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Polk County



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LOCAL AREA EVENTS

JANUARY

MLK Jr. Birthday Celebration | Des Moines
Beast Feast | Johnston
Chinese New Year | West Des Moines
Owl Prowl | Pleasant Hill
Cross-Country Ski | West Des Moines
Snowshoe Hike | Des Moines

FEBRUARY

Bacon Festival | Des Moines
Valentine's Dance | Ankeny, Des Moines
Groundhog Day Celebration | Des Moines
Ice Fishing at Fort Des Moines Park
smART Family Weekend | Des Moines
Greater Des Moines Heart Ball
HeArt Fest | West Des Moines
Valentine's Burlesque Ball | Des Moines
Bald Eagle Watch | Granger

MARCH

Country Spring Break | Clive
Kidfest | Des Moines
St. Patrick's Day Parade | Des Moines
Authentic St. Patrick's Day | Urbandale
Wild Night Life & Hike | Granger
Amazing Iowa Reptiles | Des Moines
Edible Outdoors | Des Moines

APRIL

Arbor Day Tree Planting | Clive
Earth Day Celebration | Des Moines
Egg Cookoff & Easter Bunny Visit |
Des Moines
Family Easter Party | Urbandale

APRIL (Continued)

Earth Day in the Junction |
West Des Moines
Easter Egg Hunt | Windsor Heights
Wild Night Life & Hike | Granger
Earth Day Geocache Hunt | Granger
Spring Wildflower Hike | Mitchellville
Stargazing | Pleasant Hill

MAY

Memorial Day Celebration | Des Moines
Mother's Day Soiree | Des Moines
Urbandale Friday Fest
A-May-Zing-Days | West Des Moines
Festivale Cinco de Mayo |
West Des Moines
Learnapalooza | West Des Moines
PGA Champions Tour Charity |
West Des Moines
Spring Art Market | West Des Moines
City Wide Garage Sale | Windsor Heights
Pancake Breakfast | Windsor Heights
WHAMM Race | Windsor Heights
Annual Garage Sale | Windsor Heights
Catch-n-Croakers | Maxwell
Music in the Park | Granger
National Trails Day | Granger

JUNE

Ankeny Unplugged
Art in the Park | Ankeny
Movies Under the Stars | Ankeny
Summerfest | Bondurant
Art Festival | Des Moines

JUNE (Continued)

Lobster Fest | Des Moines
Granger Days
Green Days | Johnston
Pride Ride | Johnston
Cops N' Bobbers Fishing Derby |
West Des Moines
Hy-Vee Triathlon | West Des Moines
Senior Fishing Derby | Des Moines

JULY

4th of July Celebration | Polk County
RAGBRAI | Statewide
SummerFest | Ankeny
Polk County Fair | Des Moines
Taste of Des Moines
Pleasant Hill Summerfest
Four Seasons Festival | Polk City

AUGUST

Iowa State Fair | Des Moines
Pelican Festival | Granger
LobsterFest | Polk City
Nature Playdate - Geo the Geode | Granger
Nature Friends - Tricky Tracks |
West Des Moines
Monarch Tagging | Maxwell
Creek Walk | Mitchellville

SEPTEMBER

DMACC Kite Festival | Ankeny
Thomas Mitchell Days | Mitchellville
Big Creek Fall Bike Ride | Polk City
Razzle Dazzle Day | Runnells
Fall Art Market | West Des Moines

SEPTEMBER (Continued)

Illumifest | West Des Moines
Fall Clean Up Day | Windsor Heights

OCTOBER

Barktoberfest | Ankeny
Creepy Capers | Ankeny
Trick or Treat in Uptown | Ankeny
Pumpkin Fest | Carlisle
Nobbies Haunt Fair | Clive
I.M.T. Des Moines Marathon
Beggar's Night | Polk County
Oktoberfest |
Des Moines & Windsor Heights
Family Halloween Nights | Urbandale
Halloween Hoopla | West Des Moines
Moonlight Seed Harvest | Maxwell

NOVEMBER

Santa's North Pole Village | Ankeny
Jolly Holiday Lights | Des Moines
Turkey Trivia | Granger

DECEMBER

Breakfast with Santa | Ankeny
Festival of Trees & Lights | Des Moines
Holly & Ivy Event | Des Moines
Snackin' with a Claus | Des Moines
Yellowstone in Winter | Granger
Holiday Celebration | Grimes
Windsor Wonderland | Windsor Heights
Snowshoe Hike | Des Moines

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Building & Grounds.....	286-3228
Central Accounting	286-3753
Community & Family Division.....	286-3434
County Attorney.....	286-3737
County Information.....	286-3000
Election Office.....	286-3247
Emergency	911
Emergency Management.....	286-2107
Information Technology.....	286-3757
Treasurer	286-3030
Health Department.....	286-3798
Health Services.....	286-4545
Human Resources.....	286-3200
Medical Examiner.....	286-2102
Public Works.....	286-3705
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Recorder	286-3160
Sheriff	286-3800
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The Sac and Fox Indian tribes originally occupied Polk County until land was claimed by France. As Indians were cleared from the area in 1840, French fur trappers and traders began settling. In 1842 the Sac and Fox Treaty was signed and land was open for settlement. Military posts were then built in Des Moines to keep the peace between settlers and Indians. Iowa became a state in 1846 and Polk County was officially established, named after President James K. Polk. Fort Des Moines was designated the county seat in 1855 and the name was shortened to Des Moines. The state capital was originally Iowa City until 1857 when it was moved to Des Moines. Today Polk County is home to approximately 424,778 residents.

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|--|--------------------------------------|
| ALLEMAN – pop. 435 | MITCHELLVILLE – pop. 2,152 |
| ALTOONA – pop. 13,854 | NORWALK – pop. 8,821 |
| ANKENY – pop. 42,287 | PLEASANT HILL – pop. 8,414 |
| BONDURANT – pop. 2,714 | POLK CITY – pop. 3,201 |
| CARLISLE – pop. 3,693 | RUNNELLS – pop. 392 |
| CLIVE – pop. 15,234 | SAYLORVILLE – pop. 3,238 |
| DES MOINES (COUNTY SEAT) – pop. 197,052 | SHELD AHL – pop. 319 |
| ELKHART – pop. 473 | URBANDALE – pop. 38,369 |
| GRANGER – pop. 1,054 | WEST DES MOINES – pop. 55,426 |
| GRIMES – pop. 8,419 | WINDSOR HEIGHTS – pop. 4,643 |
| JOHNSTON – pop. 15,691 | <i>*Populations are approximate.</i> |

ALTOONA

Originally inhabited by American Indians, Altoona was settled by Anthony Yant in 1854. In 1867, the Des Moines Valley Railroad arrived to the town and it became known as “Yant’s Station” or “Yant’s Siding.” A year later, Julian B. Bausman surveyed the area and Altoona was named after “altus” because it was the highest point between Des Moines and Keokuk along the railroad. In 1876 Altoona was incorporated and platted in 1878. In 1888, Thomas Haines donated four acres of land for a city park, which was the home of festivals and celebrations for years to come. The first municipal airport in Iowa was built in 1926 where Adventureland is now located. Today Altoona is home to approximately 13,854 residents.

ANKENY

Ankeny originated as a farming community where farmers raised cane sorghum for molasses or raised hogs. It was founded in 1875 by John Fletcher Ankeny, a businessman and politician. The railroad arrived by 1880 and Ankeny was incorporated as a town in 1903. From 1932 to 1940, Ankeny was almost destroyed by major fires, but the town was quickly rebuilt. With the establishment of a John Deere plant in 1947, Ankeny almost doubled in population as many citizens were employed with the production of equipment. Today Ankeny is home to approximately 42,287 residents.

CLIVE

Clive grew as a small settlement around Walnut Creek. Early residents were involved in coal mining, rail shipping or agriculture. The first school was built in 1848. Jefferson Polk and Frederick Hubbell developed the area, founding the Union Land Company which platted Clive in 1882. The railroad soon followed and businesses established near the train depot. Clive was incorporated as a city in 1956 and remained a small community until the development of the Interstate highway system in the 1960s. Today Clive is home to approximately 15,234 residents.

DES MOINES (COUNTY SEAT)

It was suggested by John Dougherty in 1834 that a military post should be built where the Raccoon and Des Moines rivers converged. Within ten years, a fort had been built and the origin of the name is still under scrutiny. Historians believe Fort Des Moines was either named after an Indian word for “river of the mounds” or a French word for “monks”. Upon establishment of the fort, settlers began arriving and in 1847 streets were platted. Fort Des Moines was incorporated in 1851 and several years later, Fort Des Moines was shortened to Des Moines and selected as the county seat and state capital. (Next Page)

DES MOINES (COUNTY SEAT), CONTD.

The community continued to grow until WWI when many residents enlisted to serve in the army. By the end of the war, Des Moines had become a major insurance center and due to a diversified economy, Des Moines has continued to grow. Today Des Moines is home to approximately 197,052 residents.

JOHNSTON

Established in 1905 as a stop between Des Moines and Perry, Johnston was originally known as Johnston Station. The community was named after John F. Johnston, a railroad supervisor. Law prohibited incorporation of a city that was within three miles of another city and due to its proximity to Des Moines and Urbandale; Johnston was not incorporated until 1969 after agreements between the communities were reached. Today Johnston is home to approximately 15,691 residents.

URBANDALE

Early residents of Urbandale were coal miners until a streetcar system was constructed in 1905. The community was known as a street car suburb as railway lines were adapted to street car lines. Commuters were able to travel to Des Moines and products and services were easily transported. The street car line was recognized as the Urbandale Line and the community was known as such. In 1907, streets were platted and Urbandale continued to grow as a commuter’s home. Today Urbandale is home to approximately 38,369 residents.

WEST DES MOINES

Known as Valley Junction, West Des Moines was first settled by James Cunningham Jordan, a cattle farmer who later served as state senator. The community grew around the railroad as several lines met at its location and was incorporated in 1893. In 1905, the first City Hall was built and community leaders continued to aid the progress of development with the advent of gas and water mains, electricity, telephone service and sidewalks. As the railroad industry declined, Valley Junction was renamed West Des Moines to reinvent the community image. As a result, West Des Moines has continued to grow. Today West Des Moines is home to approximately 55,426 residents.

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AREA TRIVIA/FUN FACTS

- In 1938, Valley Junction changed its name to West Des Moines because they thought "Valley Junction" was an old-fashioned, unappealing name that lost them business and visitors.
- "Altoonis" is a modification of the word "altus," the Latin word for "high," since at the time of its naming, Altoona was the highest ground in the area.
- Local legend has it that Clive is named for a railroad foreman named Clive: when Des Moines workers were directed to bring materials to the city, they were told to "Get it out to Clive."
- Runnells (formerly Lafayette) was founded by settlers who wanted to avoid high property taxes in Des Moines.
- Granger has two water towers: one labeled HOT, and the other labeled COLD.
- John Houbolt, an aerospace engineer who promoted America's mission to the moon, and Kyle Orton, an NFL quarterback for the Dallas Cowboys, are both from Altoona.
- Two members of the heavy metal band Slipknot, Chris Fehn and James Root, are from Ankeny.
- The oldest person in the world (until December 2012, when a different centenarian grew older), was from Johnston. She was an Italian-American named Dina Manfredini, who walked and stayed active up until the last year of her life.
- Brandon Routh, who played Superman in "Superman Returns," was born in Norwalk.

Did You Know..?

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UNIVERSITY OF IOWA

The Iowa City area community includes Coralville, North Liberty, Solon, and other small towns with a total population of about 100,000. The University both provides and attracts a wide variety of cultural opportunities, Big Ten athletic events, and a number of business endeavors resulting from scientific and educational research that originated at Iowa. In the summers, Iowa City sponsors weekly downtown jazz and pop concerts, and all through the year major poets, writers, artists, historians, scientists, and others speak or perform in University venues or to read at local bookstores. Excellent public schools, close, safe, and comfortable neighborhoods, and a highly educated population mean that Iowa City frequently appears high on "best-place-to-live" listings in national magazines. The nearby countryside, good state parks, and the Iowa River provide many opportunities for walking, biking, and boating. Twenty miles to the north is Cedar Rapids, Iowa's second-largest city, home to the Eastern Iowa Airport and a population of about 120,000.

Established in 1847, Iowa has won international recognition for its wealth of achievements in the arts, sciences, and humanities. Iowa was the first U.S. public university to admit men and women on an equal basis and the first institution of higher education in the nation to accept creative work in theater, writing, music, and art as theses for advanced degrees. It established the first law school and the first educational radio station west of the Mississippi, broadcast the world's first educational television programs, and developed and continues to hold pre-eminence in educational testing.

The University has world renowned research programs in genetics, hydraulics, and speech and hearing, and has recorded major innovations in agricultural medicine, biocatalysis, biomedical engineering, biomedical sciences, and pharmacology education. Its graduate programs in audiology, printmaking, creative writing, speech-language pathology, and nursing service administration are first-ranked. Iowa scientists, including James Van Allen, have been pioneers in space research, designing and building research instruments for more than 50 successful U.S. satellites and space probes. The University of Iowa operates one of the nation's most advanced and comprehensive university-owned teaching hospitals. It also has developed the most technically advanced driving simulator in the world.

To learn more about the University of Iowa, call (319) 335-3500 or visit www.uiowa.edu online.

**Information courtesy of the University of Iowa.*

Precautions:

- KNOW WHERE YOU CAN TAKE SHELTER IN SECONDS.
- HAVE A PLACE, EVERYONE KNOWS, TO GO TO AFTER THE STORM HAS PASSED.
- FLYING DEBRIS IS THE BIGGEST DANGER DURING A TORNADO. YOUR SHELTER SPACE SHOULD HAVE MATTRESSES OR THICK BLANKETS AROUND, TO PROTECT YOURSELVES.
- DO NOT OPEN YOUR WINDOWS TO TRY & "EQUALIZE THE PRESSURE." THIS ONLY MAKES IT EASIER FOR DEBRIS TO INJURE YOU.
- ALSO, STAY AWAY FROM WINDOWS!

Things to Look and Listen for:

- CONSTANT ROTATION OF THE CLOUDS BASE.
- FLYING/ROTATING DEBRIS UNDER THE CLOUD.
- TORNADOS DON'T ALWAYS HAVE A VISIBLE FUNNEL.
- HEAVY RAIN OR HAIL FOLLOWED BY EITHER BY AN EERIE CALM IN THE STORM OR RAPID WIND CHANGES & SHIFTS.
- LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

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0 SECONDS	5 SECONDS	20 SECONDS	60 SECONDS
0 MILES	1.08 MILES	4.35 MILES	13.06 MILES

Do Not Open Your Windows!



In 2010, a treasure trove of ancient artifacts and structures were discovered by University of Iowa-based Office of the State Archaeologist (OSA) in Des Moines. The site was nicknamed "The Palace" because of its abundance of artifacts, impressive preservation, and its underground complex of oval-shaped, eight hundred square foot structures.



Archaeologists discovered over six thousand artifacts, along with animal and human remains. River floods preserved Palace contents impeccably. The bones of a woman and infant buried at the site are about seven thousand years old: the oldest known human remains in Iowa.



OSA Director, Melody Pope, is thrilled about the find: "We don't get many opportunities to see deeply buried, well-preserved sites of this size," Pope says. "This discovery will provide important clues about what the living environment was like 7,000 years ago. It's truly a treasure that will help us understand how the early people of Iowa made a living, what they ate, which technologies they had developed, and how they interacted as a community, especially their use of space and village organization." (<http://fyi.uiowa.edu>)



The OSA Burial Protection Program is consulting with Native Americans about the investigation, preservation, and re-burial of the human remains, which depend on the wishes of local tribes. They are cataloguing their finds as they analyze them, and will soon make these available to the public, along with a 3D model of the site produced using laser technology.

To learn more about Iowa's rich, far-reaching history, visit www.iowahistory.org/ and the State of Iowa Historical Museum at 600 East Locust Street, Des Moines.

A Glimpse of the Prehistoric

FORT DES MOINES PARK

Fort Des Moines Park is a 117 acre park located on the former Fort Des Moines Calvary Post. Visitors can enjoy boating, fishing, geocaching, picnicking. Features include an arboretum, ball diamond, playground, shelters and a nature trail. *Located in Des Moines.*

GAY LEA WILSON TRAIL

Upon completion, the Gay Lea Wilson Trail will extend over 35 miles throughout Polk County and will connect businesses, trails and parks through five counties. Visitors can enjoy biking, hiking and wildlife viewing. *Located in Pleasant Hill.*

GREAT WESTERN TRAIL

Located along 16 miles from Des Moines to Martensdale, the Great Western Trail was a former railroad route. Visitors can enjoy hiking, biking and wildlife viewing. *Located in Des Moines.*

LEWIS A. JESTER PARK

Located on 1,834 acres along the shore of Saylorville Lake, Jester Park is a stopping point for many migratory birds. Visitors can enjoy boating, camping, cross-country skiing, fishing, geocaching, golfing, hiking, picnicking, bird watching and snowmobiling. Features include an equestrian center, playgrounds, playscape, shelters and a wildlife exhibit. *Located in Granger.*

SYCAMORE TRAIL

Located along over six miles of scenic Des Moines, visitors can enjoy hiking, biking and wildlife viewing. *Located in Des Moines.*

THOMAS MITCHELL PARK

Located on 175 acres of oak-hickory woodland, Thomas Mitchell Park is named after Polk County's first permanent English speaking settler. Visitors can enjoy camping, fishing, hiking, geocaching, picnicking and snowmobiling. Features include a ball diamond, playground and shelters. *Located in Mitchellville.*

YELLOW BANKS PARK

Located on 517 acres of the Des Moines River, Yellow Banks Park sits atop 140 foot tall bluffs. Visitors can enjoy camping, fishing, geocaching, hiking, picnicking and bird watching. Features include ball diamonds, playground, shelters and a Native American burial mound. *Located in Pleasant Hill.*

**Polk County Parks are open during day light savings time from 6:30AM to 10:30PM, sunrise to sunset the remainder of the year. Call the Polk County Conservation Offices at (515) 323-5300 for more information.*



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Paddlefish Fishing License & Tag	\$22.00

Nonresident Fishing

Annual 16 years old and older	\$41.00
7-Day	\$32.00
3-Day	\$17.50
1-Day	\$10.50
Annual Third Line Fishing Permit	\$12.00
Trout Fee	\$15.00
Boundary Water Sport Trotline	\$42.50
Fishing Tournament Permit	\$25.00
Paddlefish Fishing License & Tag	\$42.00

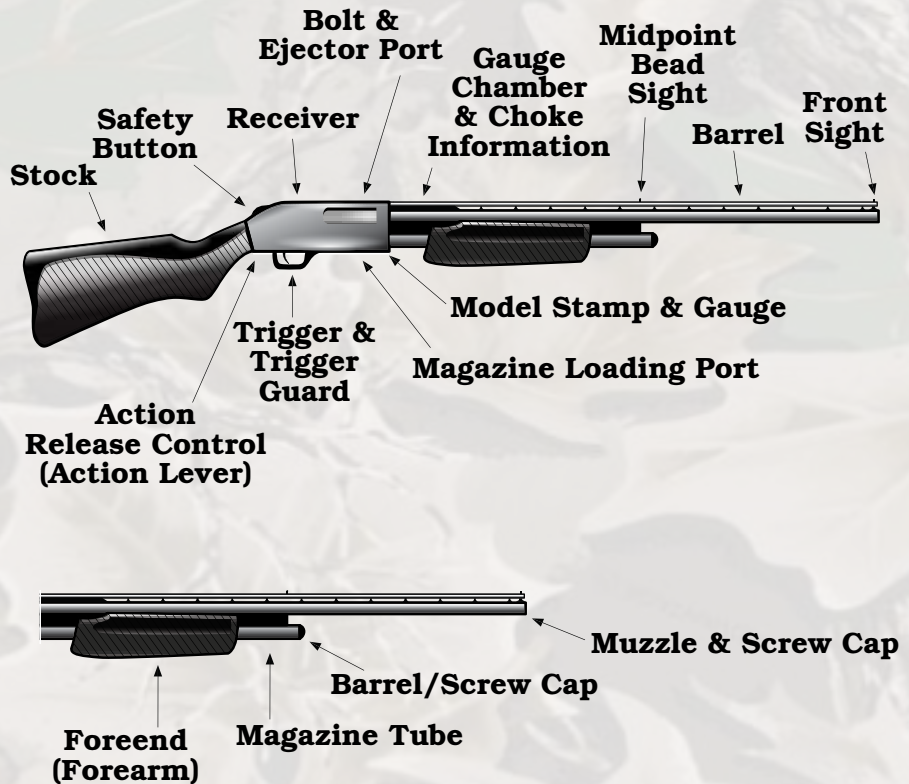
RECREATIONAL VEHICLE REGISTRATIONS:

ATV Renewal.....	\$16.50
ATV Renewal (With Penalty).....	\$22.50
Nonresident ATV User Permit.....	\$17.50
Snowmobile Renewal.....	\$16.50
Snowmobile Renewal (With Penalty).....	\$22.50
Nonresident Snowmobile Renewal.....	\$17.50

MISC. LICENSES:

Resident Fur Dealer.....	\$227.50
Nonresident Fur Dealer.....	\$503.00
Resident Aquaculture Unit.....	\$27.50
Nonresident Aquaculture Unit.....	\$58.00
Resident Boundary Water Trotline.....	\$22.50
Nonresident Boundary Water Trotline.....	\$42.50
Retail Bait Dealer.....	\$32.50
Resident Ginseng Harvest.....	\$67.00
Nonresident Ginseng Harvest.....	\$67.00
Ginseng Grower.....	\$2.00

**Any resident born after January 1, 1972 must have completed an approved hunter education program in Iowa or another state in order to purchase a hunting license. If hunter education certification is not on customer record, proof of hunter education will have to be displayed when purchasing a license at a local vendor, or to complete the order, call: 1 (800) 367-1188.*



All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.

Here are 5 Suggestions for a safe and successful hunting experience:

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.

You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System.

Online: www.iowadnr.gov, by phone: (515) 281-5918

or visit one of the ELS agents available throughout Polk County:

ALTOONA

ARCHERY FIELD & SPORTS

3725 NE 56th St. | Altoona | (515) 265-6500

BASS PRO SHOPS OUTDOOR WORLD

1000 Bass Pro Dr. NW | Altoona | (515) 957-5500

HYVEE INC. #1001

108 8th St. NW | Altoona | (515) 967-7676

WALMART #2764

3501 8th St. SW | Altoona | (515) 976-1711

ANKENY

HYVEE INC. #1022

410 N Ankeny Blvd. | Ankeny | (515) 964-0450

SPORTSMAN'S WAREHOUSE #120

921 SE Oralabor Rd. | Ankeny | (515) 963-3500

WALMART #0892

1002 SE National Dr. | Ankeny | (515) 963-1111

CLIVE

DAHLS/HICKMAN

8700 Hickman Rd. | Clive | (515) 276-4955

DAHLS/W HICKMAN

15500 Hickman Rd. | Clive | (515) 987-0366

KMART #3447

10331 University Ave. | Clive | (515) 222-0868

DES MOINES

2ND AVE. BAIT HOUSE

133 Franklin Rd. | Des Moines | (515) 282-4217

DAHLS/BEAVER

1819 Beaver Ave. | Des Moines | (515) 255-3151

BIG CREEK MARINA

6110 SE 6th Ave. | Des Moines | (515) 263-8467

DAHLS/E 33RD

3400 E 33rd St. | Des Moines | (515) 262-7942

DAHLS/E EUCLID

1320 E Euclid Ave. | Des Moines | (515) 265-4257

DAHLS/FLEUR

4121 Fleur Dr. | Des Moines | (515) 285-5927

DAHLS/INGERSOLL

3425 Ingersoll Ave. | Des Moines | (515) 255-3118

DAHLS/MERLE HAY

4343 Merle Hay Rd. | Des Moines | (515) 278-1657

DAHLS/N ANKENY

1802 N Ankeny Blvd. | Des Moines | (515) 289-0908

DNR RECEPTION #2

502 E 9th St. | Des Moines | (515) 281-7656

DNR RECEPTION #1

502 E 9th St. | Des Moines | (515) 281-5876

HYVEE INC. #1138

2540 E Euclid Ave. | Des Moines | (515) 262-0640

DES MOINES, CONTD.

HYVEE INC. #1142

3221 SE 14th St. | Des Moines | (515) 243-7271

HYVEE INC. #1148

4707 Fleur Dr. | Des Moines | (515) 285-7266

HYVEE INC. #1151

1113 SE Army Post Rd. | Des Moines | (515) 953-0946

KMART #4160

2535 Hubbell Ave. | Des Moines | (515) 262-5628

KMART #4156

7501 Hickman Rd. | Des Moines | (515) 276-6712

WALMART #1723

5101 SE 14th St. | Des Moines | (515) 287-7700

EARLHAM

STONEHAVEN SPORTING SHOOT CLUB

1005 Kiowa Ave. | Earlham | (515) 202-5668

GRIMES

GRIMES TRUE VALUE

204 1st St. | Grimes | (515) 986-0031

WALMART #5748

2150 E 1st St. | Grimes | (515) 986-1783

JOHNSTON

DAHLS/JOHNSTON

5440 NW 86th St. | Johnston | (515) 278-0300

HYVEE INC. #1318

5750 Merle Hay Rd. | Johnston | (515) 270-9045

JOHNSTON BAIT & TACKLE

6148 Merle Hay Rd. | Johnston | (515) 254-1976

PLEASANT HILL

HYVEE INC. #1530

4815 Maple Dr. | Pleasant Hill | (515) 262-7956

POLK CITY

POLK CITY BAIT & TACKLE

301 Walnut St. | Polk City | (515) 984-6711

URBANDALE

HYVEE INC. #1759

8601 Douglas Ave. | Urbandale | (515) 270-2572

WEST DES MOINES

DAHLS/EP TRUE VALUE

5003 EP True Pkwy. | West Des Moines | (515) 224-0111

DAHLS/PROSPECT

1208 Prospect Ave. | West Des Moines | (515) 223-4626

SPORTS AUTHORITY

4100 University Ave. | West Des Moines | (515) 226-9700

FISHING SEASONS AND LIMITS

BLUEGILL, CRAPPIE & PUMPKINSEED

SEASON: All waters - Continuous

LENGTH LIMITS: All waters - None

DAILY BAG AND POSSESSION LIMITS

Inland waters¹ - 25 daily for bluegill and 25 daily for crappie on public waters and no possession limit for either. No daily limit for bluegill or crappie on private waters. Boundary rivers Missouri and Big Sioux rivers none. Mississippi River and connected backwaters; daily bag limit of 25 and possession limit of 50 for each of the following: bluegill and pumpkinseed combined, and crappie.

CATFISH Channel, Blue, Flathead catfish combined & Bullhead

SEASON: All waters - Continuous

LENGTH LIMITS: All waters - None

CATFISH DAILY BAG & POSSESSION LIMITS

Inland lakes - Catfish combined daily 8 and possession 30, except for Iowa boundary lakes. No limit for bullheads. Inland streams, Coralville, Rathbun, Red Rock and Saylorville reservoirs - Catfish combined daily 15 and combined possession 30. No limit for bullheads Boundary rivers same as streams except no bag or possession limit on the Mississippi River.

MUSKELLUNGE including hybrids

SEASON: All waters - Continuous except there is an open season on West Okoboji, East Okoboji and Spirit lakes (Dickinson) and on Iowa-Minnesota boundary lakes from May 21 through Nov. 30, each year.

LENGTH LIMITS: All waters - 40 inches minimum length limit

DAILY BAG & POSSESSION LIMITS: All waters - Daily and possession of 1.

NORTHERN PIKE

SEASON: All waters - Continuous

LENGTH LIMIT: All waters - None

DAILY BAG & POSSESSION LIMIT

Inland waters - Daily of 3 and possession of 6. Boundary rivers - Daily of 5 and possession of 10 on the Mississippi and Missouri rivers and a daily of 6 and possession of 12 on the Big Sioux River.

WALLEYE, SAUGER & SAUGEYE

Inland Waters

SEASON: Continuous except on West Okoboji, East Okoboji and Spirit lakes (Dickinson). The open season on West Okoboji, East Okoboji and Spirit lakes is from May 7, 2016 through Feb. 14, 2017.

LENGTH LIMIT: None except for the special lakes which are posted or published below.

DAILY BAG & POSSESSION LIMIT: Combined daily 5 and combined possession limit of 10, except for special lakes listed below.

SPECIAL WALLEYE RESTRICTIONS: The following lakes have a daily bag limit of 3 and possession limit of 6 in addition to special length restrictions. Big Creek Lake (Polk) 15-inch minimum length limit and no more than one walleye longer than 20 inches may be taken per day; Clear Lake (Cerro Gordo) 14-inch minimum, and no more than one walleye longer than 22 inches may be taken per day; Storm Lake (Buena Vista) and West Okoboji, East Okoboji, Spirit, Upper Gar, Minnewashta, Lower Gar (Dickinson) all 17 to 22-inch walleyes must be immediately released alive; no more than one walleye longer than 22 inches may be taken per day.

YELLOW BASS, WHITE BASS, ROCK BASS & HYBRID

SEASON: All waters - Continuous

LENGTH LIMIT: All waters - None

DAILY BAG & POSSESSION LIMITS:

Inland waters - None

Boundary rivers

Missouri and Big Sioux rivers - None. Mississippi River and connected backwaters; daily bag limit of 25 and possession limit of 50 for each of the following: white and yellow bass combined, and rock bass.

YELLOW PERCH

SEASON: All waters - Continuous

LENGTH LIMIT: All waters - None

DAILY BAG & POSSESSION LIMITS: All waters - Daily of 25 and possession of 50 except there is no daily or possession limit on the Missouri River.

*For More information go to: www.iowadnr.gov



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Des Moines, IA 50316**

Operating Watercraft

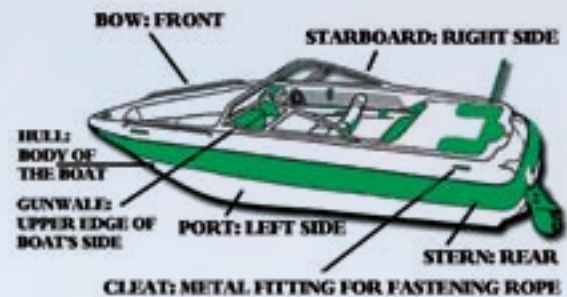
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
 - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
 - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
 - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
 - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
 - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
 - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER OLD ON BOARD WITHIN REACH OF THE CONTROLS.



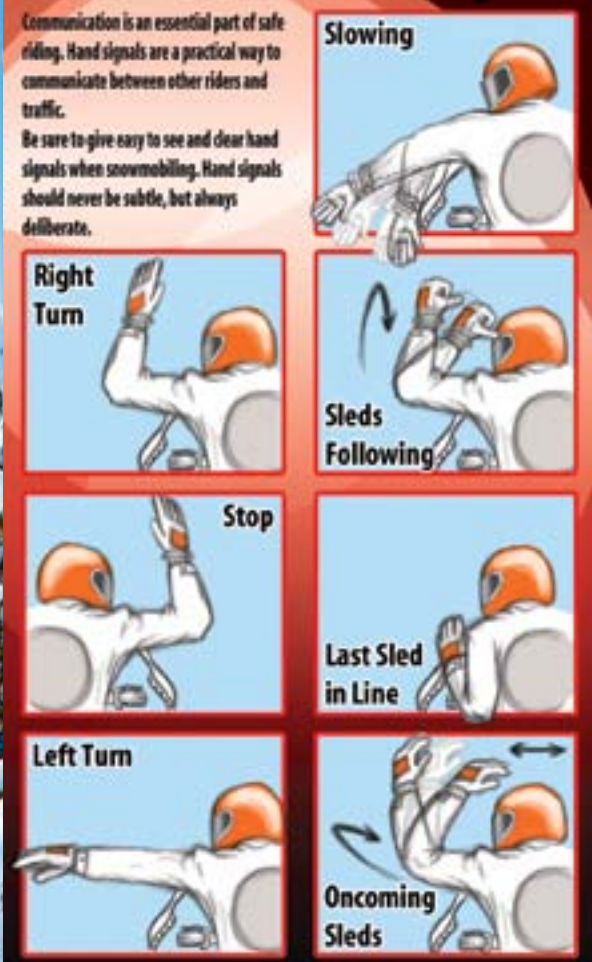
All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:
 - IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
- A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
- ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.

Bicycle Hand Signals



Snowmobile Hand Signals



Read the owner's manual

and know your vehicle thoroughly.

- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate under the influence of drugs or alcohol.
- Drive at speeds that are appropriate to trail conditions.
- Stay to the right on trails.
- Stay away from thin ice, open water and wetlands.
- Know the weather forecast.
- Make sure headlights and taillights work properly.
- Maintain safe distances between other riders.
- Reduce your speed when riding at night.
- Yield to other motor vehicles and trail users.
- Young or beginning riders are encouraged to take a safety training course.

Know Your ATV

Drink lots of Water!

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.

Be Cautious of Other Bikers

PRIVATE PROPERTY
NO TRESPASSING

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey

all state and local laws and ordinances. Do not operate snowmobiles/ATV's on county roads or state highways.

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

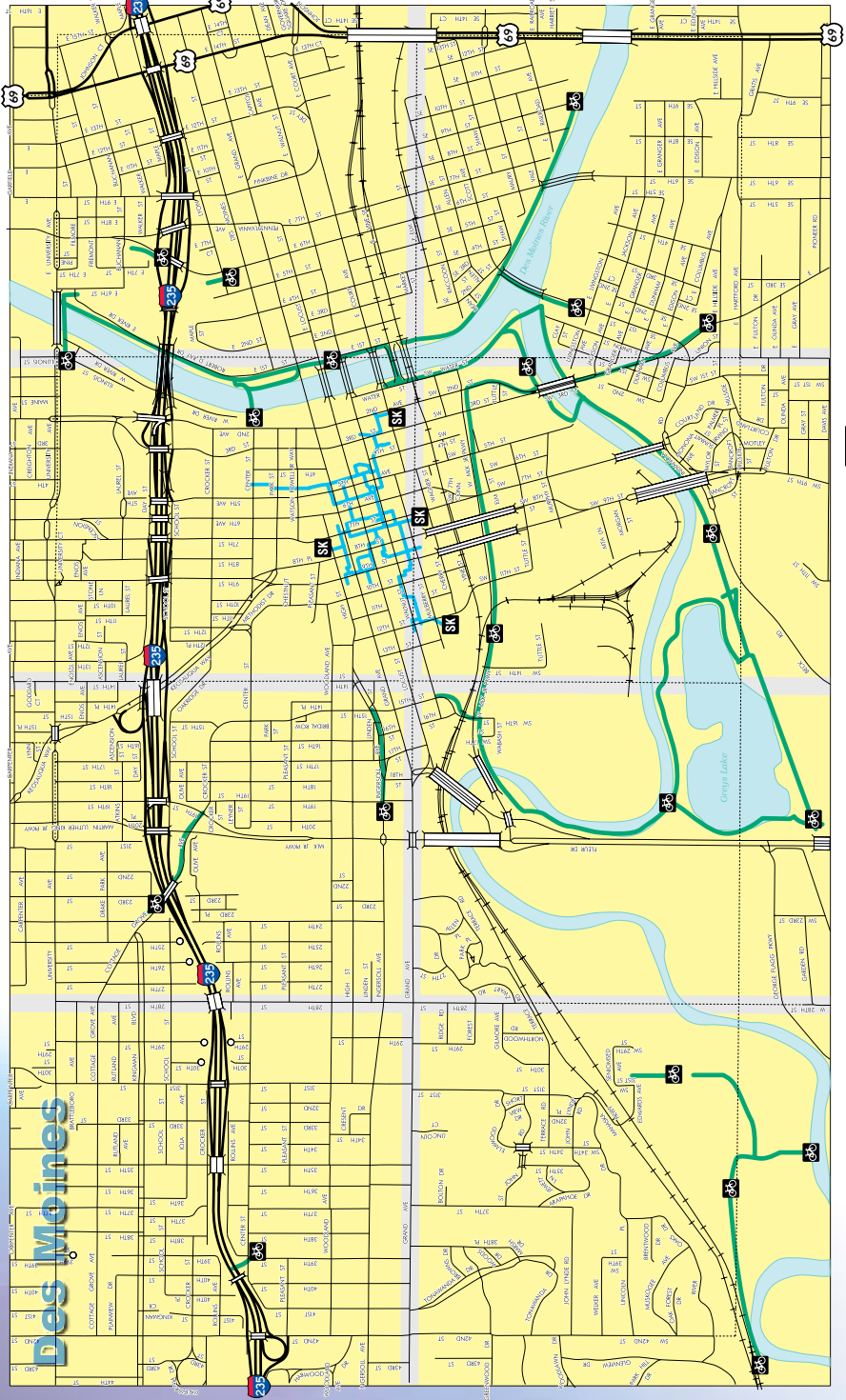
Slow Down!









Snowmobiling is fun. Going to the hospital isn't.



POLK COUNTY TRAILS

DES MOINES TRAILS



-  Bicycle Trail/Route
-  Snowmobile Trail
-  Equestrian Trail
-  Hiking/Walking Trail
-  In-Line Skating
-  Cross-Country Ski Trail
-  Airport Locator
-  SK Skywalks

-  Bicycle Trail/Route
-  Snowmobile Trail
-  In-Line Skating
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-  SK Skywalks

10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (With a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."

You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

KIDS:

FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and asks for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms, seek medical attention.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications. Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep your pets safe from household chemicals. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any anti-freeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



SAFETY TIPS

FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sun-screen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



IN AN EMERGENCY, DIAL 911



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Dairy Free Options



Gluten Free Options



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Des Moines, IA
1905 Ingersoll Square
515 369-5323

Urbandale, IA
4650 86th Street
515-727-5323