

ALTOONA

DECEMBER 2022

# Living

## The GIFT of TIME

Volunteers spread joy  
for the holidays

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WELCOME

## IT'S BETTER to give than to receive

Do you remember hearing that phrase as a child and wondering who in the world could possibly agree with that?

I do, and I definitely enjoyed receiving gifts more than giving them. As a youngster, it is a challenge to think of many things in life more enjoyable than opening gifts. Just look at any kid's eyes when he or she has a wrapped present at arm's length.

As an adult, that seems to change — at least it has for me. When my kids or wife ask me what I want as a gift now, I usually come up with something exciting like undershirts, underwear or socks. Those are things I want and could certainly use. My family members don't seem to share my enthusiasm for these items, so I often receive other gifts. I appreciate them, but I really don't need them. In fact, for most of us adults, there are very few things in life that we now truly need.

My mother used to tell me this when I would ask her the same thing prior to her birthdays and the holidays. What she really wanted was to get together in person, play games and share stories. The most important gift to her, and now to me, is time. It is our most precious commodity, and many of us are learning to treat it like gold. As we age, we learn to say no to the many requests of our time that don't fit with our personal priorities. And, hopefully, we commit more of our time to the things that do.

Meanwhile, few things in life — including opening presents as a child — can bring as much inner joy as volunteering our time to help others. Most all of us think we are too busy to make time for volunteer efforts, and that is understandable. Even so, I am amazed by the many people who do volunteer and make such an impact on the lives of others including the elderly, the lonely and the many who are truly in need.

You may have thought about volunteering your time but were not sure where to start. In this month's cover story, we share the accounts of local residents who felt the same way and then made the important step to actually do it. They don't regret it, and you won't either.

Look inside for examples of volunteer opportunities during this holiday season and throughout the year that will help you learn how good it can feel to give rather than to receive.

Thanks for reading. ■



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FEATURE

# The GIFT of TIME

Volunteers spread joy for the holidays

By Lindsey Giardino

Whether it is the family gatherings, longtime traditions, religious ceremonies, gift giving, glowing candles or a blanket of glistening snow, there is something about the holidays that warms our hearts and sparks our spirit of generosity. We give goodies, cards, gifts and more to our friends and family. And, donations flow to charities.

For those who want to do more than open their wallets, another precious gift waits to be given: time. Volunteers help to spread holiday cheer, and they find themselves rewarded in return by the joy of giving.

Colbie and Peyton Sibley with Mrs. Claus and Santa during Christmas in Olde Town.



## FEATURE

### Entire family volunteers time

Christmas in Olde Town is a staple event in Altoona — and it takes the effort of many volunteers to put it on.

The entire Sibley family is among those volunteers.

Lacie Sibley says they got involved with the event because her husband, Luke, was invited to be on the Altoona Area Historical Society Board of Directors this year, and their 11-year-old daughter, Peyton, decided to attend one of his first meetings with him.

“The rest is history,” Sibley says. “Peyton got really involved in the conversations. She gave suggestions, opinions and, of course, volunteered not only herself, but all of us to help with the event. We’ve attended Christmas in Olde Town for several years, and it’s only gotten better year after year.”

The underlying reason the Sibley family chose to get involved with the event is simply because they love their community.

“This event, like many we have here, is one of those things that keeps Altoona small and close-knit,” Sibley says. “It brings us all together to share some fun, enjoy time with friends and the community, and, of course, ring in the



Lacie Sibley, her daughters Ashtyn, 8, and Peyton, 11, and her mother-in-law, Sandi Sibley, help raise money with a bake sale for the Altoona Historical Society.

season. Being Hallmark movie junkies, helping with this event was right up our alley. We are so fortunate to have Olde Town and the historic feel of what Altoona once was and how much it has grown.”

Sibley adds, as parents, she and Luke try to get their kids involved as much as they can.

“We are crazed parents — like many with young kiddos — but making the time to give your time is a value we hope our kids are picking up,” she says.

The best part of being involved with Christmas in Olde Town specifically was the day of the event, when the family got to see everyone’s hard work and energy pay off in putting on a great event for Altoona during the holiday season.

“Welcoming Santa and seeing the wonder he brings to, not just our young community members, but to all of us, is magical,” Sibley says. “Providing a reason to make time for us all to take a break from the hustle and enjoy each other, savor a cup of hot cocoa, meet a real-life reindeer, and share some smiles is by far the best part of being involved.”

In the past, the Sibley family has volunteered in other ways during the holiday season. They’ve rang the Red Kettle Bell, provided meals for families with children in the hospital and sponsored families that needed extra support to purchase gifts for their kids.

“Being a volunteer helps our community be able to put on great events for families and community members to come together, enjoy each other and build connections,” Sibley says. “Not to mention, it’s also a huge, warm fuzzy for your heart. Happiness is homemade, but when volunteers come together, put their heads and hearts together, amazing things happen.”



People gather for festivities at Christmas in Olde Town.



## FEATURE



Mrs. Claus and Santa visit with families during the Christmas in Olde Town celebration.



The line to visit Santa trails into the street while interesting sights can be seen outside at Christmas in Olde Town.

### Payne family helps spread cheer

Another couple of dedicated Christmas in Olde Town volunteers are Shelley Payne and her husband, Tim. This year marked their fourth year helping with the event. Tim is also the one

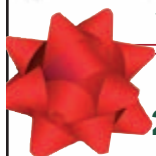
who puts up the lights in Olde Town during the holiday season.

For this year's Christmas in Olde Town, Shelley Payne reserved some of the entertainment items, was in charge of securing and cleaning the popcorn machine, assisted in

cleaning the Altoona Area Historical Museum, and put banners and yard signs around town advertising the event.

She also went to Sam's Club with her son, Alex, to gather supplies. Alex himself is president of the Altoona Area Historical Society

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## FEATURE

Board of Directors and heavily involved with Christmas in Olde Town.

On the day of the event each year, Payne “shows up and does whatever I’m told.”

It’s evident that Payne puts a lot of time into volunteering with Christmas in Olde Town, but it’s something she’s happy to do.

“I love seeing all the little kids see Santa and be excited,” she says.

Payne adds that this year’s event had a great turnout. Almost 1,000 people walked through the Altoona Area Historical Museum — a great way for community members to learn about the town’s history and feel proud of it.

### Other ways volunteers bring joy to Altoona

You’d be hard-pressed to find someone in the Altoona community who isn’t aware of Jolly Holiday Lights.

The annual light display is Make-A-Wish Iowa’s largest fundraiser, and volunteers, many of whom are from Altoona, are critical to its success.

Jolly Holiday Lights is made possible by

teams of volunteers that help with set up and tear down. The light show runs through Jan. 1. Folks who purchase tickets are able to drive through Adventureland Park and enjoy all the bright lights. Money raised from the event helps grant Iowa children’s wishes.

Another organization that requires the help of volunteers is the Altoona Food Pantry, which is operated by Caring Hands Outreach Center. They also run a thrift store in Altoona, Secondhand Treasures.

Caring Hands offers numerous opportunities for volunteering, including sorting food donations, assisting visitors at the food pantry, picking up donations from businesses around town and much more. Interested volunteers can contact Caring Hands’ volunteer coordinator at 515-967-4533 x6 or apply on its website.

And when the holiday volunteering is done, consider this summer opportunity: Altoona Kids Café provides a variety of fun learning opportunities, enrichment and a healthy lunch to students in the Altoona community during the summer months. Volunteer opportunities include preparing meals, delivering meals, being part of the learning and activity preparation



A reindeer and sleigh provide a great photo opportunity at Christmas in Olde Town.

team, and putting together Friday Food Bags.

It truly takes a village to put on the Altoona Kids Café. In 2021, there were 2,021 volunteer spots available. More details can be found at [altoonakidscafe.com](http://altoonakidscafe.com). ■

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# FAMILY inspires home project

New dining room gives Walls more space.

Mike Wall and his wife, Lori, have lived in Altoona for nearly 28 years.

They moved to central Iowa for a job change in March 1995 and liked the size and feel of Altoona compared to some other Des Moines suburbs.

"The price was right for this house as a 'starter' home, and it worked so well for us that we stayed in it," Mike Wall says.

One of the couple's favorite parts of their home today is the finished basement, which includes a family room, guest bedroom and bathroom. They also enjoy their newest addition — a dining room they converted from a bedroom.

The project was prompted by the need for more gathering space. Prior, the couple had a small, eat-in space in their kitchen. And since the former bedroom was just being used as a home office, it worked out well to convert it into a full dining room that would get used often.

The Walls hired a contractor to do the major work like tearing down walls, putting in new

drywall and installing new electrical, but they did the trim work and painting themselves. The focal feature of the dining room is their custom-built, farmhouse-style dining table.

The Walls' home is in close proximity to Lions Park and Village Park, as well as great neighbors on both sides of them.

"We love the small-town atmosphere of Altoona, as well as the park and bike trail system," Wall adds.

Additionally, he's served on the Park Board for several years, which assists in overseeing the development and maintenance of the city's parks and recreational facilities and programs. It's a role Wall took when he was asked by a former mayor to finish the term of a member who had taken on a new position. At the end of the year, he was asked to stay on and agreed.

"It's been a nice way to stay involved with what's going on in the city and also be involved with what changes or improvements they make at the parks," Wall says. "I feel like we have a good park system, and our kids and grandchildren



Mike and Lori Wall enjoy their Altoona home's extra gathering space to accommodate time with their son Ryan, his wife, Addie, and their three kids, Sullivan, Callahan and Maverick.

enjoy it, as do I."

Perhaps what makes living in Altoona most special, though, is the Walls' closeness to family.

"We especially love living here because our son Ryan, his wife, Addie, and their three kids (Sullivan, Callahan and Maverick) moved here in 2021," Wall says. ■



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# ALTOONA

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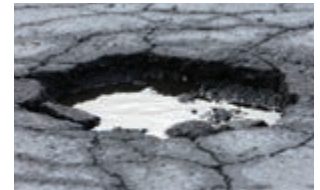
### Public Works Director

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*It may be sunshine and warmer temperatures one day, and the next may bring the dreaded "s" word! 'Tis the season to start the cold weather conversations.*

## WE NEED YOUR EYES!

The City of Altoona relies on our residents to let staff know of safety concerns created by weather conditions, snow removal operations, water main breaks, potholes, etc. If you have a concern, please visit our website to fill out a concern form or contact City Hall at 967-5136 (Monday–Friday; 8am–4:30pm) or 710-7449 (during off hours and weekends).



## CHRISTMAS TREE PICK-UP

The Compost It! program's winter collection will occur on your regular collection day Dec. 26th-27th, 2022 and Jan. 2nd-3rd, 2023. Live Christmas tree pick-up is included during this time. Just set your tree out before 6 AM on your regular collection day with one Compost It! sticker attached. When you set it at the curb, the sticker is the only decoration your tree can have. All ornaments, lights, and wires need to be removed. Wreaths and garlands are not accepted.

## CITY TRAILS IN WINTER

The City of Altoona does clear the snow off of the trails during winter. However, we do not treat the trails with salt or sand. The trails are cleared last, following the city facilities' sidewalks and parking lots. Many communities close all trails during winter months but we want ours to be open for use. Please enjoy the trails but be cautious of the weather conditions.

## POND SAFETY

The only recreation allowed on ponds maintained by the City of Altoona at any point in the year is fishing from the shore. No ice skating is allowed. Keep your eyes peeled for the Iowa Wild Ice Rink to open for the season in Ironwood Park.



## WINTER TRASH & RECYCLING CART PLACEMENT

Please remember that your garbage and recycling totes must be accessible 18 inches from the curb. Your clean driveway approach may be the best option during heavy snow times.

Please do NOT place your toter on city streets. City snowplows cannot clear snow properly when totes are placed on city streets. This is especially true in cul-de-sacs which are impossible to plow if totes are placed in the road.

Check out the NEW city's website at [www.altoona-ia.com](http://www.altoona-ia.com) for snow removal regulations and updates. While you're there, browse the many new features, including e-notifications and online form options.

## HOLIDAY CLOSINGS

**City Offices will not be open on the following dates:**

CHRISTMAS: 12/23 and 12/26

NEW YEAR'S: 1/2

**The Altoona Public Library will not be open on the following dates:**

CHRISTMAS: 12/24 and 12/25

NEW YEAR'S: 1/1

*\*Shortened hours on additional days surrounding the holidays will be posted via social media and website updates.*



*Wishing you and yours a safe and warm holiday season!*



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## HOME HEALTH

By Ward Phillips

# HOSPICE care around the holidays may be a gift

Knowing a loved one has a life-limiting illness can make the holidays bittersweet. But as Tim B. of Des Moines learned last year, assistance from an in-home hospice provider can place a little more focus on the “sweet” and allow families to make treasured memories.



“WesleyLife started caring for my wife just before the holidays last year,” Tim says. “They enabled her to have some really good days, and she felt well enough to celebrate with our family on Christmas Eve. It seems strange to say, but she lived really well during those final months.”

If you’re considering hospice services for a family member, it may seem counterintuitive to think about “living” in conjunction with services offered at the end of a person’s life. But even during hospice care, a person is living — and it’s important to understand that hospice services can actually help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models, and the type of care you and your loved one select is truly an individual choice.

But no matter the type of services you’re considering, you should always ask any provider on your list: “How can you help me or my loved one continue to LIVE through this stage of life?”

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice services, enabling a patient to live life in comfort for the days, weeks, months or longer that remain in his or her life.

So, as we all prepare for the holidays, give some thought to the ways you and your family want to spend time together. For some families, it’s comforting to have hospice providers care for the person who is ill in their home so family members can gather around and simply enjoy being loved ones.

Making that first call to a hospice provider can be difficult — but having care in place for the holidays can actually help make these special occasions more relaxed and meaningful for your loved one as well as the whole family.

“No one wanted to admit we needed to call hospice, but once we met with them and set up a plan, we breathed a sigh of relief knowing my wife would be comfortable at home, and we could focus on making Christmas as special as possible with her favorite traditions,” Tim says. “Now, looking back, we are so grateful for those memories and will treasure them.” ■

Ward Phillips is a senior leader with WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home health care, for older adults. Call Ward at 515-669-2205 to learn more.





# We're all about *living.*

“WesleyLife started caring for my wife just before the holidays last year. They enabled her to have some really good days, and she felt well enough to celebrate with our family on Christmas Eve. We will always treasure those memories, and WesleyLife Hospice helped make them possible.”

– Tim B., Des Moines

WesleyLife Hospice helps people spend their days the way they want to, continuing to make memories with those closest to them in the environment that they find most comfortable. We offer care anywhere, and virtually anyone with a life-limiting illness can qualify. What's more, as everyone processes end-of-life issues differently, **we offer support for the whole family.**



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



## ABOUT Qualified Charitable Distributions

As we approach the holiday season, oftentimes families look at charities for giving during the holiday season. Have you ever considered utilizing a Qualified Charitable Distribution (QCD)?



### How a QCD works

Generally, distributions from traditional IRAs are subject to federal income tax, unless an exception applies. QCDs, however, are excluded from income and, therefore, won't affect your tax obligation. Moreover, once you reach age 72, a QCD can satisfy all or part of your required minimum distribution (RMD), which otherwise could substantially increase your taxable income for any given year.

To make a QCD, you would direct your IRA trustee to issue a check made payable to

a qualified public charity. You may contribute up to \$100,000 from your IRA; if you're married, your spouse may also contribute up to \$100,000 from his or her IRA.

A QCD must be an otherwise taxable distribution from an IRA. If you've made nondeductible IRA contributions, then each distribution normally carries with it a pro-rata amount of taxable and nontaxable dollars. If you have multiple IRAs, they are aggregated to determine the calculation. With QCDs, the pro-rate rule is ignored, and taxable dollars are treated as distributed first.

### QCDs do come with a few caveats:

If you have a checkbook IRA, you may also write a check directly to the charity; however, the contribution will count as a QCD for the year in which it was cashed, not the year it was written. This is particularly worth noting for donations made late in the year.

You can take a QCD from SEP and

SIMPLE IRAs, but only if they're "inactive" — i.e., have not received any contributions in the same year.

You cannot deduct a QCD as a charitable on your federal income tax return.

As of 2019, individuals 70 ½ and older can continue contributing to their IRAs as long as they have earned income (generally, work-related earnings). However, if you make deductible contributions after 70½, the amount of any QCD made at any point in the future will be taxable up to the value of those contributions.

Please do note that private foundations, donor-advised funds, supporting organizations (as defined by the IRS), charitable gift annuities and charitable remainder trusts are ineligible to receive QCDs. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114

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## ALTOONA Public Library news

Have you ever worked with your library account, requested a room, or browsed our programs and wondered...is there an app for that? There will be soon. We're putting the finishing touches on an Altoona Public Library app, available for both iOS and Android. You'll be able to do almost everything library through the app, including contacting us, making reservations, registering for programs, placing holds, searching the catalog and more. We'll be announcing the big reveal in early 2023.

Don't forget about the Library of Play when things get a little stir crazy this winter. You can curl up inside, play giant games, look at the stars, make a GoPro movie, try your hand at box hockey and so much more. Items check out for a week and can be reserved. For a current list of options, visit [www.altoonapubliclibrary.com/library-of-play](http://www.altoonapubliclibrary.com/library-of-play).

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### Adult programming

• **Adult Splat Studio**, Fridays, Jan. 6, Jan. 13 and March 3 from 6-8 p.m. If you have a desire to dabble in acrylics, we've got an adult art studio for you. We'll bring the supplies; you bring your inner artist. No cost to attend, but space is limited. Registration required.

• **Adult Coloring at Brightside Aleworks**, Thursdays, Dec. 29 and Jan. 26 from 6:30-8:30 p.m. Join us at Brightside Aleworks (480 Center Place in Altoona). We will bring the art supplies; you bring your friends and money for drinks. No registration required.

### Children's programming

• **Escape Room: Summer in Winter**, Wednesday, Dec. 28 at 11 a.m., 1 p.m. and 3:30 p.m. Escape the winter weather with a summer-themed escape room. Kids will have 30 minutes to work together and solve the mystery of the winter heat wave. Choose one of three time slots. For grades K-6. Registration required.

• **Cookies & Cocoa**, Saturday, Jan. 7 from 1-2:30 p.m. Warm up with cookies and hot cocoa. We will have sugar cookies for kids to decorate. Available while supplies last. For ages 12 and younger. No registration required.

• **Make & Take: Mini Fleece Pillow**, Monday, Jan. 16 from 11 a.m. to 12:30 p.m. Available while supplies last. For grades K-6. No registration required.

### Teen programming

• **Happy Mew Year**, Monday, Jan. 2, from 6-7 p.m. Celebrate the "Mew Year" with a visitor from the Animal Rescue League TheraPets program. Create some kitty-themed crafts as we play and spoil our feline guest. For grades 7-12. Registration required.

• **Out of the Box Game Night**, Thursdays, Jan. 5 and Feb. 9 from 6-7 p.m. It's back! Come raid our collection of games. Try something new or play an old classic. For grades 7-12. Registration required.

To find a complete list of events and to register, visit our website at [altoonapubliclibrary.com](http://altoonapubliclibrary.com) and click on the Upcoming Events tab. ■

## BEST gifts for seniors: time and technology

Working in senior care, I get asked a lot about what would be a good gift for someone in their golden years. I typically give two answers: your time or something to help them stay independent and content, such as technology.

Technology can often be intimidating for those who did not grow up in the age of the internet. Most people cannot fathom a world without technology. I told my children I remember when we got our first microwave, and they asked me what it was like when George Washington was president... thanks, kids. Tech devices are not second nature to all of us, but that doesn't mean we can't learn and that they can't help us, which makes tech gifts great holiday presents.

Smart Frames are a great gift. Smart frames are connected to Wi-Fi and set up like a normal picture frame. That is the extent of the work for the gift receiver. The gift giver can then download an app on their smartphone and send pictures to the frame directly from their phone. When a new picture is sent to the frame, there is a gentle ding to alert the owner of the frame new pictures have arrived.

Amazon Alexa or a Google Home Hub: These devices perform many of the same tasks, and both can be incredibly helpful for seniors. The volume on these devices can increase for those who have trouble hearing. They are also beneficial for those who have trouble seeing or going out of the house. These devices can create shopping lists from verbal commands and even share them with loved ones, so if you are at the store, you can access mom's grocery list to pick up what she needs before a visit.

There are also several electronic items that are geared specifically toward seniors, such as the Grand Pad — a secure tablet that can allow video calling, internet browsing, and more that also has 24/7 live support for new tech beginners.

Robotic pets can be a great gift for those living with dementia. These robotic pets can help form meaningful connections through playing with the robotic pet and not having any of the mess of a real pet. These robotic pets can also help calm and soothe and promote happiness for many living with dementia. Robotic pets have sensors that allow them to react to touch or sound. They can purr and wiggle, some can even roll over. These pets are a non-traditional but effective way to ease loneliness and improve wellbeing.

There are a lot of options for Christmas gifts, but nothing beats the gift of time. Merry Christmas from your friends at Valley View Village. ■

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





# WHY LOAN originators and Realtors are important when buying a home

There are so many benefits to having online home-buying resources — such as websites that list all homes for sale and online calculators that determine the loan amount you're likely to get approved for — to aid your home-buying process. However, being able to work with real, trusted experts in this process is more important than ever.



Working with a bank and mortgage loan originator you trust comes with a number of benefits:

- **Relationships.** Working with your bank's mortgage team gives you the ability to meet and discuss questions and concerns about your financial situation and how that will impact your home-buying process. The relationships you build here will also give you someone to reach out to down the road for a refinance or other relevant home equity products when you're ready for them.

- **Mortgage products and resources.**

Mortgages aren't a one-size-fits-all product, so, when we work with homebuyers, we like to show them at least three loan options. We can discuss which one best fits their situation and provide information and access to local grants and down payment assistance programs.

- **Accuracy.** Your bank is the best source for finding accurate rates and fees involved with the mortgage you choose. Your loan originator will help you understand what information you'll need to gather in order to receive an accurate approval for your mortgage.

- **Expertise.** The mortgage team at your bank will help you understand the steps in the mortgage process, the dos and don'ts once you've applied for a mortgage, ensure a timely closing and guide you through a smooth transaction.

Speaking of working with professionals, there are many ways a professional Realtor, who is licensed by the National Association of Realtors®, will enhance your search for the perfect new home. Some include:

- **Representation.** Realtors represent you throughout the home buying process and put your best interests first.

- **Credibility.** Realtors commit to a code of ethics, have passed the necessary exams and have the resources to help you where needed.

- **Expertise.** Realtors live and breathe buying and selling homes, so they know how to best present your offer, negotiate prices, navigate the inspection process and close on your home.

- **Community.** When you work with a Realtor based in the area you're looking for a home, the Realtor will be familiar with the local community and can share information about zoning, school districts, neighborhoods, builders and more. ■

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



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**FAITH** By Nathan Anenson

## DOES GOD care about mental health?

Have you been there? On the outside, you're showing up, you're smiling and you're trying your best. But on the inside, you're battling depression, anxiety, or you just feel stressed. There's just too much, and you can't handle it all. If you find yourself struggling mentally, you're not alone. Mental health struggles have become much more common for people of all ages. While there are no easy solutions, it's important to understand what God says about mental health and debunk three myths.



**Myth No. 1: "If I struggle with mental health, God must not love me."** False. The presence of mental health struggles is not a sign of God's absence. In fact, King David wrote, "The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18). Then the Apostle Paul wrote, "For I am convinced that...nothing in all creation will be able to separate us from the love of God that is in Christ Jesus" (Romans 8:38-39). Mental health struggles cannot separate you from the love of God. He is close to you, especially when life is overwhelming.

**Myth No. 2: "If I struggle with mental health, I must be a bad Christian."** False. When you become a Christian, Jesus doesn't automatically give you six-pack abs, raise your credit score and regrow your receding hairline. Neither does Jesus automatically heal your mental health struggles. There will always be a certain level of brokenness we live with until Christ returns. But God gives us the strength we need. "Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness" (Lamentations 3:22-23).

**Myth No. 3: "If I struggle with mental health, God doesn't want to hear about it."** False. God wants to hear about your mental health struggles. The Psalms (a collection of songs in the Bible) are a great example of this. About 40% of the Psalms are people processing mental, emotional and relational struggles. The key is that they are processing these struggles with God in prayer. God is not afraid of our honesty. In fact, He already knows our struggles better than we do. So why not bring your struggles to God? Pray Psalms like 13, 69 and 77, and get real with God.

No matter what your story looks like, there's always hope. God brings beauty out of pain and peace out of chaos. Don't be afraid to get help. Getting help isn't a sign of weakness; it's a sign of wisdom. Seek out a good counselor. Find a church community. Talk to God. Talk to someone who cares. You aren't alone. God is with you, and He cares. ■

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



# TIME to take stock and plan for the future

2022 has been a year of change for many of us. The end of the year is a good time to take stock of your personal situation and proactively plan for the future.

## Update your estate plan

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

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

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

## Make a list of key contacts

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

## Review the title to your home

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

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

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

These are three simple yet very effective steps that can save time and expense in the future. Contact an experienced attorney to help you get 2023 off to a good start. ■

Information provided by Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).

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## BEFORE YOU GO

By Jan Shawver

## 'THE MOST Wonderful Time of the Year'

As I anticipate Christmas, Andy William's song "It's the Most Wonderful Time of the Year" keeps reverberating through my head.

For many, if not most, that song rings true. We anticipate fun, laughter, time spent with family, rejoicing in the Babe in the manger, etc. throughout this Christmas season.

But for others — especially those who have said "good-bye" to a loved one this past year, this Christmas may seem anything but wonderful. Thoughts of an empty place at the table, one less stocking hanging from the mantle, or one less candle being lit at the Christmas Eve service are overwhelming to them.

For those who are facing their first Christmas without a loved one, remember, each person deals with grief in their own way, and whatever manner your grief manifests itself, it is OK. Don't try to hide your feelings from others; they are often hurting, too.

Whether this Christmas brings laughter and fun or tears and bittersweet memories, know that others care about you.

Regardless of your circumstances, may this Christmas become "The Most Wonderful Time of the Year" for you and your family. ■

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 Andrea Gustafson

## NAVIGATING family and the holidays

The holidays can bring a lot of joy but can also come with a lot of stress. Schedules get busy, to-do lists get long, and family gatherings are inevitable. Despite, often, loving our families, spending more time with them than normal can be challenging. Rather than suffering through and being stressed, here are some tips on navigating the holidays with family.

- **Communicate** – Talk to the people you are spending time with about your concerns/expectations for the get-together and what you are willing to do and not do. Be direct and clear.
- **Set boundaries** – "No" is a complete sentence. We all have limits to how much we can fit into the schedule, and, when it's full, it's full. Set boundaries around what you are physically and mentally able to commit to and don't go past that.
- **Self care** – There is no getting around this time of year being more stressful than normal. Make sure you are taking time to do the things needed for yourself. This can be as simple as making sure you are eating and getting enough sleep. But it's important to keep it up this time of year. ■

Information provided by Andrea Gustafson, LISW, JMG Therapy and Counseling Services, associated with SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, [andrea@jmgtherapy.com](mailto:andrea@jmgtherapy.com), 515-777-1209.





## DETOXIFY in a healthy way

As we begin to think about a new year, many people start making new goals and resolutions involving their health. We are also bombarded with advertising and social media influencers touting products that will radically change your health and magically help you lose weight. Detoxes and cleanses are frequently a part of this. Many are filled with unhealthy ingredients, require harmful restriction of nutrient intake, and/or only provide temporary "results" while stressing or even damaging our body's innate digestion process. While these types of products are not the answer, detoxification is essential for optimal health.

Toxins can contribute to a wide range of conditions, including stuffy head, fatigue, difficulty sleeping, gastrointestinal problems, cravings and weight gain, reduced mental clarity and low libido. To detox safely and effectively, try these things to support your body's natural detoxification system: Sweat. Hydrate. Eliminate alcohol. Cut out sugar and processed foods. Get adjusted. Specific spinal adjustments remove interferences to the nervous system and support optimal functioning.

A quality detoxification program will support your major organ systems with vitamins, minerals and other nutrients and should be focused on purifying, nourishing and maintaining a healthy lifestyle — not just rapid, short-term weight loss. A program that allows you to eat whole foods, specifically a wide range of fruits and vegetables, is safe and helps give your body the energy it needs. You should consult a health practitioner before beginning a detoxification program. ■

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

## CBD and THC: best buds

CBD (cannabidiol) and THC (tetrahydrocannabinol) are often mistaken for one another, and many curious parties question the differences. While they both have the exact same molecular structure, each cannabinoids' atoms are arranged differently, which contributes to their differing effects. We all have an endocannabinoid system within us that regulates our body's state of being, and that system has CB1 and CB2 receptors that are activated when cannabis is ingested. THC binds much more powerfully to CB1 receptors than CBD, which is why so many CBD products contain trace amounts of THC — not enough to get you high, but to help it bind more effectively and produce better results.

However, if you're seeking the psychoactive benefits of THC, try a product that combines both in either a 1:1 or 2:1 ratio (CBD:THC). The CBD in these products can help reduce the negative effects of THC such as paranoia and drowsiness. Overdosing on THC is caused when the endocannabinoid system is overstimulated. THC will flood the area of the brain that controls fear and emotional responses.

How can psychoactive amounts of THC be legal? THC can be derived from hemp instead of marijuana, and the effect is the same. It is allowed if the dry weight of THC is 0.3% or less of the total product weight, so producers increase the overall product mass to get to those desired levels. ■

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.healthline.com/health/does-cbd-get-you-high>



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## COORDINATING the picture-perfect meal

We all want that picture-perfect holiday meal with dishes spread out on the dining room table, everything perfectly done and steaming while the main dish is brought out and carved — moist, delicious and tender. Without sous chefs, five ovens and unlimited counter space, it's much easier said than done, and nearly impossible. Time to employ some tips and tricks to get everything on the table at the right temperature, and, hopefully, at the right time.



### Think semi-homemade, not from scratch

There is no prize for destroying your kitchen cooking everything from scratch. Decide ahead of time what dishes you want to make from scratch and which are going to be purchased pre-made. For example, baked goods such as dinner rolls and pies have dozens of delicious options at your grocery store. Mashed potatoes and various salads can also be found to help you save time. If you aren't a gravy pro, grab a couple jars of gravy, too.

### Cook ahead of time, when possible

Now that you've taken some of the cooking tasks off your list, you can focus on the rest of the dishes. For as many items as possible, cook or prepare these a day or two before the holiday. While you are cooking these items, don't forget to pull your turkey or roast out of the freezer, if necessary, to thaw for two to four days in your refrigerator.

The items that are cooked ahead of time need to be able to reheat well or not need reheating at all. For some items, add additional moisture from extra butter, oil, water or stock to be sure that the dish stays moist during reheating. Or, add a bit of extra during the initial cooking time to compensate for reheating day. Some items that work well cooked ahead and reheated are roasted vegetables, casseroles (omit crispy topping for initial cooking and add during reheat), pies and other baked goods, mashed potatoes and soups.

### Different cooking methods can save time and space

For most, the oven is going to be occupied by your main dish most of the day. Anything you can prepare or reheat using other cooking appliances is going to make concurrent cooking times not only easier, but possible. Utilize your slow cooker, roaster, toaster oven, stove top, buffet server and microwave to reheat or cook in. Very dense dishes, like mashed potatoes, can be reheated in two smaller cooking vessels to save time, if needed. I keep many items in various crock pots and let guests serve themselves. This keeps things hot for a much longer period. Letting your main item rest for 15-30 minutes prior to carving is the perfect time to get everything reheating.

Cooking holiday meals may be a bit more stressful and labor-intensive than regular meals, but, with these tips and tricks up your sleeve, you can make sure your efforts produce the beautiful holiday spread you've envisioned — or at least keep everything hot. And remember, if something doesn't turn out just right, laugh it off and enjoy the time with your family. ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962. Article adapted from Dole Food Company.



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## RECIPE

# BEEF up the holiday menu

*(Family Features)* At this year's holiday gatherings, you can put together a show-stopping menu from the beginning of the party to the final bite with mouthwatering recipes that bring guests back for more. Incorporate beef, a versatile, beloved ingredient that can be used in appetizers, sides and main courses alike.

Consider a holiday favorite from Beef Loving Texans such as a must-have main course like classic beef Wellington. Perfect for a family get-together, this traditional dish combines tender chateaubriand roast with a homemade glaze of earthy mushrooms, red wine and Dijon mustard wrapped in a golden-brown puff pastry. Find more beef-inspired holiday dishes at BeefLovingTexans.com. ■

## Classic beef Wellington

*Recipe courtesy of Beef Loving Texans*  
Total time: 1 hour, 30 minutes  
Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- flour
- 1 sheet puff pastry

### DIRECTIONS

- In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet.
- Heat oven to 425 F.

- In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.
- Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.
- Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold



- pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.
- Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four 2-inch vents in top of pastry.
- Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.
- Carve into slices and serve.



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### Santa's Wonderland

Through Dec. 25  
Bass Pro Shops, 1000 Bass Pro Drive N.W., Altoona

Bass Pro Shops invites families to the beloved tradition of visiting Santa Claus this holiday season during the annual Santa's Wonderland experience. Enjoy this free outdoor tailgate event that transforms the retailer into a magical Christmas village with free games, fun activities and giveaways. Reservations are recommended and can be made at [www.basspro.com/santa](http://www.basspro.com/santa).



### Mannheim Steamroller Christmas

Dec. 23, 2 p.m. and 7:30 p.m.  
Des Moines Civic Center, 221 Walnut St., Des Moines

A holiday favorite returns. [dmpa.org](http://dmpa.org)



### New Year's Eve Pops: Frank & The Great Ladies of Song

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

The Des Moines Symphony performs. [dmsymphony.org](http://dmsymphony.org)



### Holiday Hullabaloo

Through Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only

Horizon Events Center, 2100 N.W. 100th St., Clive

The 2022 Holiday Hullabaloo, a benefit for Dorothy's House, is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. Evenings are adults only and will feature live music in the Ice Bar. Dec. 31 will be the Silver Bell Soiree New Years Eve Party with live music by the Dirty Rotten Scoundrels. Tickets are available at <https://holidayhullabaloo.eventbrite.com>.

### Des Moines Symphony

Des Moines Civic Center, 221 Walnut St., Des Moines  
[dmsymphony.org](http://dmsymphony.org)

• Jan. 27-28: "Harry Potter and the Goblet of Fire" in Concert

### Hoyt Sherman Place

1501 Woodland Ave., Des Moines  
[hoytsherman.org](http://hoytsherman.org)

• Jan. 21: Dionne Warwick  
• Feb. 13: Bruce Cockburn

### Temple Theatre

1011 Locust St., Des Moines  
[dmpa.org](http://dmpa.org)

• Jan. 13: Somi Kakoma  
• Feb. 26: Larry McCray

### Wells Fargo Arena

223 Center St., Des Moines  
[iowaeventscenter.com](http://iowaeventscenter.com)

• Feb. 10: Winter Jam 2023 headlined by We the Kingdom and Jeremy Camp

### xBk Live

1159 24th St., Des Moines  
[xbklive.com](http://xbklive.com)

• Jan. 13: Danielle Nicole  
• Jan. 19: The Astronomers  
• Jan. 21: King Pari  
• Jan. 25: DSM Soundcheck  
• Jan. 28: King Bartlett & The Royal Band



### HOLIDAY LIGHTS

#### • JOLLY HOLIDAY LIGHTS

Adventureland Park, 3300 Adventureland Drive, Altoona  
[jollyholidaylights.org](http://jollyholidaylights.org)

#### • FIRST CHURCH OF THE OPEN BIBLE

2200 Beaver Ave., Des Moines  
[firstchurchdsm.org](http://firstchurchdsm.org)

#### • SANTA'S ROCK N LIGHTS

Living History Farms, 11121 Hickman Road, Urbandale  
[LHF.org](http://LHF.org)

#### • HISTORIC VALLEY JUNCTION

Fifth Street, West Des Moines  
[valleyjunction.com](http://valleyjunction.com)

#### • LIGHTS IN THE HEIGHTS

Franklin Avenue, Marylynn Drive, 72nd Street and other Windsor Heights streets  
[windsorheightsfoundation.org](http://windsorheightsfoundation.org)

#### • WINTER WONDERLIGHTS

Uptown Ankeny, 715 W. First St., Ankeny  
[uptownankeny.org](http://uptownankeny.org)

#### • BEAVERDALE

Ashby and Wallace Avenues near Beaver Avenue • [beaverdale.org](http://beaverdale.org)

#### • PRAIRIE RIDGE CHURCH

825 N.W. 36th St., Ankeny  
[ridgelifelife.org](http://ridgelifelife.org)

#### • GINGERBREAD LANE

S.E. Richland Court, Ankeny  
Facebook @ Gingerbread Lane Ankeny IA



# MEET Krystal Colbert

"Relationships before rigor" is key to effective teaching, says Colbert.

Krystal Colbert of the Southeast Polk Community School District has recently been announced as the 2023 Iowa Department of Education Teacher of the Year. Colbert is originally from Aurora, Nebraska, where she graduated in 2003 before pursuing an education degree at Iowa State University. After teaching for two years, she earned a master's degree in education from Viterbo University. Colbert is now in her 16th year teaching, 14 of which have been with the Southeast Polk district.

"It means so much to me to receive this award. When I found out I was nominated in February of 2022 by Mitchellville Principal Blake

Kielman, I remember being stunned into silence and being overwhelmed by a variety of emotions. As educators, most of us don't enter this profession for the accolades. Educators have servant hearts who love big, and we give of our time and ourselves generously," Colbert says.

Colbert says she enjoys working with the district because the families and students are amazing, and she has felt supported and loved by all of the families and students she has worked with. She also likes the district because of the amazing friendships and relationships she has been able to build with colleagues over the past 14 years. At Mitchellville, Colbert says she feels valued as both an educator and as a person by her administrators and knows, if she ever needs anything, they will be there to support and guide her.

"From my experience, I get to come to work every day to a culture and climate that is filled with joy, friendship, collaboration and fun. There is no place I'd rather be," Colbert says.

One area Colbert emphasizes is making sure her second-grade students are engaging in collaborative activities every day. Each day, she plans an activity or lesson that includes peer collaboration so that students can grow their skills in this area. In addition, Colbert strives to make sure all of her students know they can do hard things and works on building relationships that are focused on trust, love and acceptance.

"I truly believe in the phrase, 'relationships before rigor.' It is essential to build trusting, respectful relationships with my students prior to placing high demands on them. When students feel supported, they will work hard, and the sky is their only limit," Colbert says.

Through the remainder of the school year, Colbert is looking forward to soaking in all of the special moments shared with her students. Knowing that she will not be returning to her classroom for the 2023-2024 school year makes this year extra special for Colbert. She says every



Krystal Colbert was named the 2023 Iowa Department of Education Teacher of the Year.

day with her students is a blessing, and she is savoring all the special memories her class is creating together.

Colbert is also looking forward to continuing to strengthen her relationships and friendships with her colleagues. She says they are such a blessing and a huge part of her support system.

"Southeast Polk is filled with dedicated, hard-working, loving educators who have brought so much fulfillment into my life. Every day I see teachers changing lives forever, and I'm blessed to be a part of that," Colbert says.

When not teaching, Colbert enjoys watching her kids participate in various activities. Both of her children are involved in athletic and church activities. She also likes spending time with her family in Okoboji, reading and exercising.

Beginning July 2023, Colbert will take a one-year leave of absence from teaching while serving as the Iowa Teacher of the Year. During that time, she will serve as an ambassador to education and act as a liaison to schools, higher education and organizations across the state.

"It is really nice to be acknowledged for my dedication to this profession. Teaching does require an amount of sacrifice and unrelenting commitment, so this is definitely an honor that will forever hold a very special place in my heart," Colbert says. ■

## NEWS BRIEF

### 22 OF 2022 honors include Krantz

For the fourth year, CITYVIEW's Business Journal recognized the contributions of outstanding business leaders who have made a difference in their communities with the 22 of 2022 honors, presented at a reception on Thursday, Nov. 3, at Sherwood Forest Events Center. Awards were presented by Shane Goodman, publisher of CITYVIEW and president of Big Green Umbrella Media, Inc., which also publishes the Altoona Living magazine, and Jolene Goodman, vice president.

Among those honored was Michael Krantz, former president and CEO of Adventureland Resort, and principal director of K and M Advising.

Krantz says his biggest 2022 accomplishment was "completing the sale of my family business and having the first real summer to spend with my family. After 37 years of living in Des Moines, I just got my first Saylorville Lake outing this summer." He said his best business decision was "not trying to do it all myself — having great faith in a great team and great relationships."

His advice to others: "Saying 'that's just the way it's always been' is merely fear of change clouded by laziness." ■



Michael Krantz

## PRESIDENT'S farewell

When I moved to Altoona years ago, one of my first calls was to Melissa at the Chamber. I wanted to know how to join the Chamber and get involved in the community as quickly as possible. I had been involved in chambers of commerce in other places and knew, if I showed up and got involved, my membership would pay dividends. Since then, I have been able to see this organization at each level — as a member, as a committee member, as a director, and now as president. I can now definitively say I was correct. This organization is a fantastic way for busy business owners and leaders to get involved in the community and expand their network. There are several reasons for this.



We have an excellent board of directors. I have served with many fine people on several iterations of the board from all kinds of industries and backgrounds. This is a group of professionals whose shared focus is making this organization better and finding ways to encourage business development and growth among the membership.

We have an extremely dedicated staff. Melissa and Kelsey (and Maaikie before that) consistently punch well above their weight with the quantity and quality of work they do. They are some of the most strident advocates for businesses in the Altoona community.

Most importantly, we have fantastic members. Our member businesses don't just exist in Altoona and the surrounding area, they are active members of the community. Look around at the next National Night Out or Business Trick or Treat. You will see new businesses and businesses you recognize all showing up to build awareness about their business while giving back to the community. Member businesses generously sponsor events that bring our community together, like the Wine and Craft Beer Fest and the farm-to-table dinner in Olde Town, and make events like our Annual First Responder's Lunch possible to support and honor our Altoona emergency response community. You — our members — are what make this organization great.

I'll close with one of my favorite Chamber stories. When the COVID-19 pandemic hit, and people stopped going out to local restaurants and businesses, the staff at the Chamber immediately got to work to help keep our member businesses going. Our members found new ways to deliver goods and services (updated restaurant hours, new food delivery options, curbside pickup, online shopping options), and staff at the Chamber amplified their voices and helped them continue to reach their customer base. They offered free marketing, came up with new programs to encourage people to keep shopping local, and worked hard to help members stay afloat. I dare say that some of our local businesses are around today in no small part thanks to the impact their Chamber membership had during these days. I can't think of a better context to highlight the value of belonging to an organization that connects small businesses to each other and to their customers and continually encourages the community to "shop local."

In sum, I'm proud of this organization, and it has been an absolute privilege to serve as president of the board of directors for the Altoona Area Chamber of Commerce. I'm grateful for your continued membership and have every confidence that the staff and board will continue to work and deliver incredible value to you, our members. ■

Information provided by Josh Dunwoody, 2022 Altoona Area Chamber of Commerce president, owner of Tactical Advantage Business Solutions.





## OUT & ABOUT



Pennie Carroll & Associates hosted their 21st Annual Gingerbread House Building Party at Copper Creek Golf Club in Pleasant Hill on Dec. 3.



Ben and Kendall Burzacott with Ada at Pennie Carroll & Associates' Annual Gingerbread House Building Party on Dec. 3.



Mark Vander Tuig and Ned Looney at Perk Before Work at Caring Hands on Dec. 6.



Sonia Robles and Jake Schilling at Perk Before Work at Caring Hands on Dec. 6.



Vancy Laird and Lexy Baldwin at Pennie Carroll & Associates' Annual Gingerbread House Building Party on Dec. 3.



Jake Campbell and Christine Clark at Perk Before Work at Caring Hands on Dec. 6.



Pedro Contreras and Reina Mendoza at Perk Before Work at Caring Hands on Dec. 6.



Shannon Fisher, Chad Fisher, Amy Ferguson and Donnell Vance at the Altoona Campus 30th Anniversary Celebration on Dec. 3.



Kara Wilson and Sherry Ford at the Altoona Campus 30th Anniversary Celebration on Dec. 3.



Steve Bouchard and Rudy Guillen at the Altoona Campus 30th Anniversary Celebration on Dec. 3.



Deb Crowe and Tricia Welker at the Altoona Campus 30th Anniversary Celebration on Dec. 3.



## OUT & ABOUT



Kelsey Redmond and Lisa Holtan at the ribbon cutting for Salon Suites on Eighth on Dec. 6.



A ribbon cutting was held for Salon Suites on Eighth at 3160 Eighth St. S.W., Suite G, on Dec. 6.



Michelle Hanson, Josh Hanson and Rick Kroeger at the ribbon cutting for Salon Suites on Eighth on Dec. 6.



The Rise Class from Southeast Polk Community School District participating in the ribbon cutting for Salon Suites on Eighth on Dec. 6.



Kathy Swanson and Kari Swain at the ribbon cutting for Salon Suites on Eighth on Dec. 6.



Jjuan Hakeem and Melissa Horton at the ribbon cutting for Salon Suites on Eighth on Dec. 6.



Abbie Cross and Rick Kroeger at the ribbon cutting for Salon Suites on Eighth on Dec. 6.



Arianne Binder, Amy McAllister and Heather Kauzlarich at the Altoona Campus 30th Anniversary Celebration on Dec. 3.



Greg Keen with Max at the Altoona Campus 30th Anniversary Celebration on Dec. 3.



Heather Baird with Piper and Gemma at the Altoona Campus 30th Anniversary Celebration on Dec. 3.

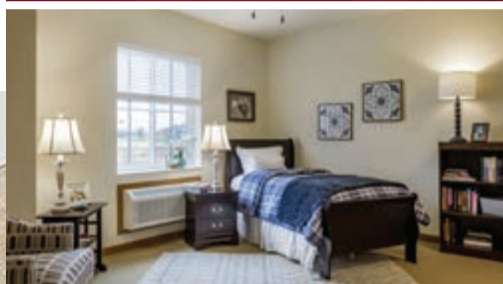


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