

ALTOONA

JANUARY 2022

# Living

MAGAZINE

## RESIDENTS' CHOICE AWARDS

Eastern Polk County residents  
share their favorites

**Baked tomato goat cheese dip**  
RECIPE

**Library finds new way to serve the community**  
COMMUNITY

**Elementary provides student council experience**  
EDUCATION

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WELCOME

## OPINIONS galore

Most of us have been told to keep our opinions to ourselves at one point or another in our lives, but this issue of your Living magazine is full of opinions. That is the premise of our annual "Residents' Choice" poll where voters name their favorite choices in a number of categories. Inside this issue, you will find the full results from the Eastern Polk County Residents' Choice poll.



An important item to note is that the people, places, events and other winners in this "Residents' Choice" poll are not our choices but rather the choices of each of you — our readers and the residents of this community. You might think that the name "Residents' Choice" should make that clear, but we do have people each year who reach out to us and say, "I can't believe you named..." We didn't. You did.

Some publishers call their polls like this "Readers' Choice" polls, but we choose to call ours "Residents' Choice," as, for us, they are one and the same. Every household in this community receives a copy of this Living magazine each month, and the magazines are read in nearly eight out of 10 households. We placed the ballot here in multiple issues prior to tallying the results. We also made the ballot available online for those who prefer to vote that way — and most of you do.

You may wonder how we keep people from voting multiple times. It's quite simple, actually. The poll software prevents it from happening, but some clever folks discovered that they could delete their "cookies" on their computers and vote again. That would work, except that we export the results and sort them by IP address, tossing out ones that are clearly from cheaters. It doesn't happen very often, but there are a few swindlers out there.

You should also know that the difference in the top choice and the runners-up is often only a handful of votes. With that in mind, being in the top three is an incredible honor.

So, if you took the time to vote in this year's poll, thank you. Your voice has been heard. If you didn't vote, enjoy reading what the favorites are from your fellow residents — and be sure to vote next year.

Thanks for reading. ■

**SHANE GOODMAN**

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



**Tammy Pearson**

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

**Aaron Burns**

Advertising Account Executive  
515-953-4822 x307  
aaron@iowalivingmagazines.com



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A photograph of Bruce Mason, executive director of Altoona Campus, standing in a gym. He is wearing a red sweatshirt with the 'altoona campus' logo. The background shows gym equipment and large windows.

## FEATURE

Bruce Mason is executive director at Altoona Campus, residents' favorite fitness center.

# RESIDENTS' CHOICE AWARDS

**Eastern Polk County residents  
share their favorites**

**By Tammy Pearson**

Once again, local residents have let their favorites be known. The results of the Eastern Polk County Residents' Choice Poll have been tallied, and congratulations are in order. Those who made the top three can truly be proud, for they have earned the respect and loyalty of those who matter most — customers! From favorite restaurant to favorite hair salon, bank, coach, health club, park and more, the people who know — because they live here — have shared their opinions.

Altoona businesses fared well in the polling. For a meal out, residents say Johnny's Italian Steakhouse is their favorite, and, for dance lessons, Pat Barton Dance Studio received

a nod. When it comes to working out, Altoona Campus is the place to go, say residents. And, in a new category this year, Caring Hands was declared favorite nonprofit by local residents.

You may notice some new favorites this year, as well as many repeats. We've also added some new categories. Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. And, if you hope to make the list next year, you have time to win over the hearts of residents. Until then, drum roll...



# FEATURE

## Eastern Polk County Residents' Choice for Favorite...

*(Runners-up listed in alphabetical order)*

### 1. Consignment store

**LaTeDa Boutique**

**Runners up:** Caring Hands; Stuff Etc

### 2. Mom/child date spot

**Sugar Shack Diner**

**Runners up:** Jewel Nails & Spa; Rio Nail Bar

### 3. Dad/child date spot

**Adventureland Resort**

**Runners up:** Great Escape - The Ultimate Experience; Sugar Shack Diner

### 4. Coach

**Brad Zelenovich**

**Runners up:** Brad Hamilton; Matt Sillanpaa

### 5. Bank

**Legacy Bank**

**Runners up:** Bankers Trust; Community Choice Credit Union

### 6. Restaurant

**Johnny's Italian Steakhouse**

**Runners up:** The Big Steer Restaurant and Lounge; Claxon's Smokehouse and Grill

### 7. Hair salon

**Style by Desiree**

**Runners up:** Hair FX Salon & Spa; Signature Salon & Day Spa

### 8. Gymnastics studio

**Pat Barton Dance Studio**

**Runners up:** Starstruck All Stars; Triad Gymnastics

### 9. Doctor

**Dr. Laura Francisco**

**Runners up:** Dr. Stanton Danielson; Dr. Matthew Nicholson

### 10. Dentist

**Dr. Corbin Brady**

**Runners up:** Dr. Steven Fuller; Dr. Steven Neville

### 11. Chiropractor

**Dr. Rocky Reeves**

**Runners up:** Dr. Jeff Christensen; Dr. Marcus Dawson

### 12. Eye doctor

**Dr. Amanda Korth**

**Runners up:** Dr. Kenneth Hansen; Dr. Sheri Matthaideess

### 13. Heating and cooling contractor

**Metro Heating & Cooling**

**Runners up:** Polk County Heating & Cooling; Schaal Plumbing, Heating & Cooling

### 14. Pastor

**Nathan Anenson**

**Runners up:** John Gaulke; Trevor Pinegar

### 15. Health club or gym

**Altoona Campus**

**Runners up:** BrickHouse Fitness; Farrell's eXtreme Bodyshaping

### 16. School

**Morris Elementary**

**Runners up:** Altoona Elementary; Clay Elementary

### 17. Boutique

**Clark Candle Co. & Market**

**Runners up:** Little House on Main; Posey & Jett's

### 18. Park

**Thomas Mitchell Park**

**Runners up:** Haines Park; Yellow Banks Park

### 19. Place for a field trip

**BrickHouse Fitness**

**Runners up:** CAP Theatre; Thomas Mitchell Park

### 20. Community festival

**Altoona Palooza**

**Runners up:** Bondurant Summerfest; Bondurant Battle of the Bands

### 21. Teacher

**Andrea Harmeyer**

**Runners up:** Wendy Garton; Zach Swanson

### 22. Principal

**Ben Anderson**

**Runners up:** Erik Garnass; Lea Morris

### 23. Church

**Lutheran Church of the Cross**

**Runners up:** NewLife Church; Ss. John & Paul Catholic Church



Duane Hunziker, a long-time volunteer at Caring Hands — residents' choice for favorite nonprofit — prepares a box of food at the food pantry. Photo by Jackie Wilson

### 24. Restaurant for dessert

**Johnny's Italian Steakhouse**

**Runners up:** Over the Top; Sugar Shack Diner

### 25. Restaurant for breakfast

**Perkins Restaurant and Bakery**

**Runners up:** Brick Street Market & Cafe; Sugar Shack Diner

### 26. Restaurant for lunch

**Sugar Shack Diner**

**Runners up:** Burger Shed; Fireside Grille

### 27. Restaurant for dinner

**The Big Steer Restaurant & Lounge**

**Runners up:** Johnny's Italian Steakhouse; The Latin King Restaurant

### 28. Car dealership

**A3 Auto**

**Runners up:** Deery Brothers Chevrolet; Martinson's Used Cars

## FEATURE

### 29. Place for ice cream

#### Over the Top

**Runners up:** Granny's Sweet Freeze Shop;  
Sweet Swirls Rolled Ice Cream

### 30. Event

#### Iowa State Fair

**Runners up:** Altoona Palooza; Bondurant  
Battle of the Bands

### 31. Daycare

#### The Bird's Nest

**Runners up:** Altoona Kids World; Shining  
Stars Day Care

### 32. Children's birthday party spot

#### BrickHouse Fitness

**Runners up:** Adventureland Resort; Great  
Escape - The Ultimate Experience

### 33. Preschool

#### Church of the Cross Preschool

**Runners up:** Adventure-Life Preschool;  
Bondurant Christian Church Preschool



When it comes to dog groomers, residents say their favorite is Tangled Tails, where, from left, Annie Jungjohan, Courtney Casner, Hailey Fenner and Madi Goehry spruce up their pets. Photo submitted

### 34. Library

#### Altoona Public Library

**Runners up:** Bondurant Community Library;  
Pleasant Hill Public Library

### 35. Chamber of commerce

#### Altoona Area Chamber of Commerce

**Runners up:** Bondurant Chamber of  
Commerce; Pleasant Hill Chamber of  
Commerce

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## FEATURE

### 36. Camping spot

**Yellow Banks Park**

**Runners up:** Griff's Valley View RV Park & Campground; Thomas Mitchell Park

### 37. Nonprofit

**Caring Hands**

**Runners up:** CAP Theatre; SEP Education Foundation

### 38. Dance studio

**Pat Barton Dance Studio**

**Runners up:** Becky Nalevanko's Dance & Tumbling Studio; Starstruck All Stars

### 39. Place to take your mom and dad

**Posey & Jett's**

**Runners up:** Prairie Meadows Casino, Racetrack and Hotel; Signature Salon & Day Spa

### 40. Place to take your kids or grandkids

**Adventureland Resort**

**Runners up:** Great Escape - The Ultimate Experience; Posey & Jett's

### 41. Place for auto service

**McManus Automotive**

**Runners up:** Bondurant Auto Body; Williamson's Repair & Tire

### 42. Place to purchase a gift for a woman

**Posey & Jett's**

**Runners up:** Little House on Main; Suzy's Kitchen & Gifts

### 43. Place to purchase a gift for a man

**Suzy's Kitchen & Gifts**

**Runners up:** Bass Pro Shops; Signature Salon & Day Spa

### 44. Realtor

**Sheena Cochran-Foster**

**Runners up:** Pennie Carroll; Angela Meek

### 45. Bar

**Fireside Grille**

**Runners up:** Hawk Heaven Tavern; Reclaimed Rails Brewing Company

### 46. Place for guests to stay

**Adventureland Inn**

**Runners up:** Hampton Inn; Prairie Meadows Hotel

### 47. Coffee shop

**Somewhere in the Middle Coffee Shop**

**Runners up:** Dunkin' Altoona; Starbucks Coffee Company at Altoona Hy-Vee

### 48. Nursery or landscaping company

**Snyder Landscaping and Lawn Care**

**Runners up:** Goode Greenhouses; Lucille's Garden Center

### 49. CPA

**Donald Timmins**

**Runners up:** Lisa Harris; Nick Stanley

### 50. Insurance Agent

**Vance Whitwer**

**Runners up:** Tim Forbes; Matt Kacer

### 51. Home builder

**Berkey Home Builders**

**Runners up:** Eagle Homes; Ron's Homes

### 52. Pharmacy

**Hy-Vee Altoona**

**Runners up:** Medicap Altoona; Walgreens Altoona

### 53. Grocery store

**Brick Street Market & Cafe**

**Runners up:** Fareway - Altoona; Hy-Vee - Altoona

### 54. Senior living facility

**Prairie Vista Village**

**Runners up:** The Shores at Pleasant Hill; Valley View Village

### 55. Home improvement business

**Shaymus Smith Construction**

**Runners up:** Iowa Legends Roofing & Remodeling; Lowe's

### 56. Veterinarian

**Dr. Renee Conley**

**Runners up:** Dr. Sheri Morrissey; Dr. Mark Severs

### 57. Physical therapist

**Leslie Foley Brant**

**Runners up:** Steve Olsen; Brant Reyerson

### 58. Dog groomer

**Tangled Tails**

**Runners up:** Barks & Wags; Flawless Paws Grooming Salon

### 59. Attorney

**R. Bradley Skinner**

**Runners up:** Tyler Smith; Susan Ugolini

### 60. Financial planner

**Adam Kline**

**Runners up:** Lori Baldwin; Luke Sibley ■

## THANK YOU

for voting!

**Favorite Place to Take Your Mom & Dad**

**Favorite Place to Purchase a Gift for a Woman**

**Runner-Up:** Favorite Boutique • Favorite Place to Take Your Kids or Grandkids

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# ALTOONA

## JANUARY 2022

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### CITY HALL

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*Ice Ice Baby! Hopefully, just where we want it to be...in our new Skating Rink!*

### NEW ICE RINK

We are excited and grateful for the Iowa Wild's continuation of their Community Rinks program in partnership with Wells Fargo. The new Ice Rink is up and ready for skaters at Ironwood Park!

Mayor, Dean O'Connor stated, "We are proud of our parks and trails and all the amenities they have to offer, and this simply creates a wonderful partnership instilling the importance of being active and social."



### EMERGENCY ACCESS

Maintain your sidewalks and driveway of snow and ice. If you do require an emergency response, a cleared approach to your door will be the safest route for the emergency responders and you. Maintain your outdoor lights to illuminate your numerical house numbers. If you call "911"

for an emergency response, turn on your lights on to make it easier and faster for responders to find your home.



### 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.



### 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 city's website at [www.altoona-iowa.com](http://www.altoona-iowa.com) for snow removal regulations and updates.



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## FAITH

By Nathan Anenson

# HABITS

Most of us want the same things in life. If you asked 100 people in our community what their goals were, you would generally hear the same things: good relationships, good health, good finances, success for my kids. If you are a follower of Jesus, you would add that you want to be close to God. Most of us have the same goals and yet we have such different results. Why is that?



The difference in results may have less to do with the goals we set and more to do with the habits we embrace. In his book, “Atomic Habits,” James Clear writes, “Goals don’t determine success. Systems determine success. You don’t rise to the level of your goals, you fall to the level of your systems.” In other words, without the right systems or habits in our lives, goals are rarely accomplished.

So what do you want in life? And do you have a set of habits to get there?

When you look at Jesus, his goal was to accomplish the purposes of God. Behind that you find a set of habits that empowered that goal. A physician named Luke wrote this about Jesus: “The news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed” (Luke 5:15-16). Jesus was bombarded with demands on his time and energy, yet there were habits he prioritized (like praying in solitude) that empowered the work he was called to. Never underestimate the power of a small habit to make a big impact. What is one habit that will empower you in the right direction?

Jesus is not only a great example of good habits, he is also the source of power to make those changes in our lives. If you are like me, you can relate to what the Apostle Paul wrote about the frustration of trying to live well: “I do not understand what I do. For what I want to do I do not do, but what I hate I do” (Romans 7:15). Can you relate? So often we have the best intentions and yet fail so miserably.

Paul goes on to ask, “Who will rescue me from this body of death?” (Romans 7:24). Who will rescue you and me from all our failed attempts at a better life? “Thanks be to God, who delivers me through Jesus Christ our Lord!” (Romans 7:25) writes Paul. It is Jesus who has come to rescue us and to set us free. He loves us and accepts us even in our failures. Therefore, as we seek to create new habits that make a difference, we do so not to be loved, but because we are loved so much. ■

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



## RECIPE

# WARM UP winter with comforting classics

*(Family Features)* Whipping up family favorites all winter long is a perfect activity to keep loved ones warm in the kitchen while avoiding the bitter chill outdoors. Delicious, heartwarming snacks offer a simple and savory way to bring everyone in from the cold while enjoying comforting flavors together.

Lean on beloved ingredients like go-to RAGÚ sauces when it's time to come together for quick bites. The possibilities are nearly endless with delicious recipes using classics like the RAGÚ Old World Style Traditional or RAGÚ Simply Traditional options.

Hearty flavors can take away the chill of winter in recipes like Baked Tomato Goat Cheese Dip. Easy to make and fun to create, this simple snack is perfect for a cold afternoon spent together in the kitchen or watching a family-movie marathon.

Find more recipes perfect for warming up this winter at [Ragu.com](http://Ragu.com). ■

## Baked tomato goat cheese dip

Recipe courtesy of Marzia Aziz of "Little Spice Jar"

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4-6

### Ingredients

- Nonstick cooking spray
- 2 cups RAGÚ Simply Traditional Sauce
- 3 cloves garlic, divided
- 1/4 cup fresh basil, chopped, divided
- 1/8-1/4 teaspoon red pepper flakes
- 1 log (10-10 1/2 ounces) goat cheese, softened at room temperature
- 2 teaspoons olive oil, plus additional for brushing, divided
- 1/4 teaspoon fresh thyme
- kosher salt, divided
- pepper
- 1 large baguette, sliced on bias
- blistered tomatoes, for serving (optional)

### Directions

- Position one rack in upper third of oven and one in lower third. Preheat oven to 375 F. Spray small, round baking dish with nonstick cooking spray; set aside.
- Add sauce to small bowl. Grate in two garlic cloves then add 1/8 cup basil and red pepper flakes. Stir to combine then pour sauce into baking dish.
- Smash goat cheese log into ball. Place ball between two sheets plastic wrap. Using hands, flatten cheese into thick, round disc about 1 inch smaller in diameter than baking dish. Remove goat cheese from plastic wrap and place in center of sauce. Drizzle cheese with 2 teaspoons olive oil. Sprinkle with fresh thyme, kosher salt and pepper. Bake on lower rack, uncovered, 20-25 minutes, or until sauce is bubbly and cheese is warmed through.
- Place baguette slices on baking sheet. Drizzle or brush with olive oil and



sprinkle with kosher salt. Bake crostini on upper rack 10-12 minutes, flipping halfway through. When bread is done, remove from oven, cut last garlic clove in half and rub cut side on bread.

- Top dip with remaining basil and blistered tomatoes, if desired, and serve with crostini.
- **Note:** To make blistered tomatoes: Heat skillet over medium-high heat until almost smoking. Add 1 pint cherry tomatoes to dry skillet and let sit 1 minute. Lower heat to low, toss tomatoes with 2 teaspoons olive oil and cook 2-3 minutes, or until tomatoes are about to burst. Remove from heat; sprinkle with pinch of salt and pepper.





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# BENEFITS of a trust

Creating an estate plan is the way to ensure that your assets pass to your loved ones following your death. There are several different estate planning options, but a common one is to create a trust.



A trust is comprised of three separate parties: a grantor, a trustee, and the beneficiaries. The grantor (or settlor) creates the trust. The trustee manages the assets held within the trust. The beneficiaries are the individuals or groups who receive the benefits provided by the trust.

There are two main types of trusts that a person can create as part of an estate plan: a living trust and a testamentary trust.

A living trust — also called a revocable

trust — is created during the grantor's lifetime, and the grantor funds the trust while still alive. The trust contains provisions as to how you choose for your assets to be distributed after you die. You can name a trustee to manage the assets in the trust, or you can act as the initial trustee.

The grantor has the authority to decide when and to whom trust distributions are made. The grantor can also change the trust, appoint a new trustee, or revoke the trust entirely.

Living trusts are good options for planning for potential incapacity. They are a good way to manage assets during your lifetime as well as have an orderly plan for disposition after you die. Further, living trusts allow those settling the estate to avoid probate and get the assets distributed to the beneficiaries more quickly and efficiently.

The second type of trust is a testamentary trust. Testamentary trusts are trusts which are created within a person's will. Because they are not created until the death of the grantor, testamentary trusts do not hold any assets or have any power until the grantor has died. After the grantor's death, assets are transferred into a trust for the benefit of the beneficiaries. Testamentary trusts are most commonly created in a will for the benefit of minor children, a spouse, or a disabled adult child.

When created properly, trusts are an efficient and effective way to ensure that loved ones receive your assets. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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

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# ALTOONA Public Library news

## Adult programming – Ages 18 and older

**Senior Set:** For anyone age 60-plus, mark your calendars for a fun activity and time to socialize every Tuesday from 1-3 p.m.

- First and third Tuesday: Games
- Second Tuesday: Crafting (registration required)
- Fourth Tuesday: Movie Matinee

**Adult Splat Studio:** Fridays, Feb. 4 and March 4, from 6-8 p.m. If you have a desire to dabble in acrylics, we have an adult art studio for you. We'll bring the supplies, and you bring the inner artist. No cost to attend, but space is limited. Registration required.

**Yes...You Need a Will:** Wednesday, Feb. 23, from 6:30-8 p.m. It doesn't matter whether you are young or old, rent or own, single or with a house full of kids, the task of creating a will or an advanced directive can be confusing and down-right intimidating. Join Tyler Smith from Smith Law Firm to learn the basics and get started. Registration required.

## Adult Coloring at Brightside Aleworks:

Thursday, Feb. 24, from 6:30-8:30 p.m. Join us at Brightside Aleworks (480 Center Place in Altoona) for a fun night of coloring. We will bring the art supplies; you bring your friends and money for drinks. No registration required.

## Children's programming

**Homeschool Science:** Thursday, Feb. 3, from 2-3 p.m. Join our afternoon STEM event for kids. Parents can explore stations with their kids to learn this month's theme: magnets. For grades K-6. Registration required.

**Chocolate Olympics:** Saturday, Feb. 12, from noon-1 p.m. We'll be hosting some sweet activities and games in honor of the Winter Olympics. For grades K-6. Registration required.

**Kids Crochet Club:** Tuesday, Feb. 22, from 6-7 p.m. Want to learn how to crochet? Join our monthly club for tips and tricks. For grades 4-6. Registration required.

## Teen programming

**Puzzle Fight:** Saturday, Jan. 29 from 2-4 p.m. Join us on International Puzzle Day for an intense battle of jigsaw puzzle solving. Gather your crew and get ready, because, when the whistle blows, it's on! For grades 7-12. Registration required.

**Origami Hour:** Monday, Feb. 7, from 6-7 p.m. You've got to know when to hold and when to fold when it comes to origami. Join us to make Totoro and other paper masterpieces. For grades 7-12. Registration required.

**DIY Wire Heart Bangles:** Saturday, Feb. 12, from 3-4 p.m. Join us to twist up a heart bangle bracelet that's cute enough to keep or give to someone you love. For grades 7-12. Registration required.

**Special FX Makeup:** Monday, Feb. 14, from 6-7 p.m. Come learn makeup FX so gross-looking you'll spew! A guest presenter will be here to teach us how to create fake bruises, oozing wounds, maggoty flesh, and other effects you'll love to death. For grades 7-12. Registration required. ■



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## LIBRARY finds new way to serve the community

Altoona Public Library expands its offerings

The Altoona Public Library is redefining the term “serving the community.”

Not only does the library offer a place to relax, absorb its media offerings, participate in activities and more, it now offers a place to address hunger as well with its community refrigerator/freezer and food pantry.

Kim Kietzman, the Altoona Public Library director for 12 years, says the idea to expand the library's offerings first came in the form of a random event that popped up on her Facebook feed one day.

“A group in Des Moines was hosting an online Zoom information session on the Community Refrigerators located in Des Moines,” Kietzman says.

“I hadn't heard about these, but we had been talking about increasing our capacity for addressing food insecurity and encouraging the sharing of home-grown produce safely.”

The library used to have a “produce exchange” in late summer/early fall so gardeners with more produce than they could use would be able to share with others, but that sat on a table near the entrance, and things would spoil quickly, she says. The Little Free Pantry, a Girl Scout Troop 296 project located outside near the southwest corner of the library, was one step in helping solve that. Troop members built and decorated it, and it was installed in 2018. The community response in helping keep it full has been tremendous.

“Every time we put out a post on a community Facebook site, we have a full Little Free Pantry before the day is out, which is a huge kudos to the community,” Kietzman says. “We can also supplement with our Food for Fines donations if we need to.”

A Community Refrigerator/Freezer now sits inside the south doors and is available during Library hours. It was donated by Library Trustee Abbey Strum. The library also received \$100 worth of grocery gift cards from Michael Tapp to supplement donations as needed.

The pantry isn't strictly for those in need, Kietzman says.

“Are you at the library and only need some milk? See if it's in the fridge,” Kietzman says. “This is just as much about not wasting food as it is about addressing food insecurity. We have egg producers who don't want excess eggs to go to waste, families who received the school summer meals and have items they can't use, and local gardeners who need to share their bounty.”

For those who want to donate, Kietzman says, “Make sure you're donating according to the posted guidelines for freshness, and if you're picking up items, double-check for freshness and only take what will be used,” she says.

The Altoona Public Library is located at 700 Eighth St. S.W., and is open Monday through Thursday, 9 a.m. to 9 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.; and Sunday, 2-5 p.m. ■



A community refrigerator/freezer sits inside the library for all to use.

## NEW beginnings

Another new year and another opportunity for new beginnings. Exercising and healthy eating are the stereotypical New Year's resolutions.

These are good and important resolutions, but how about a resolution of new beginnings?

A new beginning is defined as the place or time when something starts. What does a new beginning mean to you? Here are a few ideas to kick start 2022's new beginnings.

**Try new things.** Read a different genre of book or watch a television show or movie you wouldn't normally watch, listen to new music or a different radio station. Do you have family that has different tastes than you? Ask your children, grandchildren or parents for recommendations. This could also give you something new to discuss with them.

**Pursue a new hobby each month.** It doesn't have to be exercise. Try crafting, knitting or painting. It's never too late to learn a new language. Your local community center or library often has classes that are available to learn new things. For example, I am taking a yoga class at my local library this month. Last month I took a painting class through a community center. Step out of your comfort zone and meet new people; it will be fun and challenging.

**Try new foods.** This could mean picking up something different at the grocery store, making a new recipe or trying a new restaurant. If you don't like it, perhaps, unlike childhood, you never have to eat it again.

**Have a new beginning with an old friend.** Reconnect with someone you haven't seen or talked to in a long time. What are some of your old friends up to now? Send them an email or give them a call. Catching up with an old friend can always bring a smile to your face.

A few key tips for new beginnings: It is OK to be afraid of new things and stepping out of your comfort zone, but don't let that stop you. You do not need to be perfect at everything you try. Have fun, meet new people, be you.

This year try embracing a new perspective, and no matter what you do, just have fun. Here is to 2022 and your many new beginnings. ■



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



## AFTER the storm: What now?

Damage to your home, or any property you care for, after a storm can be stressful and sometimes traumatic. If you've never had a claim, you may not know what to expect. Your agent should help you with determining whether your loss should be filed as a claim. Here is a step-by-step guide of what to expect and actions you should take if you experience a loss:



- Take photos or video of the damages. This includes any items that may be discarded. Before you take photos, you must be sure you can do so safely. If able, photos provide useful information and are a great way to preserve details of the damage.
- If possible, close openings with tarp or boards to protect your property from further damage. Again, only do so if you can safely.
- Remove or dry up any water as best you can without entering a flooded area that may be subject to electrical charge.
- Locate and secure medications and essential items.
- If there is a power loss, keep refrigerators and freezers closed as much as possible.
- Seek alternative living arrangements if damage is extensive enough that your home is unlivable. Keep a record of all expenses.
- Contact qualified, licensed, and insured contractors.

When you file a claim, your agent or insurer will collect detailed information from you and ask you to describe the damage. After the claim is filed:

**Assignment** – The insurance company will assign your claim to a licensed claims professional (adjuster) and that person helps you navigate the required procedures.

**Initial Contact** – The claims professional will contact you to find out more about your loss and discuss your coverage. They will outline for you how the company plans to handle your claim.

**Evaluation** – The claims professional will investigate your loss by collecting facts; they will inspect and estimate damages.

**Resolution** – For simpler claims, you may receive payment for the amount of estimated repairs after the first inspection. For more complicated claims, payments may take longer to arrive.

### Additional tips:

- Report your claim promptly.
  - Keep claim number and contact information handy.
  - Meet any deadlines given to you by your claim professional.
  - Submit any required forms. Be sure you read and understand any form you are asked to sign.
  - Respond in a timely manner to queries.
  - Attend inspections of the damage.
  - Beware of contractors who demand complete payment up front.
  - Beware of unlicensed and uninsured contractors.
  - If a contractor offers to facilitate your claim, be sure they are a licensed public adjuster in your state.
- Remember: Everyone's safety is the first priority in any loss. ■

Information provided by Shawna Rizzuti, The Insurance Station, Inc., 116 Second St. SE, Altoona, 515-967-0489.

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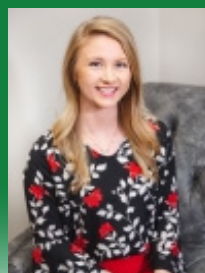
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## ELEMENTARY provides student council experience

Students campaign, plan activities and more.



Student Council officers at Four Mile Elementary are Bradley Walvatne, vice president; Violet Finch, secretary; Zoey Russell, treasurer; and Kendall Gerdis, president.

The Four Mile student council has been active at the elementary school since 2008. The group, which was launched by the principal at the time, includes four officers: a president, a vice president, a treasurer, and a secretary. In addition, each classroom elects two class representatives to help during certain activities.

"I think it is most important in the sense that it gives students an opportunity to be a leader in the building. It also lends voice to the students. They get to be a part of the decision making when it comes to things happening within our school," says School Student Council Representative Mike Kayser.

In order to participate in the student council, students must fill out an application stating why they would be a good candidate for the office they seek. Once all the applications have been received, a primary election is held, where fifth-grade students choose three candidates for each office to move on to the final election.

"What I like most is being able to make decisions and decide what to do to make Four Mile a better place," says Student Council President Kendall Gerdis.

Once students become a candidate for office, they start working on campaign posters and a campaign speech. The students hang the posters around the school with creative slogans in order to earn votes. The day before the election, the students give a speech at an assembly of all the students in grades second through fifth. The following day, students vote for one person for each office.

Kayser says it is fun to see students get excited about the election and the possibility that comes along with it.

"Our officers and class representatives take their jobs very seriously. They come to meetings ready to participate, and they are great with carrying out their obligations. We are lucky to have such hard-working students in our building," Kayser says.

Student Council officers participate in a variety of events throughout the school year, including planning assemblies, organizing food drives, hosting movie nights, and many others.

"I get to help the other students at our school. It is fun to know that you are helping people, like when we delivered the items to Caring Hands," says student Zoey Russell. ■

## ADULT day centers

Respite for families caring for loved ones

When her husband was diagnosed with dementia at the age of 53, Sara Harless of West Des Moines began thinking simply in terms of coping — of anticipating bleak days spent watching her healthy, vital spouse decline into someone she would no longer know.

She couldn't have anticipated that she'd spend the next several years watching him not only survive, but thrive in an environment that would make the most of his days.

"I think being in an adult day center actually extended Michael's life," Sara said.

Adult day centers serve older adults who typically live with family members because of health-related needs. Participants visit the centers while their caregivers are at work or are busy with other responsibilities and benefit from involvement with their peers in a safe and enriching setting that focuses on their abilities and preferences.

Many have memory challenges — a situation that is welcomed by many adult day centers, as programming often specializes in memory support.

Becoming aware that adult day centers existed was akin to finding water in the desert for Sara, who had been struggling with her husband's care when she learned one day about a nearby center.

"It was quite literally as if God had set an actual sign down in my path," Sara said. "He knew I was struggling and that Michael was struggling, too."

Sara's experience was typical; families that could likely benefit from adult day services often have never heard of them or have no idea what the services involve. Once someone finds out what an adult day center has to offer, they end up wondering why they hadn't taken advantage of services sooner, as services can provide so much help that improves not only the lives of participants, but of their families.

The knowledge that her husband was enjoying the center's programming while being treated with kindness and respect helped Sara focus on her job — and assisted her in letting go of the guilt she had initially felt about spending time away from him.

"The simple fact that he was safe was such a blessing to me, and it was icing on the cake that he actually enjoyed his time there and participated in so many activities," Sara said. "And I was able to hang on to my work, which was something that I needed for a sense of normalcy as well as income."

Adult day centers are usually private-pay but often have financial aid available through grants or other means. To learn more, search online for adult day centers in your area. ■



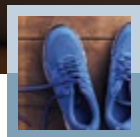
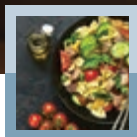
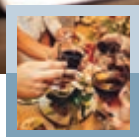
Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of home-based services for older adults in addition to 55-and-older community living in Iowa and Illinois. Call or text Ward at 515-669-2205 to learn about home health care, non-medical in-home services, hospice care, meal delivery, and much more!





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## BEFORE YOU GO

By Jan Shawver

### NEW YEAR'S resolutions

How many of us "resolve" to make changes in our lives on Jan. 1, only to have them go by the wayside within days or weeks? Carrying out those resolutions is not always easy. In fact, in many cases, it is just plain hard. You have the best of intentions, but then life happens and those intentions are put aside.



One resolution which can easily be kept is making pre-arrangements for your future funeral/burial needs.

The loss of a loved one is devastating for the family — even if the passing is expected. Then, there are so many details to care for. I know of at least 67 things that must be done within hours/days of a death.

My resolution this year, through this monthly article, is to help you navigate through some of those 67 things. Many of them may be done in advance, giving family members time to grieve their loved one's passing instead of scrambling to care for a myriad of details.

The first and most basic thing to determine is whether you want a casket burial or cremation. That decision will be the foundation for the other decisions.

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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## CREDIT COUNSELING

By Tom Coates

### STAYING out of debt in 2022

If you met your personal financial goal of paying off unsecured debt in 2021, then the last thing you want to do is go back into debt this next year. Spending less than you earn can be challenging for even the best budget-savvy consumers.

Here are some general tips:

- Find additional income. A temporary part time job can help to fund extra savings so that emergencies don't end up on a credit card. If your employer allows, work over-time. Review tax withholding allowances. Find a flexible side hustle.
- Track your expenses. If you are over spending, take a look at your bank statements for a month and find the leak.
- Continue to make savings a priority even if it is a small amount.
- Check your subscriptions. Do you have multiple streaming options, an unused gym membership, or magazines that you can cut back on?
- Grocery prices are rising. Take advantage of meal planning around ads or shopping discount grocers. Stick to the list. When eating out, take advantage of discount nights, happy hours, or sharing meals.
- Brown bag it. Lunches and coffees on the go can be a budget buster. Save by making it at home.

Congratulations on making financial wellness a priority in your life. Cheers to a debt-free New Year. ■



Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.



## HEALTH

By Janet Rieckhoff

# NEW YEAR, new affirmations

With the new year come resolutions — quickly followed by guilt for breaking the resolution. Guilt and negative self-talk can go together in a vicious cycle. Maybe the best New Year's resolution is not to make one, but if you are going to, make two instead. The second being not to allow feelings of guilt or negative self-talk sneak into your mind. If it does get in your brain, then challenge those thoughts and feelings.



To challenge negative thoughts and guilty feelings, think back into your life and ask, "Have I experienced guilt or negative thoughts before about a similar experience?" For instance, when former resolutions were broken, did guilt or negative talk help or come true? Chances are the answer is no, so challenge the negative guilty thoughts with the fact they are unhelpful. Think of yourself as a prosecutor collecting all the facts and arguments against the negative guilty thought to prosecute it.

Another way to challenge negative guilty thoughts is listening to or reading affirmations. Affirmations are often the opposite of negative thoughts. Create affirmations using the opposite. Such as, "I can't do it" becomes "I might be able to do it because I have not tried." Look for affirmation apps and books. Write favorites on sticky notes to put around the house where you will see them. ■

Information provided by Janet Rieckhoff, LMHC of SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [rieckhoff@sstherapyandconsulting.com](mailto:rieckhoff@sstherapyandconsulting.com).

## HEALTH

By Dr. Kari Swain

# ARE YOU truly living?

Most people have no idea how good their bodies are designed to feel. The physical, chemical and emotional stressors we encounter in our daily lives, by our choices and through our environment, take a toll on the body. Sickness and disease is manifested in the body when we continually make poor health choices over time. Our bodies are designed to be in a state of health — to be well-rested, energized and full of life. When we consistently make choices that support the body and bring us closer to health, we enable the body to express its full health potential. Take these action steps today to truly live your life.

**Eat.** Food is fuel for the body. It is the energy the body runs on. Proper nutrition is essential for health potential.

**Move.** Health declines with lack of movement. It is a contributing factor to coronary heart disease, high blood pressure, stroke, obesity and type 2 diabetes.

**Sleep.** Sleep is when your body repairs and restores cells. It is physically energizing and increases mental acuity.

**Release.** Reducing stress is essential for the body to achieve a state of rest, to restore and to heal. Exercise, yoga, deep breathing and meditation techniques help the body to release stress.

**Remove interference.** Chiropractic adjustments remove spinal subluxations that interfere with your body's ability to self-regulate and self-heal. By restoring normal nerve flow, your body is able to function optimally, giving you more energy, drive and peace of mind. ■

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

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## IMPORTANCE of cervical health

In 2021, about 14,000 women in the United States were diagnosed with cervical cancer, and about 4,000 women died of the disease. Cervical cancer is almost always caused by the human papillomavirus (HPV), and this cancer can be largely prevented with screening and vaccination.



### Q: What is cervical cancer?

A: Cervical cancer is a malignant tumor of the cervix, which is the lowest part of the uterus. Sometimes, precancerous changes to the cervix (dysplasia) are diagnosed and steps can be taken to prevent cancer from developing.

### Q: Can cervical cancer be prevented?

A: Screening is a key component in the effort to eliminate cervical cancer. Pap testing involves collecting cells from the cervix for examination under a microscope to look for abnormal cells. Since most of these abnormal changes are caused by HPV, screening also includes testing for the presence of the virus. Regular Pap and HPV testing improves detection of precancerous changes to the cervix.

HPV vaccination is recommended for everyone around age 11 or 12. It can be given later if necessary, up to the age of 45. Since most cases of cervical cancer are caused by HPV, vaccines that protect against this virus can dramatically reduce the number of cases per year.

### Q: What are the signs or symptoms of cervical cancer?

A: Cervical cancer in its early stages generally produces no signs or symptoms. However, with more advanced cervical cancer, a woman may experience:

- Bleeding during intercourse
- Vaginal bleeding between periods or after menopause
- Watery, bloody vaginal discharge that may be heavy and have a foul odor

Make an appointment with your health care provider if you have any signs or symptoms that worry you. If you're thought to have cervical cancer, you may be referred to a gynecologic oncologist, a doctor who specializes in treating cancers that affect the female reproductive system. ■

Information provided by Dr. Abby Gonik, gynecologic oncologist with MercyOne Des Moines Surgical Group, 411 Laurel St., Suite 2100, Des Moines, 515-247-3266, [MercyOne.org/desmoines](https://www.mercyone.org/desmoines)

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## HOW LONG should I live in my house before I consider selling?

If you're considering buying a home but don't know how long you will want to live in the area or you have been in a home for a short time and are already considering selling, you may wonder about the minimum amount of time experts recommend you own a home.



Many experts say you should own a home for at least five years so that you build enough equity to cover the cost of selling your current home and obtaining financing for your new home. Here's a look into four factors that help determine how long you should live in your home before selling.

### Costs of buying

When you buy a home, you need to budget for a down payment, and you may be responsible for several closing costs. Generally, homeowners like to put more down on the new home than they did on their previous home. This could change

based on interest rates and monthly payment amounts that best fit your budget.

In some cases, homebuyers receive credits from the seller. Depending on whether you paid closing costs yourself or if you received credits, you may want to factor in this cost when deciding if it makes financial sense to sell your home yet.

### Building equity

However, how much equity have you built? While your mortgage payments include both principal and interest, the first several payments are mostly interest. It can take years before your payments start applying toward your loan's principal balance in significant amounts and you begin building substantial equity.

If you have a shorter loan term, you will begin making significant payments toward principal much faster than someone who has a longer loan term. Another strategy that can help build equity faster is prepaying your mortgage, which simply means to pay more than your monthly payment.

### Market conditions

When there is an abundance of homes for sale compared to number of buyers, we're in a buyer's market. When there are few homes for sale compared to the number of buyers, we're in a seller's market. Since market conditions can impact the value of your home, it's an important factor to consider when deciding when to sell your home.

### Costs of selling

An important expense to consider is the cost of selling a home. As the seller, you will likely be responsible for paying Realtor fees, title fees, inspection fees, a home warranty and more. Before you make this commitment, be sure to include these costs in your final calculation of how much you'll be left with after the sale. ■

Information provided by Lori Slings, Bankers Trust, NMLS ID: 406021, 3820 Eighth St. S.W., Altoona, Iowa 50009, 515-245-5624, [LSlings@bankersttrust.com](mailto:LSlings@bankersttrust.com), [BankersTrust.com/LSlings](http://BankersTrust.com/LSlings), Bankers Trust NMLS ID: 440379.



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## EVENTS IN THE AREA

Be sure to check for cancellations.

### Za Ga Zig Shrine Circus

Jan. 28-30

Richard O. Jacobson Exhibition Center,  
Iowa State Fairgrounds

Za Ga Zig Shrine Circus, featuring The Royal Hanneford Circus, will be at the State Fairgrounds. Cost is: adults \$16, children 1-12 years old \$8. Doors open one hour prior to each show. The registration link is available at <https://www.iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus>. Performances are at 7 p.m. Jan. 28; 9:30 a.m., 2:30 p.m. and 7 p.m. Jan. 29; and noon and 5 p.m. on Jan. 30.

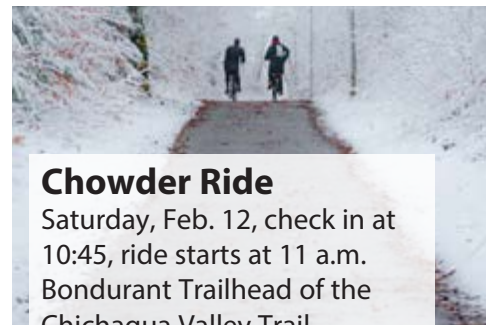


### Marc Bailey Live

Feb. 4, 7-9 p.m.

Brightside Ale Works

No stranger to crisscrossing the Midwest, Iowa native Marc Bailey carries with him a vault of memories and experiences that can only be told through his songwriting. From originals to stripped down cover songs, Bailey brings an unmatched honesty to his performance and is quick to engage an audience in conversation.



### Chowder Ride

Saturday, Feb. 12, check in at 10:45, ride starts at 11 a.m.  
Bondurant Trailhead of the Chichaqua Valley Trail

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (approximately 10 miles). Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails. Freewill donations are encouraged to go to the Friends of Chichaqua Valley Trail. Donation boxes will be placed at the pubs in Bondurant. Register online at <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07e1xuyfy36fe137c1&oseq=&c=&ch=>. Enter to win a prize by submitting a selfie with the tag #2022ChowderRide (make sure the post is public).



### Bowling Bash

Friday, Feb. 18, 2-5 p.m.

Great Escape, Pleasant Hill

The East Polk Rotary Club is holding its Bowling Bash, complete with silent auction, raffle, trophies and more fun. Proceeds support the Iowa Industrial Technology Exposition and other community projects. Cost is \$65 per bowler or \$260 per team (four bowlers per team). Register a second team for \$200. Registration forms are available at [www.eastpolkrotary.org](http://www.eastpolkrotary.org).



### 'Hamilton'

Single tickets on sale now

Performances are May 17-June 5  
Des Moines Civic Center, 221 Walnut St.,  
Des Moines

Producer Jeffrey Seller and Des Moines Performing Arts announce that single tickets for "Hamilton" will go on sale at DMPA.org, in person at the Civic Center Ticket Office or by calling 515-246-2300. There is a maximum purchase limit of eight tickets per account for the engagement. When tickets go on sale, prices will range from \$59 to \$159 with a select number of premium seats available from \$249 for all performances. There will be a lottery for 40 \$10 seats for all performances. Details will be announced closer to the engagement.

### 'That Golden Girls Show! A Puppet Parody'

Jan. 25-30

The Temple Theater,  
1011 Locust St., Des Moines

Sophia and her get-rich-quick schemes, Rose and some epic tales from St. Olaf, Blanche and an insatiable hunt for you know what, and Dorothy's daily struggle to figure out life. This new show uses puppets to parody the TV classic "Golden Girls." For more information, visit [www.desmoinesperformingarts.org](http://www.desmoinesperformingarts.org).



### Bingo and Bloody Marys

Feb. 19, 1-3 p.m.

Hawk Heaven Tavern,

805 17th Ave. S.W., Altoona

Enjoy playing Bingo at this fun and free event for ages 21 and older. Six rounds will be played with prizes each round and raffle prizes. Specials on Bloody Marys and Mimosas will be offered.

### Comedy shows

Jan. 29, Jan. 30

Hoyt Sherman Place, 1501  
Woodland Ave., Des Moines

Saturday, Jan. 29, 7 p.m.: "Jim Jefferies: The Moist Tour."

Sunday, Jan. 30, 6 p.m.:  
"Fortune Feimster: 2 Sweet 2 Salty." [www.hoytsherman.org](http://www.hoytsherman.org).



# A FOUR-DAY work week paying off

As everyone should know by now, there is a shortage of qualified people in the workforce today. I found myself posting ad after ad for a mechanic. I would get five or ten unqualified candidates to apply, and, by unqualified, I mean they lack the training or experience for the position. We have always been at the top of the pay scale for our employees. We offer great benefits such as 401K, health, dental and vision insurance, paid training, paid vacations, uniforms, tool allowance and many more things.



One Friday, I needed to take a set of heads to the machine shop we use. I arrived at 4 p.m., and they were closed. The hours said 8 a.m. to 3 p.m. Fridays. Nice, I thought, they are letting employees go early on Friday. I left the heads in their drop off location and texted the owner (my former college roommate).

The next time I saw him in person, I quizzed him about it. He said he is usually the only person there on Fridays. He said he, too, had looked for a machinist. When he found one, the guy said he would come to work, but he wanted four 10-hour days. He contacted another business friend of his doing this and asked how it worked. He was told employees are happier and produce higher quality work. My friend then said he brought this up to his crew, and they were all in favor of a four-day work week and started the following week. He noticed the change in their happiness right away and, after a few months, he saw the trend was they were having fewer mistakes and better production.

I pondered: Will this work for us? At our next weekly meeting, I brought this up to my team. They were nearly all for it. We started by staggering our staff. Part of them off Friday and part off Monday. They loved it; however, scheduling was tougher for Friday and Monday. I ran an ad right away for a four-day work week. Immediately I received a resumé from an 18-year veteran who worked at a dealership. After talking with him and doing the background checks, I hired him. I asked in the interview what stood out about us? He replied, the four-day work week. He had always wanted to work four 10-hour days. He also stated it shows that you care about your crew. Wow, I thought, that is powerful. I have always cared about my teammates and their families. It was tough, however, to convey this to a potential new hire.

We have since moved to all employees except me working Monday through Thursday. I am alone on Friday. I answer phones and will fix an emergency or a tire repair or two. I now have a happier crew, and I believe this has led to happier customers as well. ■

Information provided by Keith Williamson, Williamson's Repair & Tire, 515-967-0900, [www.williamsonsrepair.com](http://www.williamsonsrepair.com).

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## INCREMENTAL changes lead to major ones

This is the time of year when we feel the pressure to reflect on the past year and identify areas where we want to make changes. This is a healthy habit for those who seek to continue learning and growing as individuals. However, all too often it seems the ambition of planning soon gives way to the reality of execution, and we quickly begin to feel the pressure of failing the promises we made to ourselves. By mid-February (if we last that long!), we are overwhelmed and have abandoned our goals for any change we had hoped to make. There has to be a better way.

Fortunately, there is. A colleague once told me that his focus was to be 1% better each day. This focus allowed him to make major changes in his life over time by reframing his expectations. What if, instead of focusing on the big changes we want to make, we focus on smaller, incremental changes we can actually accomplish, that move us in the direction of our big change? As with any goal, the key is to make sure the goal is clearly defined and measurable, but that doesn't mean it has to be overwhelming.

As we look at those things in our lives that need to improve, what would it look like if we all focused more on incremental changes toward our goals?

Instead of "read 20 books this year," focus on reading 10 pages each day.

Instead of "expand my professional/personal network," create a goal to reach out and schedule a coffee meeting with someone new each month.

Instead of "lose 25 pounds this year," set an expectation to get to the gym four days a week.

Instead of "become a better parent," make a point to sit down for dinner with your family once a week.

The great thing about incremental changes is that they often turn into habits that usually have compounding effects. For instance, if I develop a habit of going to the gym four times a week, I am probably going to make other, ancillary changes that serve my overall goal of personal health such as improving my diet and getting more sleep. If I develop a habit of scheduling a coffee meeting with someone new each month, often that new connection will have one or two other people "you should really meet," and that compounding affect will grow your network beyond your original goal of one per month.

Bottom line? There is power in incremental change due to it being more accessible and achievable for most of us while keeping us consistently moving toward our ultimate goals.

So how about it? What small, incremental changes will you make for 2022? Let's select a few and see how they all add up by this time next year.

Go small or go home! ■

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



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## OUT & ABOUT



Alyssa Handy and Taylor Lynch at the Southeast Polk vs. Johnston varsity boys and girls basketball games on Jan. 11.



Brooke Kono, Abby Lauters, Mariah Pladna, Avery Enos and Caroline Hermes at the Southeast Polk vs. Johnston varsity boys and girls basketball games on Jan. 11.



Charlie Goode and Sam Zelenovich at the Southeast Polk vs. Johnston varsity boys and girls basketball games on Jan. 11.



Maggie and Josh Goode at the Southeast Polk vs. Johnston varsity boys and girls basketball games on Jan. 11.



Adam Matson, Kyle Lee and Melissa Horton at Perk Before Work at Hyatt Place on Jan. 11.



Linda Lawson, Rick Kroeger and Maaike Hendrikson at Perk Before Work at Hyatt Place on Jan. 11.



Melissa Horton, Mary Alice Mullin, Randy Pelham and Jeni Kadel at Perk Before Work at Hyatt Place on Jan. 11.



Jessica Bryant, Dr. Allie Misner, Alli Casper, Dr. Brooke Preston and Dr. Lacey Dettmering at the Holiday Open House for Inside Out Chiropractic on Dec. 10.



Angela Eakins, Suzy Hendrickson, Lori Bowman and Donna Thompson at the grand re-opening of Suzy's Kitchen & Gifts at 4830 Maple Dr., Suite 1, Pleasant Hill on Dec. 10.



# RESIDENTS' Choice

Voted as a favorite in the Eastern Polk County Residents' Choice poll.



Marin Bisdorf, Stacey Amensen, Nathan Anenson, Joyce Ingram, Laurel Swanson, Brad Hallberg, Tim Hummel and Luke Berry of Lutheran Church of the Cross



Randy Robinson with Martinson's Used Cars



Maaïke Hendrikson and Melissa Horton with Altoona Area Chamber of Commerce



Brad Skinner of Skinner Law Office



Sydney Ault, Stacey St. Ores, Desiree Nuckolls and Anita Long with Hair FX Salon & Spa



Suzy Hendrickson of Suzy's Kitchen



Donald Timmins, along with Linda Harris, Emily Brown and Kasiah Brown, of Timmins, Jacobsen & Strawhacker, LLP



Joe Tollari with Metro Heating & Cooling



Desiree Claypool of Style by Desiree



Hailey Fenner, Courtney Casner and Madi Goehry of Tangled Tails



Lena Pierce, Brandon Thompson and Andrea Weber of Great Escape



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