ankeny, 515-964-1671.

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‘CAPTURE the spirit’

June 1 fundraiser upcoming for North Polk School.



CNP committee members are Kyle Campbell, Stephanie Campbell, Joe Stewart, Rachel Ackerman, Kristen TeBrink, Lindsey Stewart, Hannah Robertson, Theresa Sinclair, Holly Hunter, Lauren Tigges, Stephanie Haywood and Jenn Whitted.

When the North Polk Marching Band needed new uniforms, the band was able to purchase them with funds raised by a dedicated group of parent and community volunteers.

These volunteers make up the Celebrate North Polk (CNP) committee. The committee creates unity by organizing an annual event to raise money to help enhance North Polk School's educational opportunities and extracurricular activities for all students.

This year, the CNP is hosting Capture the Spirit on June 1 at the FFA Enrichment Center on the DMACC Ankeny Campus. This year's goal is to raise \$80,000 for NP Schools.

The CNP distributes funds equally among North Polk's three groups: Fine Arts Boosters, Athletic Booster Club and North Polk Foundation. Individuals from these groups joined forces to host this yearly event.

The fundraising committee was established in 2011. To date, the group has raised more than \$625,000.

Each group discusses and votes on the best way to spend the money. Past items include playground equipment, weight room addition, shot clocks for basketball courts and more.

Holly Hunter, chairperson for the CNP committee, says the yearly event has changed.

“We started out calling our event a gala. In recent years, we changed it to The Celebrate North Polk Event,” she explains. “It’s more of a casual celebration of our district, which includes all parents, friends and community members of the North Polk District.”

The evening consists of social hour, dinner, video program, live and silent auctions, games and a famous dessert dash.

For those who love dessert, here's your chance to “dash” to pick out your favorite. Guests view the desserts on a specially decorated table before dinner, then throw cash in an envelope with their tablemates. Each table picks a person to do the dashing against others for an amazing dessert choice.

Hunter has served on the CNP for four years and says she helps because she enjoys social events.

“It’s a fantastic committee to be on, and it’s such an awesome evening that helps support all kids in our district. It’s a great night of camaraderie, where supporters come together to Celebrate North Polk.”

Hunter invites parents, grandparents, friends and community members of the district to attend.

“Anyone who has a love for education and wants to help support North Polk students are welcome,” she says. “It’s a night to show your love for North Polk and its amazing students.”

For more information or to purchase tickets, visit www.celebratenorthpolk.org. ■

MONSTERS. Sinners. Civil war. Vulgar notes.



"Godzilla X Kong" (in theaters)

I'm a little shocked to be reviewing yet another Godzilla/King Kong movie, but I can tell you my expectations were super low. I took my nephew Adam over the Easter weekend, and we both enjoyed it. It seems the two creatures have been lying low in two separate parts of the world, Kong in the Hollow Earth and Godzilla sleeping in the Coliseum in Rome. That would make a pretty boring monster movie, so, fortunately, every old monster comes back to try to take over the planet. Mothra even makes an appearance. Literally, all hell breaks loose and the two big guys need to unite for our planet to survive. I can tell you that this action on the IMAX screen in Waukeg was quite fun to watch. Super loud and stupid. **Grade: B+**



"In the Land of Saints and Sinners" (in theaters)

I've been guilty of knocking Liam Neeson, who seems to make a new movie every six months, and they all seem to be a slight variation on the prior one. I was pleasantly surprised with this one. Neeson's character has a history, so he retired to Ireland, but he has a part-time job dispatching bad guys on the side. When a child molester is killed, his sister and some IRA members come looking for Neeson. This movie has more story than the last few Neeson movies, and, I have to admit, I liked it a lot. **Grade: B+**



"Monkey Man" (in theaters)

Dev Patel has proven himself to be an accomplished actor. He can now add director to his resume. In this revenge tale, he shows off his ability to not only tell a story but to do so with some of the most impressive, frenetic action scenes you will ever see. Unfortunately, the story-telling does not keep up with the action, and the movie suffers because of it. **Grade: B-**



"The First Omen" (in theaters)

The original 1976 horror film with Gregory Peck is long lost in most moviegoers' minds, but in this era of filmmakers not being able to generate new ideas, they dip back into past films and, in many cases, like this one, do it poorly. The movie tells the story of a woman in a convent in Italy who seems to get creepier and creepier as the movie goes along. It eventually devolves into a horror mess that was just a little too much for me. OK, maybe a lot too much for me. **Grade: D-**

"Civil War" (in theaters)

Directed by Alex Garland (Ex Machina), this movie shows a time when there was anarchy in the streets of America, and we follow a group of journalists trying to get to Washington, D.C., to interview the President before the nation falls. There is plenty of killing and torturing en route to D.C. This will be different for most viewers, but, in my mind, this shows a glimpse



of what America might have looked like if Jan. 6 had not been stopped. An America that didn't end well. The movie doesn't take sides but shows what could have happened. It's a scary sight. **Grade: B+**



"Wicked Little Letters" (in limited theaters)

I needed to see a movie to round out my radio show, and the pickings were slim. So I headed to the Fleur Theatre on the south side of Des Moines. For years, the Fleur has offered excellent arthouse and independent movies. I had no idea what this movie was or who was in it. Sometimes you stumble into greatness and have a fun time. Based on a true story, set in the olden days, this one tells the tale of an English woman accused of sending vile and vulgar notes to people in her small village. It is a mystery to the townspeople who is behind this. "Wicked Little Letters" is both shocking and laugh-out-loud funny. It's probably already out of the theaters by the time you read this but look for it on the streaming services. You'll be glad you did. **Grade: A**

The summer movie season begins next month, and it looks fun! Until then, pass the popcorn. ■

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales.



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BOOK REVIEWS

Courtesy of Beaverdale Books

'Alien Earths: The New Science of Planet Hunting in the Cosmos'

I love space. I follow all the launches, the probes, the landers on Mars; I can't get enough of all the fascinating and paradigm-shifting discoveries that surround us in this era of technological wonders. If you've got a penchant for looking up at the stars and wondering, or just a love for "Star Trek," I've got a brilliant recommendation for your summer reading list.

Dr. Lisa Kaltenegger is a rock star in the science world for good reason. She has had a fascinating and glass-ceiling-shattering career and, along the way, has become a brilliant science educator with an effortless ability to teach complex topics with an infectious enthusiasm. Her skills are on full display in this overview of the vast, multi-disciplinary search for life on other planets. This very readable book explores the many different ways we are looking for any sign of life among the fascinating worlds we've discovered outside our own solar system and asks us to ponder what will happen if we find someone looking back at us.

Reading more like a conversation than a lecture, this is the epitome of what a popular science book should be. It's full of facts and context but never feels dry or boring. I was hooked from the first page. Be prepared to look at the night sky a little differently after this wonderful book. ■

— Review by Julie Goodrich



By Lisa Kaltenegger
4/16/24
288 pages
\$30
St. Martin's Press

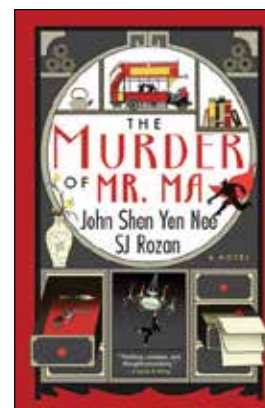
'The Murder of Mr. Ma'

Mash-ups, genre-benders, unexpected fusion: these are the things I look for after decades of reading. I like mystery books that bring something new to the same old game, and, this time, the game is afoot wearing an entirely different shoe.

"The Murder of Mr. Ma" is a rollicking, fast-paced adventure that weaves the grand tradition of a Sherlock Holmesan homage into traditional Chinese gong'an crime fiction with explosive results. Academic Lao She is adapting to Edwardian London as best he can when he chances into a meeting with the notorious Judge Dee Ren Jie, a well-known figure in the Chinese diaspora and not a man given to quiet study. Lao is soon caught up in a disturbing and highly dangerous murder mystery that has him running for his life more than once.

Can he and Dee save themselves, along with the serial killer targeting immigrants?

This was such a fun book, with the beautiful writing and affections so well-known from the Holmes style but with intriguing history and a cultural influence I loved to learn about. Anyone with a need for a quick read that keeps you on your toes will love this one. ■ — Review by Julie Goodrich



By John Shen Yen Nee
and S.J. Rozan
4/2/24
312 pages
\$25.95
Soho Crime

CAN YOU benefit from a 529 plan?

Another school year is coming to a close. And, if you have young children, they're now a year closer to heading off to college or some other type of post-secondary education or training. So, if you haven't already done so, you may want to start preparing for these costs.

And they can be considerable. During the 2022-23 school year, the average estimated annual cost (tuition, fees, room and board, books, supplies, transportation and other personal expenses) was nearly \$28,000 for public four-year in-state schools and more than \$57,000 for private nonprofit four-year schools, according to the College Board.

Of course, some students don't pay the full bill for college. Any grants and scholarships they receive can bring down the "sticker price." Still, there's often a sizable amount that students and their families must come up with. To help fill this gap, you may want to explore various strategies, one of which is a 529 education savings plan.

A 529 plan offers several key benefits. First of all, your earnings can grow tax deferred, and your withdrawals are federally tax free when used for qualified education expenses, such as tuition, fees, books and so on. You may be eligible to invest in a 529 plan in most states, but depending on where you live, you may be able to deduct your contributions from your state income tax or possibly receive a state tax credit for investing in your home state's 529 plan. Tax issues for 529 plans can be complex. Please consult your tax advisor about your situation.

And 529 plans aren't just for college. You may be able to use one to pay K-12 expenses, up to \$10,000 per student per year. (However, not all states comply with this 529 expansion for K-12, so you might not be able to claim deductions, and your withdrawals could be subject to state tax penalties.)

A 529 plan can also be used to pay for most expenses connected to apprenticeship programs registered with the U.S. Department of Labor. These programs are often available at community colleges and combine classroom education with on-the-job training.

Furthermore, you can now withdraw funds from a 529 plan to repay qualified federal private and student loans, up to \$10,000 for each 529 plan beneficiary and another \$10,000 for each of the beneficiary's siblings.

But what if you've named a child as a 529 plan beneficiary and that child doesn't want to pursue any type of advanced education? If this happens, you, as the account owner, are free to name another family member as beneficiary.

And beginning in 2024, you may have even more flexibility if a child foregoes college or other post-secondary education. Due to the passing of the Secure Act 2.0 in December 2022, unused 529 plan funds of up to \$35,000 may be eligible to roll over to a Roth IRA of the designated beneficiary.

One of the qualifications for this rollover is to have had your 529 plan for at least 15 years. To determine if you qualify for this rollover, you will want to consult your tax advisor.

A 529 plan has a lot to offer — and it might be something to consider for your family's future.

Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty. Make sure to discuss the potential financial aid impacts with a financial aid professional. ■

Edward Jones, its financial advisors and employees cannot provide tax or legal advice. 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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AMERICAN Legion's dedication to veterans

New roof for veteran in need



Tom Byrnes, center, pictured with VanWeelden employees, says he is grateful for the new roof the company put on his home.

A Polk City veteran can rest easier in his home thanks to the generosity of folks who provided a new roof for his house, coordinated by the Polk City American Legion Post 232.

Tom Byrnes of Polk City was eating breakfast on Veteran's Day last year at Hy-Vee. As he spoke with other veterans, he mentioned he needed a new roof for his home.

Dan Cain, American Legion Post 232 commander, heard of a roofing company that wanted to provide a roof for a local veteran in need. Dan nominated Tom, and they filled out a form from the American Legion.

Tom and his wife, Jean, were chosen from a group of nominees for the new roof. The roof was replaced earlier this year by Matt Montange, owner of Van Weelden Co., along with Owens Corning, who provided supplies.

Tom says he was surprised.

"It was unbelievable. We're on social security and couldn't spend money on a new roof," he explains. "It's a Godsend and a wonderful thing."

Tom served in the U.S. Army during the Korean conflict. He's lived in Polk City for 26 years and is a member of the Polk City American Legion.

The Polk City Legion has a long history of taking care of local veterans. In 2023, the Legion provided three \$500 scholarships for Polk City High School seniors, 450 Thanksgiving meals for veterans, plus thousands of dollars in donations to the Iowa Service Dogs, Central Iowa Homeless Veteran's Shelter and Toys for Tots. They also gave more than \$2,500 to local veterans in need.

In addition, the Legion is active in community events, such as Polk City Four Seasons Festival, donating to the North Polk Comet Cupboard and other local events. They host fish fries and breakfasts; as well as bike, bingo and bag nights.

Dan says it's important to abide by the American Legion's mission statement.

"It's our goal to enhance the wellbeing of America's veterans, their families, our military

and our communities by our devotion to mutual helpfulness."

The American Legion's vision statement is "The American Legion: Veterans Strengthening America."

Dan says a "veteran is a veteran," and the Legion embraces all current and former military members.

"We do more than help veterans transition to their communities. We help veterans get the benefits, like medical, educational and retirement benefits that they have earned but might not know how to get them. We also give a helping hand when a fellow veteran needs assistance."

Tom is thankful for the gift, saying, "I'm extremely grateful to the Legion. It's a tremendous benefit."

The public can support local veterans by attending fundraising events held at the post. For more information about upcoming events, visit the Facebook page, Polk City American Legion Post 232. ■

EVENTS IN THE AREA

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

Be sure to check for cancellations.



Freewill donation garage sale

Saturday, June 1,
9 a.m. to 1 p.m.
Sheldahl United Methodist
Church, Sixth and Hubbell,
Sheldahl

The Sheldahl United Methodist Church is holding a freewill donation garage sale, along with bake sale, nuts and denim rag rugs.



Bike Nights

Fridays, May 24, June 28, July 26 and Aug. 23

462 W. Walnut, Elkhart

Enjoy Bike Night in Elkhart, sponsored by Mean Machine Cycles. Enjoy food, music, prizes, bikes and more.

Museum hours begin

Thursdays starting May 30,
4:30-6:30 p.m.

Museum on the Square, Polk City

The Polk City Museum on the west side of the Square will be open during Farmers Market.

20-Mile House, Underground Railroad program

June 19, 6:30 p.m.

Polk City Museum on the Square

Visit the Polk City Museum on the Square for a program about a stop on the Underground Railroad known as the 20-Mile House that once stood just west of Polk City. David G. Holmgren will tell the story of "Abolitionism and the Underground Railroad in Iowa and Its Relationship to the Big Creek Community of Polk County." Holmgren is the lead volunteer researcher and writer with the Iowa Freedom Trail Project, a study of the Underground Railroad in Iowa before and during the Civil War, a project associated with the State Historical Society of Iowa in Des Moines.

The stagecoach road ran north from Des Moines, past George and Hester Beebe's log cabin in the village of Polk City, and continued west toward Hopkin's Grove. Polk City residents know this portion of the road as Broadway Street. The 20-Mile House, owned by Rev. Josiah Hopkins, was 20 miles from Des Moines. An official historical marker will be placed at the building's site this year.

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

PAWS

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Founder's Day Celebration

May 30, 6:30 p.m.

Museum on the Square, Polk City

Meet at the Museum on the Square for a half-mile walking tour of Beebe Town for the Founder's Day Celebration. Learn about Polk City's early businesses and the fires that destroyed many of them and visit the Beebe family cemetery. This event is hosted by the Big Creek Historical Society.

Vacation Bible School

June 9-13, 6-8:30 p.m.

Lakeside Fellowship

Lakeside Fellowship will hold its annual Vacation Bible School for kids entering kindergarten through sixth grade. Activities include crafts, games, snacks, Bible lessons and skits. As always, organizers plan to end the week with a Polk City fire truck showering the crowd with a water cannon in the parking lot. Families can register kids at <https://lakesidefellowship.com/events/vacation-bible-school-2/>.

Polk County Conservation events

Visit <https://www.polkcountyiowa.gov/conservation/events/> for information about upcoming programs offered by Polk County Conservation and for registration links.

- **Catch-n-Croakers**, Friday, May 17, 8:30 p.m., Chichaqua Bottoms Greenbelt Longhouse. Learn to identify frogs by sight and sound before sloshing into the wetlands to catch these amazing creatures. Bring your own net and flashlight. Wear shoes that can get wet and muddy. No registration required for this free program for all ages.
- **Native Plant Sale**, Saturday, May 18, 11 a.m. to 2 p.m., and Saturday, June 15, 11 a.m. to 2 p.m., Jester Park Outdoor Recreation and Wellness Center. Polk County Conservation and Prairie Landscape of Iowa are teaming up to offer two native plant sales. All plant species for sale are native to Iowa, and, once established, require minimal care while providing numerous benefits to our local wildlife and landscapes.
- **Women in the Woods with Wine - Pollination Celebration**, Tuesday, May 21, 8 p.m., Jester Park Nature Center. A third of our global food supply depends on pollinators. Enjoy an evening learning about our native pollinators and why they are so important. We'll learn how pollination works, who the pollinators are and threats they face. We'll also discuss actions you can take to help pollinators in your own yard. Join other women interested in getting outside and enjoy a glass of mead from an Iowa Meadery. This program is for adult women ages 21 and older who want to become more comfortable and knowledgeable about the natural world by joining other women interested in getting outside. Registration due by May 19. Cost is \$15.
- **Story Tellebration**, Wednesday, May 22, 10 a.m., Born To Be Wild; Wednesday, June 26, 10 a.m., Down at the Pond; Wednesday, July 24, 10 a.m., Color, Color Everywhere; Wednesday, Aug. 28, 10 a.m., I Love Bugs. Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event.

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EVENTS IN THE AREA

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Be sure to check for cancellations.

Raccoon River Palooza

Saturday, June 8,
8 a.m. to 8 p.m.
Raccoon River Park, 2500
Grand Ave., West Des Moines

The Raccoon River Palooza will feature an array of activities and entertainment, including live music performances, cuisine from local food vendors, interactive games for all ages, and outdoor activities.



Vietnam War Living History Event

Iowa Gold Star Military Museum, 7105 N.W. 70th Ave., Johnston

Saturday, June 1, 9 a.m. to 5 p.m., and Sunday, June 2, 9 a.m. to 1 p.m.

Discover what life was like for an American servicemember during the Vietnam War. Meet knowledgeable historians, explore historically accurate campsites, and see period military vehicles. Admission is free.

Events at The Brenton Arboretum

Various dates

The Brenton Arboretum, 25141 260th St., Dallas Center

For more information or to register, visit www.thebrentonarboretum.org.

- Nature Club, varying times, register by age group: June 6 and 20, July 4 and 18, Aug. 1 and 15, Sept. 5 and 19, Oct. 3 and 17, Nov. 7 and 21, Dec. 5 and 19.
- Wednesdays in May, 10-11 a.m., Nature's Healing.
- May 19, 1-4 p.m., Plein Air Art Festival.
- May 20, 10 a.m. to noon, homeschool field trip.
- May 30-31, Animal Odyssey Camp.
- June 2, 1-3 p.m., Go Hug a Tree.
- June 3-4, Animal Odyssey camp, 9-11:30 a.m.
- June 6, 6-7 p.m., Outdoor Foraging with Polk County Conservation.
- June 8, 7-9 p.m., Wine on the Prairie. ■

Iowa Take Steps Walk

Saturday, June 22, 9 a.m.
Iowa State Capitol Grounds

The public is invited to join the Iowa Take Steps Walk to benefit the Crohn's and Colitis Foundation. The event starts at 9 a.m. to a ribbon cutting ceremony at 10 a.m. Learn more at cctakesteps.org.



Valley Junction Arts Festival

May 19, 10 a.m. to 4 p.m.
100-200 Blocks of Fifth
Street, West Des Moines
www.valleyjunction.com/valley-junction-events/valley-junction-arts-festival

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Katryn Halterman and Amy Fahey, Rising Sun Cafe



Lacey Hamil, Jill Canavan, Doug Layton, Jennifer Blaylock and Tara Hill, North Polk Family Medicine



Shawn Comer, Papa's Pizzeria



Susie Sheldahl, Realty One Group



Noelle Hoffman, Papa's Pizzeria



Rob Cupp, Cupp Insurance, Inc.



Adrian Noel was among the North Polk High School students chosen to showcase their science fair projects at the State Science and Engineering Fair in Ames on April 4.



Frankie Huether was among the North Polk High School students chosen to showcase their science fair projects at the State Science and Engineering Fair in Ames on April 4.



Izzy Gray was among the North Polk High School students chosen to showcase their science fair projects at the State Science and Engineering Fair in Ames on April 4.



Kelsi Wilkinson was among the North Polk High School students chosen to showcase their science fair projects at the State Science and Engineering Fair in Ames on April 4.



Robert Spencer was among the North Polk High School students chosen to showcase their science fair projects at the State Science and Engineering Fair in Ames on April 4.



North Polk Elementary students viewed the solar eclipse on April 8.



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