

ALTOONA

AUGUST 2022

Living

MAGAZINE

FUN & GAMES

Altoona Palooza returns Aug. 27
at Sam Wise Sports Complex

Class of 1958 holds reunion
COMMUNITY

Meet Peyton Williams
EDUCATION

Overnight apple cinnamon French toast casserole
RECIPE

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WELCOME

MAKE memories at Altoona Palooza

Most all of us have gotten used to political mudslinging this time of year. If you are like me, you welcome a break from the bickering and name-calling in what can be an ugly world of politics. What better way to get away and sling some mud for fun than to attend Altoona Palooza?

Of course, this wonderful event is not all about battling it out in a mud pit. The phrase "something for everyone" is often overused when describing community festivals, but it rings true with Altoona Palooza. Most importantly, this event brings people together from all ages and backgrounds in a positive way.

Nowadays, live music has become a staple in community festivals with a variety of genres and levels of talent. There's nothing like a cold beverage on a hot night with some friends while tapping your toes along to your favorite songs. The line-up of music at Altoona Palooza is impressive once again, especially with the local ties.

I want to thank all who work to make this event happen, especially my friend Steve Moyna for his ongoing commitment to improving the community through opportunities like this.

Mud volleyball, the bags tournament, the Kid Zone, the beer garden, the music and the food are all great, but this event creates another very important thing: memories. Make yours this year at Altoona Palooza. Look inside for details.

Thanks for reading. ■



SHANE GOODMAN

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



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FEATURE

FUN & GAMES

**Altoona Palooza returns Aug. 27
at Sam Wise Sports Complex**

Who doesn't enjoy a go at
tug-of-war — especially with
a mud pit in the middle?



By Lindsey Giardino

Altoona Palooza is back for 2022 with a day of fun, games, live music and much more. Admission is free for the community's annual summer fun event held at Sam Wise Sports Complex. Mark your calendars for this year's celebration, held on Saturday, Aug. 27 and prepare to bring the whole family out for some hometown celebrating.

FEATURE

Start with breakfast

As it has in the past, the day kicks off with breakfast served from 8 a.m. to 11 a.m. However, new this year: It is being hosted by Southeast Polk FFA and features breakfast burritos instead of the pancakes of previous events.

During the morning hours — from 8:30 a.m. to noon — take a walk through the car show that will be held. Last year was a big hit, according to Steve Moyna, one of the event's organizers.

As usual, some of the fun gets messy at Altoona Palooza. But, even if you're not interested in battling it out in a mud pit, it's a lot of fun to watch. Starting at 10 a.m. is the popular mud volleyball tournament with registration open an hour prior. Then show off some muscle in the mud tug-of-war at 1 p.m. by the mud volleyball courts.

Want some competition that doesn't require a shampoo and shower afterwards? Dust off your skills for a fall tailgating favorite; the bags tournament will be put on from 2 to 5 p.m.

Of course, for the kiddos, the Kid Zone, hosted by the Altoona Public Library, returns with a slew of fun and games. It runs from 1 to 4 p.m. Activities will include bubbles, a visit from Elvis the Pony, a petting zoo, library card prize drawings and a make-and-take project. Inflatables will also be available for kids to jump around and burn off their energy and are open from 11 a.m. to 6 p.m. And be sure not to miss the camel rides for \$15 from noon to 5 p.m.

For the adults especially, a great line-up of live musical entertainment is ahead this year. Bands and musicians include The Sheet, Jordan Beem, Lincoln Highway and Douglas Acres — the last three of which have Altoona ties. Grab a cold one from the beer garden, too, open from 11 a.m. to 11 p.m. Maybe check that out after participating in the axe throwing activity that will be available.

Business and product vendors will be set up from 10 a.m. to 6 p.m., and food trucks and stands will offer up food all day. These include Knights of Columbus, B's Dough Co., Kona Ice, Hungry Boys Taqueria, The Eggroll Ladies, Chad's Pizza, Off the Griddle and Sweet Swirls.



One thing that has been in short supply this summer has been mud, but fear not, there will be plenty for mud volleyball.



A celebratory photo is taken after a hard-won battle.



Steve Moyna and his late wife, Ann, were instrumental in getting Altoona Palooza off the ground and keeping it going. A tribute to Ann is included at the event.

Long-time supporter encourages attendance

Steve Moyna and his late wife, Ann, who passed away last year due to complications of ovarian cancer, were two of the original organizers of Altoona Palooza. At a chance encounter at a local watering hole in 2010, Moyna was approached by a few members of the community with the idea of creating a big event that would bring people in the community together. He and Ann had been active in town since moving to it in 1992, so they were no strangers to helping bring people together. But putting on a brand-new event was a lot more challenging than expected.

Yet, despite all the hurdles and logistical issues, the Moynas helped pull off a successful first Altoona Palooza.

Throughout each subsequent year's event, the challenges continued. Organizers faced bad weather, a limited budget, volunteer shortages and more. Altoona Palooza continued to happen, though, in no small part due to the Moynas' efforts. Ann served as the event's secretary, and Steve continues to serve as its vice chair.

For Steve, his continued involvement with Altoona Palooza is an opportunity to honor his late wife. Some of her memorial funds were used to support the 2021 event.

He encourages folks who are looking to get out and about to attend this year's event.

"If you're tired of sitting at home, come and sit with Steve," he jokes.

And if you're looking for a way to get involved in the community, there's still time to sign up to volunteer.

Active citizens get involved

After the Altoona 150th Anniversary Celebration held in 2018, Moyna called community member Alex Payne and asked him to join a meeting to bring the Altoona Palooza event back for 2019 (it had been on hiatus for a couple years prior). Since then, Payne has been in charge of marketing for the event, as well as helping with inflatables and arranging the business vendors.

Part of the reason Moyna so easily convinced Payne to join the planning committee was because Payne was looking for more ways to be involved in the community.

"After being a part of the Altoona 150th celebration, I felt it was an excellent opportunity to get involved and help make Altoona a better place to live," Payne says. "The community was missing an annual community celebration like so many other communities have. I thought we deserved to have something our own and uniquely Altoona."

Payne's favorite thing about Altoona Palooza is that it offers people a chance to see neighbors and friends, along with meet new ones.

"It is a great way to connect and catch up with the community," he says. "I also like the food and drink options and seeing the community come together for a day of fun."

He adds that there's something for everyone at Altoona Palooza — activities for all ages.

"Events like these are better when more people come out," Payne says.

Another long-time volunteer is one of the original board members for the event, Mary Simon, who has served as treasurer since the founding of Altoona Palooza in 2010.



Steve Moyna continues to serve as the co-chair of Altoona Palooza as a way to honor his late wife, Ann.

"I really enjoy everything that we have at Altoona Palooza, but the one thing I enjoy the most is taking a little time during the day to watch the mud volleyball tournament," she says. "The team names are very creative, and it's a blast to watch the teams play each other and see who wins the championship."

"Overall, it's great to see the community come out to Altoona Palooza to have some fun with their family and friends, enjoy the different events going on, listen to the bands and eat some amazing food that our vendors have," Simon adds.

Payne notes that Altoona Palooza is 100% volunteer-run and funded through sponsorships and donations.

"Without the support from our community and the volunteer hours that go into it, Altoona Palooza would not be possible," Payne says. "If you like seeing events like these in your community, consider volunteering and getting involved in the planning committee." ■

EXPLORE faith

Sometimes people will ask, "What difference does it make to have a relationship with Jesus? I don't feel I'm searching or missing out on something. I'm pretty happy with life as it is." But what if there is more to life? What if you don't know what you are missing?

I have had glasses since third grade. It was a necessary evil for seeing the chalkboard in school. (Yes, it was a chalkboard!) However, I didn't wear glasses for sports. I could see just fine. But then, in junior high, my eye doctor said I should really consider getting contacts for sports. I was not excited about this because I had been trained to not put things in my eyes: not sticks, rocks, or fingers. Plus, I could see just fine.

But then a couple friends got contacts, and they really liked them and started encouraging me to get contacts, too. Finally, I gave in. I got contacts. I remember going to basketball practice that first day with them in and walking into the gym. Everything was different. I could see so much better. I could see the details of the ball, not just an orange blob that hit me in the face sometimes. I could see the scoreboard and see how badly we were losing. It was a whole new world. I thought I was fine without contacts, but I was really missing out.

Life without a relationship with Jesus is like playing basketball without seeing clearly — some people seem quite happy because they don't realize there is something better. But once we've experienced a relationship with Jesus, we realize what we've been missing, and we never want to go back to the way it was before.

Many people are reevaluating their lives and priorities these days. People are changing jobs and rethinking how they spend their time. In the midst of this, many are exploring faith and asking the question, "Am I missing out on something important?" I believe God has hope, peace and purpose for you now and for all eternity — and it's worth exploring.

How do you explore faith? There are many great churches in our community. Check out some worship services or talk to a pastor or Christian friend and tell them your story and ask your questions. Or read the book of Mark in the Bible, a fascinating recap of Jesus' life. Another great resource is Alpha (www.alphausa.org/try). Alpha provides a safe and friendly environment for asking the big questions of life, connecting with others and exploring faith.

As the fall approaches and new routines start, explore faith and see what you may be missing. ■

Information provided by Pastor Nathan Anenson, Lutheran Church of the Cross, 1701 Eighth St. S.W., Altoona, 515-967-4818.



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HOME HEALTH

By Ward Phillips

CARING for someone with memory loss?

Adult-day services can help.

If you're caring for a family member who lives with memory loss, you may be feeling overwhelmed with balancing their needs with your responsibilities. Chances are you need to work. You also may be caring for children and attending to other accountabilities, and you may worry about leaving your loved one alone during the day.



Adult-day services can help. Usually offered in a public place, such as a center, the goal of these mini-communities is to help your family member maintain independence and receive support and encouragement in a safe environment when you can't be with them.

If you're looking for assistance for a loved one with Alzheimer's disease or another form of dementia, here are a few things to look for in an adult-day center.

- A comfortable, positive, non-judgmental environment. Your loved one is more than their disease; they deserve to be treated with kindness and respect and made to feel as though their presence is wanted and appreciated.
- Programming that focuses specifically on memory challenges. One advantage: the nationally renowned "Best Friends" approach, which leads with empathy, support, respect, trust and humor. This type of programming helps ensure consistent, person-focused services and care.
- Healthcare on the premises, or close by. If your family member should need medical attention while attending the center, you'll want to make sure there's a plan in place.
- A schedule of activities that includes attention to holistic well-being. A well-balanced curriculum should include exercise for mind and body. Examples include daily walks, field trips and guests who offer presentations on topics of interest to the participants.
- Programming that includes a focus on music. Studies have shown music may reduce agitation that is common in the middle stages of Alzheimer's and is likely to appeal to anyone with a memory challenge. Even in later stages of the disease, a person may be able to tap a beat or sing lyrics to a song from earlier in life.

Additional programming components in addition to music therapy, including multi-sensory activities, pet therapy and aromatherapy.

Adult-day services should be available to anyone who needs them. Individuals who are financially able to do so pay directly for services, but financial aid is often available for families that need assistance. If you find a center that meets your needs, don't hesitate to ask for help paying for services. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.

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If you'd like to know more about hospice services for someone you love, visit wesleylife.org/hospice or call **(515) 978-2777**. We'd be honored to help your family.

RECIPE

WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net. ■

Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)
- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.



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NEWS BRIEFS

CHAMBER welcomes new staff

The Altoona Area Chamber of Commerce announced the hiring of Events & Marketing Coordinator Kelsey Redmond. Redmond is a graduate of Grand View University, was an exceptional volleyball player and took over the position of sports information director after graduation. She has experience in managing large-scale events with lots of moving parts and has marketing experience.



Kelsey Redmond

NEWS from Outlets of Des Moines

The Outlets of Des Moines announced the opening of Windsor, the leading on-trend retailer for affordable fashion for every occasion in a woman's life. Best known for its formal dresses, Windsor delivers a broad assortment of occasion-based apparel for special, annual and everyday events.

The opening of PUMA was also announced. PUMA is one of the world's leading sport lifestyle companies that designs and develops footwear, apparel and accessories. Its Sport Performance and Lifestyle labels include categories such as football, running, motorsports, golf and sailing. The PUMA Group owns the brands PUMA, Cobra Golf and Tretorn.

Nine new retailers have opened at the Outlets in 2022. Others are J. Crew Factory, Bizzy's Boutique and rue21. They will be joined this summer and fall by retailers Victoria's Secret, Forever 21, Nautica and Aéropostale. Each store offers shoppers a wide selection of brand merchandise at value pricing. ■

LIBRARY

ALTOONA Public Library news

Looking for something to perk up your party? Keep the kids busy? Build your skills so adult leagues beg you to play? Thanks to funding from a Prairie Meadows Community Betterment Grant, we have a collection of outdoor equipment and games, like volleyball, pickleball, mini-golf, a telescope and more to borrow.

Adult programming

- **The Spice Rack with Nancy Eichmann**, Tuesday, Aug. 30, at 1 p.m. for seniors (ages 60-plus) and Wednesday, Aug. 31, at 7 p.m. for ages 18-plus. Learn tricks to flavor up your recipes with spices, herbs and umami. Registration required; participants can only register for one session.
- **Adult Splat Studio**, Tuesdays, Sept. 6 and Oct. 4, 1-3 p.m. for seniors (ages 60-plus) and Fridays, Sept. 9 and Oct. 7, 6-8 p.m. for ages 18-plus. If you have a desire to dabble in acrylics, we've got an adult art studio for you. We'll bring the supplies, and you bring your inner artist. No cost to attend, but space is limited. Registration is required.
- **Mason Jar Hanging Lantern**, Wednesday, Sept. 21, at 7 p.m. Come make your own hanging wall sconce. All supplies provided, but space is limited. Registration is required.

Children's programming

- **After School BINGO**, Wednesday, Sept. 14, from 3:30-4:30 p.m. It's early-out Wednesday, so stop by for kids BINGO and see what you win. For grades K-6. No registration required.
- **Homeschool Stories & Snacks**, Thursday, Sept. 15, from 2-3 p.m. Come snack, color and socialize while listening to stories. We'll be highlighting some picture books and the first chapter of several new books. For grades K-3. Registration is required.
- **Pirate Day Treasure Hunt**, Monday, Sept. 19. Arrrr! Celebrate International Talk Like a Pirate Day with us. Stop in and follow the clues to hunt for treasure. Recommended for ages 3-12.
- **Team Nailed It Challenge**, Saturday, Sept. 24, from 3-4 p.m. Work as a team to decorate an epic cake. Will you "nail it" or "fail it"? For grades K-6. Registration is required.

Teen programming

- **Raptor Readiness**, Thursday, Sept. 1, from 6-8 p.m. Did you know September is National Velociraptor Awareness Month? We'll watch the OG Jurassic Park and test our "velocireadiness" skills. For grades 7-12. Registration is required.
- **Out of the Box Game Night**, Thursday, Sept. 8, from 6-7:30 p.m. It's back. Come raid our collection of games. Try something new or plan an old classic. You bring friends; we'll bring snacks. For grades 7-12. Registration is required.
- **Grilled Cheese Taste Test**, Thursday, Sept. 15, from 5-6 p.m. This ooey-goey program is chock full of melty goodness for you to try on National Cheese Toast Day. We'll be melting various cheeses on bread to find our favorites. For grades 7-12. Registration is required. ■

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RUN into fall with the Oktoberfest 6K

Altoona Running Club hosts event.



Last year's Women's Stein Challenge drew numerous contestants and returns this year.

The Altoona Running Club is gearing up for another Oktoberfest 6K on Saturday, Oct. 1. New this year is the Kid's Pumpkin Dash, open to ages 2 through 10, at 10 a.m., with the 6K event to follow at 10:30 a.m. The race will be held near the plaza just west of Hy-Vee in Altoona, behind Swain Chiropractic and Brightside Aleworks. Once the runners and walkers have finished the 6K course, awards and giveaways will round out the morning event.

Of course, what's an Oktoberfest event without a theme? The Altoona Running Club is encouraging runners to dress up in their most creative German costumes. When all the awards are handed out, participants are also urged to stick around for the second annual Stein Holding Contest.

"The participants must hold a three-pound glass stein, filled, with their arm straight out at shoulder height. The last one maintaining the correct form will win," explains Matt Millard, president of the Altoona Running Club. "It was a lot of fun to watch this event last year, and we have expanded the number of people who will be able to enter. Everyone that tries will get to keep their stein at no cost."

Millard founded the running club after realizing the need for running partners in the area. Some members of the community had expressed their uneasiness about running alone, and the group quickly began coordinating runs. Today, there are 450 active members. Their events are held solely to benefit the metro area. Oktoberfest will benefit the Track Guy Foundation this year, which provides students in need either cross country or track shoes.

"These runners are like-minded people who want to better themselves and the community through our activities," Millard says. "We have done Earth Day trail clean-ups for the past two years, and we have run in the snow, rain, heat and cold. We have participants of all ages, abilities and speeds."

For more information about the running club, join their Facebook page titled Altoona Iowa Running Club. ■

MEET Peyton Williams

Celebrating students' growth and success

Originally from Marshalltown, Peyton Williams graduated from the University of Northern Iowa before joining the Southeast Polk Community School District. Prior to joining the district, he was a student teacher for fifth grade at Delaware Elementary School in the fall of 2020. He said he enjoyed his time with both the school and the district and has since returned as a science and eastern civilization educator at the junior high.

"I enjoy having the opportunity to teach two different content areas by having three classes of both science and social studies. It takes a little extra planning and learning the curriculum of two contents, but I enjoy the variety in my daily schedule," Williams says.

Although Williams grew up in a larger school district, he admits he was a little nervous about coming into such a big school and such a big district. However, he says the staff has been helpful and encouraging, and he has felt welcomed and supported at the junior high. Williams has also enjoyed building relationships with the families of the students he has taught and coached.

"The students I work with each day are great," he says. "I enjoy teaching them and watching them learn and grow. Middle school students are unique. I enjoy having fun with the kids and using humor as I interact with students."

Williams' students participate in fun projects throughout the school year. For example, students in his eastern civilization class participated in an industrial revolution simulation. Throughout the simulation, students created a poster to represent their own industrial revolution. They were also provided with specific instructions on changes that happened over 10-year periods as they progressed through the 130-year simulation. This project was not only interactive but also engaging for students.

"I think the biggest reward for me is being able to help a student grow and succeed. This is something I am fortunate to see each day and can celebrate," Williams says.

When not teaching, Williams enjoys spending time with his family and friends. He also enjoys coaching wrestling, hiking, biking, running and fishing. ■



Peyton Williams enjoys the variety of teaching two subject areas — science and social studies.

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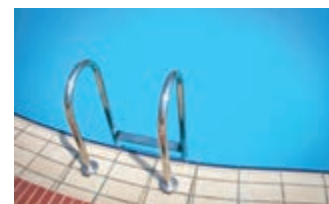
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August is like the Sunday of Summer. And with this season nearing the end, there's less splashing, tans are starting to fade, and more thinking of football season or pumpkin spiced lattes headed our way, am I right? So, what other changes do we need to think about this time of year?

HOW SHOULD YOU DRAIN YOUR POOL?

For starters, you must discontinue the addition of salt and chlorine a couple of weeks prior to draining your pool or spa to allow time for the chlorine level to be reduced to 0.1 mg/L before discharge because salt and chlorine are deadly to freshwater aquatic life. All salt water must be discharged to the sanitary sewer through a drain in your home. There are two options for non-salt water discharges. First, discharge directly to the sanitary sewer via a drain in your home. The second option is to slowly discharge the pool or spa water across at least 15 feet of flat vegetated area before it gets to the street or storm sewers. Make sure not to flood your neighbors.

For more information, contact Altoona's Stormwater Department Staff or visit iowastormwater.org.



DO I HAVE TO KEEP MOWING MY GRASS?

Mowing season continues and maximum length of grass is as follows:

- A. Developed Residential Areas – not to exceed six (6) inches.
- B. Undeveloped Residential Areas – not to exceed twelve (12) inches.
- C. Business and Industrial Areas – not to exceed (12) inches.
- D. Agriculture Areas – not to exceed (15) inches.
- E. All undeveloped properties adjacent to a developed property - not to exceed six (6) inches inside the property along the side and rear yards for a distance of ten (10) feet measured horizontally into the property from the property line.



CITY BRUSH DROP OFF

Residents wishing to deposit brush can enter through the gate north of the Altoona Aquatics Park and south of the Altoona Skate Park. Altoona Aquatics Park is located at 1200 Venbury Drive.

Please have information identifying you as a City of Altoona resident ready when you drop off brush. The brush pile is open from 8:00AM-Noon on the first Saturday of August, September, and October.



CITY OFFICES CLOSED FOR LABOR DAY

Please remember that City offices and the Altoona Public Library will be closed in observance of the Labor Day holiday on Monday, September 5th.



Enjoy these last weeks of flip flops, popsicles, and neighborhood block parties. Don't worry, autumn brings new beauty, crisp air, and all the s'mores you could ask for. We'll see you there!

FAMILY tradition

Ferguson says it's Altoona for life.



Amy Ferguson grew up in Altoona and wanted her children to grow up and attend school there.

Born and raised in Altoona, Amy Ferguson says she can't see herself living anywhere else.

"I kind of just planted my roots and never left," she says.

As an Altoona lifer, Ferguson has seen her fair share of changes in the town, especially due to its exponential growth. In fact, the area where she and her family live now — in the Falcon Ridge neighborhood — used to be farm fields when she was growing up.

When Ferguson is home, she says her favorite spot is her front porch.

"It's welcoming and my place of peace to sit in the rockers and enjoy the mornings and evenings during the spring, summer and fall seasons," she says.

Even though Altoona has developed ten-fold since she was a child, Ferguson says it holds onto its small-town atmosphere. Part of the reason she has remained in the community is because she wanted her kids to attend Southeast Polk schools. She's enjoyed watching the school district grow, too.

Ferguson's kids started school at Runnells Elementary, then went to Willowbrook Elementary in Altoona before attending the Southeast Polk middle school and high school.

"It was nice because I still had a lot of relationships with teachers in the district because a lot of them are still here teaching from when I was in high school," Ferguson says.

Her children were involved in a variety of school activities. Her son was active in sports, and both of her daughters danced for the Southeast Polk RhythMetteS — something Ferguson herself did as a high schooler.

As for Altoona in general, Ferguson says the community is a



supportive one. She's a board member for the Altoona Chamber of Commerce, so she's seen first-hand how residents encourage local businesses. In fact, one of the main reasons she joined the chamber was so she could give back to the community and help both Altoona and its business sector grow and prosper.

This is her third year on the board, for which she currently serves as secretary, and it's been an opportunity she's grateful to have had. She's excited for all that's to come.

"It's nice to stay in touch and watch Altoona grow," Ferguson says. "This is where I want to stay." ■

WINS first amateur boxing match

SEP freshman Asa Niswander brings home a win.

Recently, at ICOR boxing in Iowa City, Asa Niswander, a Southeast Polk freshman, had his first amateur boxing match against a fellow amateur boxer from Muscatine boxing club, Jaxson Anderson.

Amateur boxing typically consists of 1-minute rounds and a 3-round competition.

In their match, Anderson came out aggressive and fast, charging ahead and using an active striking attack. Asa quickly adapted and began moving well around the ring and used some counter right hands and upper cuts to score points, while tying up Anderson when he got in close.

Asa likely won the first round, and Anderson picked up the pace and took round two, leaving round three to decide the winner. Asa moved well and just edged the round for a close win.

"Jaxson surprised me a little bit by how fast and aggressive he was, but I ultimately scored enough harder shots to win the match," Asa says.

Sept. 3, Asa will have his second match in Minneapolis. He says he wants to improve his jab and stamina for his next competition.

Asa trains at Porcelli's Training Center in Pleasant Hill. His father, Alex, is a registered coach with U.S. boxing. Amateur boxers must register and have up-to-date sports physicals before competing. ■



Asa Niswander

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8 – 11 a.m..... **SEP FFA Breakfast: Breakfast burritos**

8:30 a.m. – Noon.. **Car Show** *Awards at Noon*

10 am **Mud Volleyball** *Registration begins at 9 a.m.*

1 p.m. **Mud Tug-of-War** *at the Mud Volleyball courts (FREE just show up!!)*

2 p.m. – 5 p.m..... **Bags Tournament**

1 – 4:00 p.m. **Kid Zone** *Bubble Fun, Elvis the Pony, Petting Zoo, Library Card Prize Drawings, Make and Take Project*

10 a.m. – 6 p.m..... **Business & Product Vendors**

10 a.m. – 11 p.m. **Food Trucks**

11 a.m. – 6 p.m..... **Inflatables** *\$10 per waistband*

Noon – 5 p.m..... **Camel Rides** *\$15 cash only*

Noon – 9 p.m..... **Axe Throwing** *\$5 for 6 throws*

2 – 11 p.m..... **Live Music**

2-3:30 p.m. The Sheet

4-5:30 p.m. Jordan Beem

6-8 p.m. Lincoln Highway

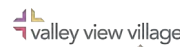
8:30-11 p.m. Douglas Acres

11 a.m. – 11 p.m **Beer Garden**

Schedule subject to change. Please see website for most up to date information: altoonapalooza.com



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GOOD news for estate planning

Are you worried about your family paying extra taxes when you die? There is some good news that can affect your estate planning.

Every estate is liable for a few different kinds of tax. Whether it is Federal estate taxes, income taxes, inheritance tax or capital gains tax, your heirs may be writing checks to the government. Iowa is one of six states that still implements inheritance tax. But that is changing as Iowa phases out its inheritance tax law.

In general, inheritance isn't taxed as income; you won't pay income tax on a bequest. But when you inherit money or property from someone, you potentially owe tax to the State of Iowa. Inheritance tax is owed on all assets passing to an individual. Some beneficiaries are exempt: a spouse, children, stepchildren, grandchildren and parents all have a 100% exemption from inheritance tax.

Other beneficiaries have no exemption. Siblings, sons- or daughters-in-law, nieces and nephews, and friends all owe inheritance tax. The tax rate can be as much as 15%. For this reason, some clients avoid leaving money to a family member because of the tax



implications.

New legislation changes this by phasing out the inheritance tax. For deaths occurring in 2021, the tax rate is reduced by 20%. The rate will continue to be reduced by 20% each subsequent year until Jan. 1, 2025 when the exclusion will be 100%. No inheritance tax will be owed for individuals dying after Jan. 1, 2025, regardless of the relationship of the beneficiary.

This change to the law presents an estate-planning opportunity for many clients. Clients can include a sibling or beloved son-in-law or daughter-in-law in their will or trust without worrying that the State of Iowa will take some of the inheritance. Nieces and nephews are now viable beneficiaries, without the risk of having tax imposed.

Your legacy to your loved ones can now be more inclusive. Many clients are now looking at their options for revising and updating their estate planning documents. If you have a last will and testament or a revocable trust and would like to include new beneficiaries, make sure that you contact an attorney who specializes in estate planning and who understands the new tax laws. ■

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

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THE DIMENSIONS of wellness

When we think of health and wellness, we often just think of physical health, but wellness involves much more than just physical health. Did you know there are eight different types or “dimensions” of wellness? These eight dimensions are: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. All of these together create a “wheel of wellness,” and each of these dimensions help shape who we are and every aspect of our day-to-day lives. If one piece is lacking, we do not have a functioning healthy wheel.



For example, if we don’t have physical wellness, it affects what we can do or where we can work. If we do not have occupational wellness, we could be miserable in our job, which then leads to declining emotional wellness. Our well-being is intricately intertwined to each of these dimensions, and having issues or concerns in one area can affect everything. Let’s look into a few of these dimensions.

Emotional wellness is defined by the National Institutes of Health as “the ability to successfully handle life’s stresses and adapt to change and difficult times.” Emotional wellness is the key to a happier life.

Here are a few tips to help maintain or improve emotional wellness.

Be positive. I use an app that sends me motivational messages and positive reminders throughout my day to help me practice positivity. If you use an app or are able to do so without a reminder, take a moment to recognize everything that is good in your day and your life. It is normal to occasionally be in a bad mood; we just do not want to live our lives in a bad mood.

Another step to achieve emotional wellness is to acknowledge your loss and take steps to cope. Whether this be the loss of a loved one, the loss of a job, or the loss of a lifestyle, work towards the acceptance of that change and moving forward.

Occupational wellness is boosting your happiness at work by focusing on tasks that bring you a sense of joy, satisfaction and accomplishment. Having a career that is enjoyable and meaningful to each individual is vital to occupational wellness. You can also find occupational wellness in retirement by finding a purpose or something to do. You may be volunteering or maybe your goal to occupational wellness is to read a book a week. Whatever it is, find your purpose, create connections, don’t settle and keep motivated, and you will find occupational wellness.

Improving or maintaining our wellness is vital to living a happy and higher quality of life. Take a moment now to reflect on your wellness. How do you feel? ■

Information provided by Stephanie Proper, executive director, Valley View Village, 2571 Guthrie Ave., Des Moines, 515-265-2571.

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CLASS of 1958 celebrates 64th reunion

Ah, the stories we told...



Attending the 64th reunion of the Altoona High School Class of 1958 were, front row, from left: Margaret Nelson, Martha Cort and Keith Griffin; and, back row: Terry Wilson, Patricia Ballard Coffie, Sarah Stark Champion, Donna Kooker Curry, Joyce Carr, Luella Wolver Garrett, Larry Murphy, Frank Helm and Lloyd Dales. The class had 37 graduates.

On Aug. 2, I attended my 64th Altoona High School Class Reunion. The name tags included our graduation photos. Twelve of us were there for this reunion photograph. I could actually remember, recognize and relate to most of them. Some spouses attended. We shared memories, and I tried to capture some of them.

Keith Griffin told how he and Roger Cory had an adventure involving skunk spray and stripping down. The sprayed socks and underwear were then deposited in a not-so-well-liked or remembered classmate's locker.

Donna Kooker showed her set of spoons and played them as we sang along to "I'll Fly Away." Donna had loved her years and years with her Kitchen Band. That song had been one of her favorites.

Frank Helm was reminded of planting corn near a location offering parachute rides and finding changing clothes for a party

quite revealing.

Luella Wolver Garrett reminded us of the times when the students agreed, at a given time, in Mr. Frey's class, all would stomp their feet or drop a book or do something else. Reminded me of the modern-day flash mobs where communication is by cell phone and then a mob shows up and dances or something. We were ahead of our times?

I told of how I met Frazier Coffie in Miss Smith's study hall. Frazier and Frank Helm traded seats so that Frazier could have the seat directly behind me. When Miss Smith took attendance, she told the boys they were in the wrong seats. Frazier and Frank assured her they were sitting where she told them to sit, and she must have written the names incorrectly on her seating chart. They were so earnest, Miss Smith believed them and changed the seating chart accordingly.

Keith Griffin told of the time one of the teachers bought a Volkswagen. It was such a

little thing; he and some others picked it up and set it sideways somewhere it should never have been.

Lloyd Dales told of the hole in the smoky coating that covered the glass window into the girls' locker room. When the principal found that and questioned the boys, Lloyd said he would be glad to look into that for him.

At one point, two "car bombs" were placed under the hood of Keith's car. That's where you attach a firecracker of some sort to one of the spark plugs, and, when the car is started, that goes off, providing a flash, bang and lots of smoke. Keith suspected there was one, opened the hood and removed it. Then he started the engine and the second one went off.

Twelve out of 37 sharing stories of 64 years ago. Many thanks to Frank Helm and crew for doing the planning for this good time at the Pizza Ranch in Altoona. ■

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BEFORE YOU GO

By Jan Shawver

TALK about it

As my brother approached the end of his 25-year struggle with diabetes (many years before I started working in the deathcare industry), he wanted to make things as easy as possible for us. He began sharing with me what he wanted for his memorial service. At the time, I didn't want to hear it, but I was thankful when that day finally arrived that I knew exactly what he wanted.



Some of the things he shared: location of service and officiant, songs he wanted sung and who should sing them, pallbearers (he had asked each one himself — I just had to confirm time and place) and type of flowers he wanted (that was a given, he loved roses).

When the time came to meet with the funeral director, I was surprised to learn that he had pre-paid for everything — even his roses.

Maybe you are like I was. You don't want to discuss a loved one's inevitable death. Those visits were the hardest I had ever encountered. But I listened because I knew it was important to him.

Whether you are facing your own death or that of a loved one, don't be afraid to talk about it.

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

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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HEALTH

By Ashley Powell

THE BENEFITS of CBD

Hemp-derived cannabidiol (CBD) is not marijuana. It will not get you high, and you don't need a prescription. CBD is non-habit forming and is not addictive as it does not release chemicals in the brain that cause physical dependence and, therefore, does not cause withdrawal symptoms.

CBD stimulates your body's natural cannabinoid receptors CB1 and CB2, thus helping your body find balance. Research has shown that CBD can help to:

- Positively impact depression by stimulating anandamide.
- Reduce inflammation, providing pain relief, alleviating intestinal inflammation disorders, reducing migraines and protecting against type 1 diabetes.
- Control or decrease anxiety and PTSD behaviors and symptoms.
- Block the spread of certain types of cancer.
- Decrease spasticity in movement disorders.
- Reduce inflammatory skin diseases and scarring, including acne.
- Reduce nausea and vomiting associated with chemotherapy.
- Improve a number of sleep disorders including insomnia. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. References: <https://www.medicalnewstoday.com/articles/317221#benefits>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043845/>; <https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know>.

HEALTH

By Kendall Way

END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.



Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■

Information provided by Kendall Way, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, way@sstherapyandconsulting.com.

HEALTH

By Dr. Kari Swain

CHIROPRACTIC for back-to-school

Incorporating chiropractic as part of a healthy lifestyle can help with the back-to-school transition and set kids up for success throughout the school year. Sitting at desks, using electronic devices, and lack of physical activity all affect posture and the curvature of the spine. The nervous system connects the brain to the body, and, when spinal subluxations are present, the messages are distorted or blocked. A board-certified pediatric chiropractor conducts a thorough examination to identify subluxations and is specially trained to adjust children and adolescents.

Chiropractic adjustments remove interferences to the nervous system and allow the communication between the brain and the body to flow uninterrupted. This ease of communication manifests in the body as: improved attention span and ability to focus, decreased behavioral issues, and increased balance and coordination.

Other benefits of chiropractic care that set the foundation for success in the school year include: increased immune system function, improved sleep and ability to calm, and optimal growth and development. ■

Information provided by Dr. Kari Swain, Swain Chiropractic, 410 Center Place S.W., Altoona, 515-967-9300.

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PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.

Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce a



person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

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6 FAQs when buying your first home

Buying a home is an exciting milestone in your life. If you're going through the process for the first time, you may be hearing many unfamiliar terms and contemplating which of your many options best fits your situation. If this sounds like you, you're in the right place. Here are the most common questions we receive from clients.



1. Do I need a Realtor® to buy a home?

While you're not required to have a Realtor to buy a home, they can be extremely helpful throughout the process. There are many factors to consider when choosing a home, and evaluating a whole market on your own can be overwhelming. Realtors have the expertise to guide you.

2. What's the difference between a 15-year and 30-year fixed mortgage? Two of the most common mortgage options are

15-year and 30-year fixed mortgages. As the names suggest, the number of years it takes to pay off these mortgages differs. Another major difference is that shorter-term mortgages often have lower interest rates but require a higher payment each month compared to longer-term mortgages.

3. What's the difference between a fixed rate and an adjustable rate mortgage? A fixed rate mortgage maintains the same interest rate throughout the entire life of a loan, while an adjustable rate mortgage begins to change — which can be up or down — based on the credit market. Both options have advantages and disadvantages, but, especially during a low-rate environment or a volatile market, fixed rates are much more favorable to buyers.

4. What is an escrow account and escrow analysis? An escrow account is used by homeowners and mortgage lenders to ensure adequate payments are made on homeowners' insurance and real estate taxes. An escrow analysis is an annual review of your account to

ensure you are not paying too much or too little, as property tax and home insurance rates can change over time.

5. What is a homestead credit and do I qualify for one? Homestead credit is a tax credit for homeowners designed to lessen the amount of property tax they pay. While eligibility varies greatly by state, in some states, such as Iowa, the qualifications needed to be granted a homestead credit are minimal.

6. If I can't find my dream home, can I build it instead? In today's low-inventory real estate market, many home buyers are considering building instead of buying an existing home. Building a house can be a great way to get exactly what you desire for your dream home, especially when the market doesn't include the style or size of home you're looking for. ■

Information provided by Lori Slings, Bankers Trust, NMLS ID: 406021, 3820 Eighth St. S.W., Altoona, 515-245-5624, LSlings@bankerstrust.com, BankersTrust.com/LSlings, Bankers Trust NMLS ID: 440379.



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EVENTS IN THE AREA

Be sure to check for cancellations.



Music at Haines Park

Sunday, Aug. 28, 6 p.m.
Haines Park Outdoor Stage, 700 block of Third Ave. S.E., Altoona
Altoona Parks and Recreation Board is hosting Music at Haines Park, featuring free entertainment. Pop and popcorn are sold to support CAP Children's Theatre.



Cruise In

Sept. 2 and Sept. 16, 4-8 p.m.
Outlets of Des Moines, 801 Bass Pro Drive, Altoona

Cruise In events are the first and third Friday of each month through September. Co-hosted with the Iowa Street Rod Association, Friday Cruise Ins take place in Lot C at Outlets of Des Moines. The Iowa Street Rod Association (ISRA) is a non-profit 501(c)3 organization with the mission to preserve and promote the street rod and custom car hobby. There is no fee to attend. All types of cars are invited to cruise in. For more information, visit OutletsofDesMoines.com.



Za Ga Zig Hole in One Golf Outing

Sept. 11, 8:30 a.m. to 2:30 p.m.
Toad Valley Golf Course, 237 N.E. 80th St., Pleasant Hill

Join the Za Ga Zig Hole In One Club. All outings are co-ed and open to all who are willing to swing a club. Each outing is \$65 per person. Call or text your team to Steve Fedler no later than seven days prior to the outing, 515-208-9508. All proceeds benefit the Za Ga Zig Shrine Hole In One Club and donations are not tax deductible.



Altoona city-wide garage sales

Sept. 15-17
Don't miss the chance to visit a huge array of garage sales.

An Evening in Olde Town

Saturday, Sept. 24, 6-9 p.m.
Olde Town Altoona

Enjoy a catered dinner, live music and cool atmosphere. Tickets are on sale now at www.altoonachamber.org.



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Aug. 23-28



Sept 13-18



Sept 26-28

Promotions

Aug 23
\$1 Hot Dogs & Dog Days
Berkwood Farms |
Animal Rescue League, Premier Credit Union,
Downtown Doggy Daycare, Paws & Pints,
Pet Supplies Plus, Tito's Handmade Vodka

Aug 25
Back to School Night
Great Southern Bank | Boys & Girls Club

Aug 27
Demonios
Principal | Prairie Meadows | Barilla |
Atlantic Bottling Coca-Cola | Tito's

Sept 13
\$1 Hot Dogs
Berkwood Farms



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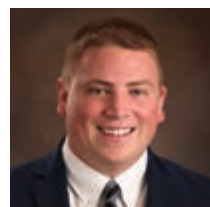
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EVENTS IN THE AREA

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

Be sure to check for cancellations.



Olde Town Altoona Farmers Market

Thursdays, 4-7 p.m.

Olde Town Altoona

Enjoy the Farmers Market and all it has to offer Thursdays during the summer. Enjoy a leisurely stroll among vendors in the charming Olde Town Altoona setting.

Inaugural Tony Mapu Memorial Foundation Golf Tournament and Luau

Saturday, Oct. 8

Copper Creek Golf Course, 4825 Copper Creek Drive, Pleasant Hill

Registration is online only at www.tonymapu.org. Check in is at 9:30 a.m. with shotgun start at 11 a.m. Awards are presented at 5 p.m., with the luau dinner at 5:30 p.m. followed by entertainment at 6:30 p.m. and the closing Fire Dance at 8 p.m. Cost is \$85 for golf and \$65 for luau (\$15 if also golfing). Tony Mapu attended Southeast Polk intermittently from 1977 to 1980. He and his family traveled the country with the entertainment group known as Chief Maps and The Sounds of Polynesia. Tony died in a car accident on Oct. 25, 1980. The Foundation will raise funds for scholarships.



SEP Homecoming Parade

Thursday, Oct. 6, starting at 5:45pm



Rollin Relics Cruise to the Carousel Car Show

Sunday, Aug. 28

Heritage Carousel of Des Moines in Union Park

The Rollin Relics car club of Des Moines will be hosting its 21st annual Cruise to the Carousel Car Show. It is one of the largest car shows in Iowa with more than 200 cars and directly benefits the Carousel. Registration begins at 9 a.m. with the judging of the cars taking place from noon to 1:30 p.m. There will be food, door prizes, a 50/50 drawing, music, free rides on the Carousel and an auction. The winning cars will be announced after the auction. Visitors are encouraged to stick around to see the parade of cars as they leave Union Park. For information about entering your car, go to www.rollinrelicsdsm.org. The event is open to the public, and there is no admission fee for those not entering a car.

Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.

West Glen Town Center, West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.



Cow Pasture Golf Outing

Sept. 18, 1 p.m.

Griff's Valley View RV Park and Campground, 6421 N.E. 46th St., Altoona

The 12th Annual King David Lodge No. 407 Cow Pasture Golf Outing is coming up. Check in is from 1-2 p.m. with a 2 p.m. shotgun start. Cost is \$60 a person and includes golf, 1/2 cart, and dinner, or \$30 a person for golf and dinner (bring your own cart). The maximum is 32 teams. Register by calling 515-423-8884 or emailing tcbtomcat@gmail.com by Sept. 13.

An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Enjoy this program at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will talk about the life of Grant Wood, the famous Iowa painter, and how he changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: <https://terracehill-grantwood.eventbrite.com>.

DO YOU LIKE WHISKEY?
DO YOU LIKE WINE?
THEN YOU'LL
LOVE THIS EVENT!



WEST GLEN TOWN CENTER
Friday, September 23 from 5-9 p.m.

For a ticket price of **\$20** (\$20 in advance, \$30 at the event), attendees will receive **10** drink tickets that can be redeemed at participating stops for a sample size whiskey cocktail!
Also enjoy free wine samples at participating retail locations!

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FOR INFORMATION, DRINK MENU AND TO PURCHASE TICKETS:
WHISKEYWALK.DMCITYVIEW.COM

THE EVENT WILL BE HELD RAIN OR SHINE



OUT of control

Our natural inclination is to seek control. In our lives and work, we spend an inordinate amount of time and effort trying to control other people and our own circumstances. In fact, being “in control” is often synonymous with competent leadership. But what if control is largely an illusion? What happens when we realize, as we inevitably will, that we often can’t manipulate enough of the variables to effectively determine outcomes?



True control is frequently limited to decisions at the personal level. For instance, I can control whether I go to work or not. What I can’t control are the consequences if I should choose not to. Even in positions of significant leadership responsibility, the most we can realistically hope to leverage in many cases is influence. You can demand that your employees perform specific tasks at work. You can tell your kids to clean their rooms while you are gone at work all day. But the choice to comply is still theirs. A more effective strategy is to focus on influence. How can you influence your employees to perform at a high level because they want to? What can you do to make your daughter want to clean her room? As General Eisenhower once said, “Leadership is the art of getting someone else to do something you want done because he wants to do it.”

Nassim Nicholas Taleb wrote a book in 2012 titled, “Antifragile: Things That Gain from Disorder.” The premise of the book is the idea that some things are not only resilient to unexpected challenges but actually thrive because of them. Beyond calibrating our expectations of our own span of control, the challenge to us as business leaders is to design our systems, processes and organizations to align with this concept of antifragility. Planning emergency contingencies in your business is certainly prudent. It’s even better to also have a systematic way to aggregate and implement lessons learned from an emergency that can reshape your organization to be more resilient in the future. If you do, your organization will improve from periodic shocks to the system in ways it couldn’t absent these challenges. This is the essence of antifragility.

The bottom line is that we all are more vulnerable to circumstances outside our control than we care to admit. What we can do is extend our influence where possible and then seek to capitalize on things we cannot control in a way that makes us, our relationships, and our organizations stronger in the long run.

Save the date

- Monday, Sept. 5: RVTV in Ram Country, party starts at 3 p.m.
 - Saturday, Sept. 24: An Evening in Olde Town, 6-9 p.m.
- Catered dinner, live music, cool atmosphere. Tickets on sale now at www.altoonachamber.org.
- Thursday, Oct. 6: SEP Homecoming Parade, starts at 5:45 p.m. ■

Information provided by Josh Dunwoody, 2022 Altoona Area Chamber of Commerce President.



RV TV IN RAM COUNTRY

SEPTEMBER 5, 2022

www.altoonachamber.org



WHERE? Outlets[★] of DES MOINES

TIME

3PM-10:30PM

ROYCE JOHNS @ 4PM





CODY HICKS @ 7PM

FAMILY FUN & GAMES

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Honda of Altoona in Prairie Crossing

OUT & ABOUT

GOLF Outing

The Altoona Area Chamber of Commerce Golf Outing was held at Toad Valley Golf Course on July 15.



Patti Murray, Madi Oster and Patty Whetstone



Peyton Rutledge and Kyler Bemis



Jim Raes, Conner Raes, Sam Raes and Max Raes



Marcus Pitts, Grant Harrison and Tanner Hedstrom



Austin Goodnight and Devin Boyer



The Insurance Station team



Kent Wall, Marty Osmundson and Dave Wiederin



Ben Coy and Jesse Simpson



Jay Mathes, Nathan Duetmeyer and Shawn Kinnison



Kyle Guldenpfennig and Aubrie Doyle

OUT & ABOUT



A ribbon cutting was held to celebrate the new art installation, Woven Lines, at First Avenue N. and Ninth Street N.E. on July 25.



Krystal and Shawn Drumheller with Brooke at National Night Out at Sam Wise Youth Complex on Aug. 2.



A ribbon cutting was held for R&B Auto Glass and Truman's Automotive & ADAS Calibrations at 4431 E. 50th St., Suite 400, Des Moines, on Aug. 4.



Trina Thomas with Tadian and Kayson at National Night Out at Sam Wise Youth Complex on Aug. 2.



Jackie Richman with Lincoln and Noah at National Night Out at Sam Wise Youth Complex on Aug. 2.



Dakota, McKenna and Rowen at National Night Out at Sam Wise Youth Complex on Aug. 2.



Charlotte and Mike Depew with Lincoln at National Night Out at Sam Wise Youth Complex on Aug. 2.



Taylor Osmundson with Mack and Geiger at National Night Out at Sam Wise Youth Complex on Aug. 2.



Lisa Kalopfenstein with Sydney at National Night Out at Sam Wise Youth Complex on Aug. 2.



Jenny Miner with Natalie at National Night Out at Sam Wise Youth Complex on Aug. 2.

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