

NORTH POLK

DECEMBER 2021

Living

MAGAZINE

Christmas

then and now

Residents reflect on changing
holiday observances

Kiwanis Club recognizes seniors

COMMUNITY

NP Central PTA honors families

EDUCATION

Apple oat crumble and citrus caramel topping

RECIPE

RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct, Ste. D
Johnston, Iowa 50131

PRSRD STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA



Wishing your family a
happy & healthy
holiday season!

We at Waggoner Pediatrics wish everyone a very happy holidays and a healthy New Year. We appreciate the faith you have in us to take care of the most valuable things in your life: your children. We strive every day to respond to your needs and provide the best family centered care possible.

Happy Holidays,
Dr. Waggoner & the
Waggoner Pediatrics Staff



**Putting families first for more
than 25 years.**

**Voted best pediatric clinic in
Central Iowa 5 years running!**

Brian L. Waggoner, M.D.
Andrea Dettmann-Spurgeon, ARNP, CPNP
Julie A. Waggoner, ARNP, CPNP
Samantha K. Schwenneker, ARNP, CPNP



Waggoner Pediatrics of Central Iowa

Schedule your child's appointment today! (515) 987-0051
2555 Berkshire Pkwy, Suite A, Clive • waggonerpeditriacs.org

WELCOME

ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.



I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com

Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



Tammy Pearson

Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Dan Juffer

Senior Advertising
Account Executive
515-953-4822 ext. 303
dan.juffer@dmcityview.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

Don't get stuck

WITH A HIGH MORTGAGE RATE!



Brien Scandridge

Loan Officer
Johnston



Josh Snyder

AVP - Branch Manager
Ankeny

CHARTER BANK

Chart Your Success With Us!

| Johnston | Grimes | Waukee | Ankeny |
|--------------|--------------|--------------|--------------|
| 515-331-2265 | 515-986-2000 | 515-987-1000 | 515-446-2265 |

www.CharterBanker.com

*Annual Percentage Rate, Note Rate of 2.125%, 180 monthly payments of \$6.49 per \$1,000 borrowed. **APR, Note Rate of 2.875%, 360 monthly payments of \$4.15 per \$1,000 borrowed. Assumes \$190,000 loan. Payments exclude taxes/insurance and private mortgage insurance (required on loans with less than 20% down payment). Rates as of 12/08/2021 and subject to change.

Member
FDIC



Christmas *then and now*

**Residents reflect on changing
holiday observances**

By Jackie Wilson

Evonn Dorr discovered the true meaning of Christmas wasn't about gifts; it was about the birth of Christ.
Photo by Jackie Wilson

When reminiscing about the holidays and the accompanying joyful celebrations, the brightest and most vivid memories vary. For some, it's the decorating and ornaments, the tinsel and trees that come to mind first. For others, special moments are centered on baking holiday goodies. Still others recall the fun of surprising family and friends with bits of Christmas cheer. For many, the memories they make today are quite different from those of their childhood. As people start their own families, meld traditions with their spouses', and adapt to the changing times, they find their Christmases "then and now" are quite different.

Fireworks celebration

From the time Josselin Gutierrez was a child, her Christmas traditions changed from shooting off fireworks to sipping hot coffee in front of a fireplace.

Josselin was raised in El Salvador by her grandma. Their family celebrated Christmas on Dec. 24, not on Christmas Day.

Her grandma usually cooked a big meal for the family, consisting of a chicken dinner with side dishes and desserts. Her extended family — aunts, uncles and cousins — attended the celebration.

One tradition the family followed each year was to wear something new on Christmas Eve. Usually clothing items were given as gifts.

“My uncles were my Santa. We knew it was my aunt and uncle who brought us gifts,” she says. “We could wear our new stuff to go to church that night.”

After dinner, the family attended church services, usually at 8:30 in the evening. By 10 p.m., they’d given everyone Christmas hugs at church and headed back to Grandma’s house. But the celebration wasn’t over.

Once they returned from church, they would munch on leftovers, eating a second meal and eagerly waiting for midnight to arrive. Even the young children stayed up for the midnight tradition of welcoming Christmas Day with fireworks.

“Once midnight came, everyone would shoot off fireworks at their homes. We’d go outside, and it was exciting to see all the different fireworks,” she says.

Christmas was a recovery day and a time to relax or sleep in from staying up late.

One tradition in El Salvador was eating grapes at Christmas and during the month of December. In Iowa, the grapes are slightly different.

“Over here, I get to drink grapes,” she says, smiling.

Since moving to the United States nine years ago and Polk City six years ago, her Christmas traditions have changed. She, her husband and daughter celebrate on Dec. 25.

“I tried to introduce my husband to Christmas on the 24th, but he didn’t buy it,” she explains.

Josselin’s sister lives in Iowa as well, and they still celebrate Christmas on Christmas Eve, as the sisters did when they were little.

Christmas day celebration in Polk City usually means waking up, drinking coffee or hot cocoa and opening presents from Santa.



As a child, Josselin Gutierrez grew up shooting off fireworks on Christmas at midnight in her native home of El Salvador. Photo by Jackie Wilson

The family cuddles up, wearing their new pajamas.

The weather for Josselin’s holiday celebration was generally about 70 degrees as opposed to Iowa’s cold temperatures. She discovered snow for the first time when she moved to the U.S.

“Now I finally understood why they called it a White Christmas,” she says. “I always hope for snow every Christmas because we never got snow when I was little.”

Changes with move

Sara and Josh Harrell spent most of their lives celebrating Christmas in Kansas City. The family enjoyed the lighting activities downtown at the Plaza, Crown Center and Union Station. Their extended families enjoyed the twinkling lights and celebrations close to home.

Yet their traditions changed when the family moved to Polk City four years ago.

“Our first few years in Polk City stood out. Our traditions changed and our focus had to be on the four of us instead of the rest of the family,” says Sara.

The family all agreed — they wanted to

celebrate Christmas Day at home. A few newer traditions included watching holiday movies, wearing matching pajamas and taking a drive, looking at Christmas light displays.

“Sometimes we visit family in Kansas City the weekend before Christmas. It doesn’t feel different — it’s just doing the same thing, only on a different day,” she says.

When Sara was a child, she and her two brothers woke up at 4 o’clock in the morning on Christmas Day.

“I don’t know why our parents let us get up so early and let us open presents at that time,” she laughs.

Sara’s mom made sugar cookies, and she remembers helping as a young girl.

“My mom was famous for her sugar cookies. I recall decorating cookies with her,” she says. “The first Christmases after my parents passed away were hard.”

She has continued the cookie tradition with her kids, but timing needs to be flexible, as her oldest son, Austin, is in college.

“We pick a time when he’s home or know he’ll be here,” she explains. “We remember to be flexible and remember why we celebrate in the first place.”



The Harrells purchase several new ornaments a year to reflect what is going on in their kids' lives or to celebrate vacation spots. Photo by Jackie Wilson

One tradition she started early on is buying a Christmas ornament while on vacation, or one for both of her kids, representing events for that year.

"Every ornament has a story behind it. It's fun to unwrap and look back at the memories and our times together," she says. "If I can part with them, someday, I'll give them their ornaments when they move out and get their own tree."

Church is a significant aspect of their Christmas Eve celebration.

"It's not just important going to church at Christmas, but all year," she says. "Growing up, bringing Christ into Christmas means keeping the focus on Christ."

This year, the family visited Kansas City before Thanksgiving to enjoy the lights. She knows, as her kids get older, their traditions will change once again.

"I really love Christmas," she says. "It's not always what you do or who you do it with. It's the reason behind why you're doing it with them. To keep family and giving to others — keeping the focus on Christ."

Beyond gift giving

Evonn and Todd Dorr created their own Christmas traditions once they married and had their own children. Their kids, Keegan and Zoe, now are both in college but still enjoy the traditions. Recently, the pair noticed grumbling and protesting from the kids because Mom and Dad hadn't put up Christmas lights



The Harrell family — Austin, Elli Mandernach, Ava, Sara and Josh — visited Union Station in Kansas City. Photo submitted.

outside. So the solution? They put up the lights by themselves when they were home on Thanksgiving break.

The family still likes wearing their new pajamas for Christmas and discovering one unwrapped Santa gift, found by their stockings, on Christmas morning. The unwrapped gift began after one year when a toy was too big to wrap.

"We would be up all night, putting a toy together," says Evonn. "Now the 'toys' are smaller and more expensive."

The gift giving was a new tradition started by Evonn's parents, who were Tai Dam. Her parents moved to the United States in 1976 from Northern Vietnam. As they didn't celebrate Christmas, they learned how to create a Christmas, based on what most Americans did.

"There wasn't a lot of meaning behind it. We just got gifts and learned about Santa," explains Evonn.

Once she married, she and Todd began a tradition of attending church.

"We found out Christmas wasn't about the gifts and Santa. It's about the gift of salvation. We try not to focus on the materialist aspect of Christmas," she says.

They assist charities that are meaningful to them during the holidays, such as supporting learning centers for children in Cambodia and Thailand.

The Dorr family visits her parents' home in Des Moines around Christmas. Although



A friend hand painted meaningful ornaments for the Dorr family each year. Photo by Jackie Wilson

her parents don't decorate their home, Evonn focuses on family time. A part of that celebration is honoring those who are no longer living, such as her grandfather.

"We respect the tradition of honoring our ancestors and those who have passed before them. We save a spot at the table or make sure we have something that reminds us of Grandpa and those who passed," she says.

The Dorr family also cherishes an artist friend who made hand-painted ornaments each year reflecting the family's highlights for the year. Their friend moved away, and they miss the colorful ornaments.

Evonn says the season is magical and enjoys decorating and baking special foods.

"I hope the kids can carry on traditions. It's not about the gifts. It's about cherishing special moments and appreciating all that you have," she says. ■

CITYVIEW'S WINTER EVENT IS BACK!

FIRE & ICE

AN INTERACTIVE WINTER PUB CRAWL IN VALLEY JUNCTION

SATURDAY, JAN. 22 • 1-4 P.M.

PARTICIPATING ESTABLISHMENTS:

**THE HALL • FOUNDRY DISTILLING CO. • G MIG'S 5TH STREET PUB • MITZI'S
THE TAVERN • THE LONGEST YARD • SULLY'S IRISH PUB • GILROY'S**



**FOR \$20 TICKET*
PRICE, YOU GET 10
TICKETS TO SAMPLE
WINTER SPECIALTY
DRINKS!** *\$30 AT
THE DOOR.

TICKETS AT FIRE-AND-ICE.DMCITYVIEW.COM

FROM the story of Princess Diana to an Oscar-worthy performance by Lady Gaga

Six movie previews to whet your film appetite for the season.

The holiday season is upon us, and that can only mean one thing...big movies! And what we in the biz call...important movies. The pandemic has again taken its toll on our movie selection this year, but I will bring you up to speed as best I can.

“SPENCER”

This is an “arty” look at the weekend when Princess Diana allegedly decided to divorce her husband. Director Pablo Larraín delivers a movie that is, at times, difficult to watch and even more difficult to understand. He gave us a similar look at Jackie Kennedy in the 2016 film “Jackie.” This is a movie that is best appreciated but maybe not enjoyed.

Grade: B/B+



“BELFAST”

This is one of the finest movies I have seen this year but good luck finding it at a theater. Last check it was playing at the Century 20 Jordan Creek in West Des Moines on only one screen.

Writer/director Kenneth Branagh gives an emotional look at his growing up in Belfast, Northern Ireland, during the religious uprisings of the late 1960s. Shot in glorious black and white, this movie packs quite a punch on multiple levels. It is easily in the Top 5 movies of the year.

Grade: A



“RED NOTICE”

Excuse me while I slip in one of those movies that you can enjoy on the streaming services at home. Netflix delivers a great cast of Dwayne Johnson, Ryan Reynolds and Gal Gadot in a movie about three people competing to steal a priceless heirloom. If you are looking for a break from using your brain for a couple of hours, you are in luck. This wannabe action film goes from dumb to dumber and never recovers. It manages, at times, to be mindless fun. Too many times for my taste.

Grade: C



“GHOSTBUSTERS AFTERLIFE”

My wife and I are big fans of the 1989 original “Ghostbusters” film. It was one of our first dates. Nearly 33 years later, we are back at the movies to see “Afterlife,” and I’m happy to report that it was a blast. A young struggling family inherits a rundown shack of a home in the middle of nowhere. Without giving too much away, strange things begin to happen, and I think you can guess where we go from there. I certainly saw better movies this year, but this was the most fun I had in a theater this year.

Grade: B+/A-



“THE HOUSE OF GUCCI”

Directed by one of my favorites, Ridley Scott (“Alien,” “Gladiator,” etc.), “The House of Gucci” felt like a weak attempt to make “Godfather Part II.” Trying to emulate one of the greatest films in history is admirable but fraught with issues. This is based on a true story of the famous fashion company with infighting, family issues (putting it mildly) and murder. Lady Gaga is tremendous (as in Oscar worthy) as a woman who marries into an exclusive but severely dysfunctional family. Oh, how I wish that this had been better. Scott has now disappointed me twice this fall with the earlier release, “The Last Duel.”

Grade: B



And finally...

“ENCANTO”

The 60th animated full-length motion picture from who else but Disney? As you might tell from the title, this is a magical story about a house that is given (out of nowhere) to a family who suffered a great tragedy. Members of the family are also given special gifts, or abilities. All members except one. When the house starts to crumble, this young woman is blamed for not being able to hold it together because she has no magical abilities. It’s a fun story with above average voicework and is close to a perfect holiday movie for young families.

Grade: B/B+ ■



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. You can also follow him on Twitter at MrMovieDSM.

TIPS for a safe and comfortable holiday

Christmas is right around the corner, which means family gatherings and holiday celebrations are on their way. During this busy time of year, don't forget to check your HVAC system. After all, it does keep your home at the right temperature so that you can enjoy the holidays comfortably. Let's start preparing your system for the upcoming season.

Do you have closed air vents? Closing off your vents can result in poor air circulation and build up unnecessary pressure that can make your system work harder than necessary. Put your safety first by keeping decorations clear of your air vents. Covering your air vents with a tree, tree skirt, or gifts can cause your furnace to overheat. It's inevitable for an ornament to break, especially if you have excited pets and kids. If an ornament breaks, check to make sure that pieces didn't fall into the vents.

Dirty air filter? Replacing the air filter in your HVAC will go a long way to keeping your system running smoothly during the holidays. Build-up can cause your system to work harder than it needs to, resulting in airflow issues. Changing out your filter will help prevent complications and even comes with perks that you can enjoy. Not only will it improve your air quality, but it will save you money because your system is running more efficiently.

While you're outside hanging up lights and holiday decorations, take a minute to clean your outdoor unit. Your furnace will thank you for it. The obstructions can compromise the performance and result in costly problems in the future. Look for leaves, trash and twigs that can be easily removed, and keep all holiday decorations away from your equipment.

If you're planning on leaving town to visit friends and family, don't forget to set your thermostat. Wi-fi thermostats are an easy upgrade if you don't have one already. If you do have one, use the settings to keep the temperature cooler while you're away but nice and warm when you arrive back home. This will help avoid wearing a jacket while you unpack from your trip.

Schedule a maintenance appointment which can easily be overlooked during the busy holiday season. An annual maintenance visit will help keep the problems away — not only during the holidays, but all year long.

Have a safe and Merry Christmas! ■

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



SAVE 10% OFF

HURRY
ENDS
12/31/21

MAINTENANCE AGREEMENT PROGRAM

- ☒ Air Conditioner Tune-Up
- ☒ Furnace Tune-Up
- ☒ 24 Hr. Emergency Service
- ☒ 10% Discount on Parts
- ☒ 2 Year Guarantee
- ☒ Priority Scheduling
- ☒ \$0 Travel & Diagnostics*

JOIN TODAY!

*see maintenance agreement form for terms and restrictions

Merry Christmas

72°

COMFORT
COMPANY

72degrees.com

Scan for Details

(515) 200-2728

Merry Christmas

During this holiday season,
we wish you all the best.



Kyle Matzen, AAMS*
Financial Advisor
407 W Bridge Rd Ste 7
Polk City, IA 50226
515-984-6073

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

MKT-9811B-A

WHAT ARE your financial resolutions for 2022?

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions, too?



Here are a few ideas to consider:

- **Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you're retired, you may want your emergency fund to contain up to a year's worth of living expenses.) Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.

- **Boost your retirement savings.** The pandemic caused many of us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, 33% of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic, according to a study from Age Wave and Edward Jones. This year, if you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.

- **Reduce your debt load.** The less debt you carry, the more money you'll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress — at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.

- **Don't overreact to the headlines.** A lot can happen during a year. Consider inflation — it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates? How about new legislation coming out of Washington? And don't forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events.

These aren't the only financial resolutions you can make — but following them may help you develop positive habits that can help you face the future with confidence. ■

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

MERRY CHRISTMAS

FROM OUR FAMILY TO YOURS!

HAVE A WONDERFUL & SAFE HOLIDAY AND NEW YEAR!



RUNDAHL
FINANCIAL CONSULTANTS

Dan Rundahl
6165 NW 86th St. Johnston, IA 50131
Cell: 641-512-8597
Office: 515-727-1701
drundahl@rundahlfinancial.com

Securities and investment advisory services offered through Brokers International Financial Services, LLC ("BIFS"). Member SIPC/FINRA. BIFS is not an affiliated company.

WWW.RUNDAHLFINANCIALCONSULTANTS.COM

POLK CITY Community Library news

LIBRARY HOLIDAY HOURS

Saturday, Jan. 1, CLOSED

Monday, Jan. 17, CLOSED for staff training

Winter Reading Challenge for all ages, Jan. 1-31. Watch the library or Facebook pages for more details and the Beanstack link. If you participated in our Summer Reading Program, you are already signed up.

SPECIAL EVENTS

• **Art Lit-to-GO!** Mondays, Jan. 3, 10, 24, 31 and Feb. 7 and 14 at 4 p.m. This K-5 program teaches children the basic understanding of the foundational art elements of line, shape, color, form and texture through integrated art-literacy activities. Please register online. Children will register one time to attend all six classes.

• **Mindful Teen**, Mondays, Jan. 3, 10, 24, 31 and Feb. 7 and 14, 5 p.m. This grade 6-12 program utilizes experiential learning activities for youth to gain an understanding of mindfulness and its connection to stress management. Please register online. Youth will register one time to attend all six classes.

• **Winter Hike at Jester Park (grades K-5)**, Tuesday, Jan. 4, 2 p.m. Join a Polk County Conservation Naturalist as they lead us through a guided hike to learn more about what goes on in the forest during the dead of winter. Meet on the back patio of the Jester Park Nature Center.

• **Acrylic Painting on Canvas with Candice Foster**, Jan. 6, 6 p.m. Learn the basics of painting in this acrylic painting class with local artist Candy Foster. All supplies will be provided. For ages 17 and older. Register online at polkcitlibrary.org.

• **Friends of the Library meeting**, Wednesday, Jan. 12, 6:30 p.m. The Friends of the Polk City Community Library has four scheduled meetings per year. All meetings are open to members and the public. Anyone interested in supporting the library is welcome and encouraged to attend.

• **Adult Coloring**, Tuesday, Jan. 18, 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. For ages 17 and older.

• **Meditation with Brandy**, Jan. 20, 7 p.m. on Zoom. Could you use some time to relax and recenter as we enter the new year? Join Brandy Young as she guides you through a simple and accessible meditation practice where you'll have a chance to explore and experience basic

Polk City Community Library
1500 W. Broadway
515-984-6119
polkcitlibrary.org
Visit our website and Facebook page for the Zoom links.



breath work, gentle movement and meditation.

REGULARLY HELD ACTIVITIES

• **Story Time** is held Mondays and Tuesdays at 10 a.m. Join Ms. Melissa 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.

• **Geri-Fit Strength Training Workouts** are held Mondays at 1 p.m. These work for all fitness levels. The program requires a set of light dumbbell weights, a sturdy chair and water to drink during the workout. The program is for ages 50 and older. Stretch bands are available upon request. Register online at polkcitlibrary.org if you will be attending in person. If you would like to participate from home via Zoom, please call the library ahead of time.

• **Chair Yoga** will be held Tuesdays at 9 a.m. Join Brandy Young via Zoom. We will be broadcasting the class on the big screen in the library, or you can join us from home. Chair Yoga is a gentle practice in which postures are performed while seated and/or with the support of a chair. No experience is necessary. Gentle strength training may also be incorporated into the practice. Props such as hand weights, resistance bands and a yoga block may be helpful if desired, but are not necessary. Register online at polkcitlibrary.org if you will be attending in person. Space is limited.

• **Coffee Wednesdays** are 10 a.m. to noon for women to gather for coffee and conversation.

• **Geri-Fit Weights program** is held Wednesdays at 1 p.m. This 45-minute intermediate strength training exercise program is designed to build strength, increase bone density and tone your muscles. It's never too late to learn how to work out with weights. The program requires a set of light dumbbell weights,

a sturdy chair and water to drink during the workout. Register online at polkcitlibrary.org if you will be attending in person. If you would like to participate from home via Zoom, please call the library ahead of time.

• **Open Card Games** are held Thursdays from 1-3 p.m. The library has cards and Cribbage boards. Participants pick what game to play each Thursday. For ages 17 and older.

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

• **Men's Friday Coffee** is 10 a.m. via Zoom. 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.

BOOK CLUBS

• **Wednesday Adult Book Club**, Jan. 5, 7 p.m. "Untamed" by Glennon Doyle, a memoir about her love story with U.S. soccer Star Abby Wambach.

• **Book Club (grades 5-7)**, Tuesday, Jan. 11, 4 p.m. "The City of Ember" by Jeanne DuPrau. Pick up your copy while supplies last. Read, then join us for some fun discussion.

• **Book Club (grades 3-5)**, Wednesday, Jan. 19, 4 p.m. "I Survived the Great Chicago Fire, 1871" by Lauren Tarshis. Pick up your copy of the book while supplies last. Read, then join us for some fun discussion.

• **Monday Adult Book Club**, Monday Jan. 24, 2 p.m. "Killers of the Flower Moon" by David Grann. In the 1920s, the richest people per capita in the world were members of the Osage Indian nation in Oklahoma...

• **Book Club (grades K-2)**, Tuesday, Jan. 25, 4 p.m. "The Magic School Bus: The Great Shark Escape." Pick up your copy of the book starting Wednesday, Dec. 22, while supplies last. Read, then join us for some fun discussion. ■

RECIPE

DELIGHTFUL dishes to dazzle holiday guests

(Family Features) Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at EnvyApple.com. ■


Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.






Amish Haus

FURNITURE

We offer many styles... But just one standard of excellence!



..... **HOLIDAY SALE** Going on Now! Great Gifts!



Great gift ideas like Motawi Decorative Tiles, Schlabaugh & Son's Clocks, Sabbath Day, a nice rocking chair, Tiffany Lamps or some new art for the home.

Accessories are on Sale with
10-20% Off

lamps, art, clocks, decorative tiles and toys!

3201 100th Street, Urbandale www.AmishHausFurniture.com (515) 270-1133 Facebook: @amishhausfurniture

END of the year is a time to take stock

2021 has been a challenging year for all of us. The uncertainty and anxiety will continue into 2022. Still, the end of the year is a good time to take stock of your personal situation.

Update your estate plan

Putting your legal affairs in order is important. It reduces the burdens on loved ones in the event of poor health or death. It can save time and expense. And it allows you to have control over how your assets pass. Every person should have three basic estate planning documents: a Last Will and Testament, a Durable Financial Power of Attorney, and a Living Will / Health Care Power of Attorney.

A will directs the distribution of your assets upon your death. Through the power of attorney, you give another person the ability to make financial decisions for you should you become incapacitated. If you're too ill to speak

for yourself, you can express your wishes and have your voice heard through a living will. This advance directive lets you detail your preferences for your medical care.

Make a list of key contacts

When you update your estate planning documents, you should also make a master list of important information. If you die or become incapacitated, your family will spend time figuring out what you own and whom they should contact. List your investment advisor, insurance agent, tax professional, banker and attorney. Make sure you have the correct contact information for each advisor listed.

Review the title to your home

You should review how you hold title to your home. When you purchased your house, the seller executed a deed. The deed contained

important vesting information — the names on the title and the legal relationship between those titleholders.

If you are married, you probably want to ensure that both spouses are on title to the house. This may not be the case if the parties were married after one bought the house or if it is a second marriage. You also probably want to ensure that, if one titleholder were to die, the house would pass to the survivor. A simple review of who holds title and how title is held can prevent expensive problems later.

These are three simple yet effective steps that can save time and expense in the future. Contact an experienced attorney to help you. ■

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





SUPERIOR SERVICE. LEGAL SOLUTIONS.
EXPERIENCED ATTORNEYS SINCE 1987

Wills, Trusts, and Estate Planning ■ Probate and Estate Administration
 Residential Real Estate ■ Business Formation and Planning
 Medicaid and Asset Protection ■ Social Security Disability

ATTORNEYS WHO SPECIALIZE IN YOU



**ABENDROTH RUSSELL
BARNETT LAW FIRM**

ESTABLISHED IN 1987

2560 73rd ST. • URBANDALE • 515.278.0623

WWW.ARPCLaw.COM

CALL TODAY! 515-278-0623

BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.

“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly, and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or



at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515-643-7900, MercyOne.org/desmoines.

MERCYONE

A new way to treat cancer

MercyOne Richard Deming Cancer Center expands our circle of care to include additional programs for patients to live their best life, including those living with cancer, survivors and their families.

The center also features an expanded research office for increased number of clinical trials, to be on the cutting edge of lifesaving medical breakthroughs.

You’ll find **compassionate, comprehensive, and personalized care**, where patients can meet with all the members of their care team under the same roof in one convenient location.



FITNESS

By Dana Rounds

SETTING goals the SMART way

It's already December, 2021 is coming to an end, and many are setting goals for the new year. No matter how big or small your goals are, they require planning. An effective way of setting goals is the SMART method, which stands for goals that are Specific, Measurable, Attainable, Relevant and Time bound.



Specific. Your goal should be clear and easy to understand. Break it down so it is easier to accomplish.

Measurable. Make your goal measurable by adding a number to it so you can track your progress.

Attainable. The goal should be realistically attainable. Find the limit that isn't too high that it becomes extreme or too easy that it's not motivating.

Relevant. Don't set a goal because someone else wants you to. Your goals must be relevant to your interest, needs and abilities, so it motivates you.

Time-bound. Be sure to include an end point. Knowing that you have a deadline will help you stay on track.

A poor example of goal setting: "I want to lose weight by running a lot." SMART goal: "I want to lose 6 pounds in one month by going on a 2-mile run/walk four times per week, and I will bring my lunch to work instead of eating out four days this week."

Now that you know how to make a SMART goal, go out there and achieve them. ■

Information provided by Dana Rounds, ACE Certified Personal Trainer, Eat the Frog Fitness, 2785 N Ankeny Blvd., Suite 15, Ankeny, 515-505-7130.



EAT THE FROG FITNESS

COMING SOON

GUARANTEED RESULTS IN 8-WEEKS



PERSONALIZED
GROUP TRAINING



FOR EVERY
FITNESS LEVEL



PROVEN TO
GET RESULTS

Eat The Frog Fitness is the only personalized group training program that combines athletic-inspired training and the science of your body to achieve incredible results.

2785 N Ankeny Blvd, Suite 15
[515] 505.7130 EATTHEFROGFITNESS.COM  

HEALTH

By Sheryl Frye

REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don't try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.



It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing, you can create a sense of peace. ■

Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

SS Therapy and Consulting



Taking on life's challenges one step at a time.

www.sstherapyandconsulting.com

STEPS
Parenting
Group
Th 4-6

Therapy
for All Ages
Most insurances
accepted.

STEPS
Group
Th 4-6/6-8
Neurofeedback

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING, WEEKEND AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

ENJOYING Christmas after the loss of a loved one

Christmas traditions are joyous times families look forward to each year.

My family would always give gifts to every member of the family — no drawing of names in our clan. As our immediate family grew to 13, we began having a “progressive Christmas,” going from one family member’s house to another.

For some, the thought of participating in holiday traditions is more than they can bear, as a precious member of the family will be missing the celebration.

As the holidays approach, do not isolate yourself from family and friends. Many of them are grieving your loss as well. Perhaps this year you should begin some new traditions: create a scrapbook of photos and memories of your loved one; volunteer at a homeless shelter — the possibilities are endless.

Most of all, don’t be afraid of tears. You are hurting, and others are, too. Someone you loved is no longer with you. ■

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




Merry Christmas!

from your friends at

Highland Memory Gardens Cemetery

One NE 60th Avenue, Des Moines, IA, 50313
 Located on 2nd Avenue, 1 mile north of I-35/80
 515-289-2230 | www.highlandmemorygardens.com

THANKFULNESS breakfast

North Polk Central PTA honors families.

The goal of the PTA (Parent Teacher Association) is to serve as a liaison, providing resources and advocacy for both teachers and students. That’s how the North Polk Central Elementary PTA views their group.

However, four years ago, the PTA, along with a group of teachers, thought, “Why celebrate only teachers? Why not honor the families the school serves?”

Molly Sheldahl, NP Central Elementary teacher, PTA member and NP parent, says, “Teachers often get celebrated through the PTA. We wanted to celebrate the families we serve.”

As a result, the PTA and the teachers hosted a Thankfulness breakfast on Nov. 23. Food and beverages were donated by local businesses.

In past years, prior to the pandemic, more than 550 students and family members attended the breakfast in the gymnasium. This year, due to COVID, breakfast was still served, but in the classrooms to students only.

Sheldahl says it was a great opportunity in the past for parents to see teachers outside of a school conference setting.

“The parents absolutely loved it. It’s an opportunity to see teachers. It’s a new tradition everyone looks forward to,” she says. “The response was amazing when we first started doing it.”

In addition to the breakfast, NP Central PTA also hosts fundraisers benefiting teachers. Instead of selling items, an “unfundraiser” form was sent home, asking parents to donate any amount.

“Central keeps 100% of the donations, and teachers get money for their classroom libraries, recess balls, hula hoops and more,” Sheldahl says.

PTA is an important part of school, she adds.

“PTA extends the work our teachers are already doing,” she explains. “It helps form relationships with other parents and supports the work our students are doing.”

Coming up next spring is a read-a-thon, where families pledge money for time spent reading, with funds going towards classroom reading books.

Sheldahl encourages parents to get involved, whether it’s a one-time volunteer commitment or by attending regular meetings.

“We’re always looking for parents to help out — whatever that involvement might look like,” she says. “We’re so lucky to have supportive families in the schools. We want to continue to celebrate the great families we serve.”

For more information on the NP Central PTA, contact npcentralpta@gmail.com. ■



The Thankfulness breakfast was an opportunity for the PTA to honor parents of students. Due to COVID-19, parents could not attend this year.

BUDGETING for the holiday shopping season

As we're a year and a half into pandemic living, we have become well acquainted with this new normal. Going into year two of a pandemic holiday season, we can expect many of the same things we saw last year, including retailers closing stores on Thanksgiving and extending the Black Friday sales. This new year, however, brings new concerns for the shopping season such as supply chain and shipping delays, inventory shortages and price increases.



Many retailers acknowledge this change and are extending their sales, which can be helpful to consumers, but what if your finances have changed since the pandemic began? If money is tight for you this year, it doesn't mean you can't enjoy the season, rather that you may need to adjust your budget. Here are some tips on how to manage budgeting — and stress — this holiday season.

Set expectations

It's important to acknowledge that things are different. Talk to your family and friends about expectations for the season and what would make everyone feel better during this stressful time. Talk about how much you all feel comfortable spending to prevent future misunderstandings.

Think about your priorities

Household incomes have changed for many during the pandemic, meaning some may not have savings they had before to finance holiday fun and gifts. If holiday spending is important to you, look for ways to temporarily reduce spending, such as renegotiating your cable and Internet package. You may be surprised at the ways to free up extra cash. Check to see if you have any credit card rewards available to convert to gift cards or cash.

Check for deals, but don't let it consume you

It's always a good idea to do some research before purchasing gifts to ensure you are getting the best deal, but try not to get too caught up in price comparing and purchasing options. So many retailers offer different deals weekly or daily, and trying to outsmart them is not likely to provide you significant savings and will probably drive you crazy.

Change your holiday traditions

It is possible to scale down your celebration and keep spirits bright. If you typically exchange gifts with several friends and family members, consider doing a secret Santa exchange instead. Talk to your group beforehand to agree on a spending limit, draw names and purchase one gift instead of many.

Amongst all the uncertainties that have come with this second strange year, we hope these strategies will help ease some stress, and we wish you a joyful holiday season! ■

Information provided by Kelsey Hughes, Trust Officer, Raccoon Valley Bank, Adel, Dallas Center, Grimes, Minburn and Perry, 515-465-3521. Our trust experts are here to work with you to assure you peace of mind and the financial security of your family.

Happy Holidays

FROM OUR STAFF TO YOUR FAMILY



Wishing you all the **PEACE**
and **JOY** this Holiday Season!



Raccoon Valley Bank

www.raccoonvalleybank.com

ADEL
1009 Court Street
515-993-4581

DALLAS CENTER
590 Sugar Grove Ave
515-992-9200

GRIMES
1051 NE Gateway Drive
515-452-0812

MINBURN
303 Baker Street
515-677-2258

PERRY
1202 2nd Street
515-465-3521



SCHOOLS, recreation prompt move

Moeller also notes friendliness of the community.

For Alexis Moeller, the big draw to moving to Polk City were the community's highly regarded schools.

"Definitely, the North Polk School District is what got me hooked on this area," she says.

Moeller, who lived in Johnston for 13 years prior to settling in Polk City last September, has custody of her three nieces, so another bonus to moving were the many outdoor amenities the town has to offer.

"The kids love to be outside, so we love all the outdoor stuff that's around here," she says. "It keeps them busy in the summertime."

Thankfully, the house Moeller and her girls moved into has an ample yard as well. They live in the older part of Polk City — West Grimes Street, specifically — and Moeller appreciates the tight-knit feel of the area.

"Everybody around here is super close," she says. "It's something I'm not used to, but I love it."

Another thing Moeller enjoys about being part of the Polk City community is the friendliness she encounters everywhere she goes, like when she walks into any of the town's small businesses, and the owners know who she is and seem glad to see her.

"They're so jovial when you walk in the door," she says.

As a fellow small business owner, she says this feeling is especially meaningful. Moeller established Cake Creations by Alexis in January 2020 after she posted a picture on Facebook of a birthday cake she had made for her mom. People started showing interest in getting their hands on a cake of their own, so she decided to start baking for a bit more income. Now, she just makes custom cheesecakes — she had 62 orders for this past Thanksgiving alone — and credits the Polk City community for helping her grow the business.

"I don't know if it would have gotten as big as it has if I hadn't moved here," Moeller says.

Now, when she walks into Fareway to get groceries, she often gets recognized by other folks in the area who've purchased one of her creations.

"It's nothing I've ever dreamt of before, that's for sure." ■



Alexis Moeller lives in Polk City with her three nieces.

*Merry
Christmas
and Happy
New Year!*

from Dr. Cherny and staff at
Heartland Plastic Surgery!



**CHECK OUR FACEBOOK
FOR SPECIAL
CHRISTMAS DEALS!**



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM

Financing Available!



THE BIG dance

North Polk dance team members perform in Macy's Thanksgiving Day Parade.

Four North Polk High School students got the thrill of a dancing lifetime recently when they participated in the Macy's Thanksgiving Day Parade in New York City.

Maddi Bequeaith, Kiara Jesse, Liv Warner and Ally Verbrugge took part in the massive parade, which draws hundreds of thousands of people each Thanksgiving — and millions more watching from home.

"The girls told me that getting to be a part of the parade was just surreal," says Angie Jacobs, the North Polk dance team coach. "Knowing that they were part of this huge event, with these huge balloons around them, and thousands of people lining the street, I can't even imagine what that must have felt like."

The morning of the parade, the girls rose at 4 a.m., rehearsed the dance in their hotel, then boarded the subway — all 500 participants, in their costumes, no less — to the beginning of the parade route. Once there, the girls went into "hurry up and wait" mode and managed to get some sleep on the street before being called for their turn.

The parade route was three miles long, and the weather was less than inviting, but the girls enjoyed it nonetheless.

"It was cold, but it was cool to see how many people were there to watch," Bequeaith says.

Once they reached Macy's, the team danced on the star in front of the store, and, just like that, it was over. The dance of a lifetime.

While in New York City, the four also attended a Broadway performance, went to the 9/11 memorial site, visited the Statue of Liberty and took in a few other New York City tourist attractions.

The road to Macy's began last summer when the dance team participated in the Marching Auxiliaries camp in Des Moines, where choreographers and teachers from across the U.S. selected individuals based on their performances there.

Nine of 11 of the North Polk team members were invited to participate in the Macy's Thanksgiving Day parade. Of those, Bequeaith, Jesse, Warner and Verbrugge chose to continue on to the next step, which was raising money to defer costs.

"They fundraised the money all on their own, and the community really helped us, too," she says. "After they were selected, they got it in their heads that this was something they wanted to do."

And then it was off to dance in New York City.

"It was like a whirlwind," Jacobs says. "But I'm so proud of the girls. It truly was a once-in-a-lifetime experience." ■



North Polk dance team members, from left, Kiara Jesse, Liv Warner, Maddi Bequeaith and Ally Verbrugge, recently performed in the Macy's Thanksgiving Day Parade in New York City.

SMALL TOWN SPIRIT IN THE CITY



ALL SAINTS
CATHOLIC CHURCH

LOCATED AT THE NORTH EDGE OF DES MOINES

650 NE 52nd Avenue • Des Moines, Iowa • 515-265-5001

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

Reconciliation:
Saturday,
3:00 pm — 3:30 pm

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

PAWS WITH A CAUSE

To learn more about
PAWS WITH A CAUSE
and to find out how
you can help, just
download this simple
app and watch this
story come to life:

GET ZAPPAR
ZAP THE CODE
TO DONATE

Living
IOWA
MAGAZINE

"He's given me the I can back"

PROVIDED AS A COMMUNITY SERVICE BY THIS CIVIC MINDED PUBLICATION AND THE ASSOCIATION OF COMMUNITY PUBLISHERS

AWARD WINNING PEDIATRIC HEALTH CARE

Expert pediatric medical care with friendly staff and doctors who listen!

Dr. Rob Fornoff
Dr. Jagadish Bilgi
Dr. Debra Borcharding
Sally Tweedt, CPNP
Amanda Ostergaard, CPNP
Sarah Barnhart, CPNP
Laura A Delaney, PA-C

DSM Pediatrics

DES MOINES PEDIATRIC AND ADOLESCENT CLINIC

Beaverdale
2301 Beaver Avenue
515-255-3181

Ankeny
2785 N Ankeny Boulevard
515-964-2159

www.DSMPEDS.com Trusted Child Health Care Since 1958

Wishing you a
very merry home
for the
holidays!

Bonnie CHRISTENSEN C RS, GRI, e-PRO®
CDPE, CNHS

107 E 1st Street, Ankeny
515-971-9973
bonniebrc@msn.com

CIRCLE OF EXCELLENCE : 2008-2020
RE/MAX PLATINUM CLUB : 2011-2020
RE/MAX HALL OF FAME : 2011-2016

EACH OFFICE INDEPENDENTLY OWNED AND OPERATED
www.BonnieSellsIowa.com



BONNIE CHRISTENSEN
REAL ESTATE
RE/MAX
PRECISION

IR MLS CERTIFIED NEW HOME SPECIALIST EQUAL HOUSING OPPORTUNITY

REAL ESTATE

By Bonnie Christensen

PAINT colors to fix any room's quirks

Paint colors can do a ton to fix a room's flaws for not much money. Every home suffers a few negatives, but not every solution requires pricey structural changes. Paint is a frugal remodeler's go-to solution to perk up a problem room.

Choosing paint for a room that's too small.

Painting walls white, cream, pastels or cool colors (tinged with blue or green) creates the illusion of more space by reflecting light.

White or light colors on walls lifts the ceiling, bringing your eyes up, which makes you feel like you're in a larger room.

How to use paint color to make a room seem bigger

- Paint trim similar to walls to ensure a seamless appearance that visually expands space.
- Use a monochromatic scheme to amplify the dimensions of a room. Select furnishings in the same color. Lack of contrast makes a room seem more spacious.

Choosing paint for a room that's too large. When a space feels cavernous, draw walls inward and make it cozy with warm colors (red-tinged) because darker hues absorb light.

Similarly, a dark or warm color overhead (in a flat finish) helps make rooms with high or vaulted ceilings seem less voluminous.

Choosing paint for a room that needs a soothing vibe. The right paint choice can lend tranquility to a bathroom, master suite, or other quiet, personal space. A palette of soft, understated color or muted tones help you instill a calming atmosphere.

Choosing paint for a room with special features no one notices.

Call out notable features in a room with paint. Dress crown moldings and other trims in white to make them pop against walls with color.

Make a fireplace or other feature a focal point by painting it a color that contrasts with walls.

Using a higher sheen of paint on woodwork, such as baseboards and door or window casings creates a crisp edge and clear transition from the wall to the trim.

Choosing paint for a room with something ugly to hide. Not everything should stand out in a space. Using a low-contrast palette is a good way to hide unappealing elements or flaws.

Conduit, radiators, and other components painted the same color as the wall will seem to disappear.

Selecting low-sheen or flat paint colors also helps hide flaws. Unless walls are smooth, avoid using high-gloss paint because it reflects light and calls attention to an uneven surface.

How to pick paint colors for any room

- Sample paint colors on a few walls.
 - Use large swaths of paint so you can get a real feel for the color.
 - Add samples to opposite sides of a room to judge the paint color from different angles.
 - Check the space with the samples in place and watch how the paint color changes at different times of the day.
 - Check the color on cloudy days, sunny days, and at night when you've got artificial lights on. ■

Article by Jan Soultz Walker, HouseLogic. Information provided by Bonnie Christensen, Broker, RE/MAX Precision, 107 E. First St., Ankeny, 515-971-9973.



Your Mortgage Professional

For more than 100 years, buyers have counted on Bankers Trust to help them with all of their financial needs. The Bankers Trust mortgage department has a variety of loan products available to meet your needs today.



Mindy Selix
NMLS ID#: 571223
(515) 222-2017
MSelix@BankersTrust.com
BankersTrust.com/mindy-selix



Yvonne Silvers
NMLS ID#: 571224
(515) 222-2005
YSilvers@BankersTrust.com
BankersTrust.com/yvonne-silvers

1925 N. Ankeny Blvd., Ankeny

BANKING | LENDING | WEALTH MANAGEMENT



KIWANIS Seniors of the Month

The Kiwanis Club of Polk City honors these local high school seniors.

Isabelle Friedman

Isabelle Friedman's parents are Traci and Paul Friedman of Polk City. Her siblings are McKenzie and Chase Friedman. She says her favorite school subjects are English and psychology.

"My participation in Key Club the past four years has taught me the importance of volunteering for my community, motivating me to obtain the officer positions of secretary, vice president, and currently president," she says. "This fall, the Key Club organized a movie night, which allowed us to donate money and canned goods to the Bidwell Riverside food pantry. I participated in large group speech my sophomore year, and I made it to state for my individual poetry reading my junior year. I plan to participate in both group and individual speech my senior year. I am organizing a mock trial club with hopes of competing this year. I have been involved in cross country for four years, and I organized the production of our team shirt this year. I have played soccer for the high school and United teams, and I have refereed soccer for the North Polk United Soccer Club. Furthermore, I have interned at BiblioKid Publishing and have worked my way up to my current position as assistant publisher. I am a member of the National Honor Society and National Spanish Honor Society. I have been on the gold honor roll my four years in high school. My interest in the law has led me to participate in competitions, such as Law Day, Know Your Constitution, and Voice of Democracy.

Following graduation, she plans to attend the University of Iowa to major in English and creative writing.



Isabelle Kathryn Rutledge

Isabelle Kathryn Rutledge's parents are Aaron and Kate Rutledge of Polk City. Her siblings are Jax and Wesley. She says her favorite school subjects are "all things science but I love anatomy."

"I love spending time with my family and friends and playing games. Cheer is my favorite activity outside of school, and I plan to continue cheering in college. I work at a nursing home and a hospital as a CNA, and I love my job. I love being able to get to know other people and make more friendships in my future. I will be attending Wartburg College to major in biology. I'm so excited to see where life takes me."

Besides cheer, she also participates on the dance team and in her church youth group. She is a member of the National Honor Society and National Spanish Honor Society and on the Gold Honor Roll.



Kaylie Rozenboom

Kaylie Rozenboom's parents are Scott and Heather Rozenboom. Her favorite school subjects are history and art.

"I am my school's National Honor Society secretary, the Student Council sergeant of arms, the Key Club vice president and the Nebraska Iowa Key Club district lieutenant governor. I have also enjoyed being involved in art, choir and our school musical all four years. Outside of school, I enjoy making wheel-thrown pottery at my house and volunteering at my church. After graduation, I plan on going to the University of Iowa to major in elementary education and minor in history and art."

Besides being a member of the National Honor Society, she is also a member of the National Art Honor Society. At her church, she works with the nursery program, volunteers to help with the children's programs and delivers meals to the elderly members of the church. ■



EVENTS IN THE AREA

Be sure to check for cancellations.

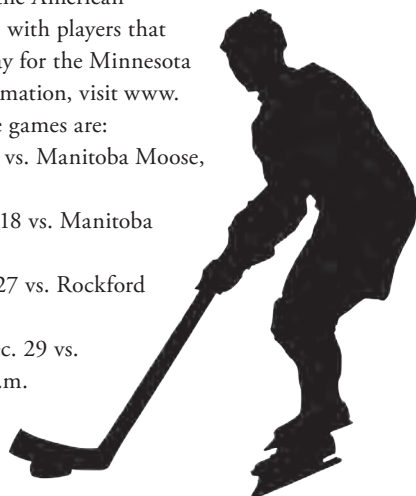
Iowa Wild Hockey home games

Various December dates

Wells Fargo Arena, 730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

- Friday, Dec. 17 vs. Manitoba Moose, 7 p.m.
- Saturday, Dec. 18 vs. Manitoba Moose, 6 p.m.
- Monday, Dec. 27 vs. Rockford Icehogs, 6 p.m.
- Wednesday, Dec. 29 vs. Colorado Eagles, 6 p.m.
- Friday, Dec. 31 vs. Colorado Eagles, 2 p.m.



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



Des Moines Buccaneers home games

Various December dates

Buccaneer Arena in Urbandale, 7201 Hickman Road

The Buccaneers, a Junior A Amateur Ice Hockey team, entertain local audiences with fast-paced action. For more information, visit www.bucshockey.com. Home games are:

- Friday, Dec. 17 vs. Omaha Lancers, 7 p.m.
- Wednesday, Dec. 29 vs. Cedar Rapids RoughRiders, 6:30 p.m.

Holiday Promenade

Friday, Dec. 17

Historic East Village, Des Moines

Enjoy the final Friday of the annual Holiday Promenade in the Historic East Village. The event is produced by the Greater Des Moines Partnership and Historic East Village Neighborhood Association. Retailers, restaurants and attractions are encouraged to remain open until 9 p.m. Activities are scheduled.



'The Sound of Music'

Through Dec. 19

The Des Moines Community Playhouse, 831 42nd St., Des Moines

Based on the true story of Maria and the von Trapp family, this "happiest musical in the world" is a family holiday classic. For more information, visit www.dmplayhouse.com.

Enjoy receiving *North Polk Living* magazine every month for free?

Please patronize local businesses that advertise in this magazine and thank them.

www.iowalivingmagazines.com

NORTH POLK
Living
MAGAZINE



EVENTS IN THE AREA

Be sure to check for cancellations.

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



'The Nutcracker' by Ballet Des Moines

Dec. 17-18
Staplin Performing Arts Center, 3650 Woodland Ave., West Des Moines

Enjoy this classic holiday ballet. For more information, visit www.balletdesmoines.org.



Des Moines Symphony New Year's Eve Pops: 'The Music of Elton John'

Tuesday, Dec. 31 at 8 p.m.
Des Moines Civic Center,
221 Walnut St., Des Moines

Ring in the New Year with the Des Moines Symphony. The New Year's Eve Pops brings the Symphony together with "The Music of Elton John," starring Michael Cavanaugh and his band. The high-energy celebration will have you singing along to classic hits and rock favorites. For more information, visit www.dmsymphony.org.



Pop-Up Christmas Bar

Through Jan. 2
Exile Brewing Company,
1514 Walnut St., Des Moines

Exile Brewing Company will open Des Moines' first-ever Pop-Up Christmas Bar. The experience, known as SnowGlobe DSM, will feature more than 100,000 Christmas lights and nearly a semi-full of holiday decorations installed at Exile's Bar and Restaurant in downtown Des Moines. For more information, visit www.snowglobedsm.com.



Santa's Rock N Lights

Through Jan. 2
Living History Farms

More than 100,000 attendees are expected at this popular drive-through light show. The over-a-mile-long route will feature hundreds of thousands of lights, miles of cords, and tens of thousands of zip ties — all to spread holiday cheer in a responsible, COVID-safe way. New this year will be larger-than-life polar bears and 3D dinosaurs. Limited time slots must be reserved and will minimize wait times. Paid online reservation required. Visit <https://santasrocknlights.com/>.



Jolly Holiday Lights

Through Jan. 2
Adventureland Resort,
3200 Adventureland Drive

Make-A-Wish Iowa started Jolly Holiday Lights more than 25 years ago to raise money to grant Iowa children's wishes. Since then, Jolly Holiday Lights has become the organization's largest fundraising event, funding more than 1,000 wishes to date.

Iowa Quilt Museum exhibit

Through Jan. 23
68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit www.iowaquiltmuseum.org.

COOK Off

Kiwanis Soup and
Chili Cook Off was
held on Nov. 18.



Chris Tigges, Traci Friedman and Steve Karsjen served as celebrity judges.



Regena Butler, Krista Bowersox and Joe Butler



Briggett DeVos and Jim Mitchell



Bill Currie and Jim Bowersox



Tabytha Currie and Roxanna Currie



The Friedman family



The Rosenboom family



Holly and Jason Madison



Jeremy and Samantha Siepker and Janet Hromatko



Krista Bowersox and Phyllis Wiseman

OUT & ABOUT



Brigett DeVos and Jason Thraen at Lost Lake Park on Nov. 21. Go Polk City Enhancement Endow Iowa Fund made a donation to the Polk City Park and Recreation Department for a Gaga Ball pit for the park.



Brigett DeVos, Brandon Converse, Ray Swartz, Nan Bolland and Dixie Bequeaith at a North Polk Comet Cupboard outdoor refrigerator on Nov. 17. Luana Savings Bank donated funds for the refrigerator.



Tracy Jepson and Ginger Holtz at the Sip and Shop at Luana Savings Bank on Nov. 11.



Brooklyn Vogel and McKinley Matzen at the Sip and Shop at Luana Savings Bank on Nov. 11.



Lauren Tigges, Allyssa and Brecken Kohnert at the Sip and Shop at Luana Savings Bank on Nov. 11.



Dennis Dietz is retiring from the Polk City Planning and Zoning Commission after serving three terms.



Rachel Ackerman and Amy Matzen at the Sip and Shop at Luana Savings Bank on Nov. 11.



Justin Dentino with Turner Construction, which donated 20 turkeys to the North Polk Comet Cupboard on Nov. 21.



Heather Raver, Alysia Olson and Sandi Comer at the Sip and Shop at Luana Savings Bank on Nov. 11.



Nan Bolland, Dixie Bequeaith, Mary Miller, Bob Miller and Brigett DeVos at the North Polk Comet Cupboard on Nov. 17. Bob and Mary Miller donated the funds for a new refrigerator.

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

2022 MANUFACTURED HOMES, (14x60) 2Br, \$39,999, (14x70) (3Br- 2Ba.) \$44,999, (16x80) (3Br- 2Ba.) \$49,999. NEW (28 x 46) (3Br - 2Ba) \$59,999. Delivered Factory-Direct, E. Of I-35, & North Of I-80, 319-239-1920. (MCN)

WANT TO BUY

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

ADOPTION

PRIVATE ADOPTION: Kind, nerdy, loving couple hope to adopt a baby. Certified to adopt. Legal expenses paid. Paul and Val call/text: 1-347-480-9505. www.paulandvaladopt.com (MCN)

AUTOMOBILES

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (MCN)

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-855-548-5240 (MCN)

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (MCN)

CABLE/INTERNET

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/22. 1-844-316-8876. (MCN)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (MCN)

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-866-296-1409. (MCN)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096. (MCN)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (MCN)

EDUCATION

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 1-844-843-2771 (MCN)

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 1-844-405-2328. The Mission,

Program Information and Tuition is located at CareerTechnical. edu/consumer-information. (M-F 8am-6pm ET) (MCN)

EMPLOYMENT/HELP WANTED

Dakotaland Transportation Inc. is in search of cabinet haulers that are willing to travel the great USA and be home weekly. - Must have a Class A CDL. We have great benefits: health, dental, vision, life, supplementary, simple iras. Come join this great big happy family. Call 800-822-2703 (MCN)

CLASS A TRUCK DRIVER. North Central region. Could earn over \$80,000. No touch freight. Good benefits. All miles paid. Nice equipment. Experience needed. Call 507-437-9905. Apply online WWW.MCFGTL.COM (MCN)

FINANCIAL

STOP worrying! SilverBills eliminates the stress and hassle of bill payments. All household bills guaranteed to be paid on time, as long as appropriate funds are available. Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-866-918-0981 (MCN)

HEALTH & MEDICAL

50 Blue Pills for only \$99.00! Plus S&H. Discreet, Save \$500.00 Now! Call Today. 1-855-917-5790 (MCN)

Green Roads' Pain Relief Cream. Great for backaches, arthritis, muscle aches & more. Get pain relief exactly where you need it most. Use code: PAIN to get three FREE gifts! Visit https://greencbdtoday.com/midwest (MCN)

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-866-742-7290 (MCN)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (MCN)

INCOME OPPORTUNITIES

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-888-981-5761 (MCN)

MISCELLANEOUS

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF + 2 FREE Months! 1-844-596-1237. Hours Mon-Thu, Sun : 9:30 am to 8:00 pm Fri: 9:30 am to 2:00 pm (all times Eastern). (MCN)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (MCN)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (MCN)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (MCN)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (MCN)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting

& Flooring. Call Today! 844-785-0305 (MCN)

UPDATE YOUR HOME with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 866-970-3073. Ask about our specials! (MCN)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (MCN)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-877-580-3710 today! (MCN)

Need IRS Relief \$10K - \$125K+ Get Fresh Start or Forgiveness Call 1-877-258-1647 Monday through Friday 7AM-5PM PST (MCN)

ENJOY 100% guaranteed, delivered-to-the-door Omaha Steaks! Get 8 FREE Filet Mignon Burgers! Order The Delightful Gift this holiday season- ONLY \$99.99. Call 1-855-404-9374 and mention code 65658LQX or visit www.oma-hasteaks.com/thegift1106 (MCN)

Hale Groves Fruit Favorites Gift Box for the Holidays! Send 2 navel oranges, 1 grapefruit, 2 honey-sweet tangerines, 2 petite red navels, 2 pears & 2 orchard fresh apples! SAVE 43%! Just \$23.99 (plus s/h.) Call 1-866-230-1921 to order item 296X and mention code H2YH62 for savings or visit halegroves.com/H2YH629 (MCN)

Pittman & Davis Sunbelt Fruit Medley for the Holidays! Brighten Someone's Winter! 6 Rio Ruby Red Gems. 8 Tiny Tim Navels. 4 Mini Fuji Apples. Call NOW and SAVE 51%! Pay just \$19.99. FREE Shipping! Call 1-877-648-4334 to order item SFM and mention code P2YG46 for savings or visit pitmandavis.com/P2YG46 (MCN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (MCN)

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-877-228-5789 (MCN)

VACATION/TRAVEL

DO WARM WINTERS SOUND GOOD? Bring your RV down to the warm Rio Grande Valley. J-5 RV Park in Mission Tx. Will welcome you with a country setting and friendly people. We have a special for 1st time visitors. We are following guidelines to keep everyone healthy and taking precautions to protect our community. Phone us at 956-682-7495 or 515-418-3214. Email info@j5rvparktexas.com Tom and Donna Tuttle, Managers. (MCN)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (MCN)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (MCN)

EDUCATION

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information. (M-F 8-6 ET) (ACP)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos

Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 www.dental50plus.com/58 #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

Stroke & Cardiovascular disease are leading causes of death according to the AHA. Screenings can provide peace of mind or early detection! Call Life Line Screening to schedule a screening. Special offer 5 screenings for \$149. 1-833-549-4540 (ACP)

MISCELLANEOUS

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-855-270-3785 (ACP)

GENERAC Standby Generators provide backup power during power outages, so your home & family stay safe & comfortable. Prepare now. Free 7-yr extended warranty \$695 value! Request a free quote today! Call for terms & conditions. 1-844-334-8353 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490 (ACP)

Directv Now. No Satellite. \$40/mo 65 Channels. Stream news, live events, sports & on demand titles. No contract/commitment. 1-866-825-6523 (ACP)

New authors wanted! Page Publishing will help self-publish your book. Free author submission kit! Limited offer! 866-951-7214 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-888-796-8850 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free consultation: 877-212-7578. Ask about our specials! (ACP)

Long distance moving: Call for a free quote from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a relocation specialist 888-721-2194 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

DISH TV \$64.99 for 190 channels + \$14.95 high speed internet. Free installation, smart HD DVR included, free voice remote. Some restrictions apply. Promo expires 1/21/22. 1-833-872-2545 (ACP)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-833-386-1995 today! (ACP)

Stop worrying! SilverBills eliminates the stress & hassle of bill pmts. Household bills guaranteed to be paid on time as long as appropriate funds are available. No computer necessary. Free trial/ custom quote 1-855-703-0555 (ACP)

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201 (ACP)

SAVE. MORE. MONEY.



*Here to help
sell your
home in 2022!*

**We've helped sell
more than**

2,500 HOMES

for our clients!

LET'S DO THE MATH!

Sell your home for **\$300,000**
traditional agent at 6% = **\$18,000**
FSBOHOMES = **\$3,000**

YOU save \$15,000!

*You owe it to yourself & your
pocketbook to learn more!!!*



FSBOHOMES **ANKENY**
110 N Ankeny Blvd, Suite 600

FSBOHOMES **URBANDALE**
11111 Plum Drive

Call today to learn about our services
(515) 393-4688

THE RE/MAX TORRES TEAM GUARANTEE



Thank you for voting Torres Team Favorite Realtor in Northern Polk County!

We will sell your home or we'll buy it from you!

RE/MAX
CONCEPTS



TORRES TEAM
Helping you find your place!

- ✓ One day listing agreement
- ✓ Your home marketed on over 2,000 websites
- ✓ 24-hour customer service
- ✓ FREE use of 12-foot cube trailer
- ✓ Choice between 3-hour moving labor or 3-hour house cleaning or staging consultation - BASED ON AVAILABILITY

515-984-0222

www.TorresTeamIA.com

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