



# City of Polk City Newsletter

Volume 14, Issue 1

JUNE/JULY 2011

## City Hall :

112 3rd Street

PO Box 426

Monday—Friday

8:00 a.m.—4:00 p.m.

Phone: 984-6233

Fax: 984-6177

E-mail: [snickles@polkcity.org](mailto:snickles@polkcity.org)

Web site: [www.polkcity.org](http://www.polkcity.org)

(Clerk, building permits and inspections, water billing)

## Police & Fire:

309 W. Van Dorn

**For an emergency dial 911**

For non-emergencies:

Police: 984-6565

Fire: 984-6304

County Dispatch: 286-2333

## Library:

1500 W. Broadway

P.O. Box 259

Phone: 984-6119

Mon.-Thurs.: 10 a.m.—8 p.m.

Friday: 10 a.m. – 6 p.m.

Saturday: 10 a.m.— 4 pm.

E-mail: [library@polkcitylibrary.org](mailto:library@polkcitylibrary.org)

@polkcitylibrary.org

Web site:

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

## City Maintenance:

301 Northside Dr.

## City Recycling Center:

409 E. Northside Dr.

Sunday—Saturday

7 a.m. to 7 p.m.

## U.S. Post Office:

302 N. 3rd St.

984-6137

## ***Water/Sewer Rates To Increase In July***

At the May 23 council meeting the city council voted on the first reading of Ordinance No. 2011-500 Implementing a new sewer and water rate effective for July utility billings. The rate increase in water is due to the Des Moines Water Works increase in their rates, which the city purchases approximately 50% of its water from. The sewer increase is due to the cost incurred for the city to hook up to the Rock Creek Sanitary Sewer, which is necessary due to population growth and requirements passed in the Clean Water Act.

The ordinance needs three readings before it can go into effect. The second reading will be at the next council meeting to be held on June 13.

A more detailed explanation of the increase and the amount of the increase can be found on page 2 and 3.

## ***Broadway Construction***

Polk County will be repairing the intersection of Broadway and Third Street. Construction began on May 31 and the intersection will be closed three to four weeks. During this time there will be marked detours set up for both North/South traffic as well as East/West traffic. A detour map is available at the city's web site [www.polkcity.org](http://www.polkcity.org). Crosswalks and sidewalk ramps are among the items to be installed.

Polk County's Broadway Paving Project is now in its final stage. Paving has been completed. Bike lane painting and shoulder work are still to be finished. The approximate completion date of this leg of the Broadway Paving Project is the middle of June, weather permitting.

The city has completed a sewer trunk line repair on Broadway from First Street to the Wastewater Plant.

## ***Mosquito Spaying***

The Public Works Department will be spraying for mosquitoes through October twice a week, weather permitting.

In order for an application to be applied, the wind speed must be less than 10 mph and there can be no threat of rain two hours after application.

## ***Community Garage Sale***

A citywide garage sale will be held Saturday, June 25 from 8:00 a.m. to 4:30 p.m. rain or shine. On Friday, June 24 a map listing the sales will be available at Casey's and Kum and Go. Or you can find it on the city web site.

## *Water Increase*

In order to keep the citizens up to date with ongoing utility developments, it was felt that an update to the reasons Polk City is increasing the water and sewer rates would be helpful. The sewer rate increase is now in its fourth step and the water increase is a result of an increase passed on to Polk City by Des Moines Water Works. Since it has been four years since the sewer history has been shared, it was felt there was a need to share it again.

**Water Rates :** Polk City has an agreement with the Des Moines Water Works where Polk City purchases approximately 50% of its water. The remaining 50% comes from Polk City wells and water treatment facility. The water from Des Moines Water Works is already treated and ready for human consumption. Polk City needs to treat its water from the wells before it is ready for the distribution system. Recently Des Moines Water Works passed a large rate increase that affects its customers in various ways. Because Polk City “blends” its water with Des Moines water and due to the fact Polk City is a “wholesale” customer, Polk City was able to reduce the impact of the rate increase to 8%. The current rates and proposed rates are shown below.

Water is a little confusing as there are two parts to the water bill. The first part is usage up to 1000 gallons and it is at a higher rate and the remaining part is based on the number of gallons used after the first 1000 gallons. It would be unfair to increase the entire first 1000 gallons by 8%, so only the increase of the price of 1000 gallons of water was added to this rate. The chart below explains the increase and is in the format of rate per 1000 gallons:

<u>Rate</u>	<u>Old Rate</u>	<u>8% Increase</u>	<u>New Rate</u>
<b>First 1000</b>	<b>\$7.89</b>	<b>\$ .23</b>	<b>\$8.12</b>
<b>All over 1000</b>	<b>\$3.00</b>	<b>\$ .24</b>	<b>\$3.24</b>

Utilizing the average family in Polk City, with a usage of 5000 gallons of water per month, this proposed rate increase would have the impact of a monthly bill of \$21.08, or an increase of \$1.19. The old rate would have resulted in a charge of \$19.89. (New rate - \$3.24 x 4 + \$8.12 = \$21.08) (Old rate - \$3.00 x 4 + \$7.89 = \$19.89) Remember in this example there is 1000 gallons figured into the first rate, thus resulting in a multiplication factor of only 4.

The City Council uses a gauge of the water rates utilized by surrounding communities. Below is the current rates of these communities and Polk City’s proposed rate. Top row is first 1000 gallons and the second row is over 1000 gallons.

<u>Polk City</u>	<u>Ankeny</u>	<u>Bondurant</u>	<u>Grimes</u>	<u>Alleman</u>
<b>\$8.12</b>	<b>\$9.99</b>	<b>\$11.34</b>	<b>\$8.85</b>	<b>\$12.82</b>
<b>\$3.24</b>	<b>\$3.20</b>	<b>\$5.67</b>	<b>\$7.23</b>	<b>\$7.82</b>

## *Sewer Increase*

**Sanitary Sewer :** The Clean Water Act and the population growth of Polk City made the need to change from our current lagoon system to a treatment facility. The current Polk City lagoon empties into back waters, just to the north of the Barrier Dam. This facility under the new Clean Water Act will no longer be accepted within the confines of the legislation. Polk City has been working for a regional solution to the sanitary sewer.

Polk City has grown in the past ten years with an increase of 46% from the 2000 to 2010 U.S. Census. Polk City expects to continue to grow in the future. In fact there are approximately 120 lots in the platting/subdivision stages working to become part of the community.

To address our future concerns, Polk City applied to the Des Moines Metropolitan Area Wastewater Reclamation Authority (WRA) for membership. Polk City was accepted through an agreement that included improvements for the City of Ankeny and Polk County. This was signed by Polk City in May 2007.

Polk City has reviewed several alternatives to the WRA connection; none of the alternatives have the long term cost effectiveness as well as the cost of construction of the chosen connection to the WRA which is called the Rock Creek Sanitary Sewer. Currently the entire cost of construction is estimated to be approximately \$31,000,000 with Polk City’s share expected to be \$10,750,000. Rock Creek Sanitary Sewer will serve portions of Polk County and parts of Ankeny as well as all of Polk City. Construction of a treatment facility serving Polk City would be in the range of \$10,500,000 to \$12,000,000. Plus there would be the constant upgrades as additional requirements are put in place by the EPA and IDNR. The Council also looked into the cost of personnel and repairs for a Polk City owned treatment facility over a thirty year period and found the conveyance of the sewer to the WRA to be a savings to the residents of Polk City.

In 2007 the City Council decided to take small steps in the rate increases for the sanitary sewer to pay for the project. They decided it was better to make a series of small rate increases instead of one large increase. Sewer is a straight forward increase of 5%. There are two components of the sewer rate; the first is called a service availability charge. This charge is for the sewer to go by your property and the regular maintenance of the city owned sewer lines. The second part of the monthly charge is the usage fee. This is based on the number of gallons of water used. The fee is per 1000 gallons.

<u>Service</u>	<u>Current Fee</u>	<u>Increase of 5%</u>	<u>New Rate</u>
<b>Availability Charge</b>	<b>\$8.06</b>	<b>\$ .40</b>	<b>\$ 8.46</b>
<b>Usage Fee</b>	<b>\$3.03</b>	<b>\$ .15</b>	<b>\$ 3.18</b>

*Continued on page 3*

## *Meet Tanner Rickertsen*



Joining the Polk City Police Department is Officer Tanner Rickertsen. Tanner will be a patrol officer for the department.

One of the reasons Tanner took the job is that he has lived in the area for two years and likes the area.

Tanner grew up in Miles, Iowa and is a 2005 graduate East Central High School. He is a 2009 graduate of the University of Dubuque. He majored in Environmental Science with an emphasis on Biology, Sociology and Criminal Justice.

Tanner lives in Ankeny with his brother and enjoys fishing, hunting, camping, football and exercising.

## *Four Seasons Festival Run*

Join the Four Seasons Festival 8k run and 5k run/walk on Saturday, July 23 at 7:30 a.m. The start and finish of the race will be at the corner of Third St. and Broadway on the Town Square.

Following the races will be a free Kids Run to begin at 8:30 a.m. It is for children ages 3 – 8.

Immediately following the Kids Run will be the awards presentation to include cash prizes for top finishers and special awards to the top male/female Polk City resident in each race.

Packets for the races can be picked up at Reising Sun Café, 107 Second St. on Friday, June 22 from 5:00 p.m. to 8:00 p.m. and race day from 6:30 a.m. – 7:00 p.m.

Cost is \$20 per runner and \$50 per family. Sign up can be done on line at the Four Seasons web site, [www.fourseasonsfestival.com](http://www.fourseasonsfestival.com) and click on “events” or mail your entry forms and registration fee to: Greg Bell, 313 Kings Place, Polk City, IA 50026.

Questions about the races may be addressed to Greg Bell at 515-314-9679, [gregbell@hotmail.com](mailto:gregbell@hotmail.com) or Scott Patterson at 515-771-7255, [patterson.scott@principal.com](mailto:patterson.scott@principal.com).

## *Four Seasons Festival*

The Four Seasons Festival will take place on Friday, July 22 from 2:00 p.m. to midnight and Saturday, July 23 from 7 a.m. to midnight. For information and schedule go to [fourseasonsfestival.com](http://fourseasonsfestival.com).

If you would like to volunteer for the festival, please contact John Calhoun at 210-8442.

## *Big Creek Historical Society Program on Genealogy*

If you would like to learn more about genealogy please join the Big Creek Historical Society on Monday, June 20 at 6:30 p.m. Theresa Liewer of the Iowa Genealogical Society and Ankeny Genealogical Society will be present to discuss this topic.

## *Going on Vacation?*

If you are taking a vacation and would like the police to keep a watch on your residence, please call City Hall with the following information: **your name, address, date leaving and returning, and a person to contact in case of any problems.** Also any additional information such as a light you might be leaving on or if someone will be picking up your mail.

## *Sewer Increase from page 2*

An average a family of four would use in the neighborhood of 5,000 gallons, this increase would have a monthly impact of a sewer bill of \$24.36 or an increase of \$1.15. The old rate would have been \$23.21. (New rate - \$3.18 x 5 + \$8.46 = 24.36) (Old rate - \$3.03 x 5 + \$8.06 = \$23.21) Top line is the availability charge and the bottom line is the usage fee.

### **Sewer rates in surrounding communities are:**

<u>Polk City</u>	<u>Ankeny</u>	<u>Bondurant</u>	<u>Grimes</u>	<u>Alleman</u>
\$8.46	\$14.41	\$10.21	\$5.76	No
\$3.18	\$5.31	\$11.04	\$5.76	Sewer

*Should you have any questions please feel free to contact City Hall at 984-6233.*

## *Lost & Found*

Several items have been turned into City Hall: a youth jacket, a pair of men brown leather shoes and a scooter which was found at corner of Van Dorn and Booth. If you are missing any of these items please contact City Hall.

## ***SUMMER FYI***

### ***Where Does Your Sump Pump Water Go?***

According to city code 95.04.02 that no person shall do, or allow, any of the following: Connect a roof downspout, sump pump, exterior foundation drain, areaway drain, or other source of surface runoff or groundwater to a building sewer or building drain which in turn is connected directly or indirectly to a public sanitary sewer.

### ***Tree Branches Over Sidewalks Need To Be Trimmed***

Is it time to trim your tree branches over your sidewalk or street? If you own or occupy property adjoining a public street or sidewalk it is your responsibility to prune your trees in a manner that so they do not obstruct or shade street lights, obstruct the passage of pedestrians on the sidewalk, vision of traffic signs or street or alley intersections. City Ordinance 151.05 states that all trees or shrubs, whether on public or private property, which have branches overhanging a public street or sidewalk shall be kept trimmed to a clearance height of fourteen (14) feet for branches overhanging a street and ten (10) feet for branches overhanging a sidewalk.

### ***Let's Keep Polk City Clean – No Grass Clippings or Leaves in Streets***

Did you know that it is against city code to place your grass clippings or to rake your leaves on to the street? The city would like to remind citizens of the following code: 135.03 **PLACING DEBRIS ON STREET**. It is unlawful for any person to throw or deposit on any street or alley any grass, glass bottle, nails, tacks, wire, cans, trash, garbage, rubbish, litter, offal, leaves, grass or any other debris likely to be washed into the storm sewer and clog the storm sewer, or any substance likely to injure any person, animal or vehicle. (Code of Iowa, Se. 321.369).

### ***Recycling Center Hours***

The City Recycling Center is open from 7 a.m. to 7 p.m., 7 days a week. The center is located at 301 East Northside Drive. There is no charge for Polk City residents to bring leaves, grass clippings, brush, and tree limbs to the center. The center will also accept all of the items that can be put into your curbside recycling cart.

### ***Building Permits***

Are you thinking about adding a fence to your yard or a deck to your house? The city requires a building permit if you build anything stationary, such as fencing, a deck, a concrete slab or anything connected to your home. Permits are issued at City Hall, please call with any questions regarding your plans for improvements.

### ***Before You Dig!***

Just a reminder, if you are planning to dig or excavate, Iowa law requires that you contact Iowa One Call 48 hours in advance of digging. This service will mark your underground utilities at no charge to you. Call 1-800-292-8989 or visit [www.iowaonecall.com](http://www.iowaonecall.com) for more information.

### ***Swimming Pool/ Hot Tub***

A pool containing more than 24 inches of water requires a 5-foot fence surrounding the pool. The Uniform Building Code also includes specific regulations regarding the latch system, etc. Contact City Hall to get more information about pools and hot tubs regulations.

### ***Weed Ordinance in Effect***

A reminder to all property owners that Chapter 10.12 of the City Codebook is in effect year round. This section of the code book states that it is the duty of the property owner to keep property free from weeds, vines, brush, or other vegetation when such growth constitutes a health, safety, or fire hazard. Grass or weeds cannot grow in excess of six (6) inches. The property owners in violation of this code will receive notice. If not complied with, the city can remove the violation and assess the property owner.

### ***You must submit a plan before planting a tree in the public right of way***

Any person proposing to plant a tree on or in a public right-of-way shall first present a written plan to the Public Works Director. Guidelines and plan submission criteria are listed in Chapter 151 – Trees in the city codebook. Copies of the codebook are available at City Hall, the library or you can go online at [www.polkcity.org](http://www.polkcity.org). You may also call City Hall with your questions.



# Happenings at the Library

## Summer Reading Programs

**Starts June 13**

***One World, Many Stories – You Are Here – Novel Destinations***

### ***One World, Many Stories***

Come to the library June 6 to June 10 to validate your registration or register for the summer reading program. You will receive your reading logs during this week.

### ***Novel Destination Reading Program***

Adult Summer Reading program begins June 13 and ends on August 13. Read three books to earn a finishers prize and be entered in the grand prize drawing to be held August 15. Log sheets will be available at the library or on line.

### ***Super Summer Storytime***

Why Super Storytime because it is a hour and a half of summer fun right here at the library. Join us Mondays and Tuesdays from 10:30 a.m. – noon. This program is ideal for ages 4 to 8, but younger and older children are welcome. Registration is preferred but not required.

Monday and Tuesday will be the same program.

There will be no Storytime on July 4.

### ***Thursday Storytime***

Thursday Storytime will begin on June 16. Join us on Thursdays at 10:30 a.m. for 30 minutes of storytime, songs and an easy craft. This is ideal for all ages. Registration is preferred but not required

### ***Iced Tea/Coffee Wednesdays***

On Wednesdays from 10:00 a.m. to noon relax and slip a cup of iced tea or coffee while the kids are enjoying the Summer Reading Program.

### ***Sit N Stitch***

Join us when you aren't on vacation this summer on Thursday evenings from 6:00 p.m. to 8:00 p.m. Bring your current needle project and relax in the coolness of the library.

## Summer Program Presenters

Throughout the summer we will be having presenters on Wednesdays mornings at 10:30 a.m. Please join us in at one or more of the following programs.

- Mad Science – June 15
- IPTV Dan Wardwll – June 22
- Blank Park Zoo – June 29 and July 20
  - Pocket Full of Fun – July 6
- Jr. Detective With The Polk City Police Department – July 13
- Creations With A Twist – July 27

### **Destination: Poland**

#### **With Author Tim Pratt**

Please join us the Saturday Book Club on **June 11** at 9:00 a.m. West Des Moines author Tim Pratt will share selected readings, answers questions, and signs copies of his book *My Life with Ewa: The Early Years*.

### **Destination: Gumball Rally Movie**

Join us for MOVIE NIGHT on Thursday, **June 16** at 6:30 p.m. We will be showing *Gumball Rally* about an East coast-to-West coast car race. Snacks will be provided. Bring your own pillow or blanket.

### **Destination: The Past... Full of Secrets**

Monday Night Book Club will be meeting **June 20** at 7:00 p.m. to discuss *Blessings* by Anna Quindlen. Tea and snacks will be provided.

### **Destination: Africa**

#### **It's A Jungle Out There**

9,172 miles away is a land very different from what you and I experience here in Iowa. Have you eve dreamt of what it would be like to got to Africa? You can walk up next to a zebra, rie through the beautiful green hills of Southern Africa and feel the red dirt beneath your feet. It is a land you never forget. Come experience the *Jungle Out There* on Thursday, **June 30** at 7:00 p.m.

We will be collecting cotton t-shirts that will be made into eye glass cleaning cloths headed for Africa with Blessman Ministries.



## More Happenings at the Library

### ***Destination: 1930's Great Depression***

Join the discussion of *The Grapes of Wrath* by John Steinbeck with the Saturday Book Club on **July 9** at 9:00 a.m.

### ***Destination: Russia***

Join Vera Aginsky on Thursday, **July 14** at 7:00 p.m. as she shows stunning photos and shares stories of her travels through popular Russian cities.

### ***Destination: Saylorville Butterfly Garden – an Outdoor Camera Walk with Mike Larsen***

Meet at the library on Monday, **July 18** at 6:30 p.m. with your camera, extra batteries and insect repellent. Mike Larsen will give a brief camera review and itinerary. Class will provide their own transportation to the Saylorville Visitor Center Butterfly Garden. Class will meet back at the library to discuss how to turn your “snapshot” into a photo. Rain date is Monday, July 25. You are welcome to join us if you are 18 years and older. ***Pre-registration is required.***

### ***Destination: Nebraska and Colorado Territories***

Monday Night Book Club will be discussing *Mollie: The Journal of Mollie Dorsey Sanford in Nebraska and Colorado Territories, 1857-1866* on **July 18** at 7:00 p.m.

### ***Winners of Pedometers***



### ***Destination: Geocaching 101***

Ever heard of geocaching? Want to give it a try? Join Polk County Conservation Naturalist Heidi Anderson and learn the basics of high tech GPS scavenger hunting. GPS units will be available as we hunt several geocaches hidden outside of the library. Join the fun on Thursday, **July 21** at 6:30 p.m.

### ***Destination: Coming To America (Genealogy Program)***

Why did your immigrant ancestors come to America? How did they get here? What did they go through once they got here? Join Theresa Liewer of the Iowa Genealogical Society on Thursday, **July 28** at 7:00 p.m. – 8:00 p.m. as she shares the Immigration & Naturalization process of the 19<sup>th</sup> and early 20<sup>th</sup> century.

### ***What Are Your Destinations This Summer?***

Whether they are near or far mail us a post card or drop one off of your travels. Our mailing address is Polk City Community Library, P.O. Box 259, Polk City, IA 50226. Your postcard(s) will be entered in a special drawing to be held on August 15. All postcards will be displayed through August 13. Adults you too can send us a postcard and be part of the drawing.

### ***Friends of the Library Book Sale***

The Friends of the Polk City Community Library are holding their annual Book Sale on Friday, June 24 from 9:00 a.m. to 7:00 p.m. and on Saturday, June 25 from 7:00 a.m. to 2:00 p.m. Get to the sale early to find the best selection of books for all ages, videos, DVDs, puzzles, games and more!

Pictured at left to right are Carol Ballard, Stephanie Kelsick (Rock Valley Physical Therapy of Polk City) and Dixie Bequeath winners of pedometers at Polk City Community Library program, ***Step Into Spring and Start a Total Body Walking Program*** given by Stephanie Kelsick at the Polk City Community Library Thursday April 28<sup>th</sup>.

## *North Polk Art Exhibition*

A North Polk Senior Art Exhibition was held May 12 to 14 at the Timbered Putter Golf Company at 101 1st Street. At the exhibition was artwork by high school seniors who live in Polk City.

The exhibit was part of the Ankeny Art Center and City of Polk City's outreach programming to introduce students to the gallery setting and preparing them for careers in the arts.

A reception was given by the Friends of the Arts was held on the 12th.



*Stacey Walker*



*Shawna Snyder*



*Taylor Conger*



*Jarrett Quick*



*Jacob Petersen*



## *4th of July*

A reminder all city offices and library will be closed on Monday, July 4.

POLK COUNTY RIVER PLACE WEST.....1  
 HEALTHY FOOD FOR POLK COUNTY .....1  
 UPCOMING SENIOR FEST .....2  
 DON'T LET THE BED BUGS BITE.....2



# POLK COUNTY UPDATE

## POLK COUNTY IOWA : SETTING NEW STANDARDS

### POLK COUNTY ELECTED OFFICIALS



**ROBERT BROWNELL**  
1ST DISTRICT SUPERVISOR

**E.J. GIOVANNETTI**  
2ND DISTRICT SUPERVISOR



**TOM HOCKENSMITH**  
3RD DISTRICT SUPERVISOR

**JOHN F. MAURO**  
4TH DISTRICT SUPERVISOR  
CHAIR



**ANGELA CONNOLLY**  
5TH DISTRICT SUPERVISOR

**JOHN SARCONI**  
COUNTY ATTORNEY



**JAMIE FITZGERALD**  
AUDITOR

**JULIE M. HAGGERTY**  
RECORDER



**BILL MCCARTHY**  
SHERIFF

**MARY MALONEY**  
TREASURER



FOR MORE INFO OR QUESTIONS  
 POLK COUNTY ADMINISTRATIVE BLDG.  
 111 COURT AVENUE,  
 DES MOINES, IA 50309  
 WWW.POLKCOUNTYIOWA.GOV

### UPDATE ON POLK COUNTY RIVER PLACE WEST

Construction continues on the last segment of the River Place complex – River Place West located at 2309 Euclid Avenue, Des Moines. The 17,000 square foot remodel will house General Assistance, Polk County Health Services and several units of CFYS Department, currently housed at 1914 Carpenter.

The remodel area used to house 7 individual storefronts retail businesses – those entries have been eliminated and a new front entry is being installed. In addition to the new office space, there will also be 3 small conference rooms, a break room and a private lactating room for employees’ use.

This project also includes adding a full building generator (for River Place East and West), as well as overlaying the parking lot and adding striping for parking spaces.

The project is scheduled to be completed July 7, 2011 with offices scheduled to move in after that date.

General contractor for the project is Larson and Larson of Urbandale. The project designer is Keffer Overton of West Des Moines.



Restrooms



Entry – River Place West



Children, Family & Youth Services

PHOTOS CREDIT: DONNA MACNEIR, GENERAL SERVICES

### HEALTHY FOOD FOR POLK COUNTY CITIZENS

For the past 6 months, a group of experts from the food and nutrition community has been reviewing and analyzing existing efforts to “ensure equal access to safe, affordable and healthy food for all Polk County residents (This is one of the Healthy Polk 2020 priorities. The full list of priorities is in the Healthy Polk plan at [www.healthypolk.org](http://www.healthypolk.org)).

At a recent community gathering, 43 health leaders and food advocates launched five key strategies to increase access to affordable, healthy food for all Polk County residents:

- Establish a mobile food pantry
- Identify more locations where people can sign up for food assistance on-line
- Create a community food plan
- Strengthen the working relationships within the food community
- Improve communication within the food community

The people who identified these new strategies will reconvene on Friday, May 13th at 8 a.m. at River Place, 2309 Euclid Avenue, to report on their progress and plan their next steps.

Community leaders will be initiating a similar process for these Healthy Polk 2020 priorities:

- Devote additional resources to prevention and wellness
- Provide youth with more ways to be physically active every day in school so they learn to become active adults
- Empower more people to take more responsibility for maintaining their health
- Advocate for affordable, quality and safe housing

If you are passionate about one, or more, of these priorities call 286-3430 or email [chris.frantsvog@polkcountyiowa.gov](mailto:chris.frantsvog@polkcountyiowa.gov) for more information as to how you can get involved.

## SENIOR FEST AROUND THE CORNER

Senior Services of Polk County will be holding the 29th annual Senior Fest and Health Fair Wednesday May 18, 2011, at the Iowa State Fairgrounds.

Approximately 1,500 older adults will attend to celebrate "Older Americans Month." This event showcases information and resource booths, health screenings, dancing, food samplings, games and picnic lunch.

Various organizations participate and provide information about their services and products that may benefit the older adult. Organizations provide door prizes for seniors and give away small promotional items. Health Screenings such as cholesterol, blood sugar, derma scans, massages and medical reviews will be available. Activities and vendor booths begin Wednesday morning at 9:00 a.m. and continue until 1:30 p.m.

Lunch is served at 11:30 a.m. with local celebrities and elected officials invited to assist in serving the meal.

Seniors across Polk County mark their calendars for this special day! For more information visit [www.polkcountyiowa.gov](http://www.polkcountyiowa.gov) under the news and announcements.

## FREE FOOD PACKAGE FOR ELIGIBLE SENIORS

By Cindy Danitz, Program Specialist, Commodity Supplemental Foods

Hard economic times are eating away at our monthly grocery money. Supplemental Foods has a unique program available to seniors 60 years of age and older who meet our income guidelines. Example: Household of one, \$1,174 gross income limit, household of two, \$1,579 gross income limit. Food items that are available in the food boxes would be canned fruits, juices, meats, milk, and vegetables, hot and cold cereals, peanut butter or beans and cheese. We service not only Polk County, but also Dallas, Jasper, Warren, Madison and Boone counties and provide delivery for those who are homebound.

This program is truly worthwhile. With decreases in the Federal budget, it is important to stay in touch with our Senators and Congressmen to show how important the Supplemental Food Program is and encourage all eligible persons to participate.

For more information call 515-286-3655 or Toll Free 1-877-288-3655.

## DON'T LET THE BED BUGS BITE!

We can all remember our grandparents and great grandparents telling us to "sleep well and don't let the bed bugs bite." Never did we expect a childhood saying to become our reality.

A few years ago the bed bug population began to alarmingly resurge in the United States. Experts suspect the resurgence is associated with increased resistance of bed bugs to available pesticides, greater international and domestic travel, and lack of knowledge regarding control of bed bugs. No community across the United States has been spared the experience of bed bug infestation. Contrary to common belief, everyone is at risk whether visiting acquaintances, traveling, or sharing living quarters. Although bed bugs are not known to transmit disease, they are a pest of significant public health importance. Bed bugs have a detrimental impact on physical and mental health and the economy. The U.S. Centers for Disease Control and Prevention and the U.S. Environmental Protection Agency have issued a joint statement highlighting emerging public health issues associated with bed bugs.

To tackle the issue Polk County has convened expert partners to mount a coordinated approach to the control and prevention of bed bugs in our community. On March 17, 2011, the Polk County Bed Bug Task Force, chaired by Supervisor EJ Giovannetti, at the request of the Metropolitan Advisory Committee (comprised of elected officials from Polk, Dallas, and Warren County) and the Polk County Health Department convened its first meeting. The Task Force is comprised of businesses, public health, university, government and non-profit organizations and agencies working together to bring awareness to the community regarding the challenges of control and the economic impact.

The group has defined a strategic plan and identified priorities:

1. Community education and awareness.
2. Instituting best practice guidelines and policies.

The Task Force believes knowledge and empowering all residents with accurate information and guidelines can have a significant impact on preventing and controlling the spread of bedbugs. The committee is moving forward in developing an extensive coordinated community education and awareness campaign as well as Bed Bug Prevention and Control Guidelines. To learn more about bed bug issues and facts and other information you can visit the Polk County Health Department's website at [www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health).

