

ALTOONA

JUNE 2022

Living

MAGAZINE

art FOR ALL

Community art is transforming
public spaces

Fifth graders learn skills with school newspaper
EDUCATION

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WELCOME

TO EACH his (or her) own

"Art is in the eye of the beholder, and everyone will have their own interpretation."

This quote is attributed to Irish-Italian American author E.A. Bucchianeri, and she summed it up well.

This is why we have varying views of our favorite colors, our favorite seasons, our favorite music, our favorite foods. The list goes on.

I recall visiting an art show with my mother-in-law a decade or so ago when she looked at the price of a painting, shook her head and remarked, "I wouldn't pay \$10 for that!" Of course, the artist heard her. I was likely the most uncomfortable person in the group, as both of them rolled with it. While walking away, I told my mother-in-law that the artist likely didn't have mauve-colored recliners in his home. To each his (or her) own.

I am reminded of these differences in opinion during conversations I hear about public art. From "This is what our tax dollars are going to" to "That is strikingly beautiful," the comments are as wide-ranging as the art itself. To each his (or her) own.

Personally, I find retro advertising art intriguing, and I smiled as I drove through Nebraska City, Nebraska, recently and saw murals of old advertising images and slogans painted on the sides of what were dilapidated brick buildings in the downtown area. This art fits in this historic community. Some others think it is a waste of paint. To each his (or her) own.

Meanwhile, we all have certain images that come to mind when we think of any city or town. Sometimes it is an iconic building. Or an historic home. Or, heaven forbid, a water tower.

Whether public or private, the art in a community also becomes something it is known for. Look inside this issue for examples right here at home.

Thanks for reading. ■

SHANE GOODMAN

Publisher

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FREELANCE WRITER WANTED: Altoona Living magazine is looking for a freelance writer who is familiar with the community and would enjoy featuring the stories of Altoona in our magazine. If interested, email tammy@iowalivingmagazines.com.



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FEATURE

art FOR ALL

Community art is transforming public spaces



By Lindsey Giardino

The days of art being confined to museums and galleries are long gone. Sculptures now grace parks, and blank walls have become the canvas of choice for mural artists. Now, “beautification” is a buzz word, and it is no longer limited to adding flowers on street corners. Whether strolling or driving through a community, now your eye is as likely to be caught by a piece of public art as it is by the signs along the way.

“The Night Max Wore His Wolf Suit” adorns the back of the police station.

FEATURE

Altoona Arts and Culture

For the past few years, a group of volunteers has been working to get the Altoona Arts and Culture commission off the ground. This year, it finally happened.

Through a temporary partnership with Group Creative Services — a Des Moines-based company that puts public art and cultural initiatives to work in communities — the commission came up with an arts and culture assessment of Altoona. Using the assessment, the group then created an arts and culture master plan. Moving forward, the commission plans to continue working with Group Creative Services on a project-by-project basis.

Christina Lynn, who serves as president of the Altoona Arts and Culture commission, says some of the art the committee initiated has already come to life.

"We have completed the Wild Things mural on the back of the police station, and it turned out great," she says.

The mural, titled "The Night Max Wore His Wolf Suit," was completed by artist Justin Hillgrove, along with his son, Calvin, and friend Mike Capp. They started the piece in fall 2020, but a snow squall prevented the artists from finishing the work. They came back in spring 2021 to complete it.

Lynn explains the Altoona Arts and Culture commission consists of seven members who were appointed by Mayor Dean O'Connor this year. The members are Jill Ballard, Joshua Brown, Sarah Kavalier, Alex Payne, Mike Lambert, Jackie Teeple and Lynn. The group will operate much like other city boards and commissions with monthly public meetings.

For Lynn, who grew up on the East Coast where art and culture are integrated parts of communities, being able to bring the same to Altoona is exciting.

"Altoona is just in the early stages of focusing on arts and culture in our town," she says. "I am hopeful that now, with the City Council setting up this commission, we can somehow integrate arts and culture into future city expansion requests for new retail and businesses and help with funding projects for art and culture."

Lynn adds that the importance of art in any community is that it makes for a more vibrant place to live and is a way the city can express itself.

"Art is more than just decoration," she says. "There are stories behind each work of art."

Lynn says art helps people reflect.

"We ask questions when we look at art," she says.



Justin Hillgrove, with the help of son Calvin and friend Mike Capp, painted the mural, "The Night Max Wore His Wolf Suit."



Work on the mural at the police station started in 2020 but had to wait until spring 2021 to be completed.

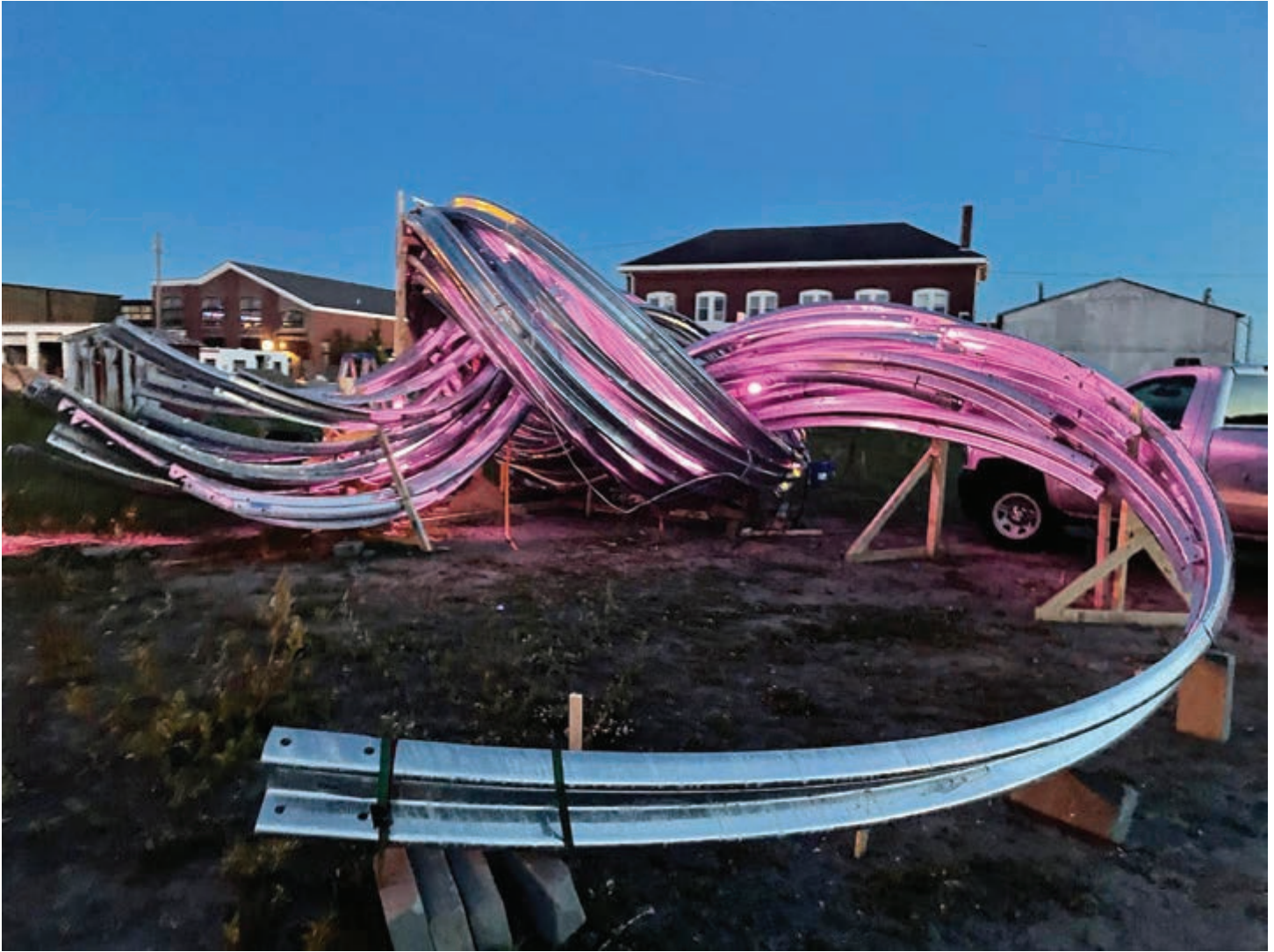
Woven Lines readies for install

The City of Altoona is undergoing a number of major infrastructure improvements, including construction of the First Avenue Roundabout. As one of Altoona's main entry points, the area is a gateway into the city and major focal point.

That's why integrating a piece of art at the site seemed like a great idea. The chosen work is a 12-foot-high, 65-foot-diameter sculpture titled "Woven Lines" by Portland, Maine-based artist Aaron Stephan. The sculpture is in the shape of a knot and constructed using ribbed guardrail seen on public roadways across the nation.

"Stephan told us when we interviewed him before selecting his sculpture that the guardrails represent road trips," Lynn explains. "The roundabout is where people are coming or going from town. The knot, he explained, was showing the community coming together, symbolizing the small-town atmosphere of Altoona even as the community continues to grow larger. He designed the sculpture to reflect our community."

The Woven Lines project has been at the mercy of the road construction timeline, which has experienced some delays, but plans are to install the sculpture this July.



The First Avenue roundabout will incorporate “Woven Lines,” an artwork that symbolizes both travel and community connections.

Importance of art in Altoona

While the Altoona Arts and Culture commission is still new, public art has been on display in Altoona for many years.

Some pieces around town include Moai Dude at Ironwood Park, Leap into Learning at the Altoona Public Library and Mars 1 at Haines Park, all of which were done by artist John Brommel. He’s created some of the sculptures at the Enabling Garden as well. There are also a number of paintings by local artists displayed at Prairie Meadows, as well as paintings at the Facebook Data Center.

Mayor Dean O’Connor says, although the commission is still getting on its feet, the work it’s currently doing — and plans to do — is vital.

“I think it’s really important for people to have a buy-in in their community and feel part of it. And to create that sort of situation, you have to have a culture and a feel for your city,” he says.

O’Connor adds, Altoona is a different city from when he started serving on City Council a decade ago. In 2022, it was named the third-fastest-growing community in Iowa. So, as the

town changes, lots of thought is being put into what it looks like moving forward.

“Having interesting, interactive things like concerts, art, murals, those things, creates an environment that people like and want to be part of,” O’Connor says. “That’s the idea behind it — to give Altoona an identity.”

Folks who have a passion for arts and culture in Altoona and would like to volunteer their time should contact the City of Altoona at contact@altoona-iowa.com with their information, and the Altoona Arts and Culture commission will get back to them. ■

A COACH on the field of life

Life can be complicated. Whether it's career decisions, parenting, a health problem, relationship issues, or the significant social issues of our day, life can be really complex. How do we navigate and find our way through the challenges?

I am making my coaching debut this summer in Little League baseball. I've been working with boys 8 years and younger, teaching the basics of the game. In this age group, we have coaches on the field during the games so we can continue to offer personal coaching in the moment. We say things like, "Good job! You can do it! Great hit!" But we also say things like, "Quit playing in the dirt. Stay focused. The grass doesn't need picking. This is where the shortstop plays."

But then it gets more complex. "You have to tag the runner when it's not a force out. You have to tag up if the defense catches the ball in the air. If there's a runner on first base and the ball is hit to the left side of the infield, you, as the second baseman, have to cover second base." These young players need a coach personally present to help them navigate the complexities of the game, right there in the moment.

Wouldn't it be great to have a wise and attentive coach personally present in our lives as we navigate the complexities of this world? Someone we could trust to guide us through the challenges we face, right there in the moment?

The good news is that there is. Jesus told his followers that, when he went away after finishing his purpose on earth, he would send his Holy Spirit to be with them always. In fact, Jesus said, "But when he, the Spirit of truth, comes, he will guide you into all the truth" (John 16:13). Just like my baseball team needs a coach on the field, I need the Holy Spirit present in my life to guide me into the truth and through the complexities of life.

When a person surrenders their life to Jesus, the Holy Spirit comes to live inside them. This means the Holy Spirit can be with you wherever you are, on whatever field of play you find yourself. He's there for you, attentive to your life situations, and there to reveal Jesus and His ways to you. He's ready in the moment to instruct, guide and lead.

The Holy Spirit guides us through the Bible, through the advice of wise people and by listening to God in prayer. We can be most assured we are hearing the voice of the Holy Spirit when all those things point the same direction. So quiet yourself, be still, and listen to your "Coach," who is right there with you on the field of life. ■



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

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FIFTH grade launches school newspaper

Students gaining job-related experiences

Throughout the past school year, Mitchellville Elementary School of the Southeast Polk Community School District incorporated a school-wide goal to teach students to be leaders through job opportunities in their building. Some opportunities included RAMS Cafe workers,

office assistants and recycling jobs. In addition, educator Rebecca Eremieff helped start a fifth-grade newspaper as a way to get students in a job that is both engaging and teaches leadership skills.

"The school newspaper is often done at a middle or high school level, but I like that we are bringing the same opportunity to an elementary school. These students are capable of writing at a high level, and I like that Mitchellville is allowing them to share it with our school community," Eremieff says.

Eremieff says the goal of the newspaper is to create a job experience similar to what the students would experience in the real world. Because of this, students began with an application process that involved answering questions regarding why they would make good candidates, adult references, and writing samples that show off their skills. Students were then selected and assigned an article for that month. Alongside the hiring process, the fifth grade newspaper participants also created staff badges, designed a website, collected iPads for photos and videos, and set up meeting times for the newspaper staff.

"The school newspaper will teach 21st-century skills, specifically employability and technology skills. The kids will learn employability skills such as how to apply for a job, collaborate with a team, professionalism with people they are interviewing, effective communication, setting goals, and meeting deadlines," Eremieff says.

Although the staff has been writing since last November, articles for the newspaper wouldn't officially be published until the website was finished. So far, newspaper content has included articles featuring students and staff of the month, assemblies, school activities and sports. The newspaper has also included community articles, comic strips and book and movie reviews.

In addition, the newspaper staff has been working to design a website that will house all of their publications. Eremieff says they like that it is similar to how news is received in the real world and can easily be shared with the community through email and social media.

"In the next months and next school year, I hope to see students grow and find passion in writing, journalism, photography, and simply creating that they hadn't explored before. I am also looking forward to the school and community engagement that can come from the school newspaper," Eremieff says. ■



The fifth-grade newspaper "staff" has been learning about real-life jobs and tasks.

CHOOSING hospice care is all about living

It may seem counterintuitive to think about "living" in conjunction with services offered at the end of a person's life — but the keyword there is "life." Any stage of life can include purposeful, meaningful moments that make life more than worth living.

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. The type of care you and your loved one select is truly an individual choice. And any time is the appropriate time to start a conversation about how you or someone you love can live with a life-altering illness — and about the fact that hospice services care can help ensure quality of life.

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 care, enabling a patient to live life in comfort for the time that remains in his or her life.

Todd of Perry describes his father's hospice experience this way:

"To us, admitting that Dad needed hospice meant he was closer to death than we thought he was, and we weren't ready for that," he says. "We didn't have any idea what it really meant and how it could actually make his life better."

Once Todd's family talked to a family friend who was a nurse and became more comfortable with the idea of hospice, they ended up choosing home hospice, and they actually grew to love the hospice team. Todd's father lived several months longer than his doctor had predicted — a fact that the family credits in large part to the care the hospice team provided him.

If you're considering hospice services for a loved one, do your research; consider the logistics of where the care is provided, by whom, and the specifics of services. Then, ask the provider about their philosophy of living in the end stages of life. If the answer isn't what you were hoping for, keep looking. ■

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





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RECIPE

MORE Chef-Worthy Summer Classics

(Family Features)

Celebrating summer with sizzling meals starts with tender, juicy cuts of meat that take center stage when dining on the patio or firing up the grill. Call over the neighbors or simply enjoy family time with your nearest and dearest by savoring the flavor of warm weather meals.

Steak enthusiasts can show off their cooking skills with Southwest steaks with creamy peppercorn sauce and parmesan-herb fries. Thick, juicy, marbled steaks are cooked to tender doneness and complemented by steakhouse-style fries.

Find more summer favorites at OmahaSteaks.com/Summer. ■

Southwest steaks with creamy peppercorn sauce and parmesan-herb fries

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 10 minutes

Cook time: 25 minutes

Servings: 2

SOUTHWEST STEAK RUB:

- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dried thyme leaves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ancho chili powder
- 1/2 teaspoon ground chipotle pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin

PARMESAN-HERB FRIES:

- 1 package (16 ounces) Omaha Steaks Steakhouse Fries
- 1/2 cup Parmesan cheese, freshly grated
- 1 tablespoon fresh thyme leaves, minced
- 1 tablespoon fresh rosemary leaves, minced
- 1 tablespoon fresh Italian parsley, minced

NEW YORK STRIP STEAKS:

- 2 Omaha Steaks Butcher's Cut New York Strips
- Southwest steak rub
- 1/4 cup grapeseed oil
- 2 ounces unsalted butter, cold

PEPPERCORN CREAM SAUCE:

- 1/2 cup brandy
- 3/4 cup beef stock
- 1/2 cup heavy cream
- 2 teaspoons peppercorn medley, coarsely cracked
- salt and pepper, to taste

DIRECTIONS

• **To make Southwest steak rub:** In small bowl, whisk salt, pepper, thyme, paprika, chili powder, chipotle pepper, garlic powder and cumin until fully incorporated.

• **To make Parmesan-herb fries:** Preheat oven to 425 F. Place fries on baking rack on top of sheet pan; bake 25 minutes, or until golden-brown and crispy.

• In medium bowl, mix Parmesan cheese, thyme, rosemary and parsley until fully incorporated.

• Remove fries from oven and toss with Parmesan herbs.

• **To make New York strip steaks:** Season steaks generously with Southwest steak rub on both sides.

• In cast-iron pan, add grapeseed oil and bring to high heat. Place steaks in pan and sear 3-4 minutes on both sides for medium-rare



doneness.

• Remove steaks from pan and rest 8 minutes; reserve oil in cast-iron pan.

• **To make peppercorn cream sauce:** Add brandy to reserved oil in cast-iron pan and reduce to 1/3 volume, about 1 minute.

• Add beef stock and reduce by 1/3 volume, about 2-3 minutes.

• Add heavy cream and cracked peppercorn medley to pan, bring to boil and reduce to simmer until thickened. Season with salt and pepper, to taste.



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MYTHS about wills and estate planning

There are a lot of misconceptions surrounding wills and estate planning, so here are some common myths, explained:



Myth: Estate planning is for rich people.

Everybody needs a will. A will allows you to designate who will receive your property when you die. If you die without one, your assets will be distributed under the terms of Iowa's intestate succession laws. That means your money and property could end up with family members you haven't spoken to in years instead of a close friend or a charity you support.

Your estate plan should include a durable power of attorney for finances and a health care directive. These documents allow you

to designate someone to act on your behalf if you become incapacitated.

Myth: If I die without a will, everything will go to my spouse.

If you die without a will, your inheritance will be divided among your spouse and your children. Under Iowa law, if you have children from another relationship, your spouse only receives half of your assets and your children receive the other half. This can be a surprise for people in a second marriage.

Myth: If I have a will, my estate won't go through probate.

All wills are subject to probate. In probate, a court determines whether the document is valid and ensures that relatives and creditors are notified. Probate is a straightforward process, and it isn't necessarily something to avoid. But if you have a lot of assets or real estate in multiple estates, it may be advisable

to find non-probate alternatives.

One way to avoid probate is to put your property into a living trust. A living trust is a legal document you create to hold property, such as brokerage accounts and real estate. When you die, the property is transferred to your beneficiaries. This transfer occurs outside of probate, which could save your heirs a lot of time and money.

Take the time to set up a simple plan for yourself and your loved ones. Periodically review your plan and update your will or trust to reflect major life events, such as a divorce or the birth of a child. Consult with an experienced attorney to ensure that your estate plan is current and accomplishes all of your goals. ■

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

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LIBRARY

By Emily Linacre, Experience Engineer

ALTOONA Public Library news

Summer Reading isn't just for kids — the library has free events and fun activities for all ages, all summer long. Stop by the circulation desk or visit altoonalibrary.com to find out more.

ADULT PROGRAMMING (ages 18-plus)

Adult Splat Studio: Fridays, July 8, Aug. 5, 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, June 30, July 28 and Aug. 25, 6:30-8:30 p.m. Join us at Brightside Aleworks (480 Center Place in Altoona) at 6:30 p.m. for a fun night of coloring. We will bring the art supplies; you bring your friends and money for drinks. No registration required.

Senior Set: Every Tuesday, 1-3 p.m. If you're 60-plus, Tuesday afternoon is your time. The first Tuesday of each month is Splat Studio (registration required), the second Tuesday is crafts (registration required), the third Tuesday is games, and the fourth Tuesday we show a matinee with freshly popped popcorn.

CHILDREN'S PROGRAMMING

Juggling Workshop: Monday, June 27, 6 p.m. Laura Ernst is teaching a juggling class for kids. For grades 4-6. Registration required.

Walk & Chalk: Saturday, July 16, 11 a.m. to noon. Come read the new story on our Tale Trail and help us decorate our sidewalk. Officer Friendly will join us to do bike safety checks. For ages 12 and younger. No registration required.

Bubbles Show: Saturday, July 16, 2 p.m. The Bubble Professor will be here to make some giant bubbles outside the library. We'll also have some bubble activity stations. For grades K-6. Registration required.

Kids Fishing Workshop: Tuesday, July 19, 5:30 p.m. Want to learn how to fish? Instructors from Bass Pro Shops will teach a fishing workshop for kids, and then we'll fish in the pond behind the library. For grades 4-6. Registration required.

TEEN PROGRAMMING

Maggot Painting with ISU Insect Zoo: Saturday, June 26, 2 p.m. Get ready to make a maggot-nificent masterpiece. ISU Insect Zoo will be bringing their most artistic maggots and more for this special event. For grades 4-12. Registration required.

Rock Painting al Fresco: Thursday, July 14, 6 p.m. Want to paint some pumice? Beautify a basalt? Meet us on the library patio to make some art that rocks. For grades 7-12.

Sun & Shadow Cyanotypes: Monday, July 18, 3 p.m. Cyano-what now? Using the sun, shadows and science, we'll create brilliant blue prints (or cyanotypes) cool enough to frame. For grades 7-12. Registration required. ■

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By Lauren Helmka

PREVENTING summer-related claims

Summer is one of the best times of the year to spend time outdoors. Unfortunately, as the temperatures rise, so do the number of insurance claims that are filed. Having enough coverage is a good start, but it is important to take extra steps to help mitigate your risks to make way for summer fun. Below are some of the most common types of insurance claims related to summer, along with tips on how to avoid them:



Outdoor fires: Summer is officially cookout season, but barbecuing can quickly turn into disaster if you're not careful. U.S. fire departments responded to an estimated average of 10,600 fires involving grills per year during 2014-2018. These fires caused \$149 million in direct property damage. The leading factors contributing to grill fires overall are failure to clean, leaks/breaks, leaving the grill unattended, and having the grill too close to something that could catch fire.

The best solutions: Don't leave a grill near flammables and don't leave a grill unattended. If you have a charcoal grill, make sure the embers are out before leaving it and always clean your grill after use.

Drownings: With higher temperatures, more people spend time in or around water, which can lead to more drownings during the summer months. Per the CDC, there are an estimated 3,960 fatal, unintentional drownings every year; that is an average of 11 per day. If you have a pool, consider surrounding the pool with a fence and be sure to keep the gates locked. This will help reduce risk and your liability as a homeowner.

Car accidents: It's road trip time. According to the AAA Foundation for Traffic Safety, the average number of deaths from crashes involving teen drivers (ages 16-19) increases by 16% per day during the summer months.

The top three distractions for teen drivers include talking to passengers, using a cellphone or looking at something inside of the vehicle. You can also expect potholes and increased road construction during the summer months.

Don't let summer driving hazards take away from your trip. Plan for road construction, avoid distractions and drive defensively.

Home burglaries: With more people away from home on vacation, home burglary rates are higher in the summer. While home burglaries may be covered by your homeowner's insurance policy, homeowners can take steps to reduce their risk and protect their property. Consider adding a security alarm system, motion detection lights and deadbolts to the home.

All the possible claims can be overwhelming, but, with common sense, planning, and the proper coverage in place, they can be avoided, and you can enjoy the summer without worry. Just think of insurance like sunscreen for your home and auto — we all need a little protection. ■

Information provided by Lauren Helmka, The Insurance Station, Inc.,
116 Second St. S.E., Altoona, 515-967-0489.

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DEATH certificate

Certain information is required by the Board of Health in order to issue a death certificate. This information is provided by the family.

While often commonly known, at the time of death, family members may not be thinking clearly enough to supply the needed information. It is wise to have your vital statistics written down so your family will have access to them when needed.

This information should include: full name, address and phone number; date of birth; place of birth; father's full name and place of birth; mother's full maiden name and place of birth; whether a U.S. citizen; how long you have lived in the state/city; name and address of your place of employment, your occupation and title; Social Security and Veteran's serial numbers; religious affiliation.

The death of a loved one is extremely difficult for the family — no matter if sudden or following a lengthy illness. Having this information written down and kept with your important papers will be a huge help. What takes a few minutes for you to complete will save your family a great deal of time and energy later.

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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CELEBRATING certified nursing assistants

June 16-22 is the week we set aside to celebrate one of the most undervalued careers out there: the Certified Nursing Assistants (CNAs). There are more than 1.5 million CNAs currently working in the United States, and there is a projected 17% growth over the next 10 years, and, honestly, we will still need more people in this field.



A Certified Nursing Assistant helps patients with direct care needs, such as assisting patients in using the restroom, bathing, grooming tasks such as brushing teeth and hair or shaving, taking vitals, answering call lights and so much more. CNAs work in hospitals, skilled and long-term care senior residences, home care agencies and adult day centers. They are an invaluable part of the healthcare team. An average day for a CNA means arriving for their shift and hitting the ground running. They typically begin by doing rounds to get updates on all their clients from the previous care team. Then it's time to start getting everyone ready for their day. This entails going to each room to offer individualized care, always treating clients with value, dignity and respect. They may help clients get to the restroom, help them get dressed, assist with grooming tasks, and then transport them to the dining room for breakfast. As they sit in the dining room to assist those who need help eating, another person may have to use the restroom or someone who maybe wanted to sleep in would now like to get up for the day. This calls for flexibility, and, oftentimes, lots of multitasking. Once dining is done, they will assist people back to their rooms and assist them in transferring to their chair or bed, or perhaps an activity. Their free moments are often spent charting and documenting all of the assistance they have provided. Most importantly, they do their work with patience, kindness, an open ear and commitment.

CNAs are busy, and they work hard. How do you show your thanks to such a needed and pivotal role in the health care of others? Simply say "thank you," be kind, and tell them how much of a difference they are making in the lives of those they care for. You can also let their supervisor know what an amazing job they do. We love to hear about the special moments you see firsthand when visiting your loved one.

The theme for this year's CNA week is fitting, "I'm Still Standing." For those who are CNAs who have worked through a pandemic, spending more face to face time with patients than any other position, we are so thankful you are "still standing." You are appreciated. Thank you for making a difference every day. ■

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

ALTOONA

JUNE 2022

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Vernon Willey II 515-313-3307

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Fax: 515-967-6934

Water Billing

515-967-5136

**Building Department/
Code Enforcement**

515-967-5138

Building Official

515-967-5138

**Planning & Zoning
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515-967-5136

Public Works Director

515-967-5136

ALTOONA'S HIDDEN GEMS

Okay-it's really only hidden by the gorgeous garden surrounding it!

Did you know?

We have a Children's Garden in the Altoona Enabling Garden. It features musical instruments, a fairy garden, a larger-than-life art sculpture, and many different activities to enlighten almost all of your senses!

Make plans to bring the littles here this summer!

Located at the end of the trail behind Hy-Vee.



Photo by: Brent Isenberger Photography

PAYING YOUR WATER UTILITY BILL

City of Altoona Water Utility bills are due by 4:30 PM on the 3rd of every month.

You can pay your Water Utility bills in the following ways:

Payments can be paid to:

- Altoona City Hall , 900 Venbury Dr., Ste A, – office hours are 8:00 am – 4:30 pm – Monday – Friday.
- Night deposit drop box, in the drive lane in front of the building, Altoona City Hall , 900 Venbury Dr., Ste A, – box is emptied each morning.
- Hy-Vee Food Stores, Customer Service Dept. – accepts payments from the 15th of the month to the 3rd of the month, but NOT after the 3rd .
- Automatic Payment – deducted from your checking or savings account on the due date each month. – You will receive a one-time \$5.00 credit on your next bill for signing up on the automatic plan. Contact City Hall to get signed up!
- Pay By Phone- 833-271-0804- You will need your utility account number and address to make this transaction. You can pay with a Visa or Mastercard. There will be a \$1.25 for each transaction made through the Interactive Voice Response system. This fee is retained by the service provider, and is not paid to the City of Altoona.
- Online Payment

If you have any questions or concerns, please contact the Utility Billing Clerk at 515-967-5136 or visit altoona-iowa.com for details!



WHAT IS neurofeedback?

Neurofeedback is a type of therapy that uses electrodes to read brain waves in real time and help the brain learn how to communicate with itself more effectively. The process starts with a brain map that collects data from all channels of the brain, allowing us to see exactly how your brain is working and which areas are struggling. Once we know which channels of your brain are not working their best, we can create a protocol to help those specific areas to work more effectively. When the brain is working more effectively, you can see reduction in symptoms associated with ADD/ADHD, anxiety, OCD, PTSD, depression, insomnia, RAD, autism spectrum disorders, personality disorders and more.

Neurofeedback protocols require you to sit still and watch a show of your choosing while connected to two to six electrodes that are providing immediate feedback to your brain based on its activity by dimming and brightening your show. Each training takes about 15 minutes to complete and should be done twice per week. After a few sessions you should start to see improvement, with training finishing after 10-40 sessions depending on what symptoms are being addressed. Neurofeedback can help roughly 85% of people improve mental health symptoms and has fewer side effects than medication. Neurofeedback can help EMDR to be more effective and can complement many other therapies as well, or even substitute for therapy for some people. ■

Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, sandusky@sstherapyandconsulting.com, www.sstherapyandconsulting.com.



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ACTIVE community member

Rotert finds many reasons to appreciate Altoona.

Jeff Rotert doesn't hesitate to answer when asked about why he loves Altoona.

And those reasons are numerous.

First, Rotert, who has lived in Altoona for almost two decades, appreciates the closeness of the community and how people are so willing to help. He works out at Altoona Campus and points out how it feels like a close-knit community there, too.

"I think that's a huge piece for me personally," he says. "I feel like I can approach people and ask questions about what's going on in town and get an answer."

Rotert also referees for youth basketball at the Altoona Campus, especially for elementary-aged kids. That role is another reason he enjoys Altoona, as it allows him to see kids getting involved in sports and teach more about them.

"I think that's a great thing to help build community, to have youth involvement," he says.

Rotert points out that the parents of the players are all great, too.

Yet another thing Rotert enjoys about Altoona is how there are lots of small businesses around town that seem to be thriving. As an entrepreneur himself — he owns a gourmet popcorn business, Jeff E Pop — seeing the community shop local is a wonderful feeling.

"People really seem to support the small, local guys," he says.

When it comes to his neighborhood specifically, Rotert can name a number of things he likes about the area. He and his wife raised their two kids in the Falcon Ridge neighborhood, where they still reside today. The neighborhood hosts food trucks throughout the summer, which is a great way for folks to get to know each other, Rotert says. He points out that people don't often get a chance to visit with their neighbors day to day, so the food truck gatherings give them an opportunity to chat more.

One of Rotert's favorite memories of his home was from before they even moved in 18 years ago. The family's moving date was delayed, but they still wanted to celebrate Christmas in their new home. So, they got out their lawn chairs and purchased a small, Charlie Brown-esque Christmas tree and sat around it in their living room.

That day is one Rotert will never forget. ■



Jeff Rotert has lived in Altoona for almost two decades and can give one plenty of reasons why.

SLOW down this summer

Summer is here. What if this year you decided to savor summer and use it as an opportunity to rest and replenish your reserves? The temptation to plan and do everything can be high. We often try to pack it all in and make the most of every moment so we don't miss out, but the rush to make it to every event and fit in everything on our summer bucket list can leave us feeling exhausted rather than refreshed. Take time to pause and evaluate what are the most important things, which things will bring joy and leave you feeling fulfilled, and which things feel forced or leave you feeling depleted or stretched thin.

Summer can be a perfect time for a reset. Reflect on how you and your family are spending time and energy and whether those habits are bringing you closer to health and connectedness or leaving you feeling tired, anxious, disconnected or even sick. Our bodies and our minds need rest. Making a conscious effort to slow down this summer can make a significant impact on your health. Focus on getting more sleep, more sun, and more sweat.

Seize the summer break opportunity to focus on your health by scheduling your family for a chiropractic evaluation. Build up the nervous system's ability to adapt to stressors by getting neurologically focused chiropractic added in this summer before kids go back to school and the schedules get full again. A board-certified pediatric chiropractor can identify interferences to the nervous system and help kids and parents reach their full expression of health potential and connectedness. ■

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

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SUN SAFETY: SPF protection

While sun exposure in the form of Vitamin D can benefit your health, ultraviolet rays may hinder it. We cannot stress the importance of wearing sunscreen enough: A.) to enjoy your time outdoors, and B.) to prevent burns and blisters, which can contribute to skin cancer over time.

We are often asked what type of sunscreen is the best. The answer is the type that you will wear. For some, that may be lotion, while others prefer spray. It's best to choose a sunscreen that is easy to apply and reapply, is travel-friendly, and contains a sun protectant factor (SPF) of 30 or higher.

All SPF lotions and sprays are either mineral or chemical-based. The main difference between the two is how they block rays. Mineral sunscreens sit on top of the skin and act as a physical barrier against rays. Chemical sunscreens absorb into the skin and filter out UV light by converting it to heat.

Personal preference is important because, if you don't like it, you won't wear it. If you have sensitive skin and break out when exposed to chemicals, you may prefer a mineral sunscreen. However, if your skin easily absorbs lotions and moisturizers, you may prefer chemical sunscreens.

It is important to note that all sunscreens should be reapplied every two hours, and that "broad-spectrum" sunscreen provides the best protection against both UVA and UVB rays.

Enjoy your summer months with healthy, protected skin. ■

Information provided by Nikki Morgan, owner and Nurse Practitioner, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587.



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WHY SCHOOL and sports physicals are important

Summer is just around the corner, and, for many families, that means the end of the school year and the beginning of camps and summer programs. And, even though it might seem a little early, it is also the perfect time to schedule your child's health maintenance exam. We want parents to know these visits can be scheduled now when there is more availability to conveniently fit in your schedules.



These visits are a great time for us to talk with kids about how to eat healthy foods, stay active, and make sure they're drinking plenty of fluids and getting the right amount of sleep. These are all habits that, if we can teach them young, they'll carry over into the rest of their lives.

Yearly physicals are required by school districts to help ensure safety for students, especially those participating in sports. Before classes and extracurricular activities begin, it is important students receive a physical to make sure there are no underlying health issues that might interfere with participation, check their growth and development and update their immunizations. These comprehensive physicals look at a student's overall wellbeing, provide a space for them to ask any questions they may have and helps build relationships with a student's primary care provider.

During a health maintenance exam, parents can expect their provider to:

- Conduct a physical exam
- Update immunizations
- Check growth and development
- Review medical history

To avoid getting hurt on the field or court, your student needs to be prepared. That preparation starts with seeing their provider to make sure their bodies are ready for the season ahead. Students who are not in sports also need a yearly physical to monitor their development and overall health and wellness.

Annual physicals are also about more than just the physical wellbeing of students. During these visits, students are also encouraged to discuss any emotional and psychological barriers they may be facing.

It's a good time to connect with students and make sure they feel connected and engaged outside of just the classroom. It's a time to ask how they are feeling about the school year and how they're interacting with their peers, as well as discuss any screening or anticipatory guidance they may need. ■

Information provided by Sara Schutte-Schenck, DO, MercyOne Ankeny Pediatrics Care, 800 E. First St., Suite 221, Ankeny, 515-643-9000, MercyOne.org

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HOW a construction loan can help you build your dream home

In today's low-inventory real estate market, many homebuyers are considering building instead of buying an existing home. Building a house can be a great way to get exactly what you desire for your dream home, especially when the market doesn't include the style or size of home you're looking for. Here's an overview of how construction loans work and how they compare to traditional mortgages.



How construction loans work

Construction financing is a loan provided to build a home from the ground up. It's important to know that construction loans are not used for rehabilitation, or "rehab," projects on existing homes.

A construction loan works as a line of credit. Funds are advanced to your builder as the work is completed, rather than all upfront. Interest only is paid monthly on the principal balance

of the construction loan. For reference, the average home takes four to six months to build (a custom home can take longer) so the line of credit — your construction financing — would remain in place throughout the building period.

However, a construction loan is not revolving credit, which is open-ended credit that is available whenever you need it. Unlike revolving credit, construction loans are only available to borrow one time.

How a construction loan compares to a traditional mortgage

Approval for a construction loan is often no more complicated than a traditional mortgage. After the home is built, the construction loan converts from a line of credit — a short-term loan — to your permanent financing, often either a 15-year or 30-year fixed mortgage.

The underwriting process for construction financing is also the same as it would be for a permanent loan. Lenders will look at your income, credit score, debt-to-income ratio and other factors, just as they would for any other

home financing. In many cases, if you are approved for a mortgage loan, you will be approved for a construction loan as well.

There are some differences between construction loans and mortgage loans you should be aware of. Some of these include:

- Down payment requirements may be higher for construction loans. While mortgage loan options can offer down payments as little as 3% to 5%, the minimum for a construction loan down payment is often higher, typically at least 10%, due to the investment in building a brand-new home.

- Interest rates are typically lower for construction financing than permanent loan rates.

Building your dream home is an exciting and rewarding process. Work with an experienced loan originator to make it go smoothly. ■

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



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EVENTS IN THE AREA

Be sure to check for cancellations.

Fourth of July Parade

July 4, 10 a.m.

Begins in front of Altoona Public Library

Celebrate the Fourth of July in Altoona. On Monday, July 4, the Altoona Area Historical Society is hosting a large parade right down Eighth Street. Showcase your band, your business, float or creativity by signing up for the parade, which will travel straight east on Eighth Street — from in front of the Altoona Public Library to the Sam Wise Youth Complex. The parade is expected to last between one to two hours. For parade rules and application, visit <http://altoonahistory.org/parade>. For more information, call Phyllis at 515-240-0763 or send an email to AltoonaParade@gmail.com.

Summer CAMp 2022

Various dates

CAP Theatre, 201 First Ave. S., Altoona

Youth entering grades 1-12 are invited to attend three weeks of Summer CAMp. Take center stage and find your light with Class Act Productions. Explore games, dance, activities, projects and design specially programmed just for you. CAP is offering three weeks of half-day camps from July 11 - July 29. For more information about each camp and to register, visit www.captheatre.org/summer/camp. All camps will be at CAP Theatre, 201 First Ave. S., Altoona.



Music at Haines Park

Haines Park Outdoor Stage, 700 block of Third Ave. S.E., Altoona
Various dates

Altoona Parks and Recreation Board is hosting Music at Haines Park, featuring free entertainment. Pop and popcorn are sold to support CAP Children's Theatre.

- Sunday, June 26, 6 p.m.
- Sunday, July 24, 6 p.m.
- Sunday, Aug. 28, 6 p.m.



Olde Town Altoona Farmers Market

Thursdays, 4-7 p.m.

Olde Town Altoona

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

Altoona National Night Out

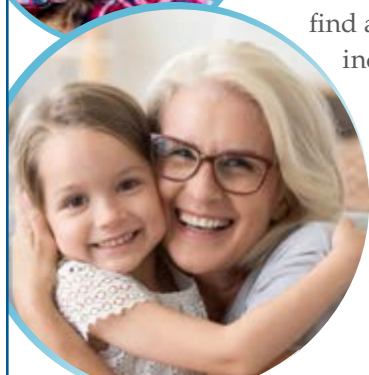
Aug. 2, 6-8 p.m.

Sam Wise Youth Complex

Join members of the Altoona fire and police departments for National Night Out. Admission is free to the event, which includes kids activities and community fun.



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EVENTS IN THE AREA

Be sure to check for cancellations.

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



Summer Stir

Friday, June 24, 5-9 p.m.
Des Moines Court District
CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 sample drinks) or at the event (\$30 for 10 sample drinks). More information is online at summerstirs.com.

Summer Concert Series

Second Tuesday each month through September, 6-8 p.m.
The Iowa Arboretum & Gardens, 1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be: July 12, NOLA Jazz Band with food by Weinie Wonderland; Aug. 9, Dueling Fiddles with food by Smokin' Big Dawgs; Sept. 13, Diva and the Deacons featuring Tina Haase Findlay, food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowarboretum.org.

Levitt Amp Summer Concerts

Various dates
Earlham City Park in Earlham

The lineup for the Levitt Amp Summer Concert Series has been released. Concerts are held in Earlham City Park on Sundays at 6 p.m. The concerts are free and family friendly. June concerts are: June 26, Radio Free Honduras with Brad and Kate. July concerts: July 10, Shannon Curfman with the Buckmiller-Schwager Band; July 17, Nur-D with Andrew Hoyt; July 24, Rhythm Collective with Lily DeTaeye; July 31, Indigenous with Abbie and the Sawyers. Aug. 7 features The Elders with Ducharme-Jones, and Aug. 14 is Kuinka with The Finesse.



Music Under the Stars

June 26, July 3 and 10, 7-8:30 p.m.
West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase Findlay. For more information, visit www.musicunderthestars.org.



Summer Stir

Friday, July 22, 5-9 p.m.
East Village

CITYVIEW's traveling cocktail party returns to Des Moines this summer. Sip your way through delicious sample drinks at the Court District's best establishments, all within walking distance. Order tickets online (\$20 for 10 drinks) or at the event (\$30 for 10 drinks). More information at summerstirs.com.



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WHAT'S your plan?

General Dwight Eisenhower once said, "Plans are nothing. Planning is everything." He realized that, even though plans almost always change, the primary value of planning is the process itself. Planning is something we all do — either well or poorly — and is as crucial to our success in life and business as it is to any military operation. Many people resist stopping to focus on planning because they feel they would rather be "doing" instead of planning. So, why is it so important?



1. Planning is the best you can do at gaining any level of control over your future.

None of us can control the future, yet we still spend an inordinate amount of time trying to increase our control over as many variables as we can. We collect data, create spreadsheets, and call meetings, all in attempt to do whatever we can to produce favorable results in the next month/quarter/year. The planning process, when it is done well, can give you a framework for all of this predictive analysis. A well-developed plan is a guide — a North Star — that can keep you moving in the right direction, even if the way you actually get there deviates a little more than you had anticipated.

2. Planning allows you to adapt quickly and intelligently because you intimately understand the details.

The work involved in creating, revising and finalizing a comprehensive plan will help to make everyone involved familiar with the details of the plan. A plan is really the coordination of individual tasks in time and space. As the details are worked and re-worked, the participants gain deep understanding of the essential elements of the plan. This base of deep understanding creates positive flexibility to the realities of execution in real-time, even if these realities don't conform to the predictions that the plan was built on.

3. Planning leverages the best that everyone has to offer.

The planning process is self-refining by aggregating the best ideas from everyone involved. Regardless of one person's experience or level of expertise, their perspective is inherently limited because it is only theirs. The planning process helps build a shared perspective on how to accomplish something that is the product of the best ideas of multiple experiences and various kinds of expertise.

Time is an extremely limited resource for all of us, and there are always tasks that seem more important. But the time invested in a regular cycle of planning and evaluation for the future is critical to maximizing the potential of your life and business. ■

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

ALTOONA NATIONAL NIGHT OUT

AUGUST 2, 2022 6-8PM
SAM WISE YOUTH COMPLEX
FREE ADMISSION
KIDS ACTIVITIES | COMMUNITY FUN | & MORE

Businesses and organizations can register to participate with the link below.
<https://www.altoonachamber.org/events>

TOGETHER, WE ARE MAKING COMMUNITIES SAFER, MORE CARING PLACES TO LIVE AND WORK

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OUT & ABOUT



Josie Moburg and Michaela Hanna at the Olde Town Farmers Market on June 2.



Melissa and Wren Moyer at the Olde Town Farmers Market on June 2.



Lisa Anderson, Sue Tucker and Kelly Scandrett at the Olde Town Farmers Market on June 2.



Samantha Dahl and Nicole Bradley at the Olde Town Farmers Market on June 2.



Tyler Rowe and Anna Fees at the Olde Town Farmers Market on June 2.



Cheyenne Chavarria, Pedro Chavarria, Amber Ellis and Colton Fuller at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Tim and Kelly Larick at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Jen Morgan, Desirae Hansen and Melinda Cataldo at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Martha Crail, Amanda Moritz, Shelley Hendrikson and Maaik Hendrikson at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Dan Thompson, Carissa Thompson, Amy Larson and Will Larson at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Trisha and Jamie Mootz at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Kristin Dunwoody, Josh Dunwoody, Bill Gustoff and Sara Gustoff at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.

OUT & ABOUT



Rick Rusch, Julie Springer, Jereme Thomas and Nikki Thomas at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Hannah Davis, Zach Davis and Kaity Cox at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



Nikki Morgan and Alyssa McCarl at the Wine & Craft Beer Fest at Altoona's Enabling Garden on June 3.



The Altoona Area Chamber of Commerce held a ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



Rocky Sposato and Dean O'Connor at the ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



Sheila Olson, Emily Linacre and Amy Turgasen at the ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



Tim Forbes and Brent Isenberger at the ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



Cindy Ernst, Jane Pratt and Nell Duwelius at the ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



Rachel Schwab, Shelly Eddy, Kevin Corn, Nicole Almburg, Kelly Lamb and Lauren Helmka at the ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



Laura Hewitt, Mitch Hewitt, Eileen Hicks and Merle Hicks at the ribbon cutting for Terrace Hills Golf Course & Country Club on May 20.



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