MAGAZINE

# IN THEIR FOOTSTERS

Residents share how they were inspired to follow a loved one's path

Meet Debbie Merrill EDUCATION

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### WELCOME

# **DIFFERENT** paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.



I remember the first time Dad had me back the

dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps — and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Thanks for reading. 🔳





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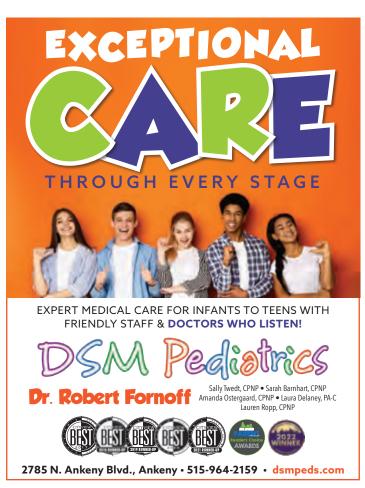
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# IN THEIR FOOTSTEPS

Residents share how they were inspired to follow a loved one's path

#### **By Chantel Boyd**

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

Today, Ali Hansen has followed her mom, Pat Dickey's, footsteps in the dance studio business, and her daughter is growing up surrounded by dance just as she did.

#### **FEATURE**

#### A life of dance

Ali Hansen followed her mom, Pat Dickey's, footsteps to become a dance studio owner. Pat opened her dance studio, Pat Barton Dance Studio, in Altoona in 1969. She would let Ali rollerblade through the studio while she worked on costuming, bills and office work during the day.

Ali has been surrounded by dance education since she was a baby. She was on stage before she was even out of diapers, taking classes at her mom's studio every night of the week and spending her free time playing at the studio while her mom taught classes. She remembers these times fondly.

"The studio was my happy place," she says.

She also remembers her mom working tirelessly, leading to an organized, successful dance studio that provided quality dance training to students in Altoona.

"I admired her for her talent, hard work and dedication to being a successful female entrepreneur," Ali says. "From a very young age, I wanted to be just like my mom.

"I watched how her dancers would look at her with admiration and how they so fiercely respected her," she continues. "I was so proud of her for being such a light in their eyes, and I just knew that I wanted to be that person, too."

For 50 years, Pat was the sole owner of the studio, which she established when she was only 17 years old. As a dancer, she trained in Paris, France, and across the United States.

In 2015, she began her journey toward retirement. In 2019, on her 50th anniversary of the studio being open, she officially retired, and Ali took over the business.

Since she was 14 years old, Ali has taught classes at the studio. She knew she would eventually be running the business, so she earned a bachelor's degree with a double major in business management and marketing from Iowa



Pat Dickey, center, opened her studio, Pat Barton Dance Studio, when she was 17.

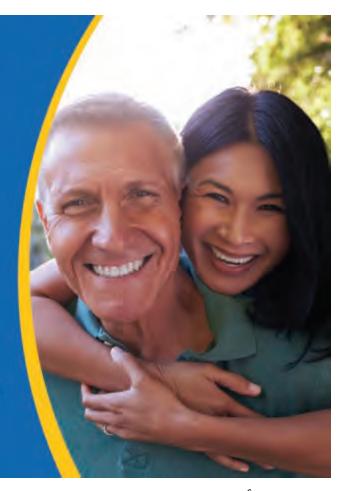


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#### FEATURE



David Gerhardt and his wife raised five daughters, all of whom are now involved in ministry.

State University with a minor in psychology.

Ali says she studied what would help her pursue her chosen career path.

"I knew that having knowledge in management, accounting and tax preparation as well as psychology to understand the students and their families would be imperative for my success at becoming the second female entrepreneur in the family," she says.

"I learned more about owning a business just by shadowing my parents than I ever learned in school. My father is also a small business owner, so I had amazing examples in both of my parents."

For others wanting to follow in their parent's footsteps, Ali advises, "Never lose your patience or respect for your parents. Respect your parents and what they taught you."

Ali's favorite memories with her mom were flying to various locations across the country to dance with her. Now, her children are carrying on the tradition.

"My two children and my niece now dance at the studio. I hope to be able to provide them with the same love of dance that my mother instilled in me."

#### A family of ministers

David Gerhardt and his dad, Alfred, shared a birthday — and a calling. Now, David and his daughters and sons-in-law all continue that legacy. All five of David's daughters are involved in full-time ministry; four are married to pastors, and one is married to a seminary professor who trains upcoming church pastors.

David's legacy of pastoring began with his father.

Alfred was born in 1917 and grew up in Philadelphia with his mother. His father died when he was 2. As an adult, he worked in the New York Shipyard in Philadelphia until after the war.

While working there, he met a pastor who taught at a New Jersey Bible Training School. When Alfred no longer was needed to repair Navy ships after the war, he and David needed to find another church. So they walked to the city park and followed people carrying Bibles to Haddon Heights Baptist Church.

Alfred then became a deacon there and led a group of men on a mission to help underprivileged men. David went with his dad to meetings across the Delaware River in Philadelphia. Finally, the church made them part of its missions program and sent the family to the Pine Ridge Indian Reservation in South Dakota. David says that is where he "got his first taste of real ministry."

Alfred became the Bible teacher and pastor there, preaching at five different locations on two separate reservations, traveling more than 250 miles and leading meetings every night but Saturday.



David Gerhardt holds a picture of his parents, Alfred and Mary, who spent many years ministering on reservations.

David attended all the meetings with his dad and learned more about pastoring while attending high school. He graduated as valedictorian then attended a small Mennonite college in Kansas to get his pre-med schooling with a goal of attending medical school. He eventually transferred to Baptist Bible Seminary in Johnson City, New York. His uncle had attended there, too, and pastored at the reservation as a missionary pastor.

David eventually realized he was called to follow his father to preach.

"I never did take advantage of my acceptance into med school, but I finished my seminary training and went to help my dad on the reservation where I remained for nine years."

Later, David started Hope Baptist Church in Martin, South Dakota, while Alfred started Gordon Baptist Church in Gordon, Nebraska. David then moved his family to Cambridge, Minnesota, to lead Calvary Baptist Church. He spent the next 42 years of his life with them until he retired in January 2020 and moved to Altoona, where he has been helping in the work of Norwoodville Baptist Church under the leadership of his son-in-law, Pastor Philip Kramer.

David advises others wanting to follow in their parent's footsteps, "If you truly believe this is what God wants, then use what you have learned."

#### **FEATURE**

#### Marrying into a family tradition

Brant Anderson married into the family agricultural business. Burget Mill has been family owned since 1896. Brant started working behind the scenes shortly after meeting his wife, Jennifer Burget Anderson. For 20 years, Brant worked part-time there until he moved on from his previous career with the plan to take over the business when Jennifer's father retired.

The business had been passed down over the years to a son who showed interest in continuing. Brant's father-in-law did have a son, but he died at age 14. Brant's wife was not interested in running the business, nor did any other family member show interest. Brant, therefore, became the fifth generation to carry on the business.

Burget Mill may be the oldest family-owned business in Altoona and possibly the last custom grind and mix feed mill in Polk County.

Today Burget Mill mainly produces and sells feed for livestock, focusing primarily on horses. Trainers for horses racing at Prairie Meadows buy feed from them, including a trainer whose horse competed in the Belmont Stakes. Their retail store also sells pet food, bird seed and grass seed.

Brant's father-in-law worked at Burget Mill since he was 13, so understanding farming and animal care was a natural fit for him. However, Brant was raised in the Twin Cities



Burget Mill has been owned by the same family for generations and recently changed hands to a son-inlaw in order to keep the family connection.

in Minnesota, so he didn't have the agriculture background that his wife's family had. To make up for it, he participates in training programs provided by his partner suppliers and routinely researches and learns new information from loyal customers.

Because he is carrying on a family legacy, Brant says stakeholders — the customers, the suppliers and the employees — have a much more vested interest in his success. Brant says he feels they care about his ability to "continue the business but also provide for my own family."

In 2021, Burget Mill celebrated its 125th anniversary, and, to mark the accomplishment, the establishment underwent an extensive

remodel of the interior and exterior of the building. The celebration came at the perfect time.

"Luckily, we celebrated with our open house just weeks before my wife passed. It was important for her to experience that and know that the business would continue."

Brant advises those continuing a family business to listen to those passing down their knowledge.

"They were successful for a reason. Always bring your ideas to the table but don't disregard experience. Don't be afraid to ask for help or discuss success and failures, even after they retire."

#### **NEWS BRIEFS**

# **BANK IOWA** honors Lynch on retirement

Bank Iowa Altoona Branch Manager Marsha Lynch retired from Bank Iowa on Jan. 31. Lynch has served Iowa's secondlargest family-owned bank for more than 27 years.

"Marsha has done an awesome job leading our Altoona market," said John Rathjen, Bank Iowa regional president. "She has always kept the best interests of our customers, employees and the community at the center of everything. She will be missed, and we wish her nothing but the best in retirement."

"I will greatly miss all the team members I have had the privilege to work with along the way," Lynch said. "We have made many memories together. Over my nearly 30 years at the bank, I have learned so much about customer loyalty. Building relationships, seeking out their needs and making customers feel valued is something our entire team strived for every day."

A retirement party for Lynch was held on Jan. 31.

### **BEST DEVELOPMENT** Award winners announced

1000 Friends of Iowa announced the winners of the 2023 Best Development Award winners during a ceremony at the Capitol. The awards honor projects that recognize connections between building and project development and quality of life. With a mission focused on responsible land use, 1000 Friends of Iowa promotes smart growth-planning principles that help achieve socially, economically and environmentally sustainable communities.

In the Renovated Commercial Category, the winner was Station 700 in Altoona.

1000 Friends of Iowa, founded in 1998, is a statewide nonprofit organization focused on land use education. Its mission is to unite Iowans in efforts to protect farmland and natural areas, revitalize neighborhoods, towns and cities, and improve quality of life for future generations. ■

# **SMALL-TOWN** feel with lots to offer

#### Morgans find home and neighborhood that ticks the boxes.

Nikki Morgan has seen many changes in Altoona, especially since she's lived in the community since 2007. She and her husband chose to settle down in Altoona because of its small-town feel and numerous amenities, as well as for the school district. The family briefly moved to Runnells, but country life wasn't for them with their boys' sports schedules, so they returned to the community they knew and loved.

Morgan's husband's requirement for moving back to town was to live near a body of water. A friend of theirs recommended they check out a house in her neighborhood that offered just that. The couple loved the location and knew some of the neighbors, making it the perfect fit.

"We have a great view of a large pond from our backyard," Morgan says. "We love the access to the bike trails in our backyard."

Morgan shares they also have the nicest neighbors.

"The pandemic happened right after we moved to town, so it took a while for everyone to get out and about to meet each other, but, since then, we have had the opportunity to get to know them all better," she explains.

What the Morgans continue to love about Altoona is what brought them to the community in the first place: its small-town feel.

"And we really don't have to leave town," she adds. "We love the selection of restaurants and shopping. There are many small businesses that have lots to offer. Everyone is very neighborly. I feel safe with my

kids out and about."

Morgan also gives back to the community through being involved. She serves on the Altoona Area Chamber of Commerce Board of Directors and is co-chair of the chamber's Connections committee, which acts as the official welcoming committee for the chamber. In addition, Morgan is a nurse practitioner and owner of SkinFusion FX, a medical aesthetics clinic offering a variety of skin health solutions, as well as an IV hydration lounge.

"The small business community in Altoona is amazing," Morgan says. "Prior to opening my business full-time, I was able to participate in a few chamber events and

network with other local business owners. When I opened SkinFusion full time, I was able to become more involved in the chamber and love giving back to and supporting other business owners. We all want to see each other succeed. The support of our local businesses from the community is deeply felt and appreciated."



Nikki Morgan says she and her husband chose to settle down in Altoona because of its small-town feel and numerous amenities.



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#### **ALTOONA'S 2023 RESIDENTIAL TREE PROGRAM**

In recognition of Arbor Day, the City of Altoona will be selling a limited supply of trees to residents - limit 2 per household.

The trees being offered include Swamp White Oak, Native Flame Hornbeam, Blackgum, and Red Oak. The trees will be 3/4" to 1" caliper in a 7 &10-gallon pot. The cost is \$30 per tree. (NO GUARANTEE)

Pre-sale of the trees will begin March 1, 8:00 a.m. at Altoona City Hall, 900 Venbury Dr. SW Suite A.

Trees will be available for pick up at our new location, the Altoona Aquatic Center parking lot at 1200 Venbury Dr. on Saturday, April 29, 9:00 a.m. - 11:00 a.m.



This program is sponsored by the City of Altoona and Iowa Native Trees and Shrubs and Gerdes Nursery INC!

#### **CITY BRUSH PILE**

Due to community growth, site constraints and future construction in the area, the current brush drop site will no longer be utilized. The new brush location will be identified soon and will be advertised later this month.

Additionally, the City will no longer be offering a monthly drop site, rather moving to two months in the spring and two in the fall. Those monthly drop times will be 8-noon on the first Saturdays in April and May and again in September and October. Other options for yard debris are still available through Metro Waste Authority and the Metro Park East Landfill.

As always, the brush drop site is for Altoona residents only, absolutely no contractors are allowed, and we only accept branches, limbs and trunks smaller than 12" in diameter. No leaves or bushes are allowed.

#### **SPRING INTO CLEANING MODE - CITY WIDE CLEAN-UP**

Mark your calendar! **Metro Waste Authority has identified April 10, 2023 Spring Clean-Up in Altoona!** If the spring has spring from your old sofa, you're in luck because Spring.

If the spring has sprung from your old sofa, you're in luck because Spring Cleanup is just around the corner!

Spring Cleanup in Altoona is an opportunity to get rid of unwanted trash that won't fit in your garbage cart or may require a large item sticker. Examples include a couch, desk, lamp or chair.

When you're considering setting an item out for Spring Cleanup, ask yourself:

Can two people lift it?

Is my pile smaller than the bed of a pick-up truck?

If the answers to these two questions are yes, then kick those items to the curb by 6 AM on Monday, April 10th and please leave out until it is picked up. Following the guidelines will help maintain consistent garbage rates, keep everyone safe, and get your items removed timely.

#### **TIRE DROP OFF EVENT**

Residents have a safe, smart and FREE option for disposing of unwanted tires through Tire Drop-Off Events.

Tires can be dropped off April 10 & 11, 2023 from 8:00 a.m. – 4:00 p.m. at 406 5th Avenue SW, Altoona, IA

\*Limit five tires per household\*







Traditional worship on Sundays at 10:30 a.m.

Dinner, study and contemporary worship on Wednesdays from 5:30-7:30 p.m.

#### Sunday, April 2

10:30 a.m. | Palm Sunday Service Thursday, April 6

7 p.m. | Maundy Thursday Service Friday, April 7

4-7 p.m. | Church open for prayer 5:30 p.m. | Good Friday Service

Saturday, April 8 11.a.m. | Easter Egg Hunt

Sunday, April 9 7 a.m. | Youth Sunrise Service Breakfast to follow 10:30 a.m. | Easter Service



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The second star



#### HOME HEALTH By Ward Phillips

# **BEREAVEMENT** services enhance hospice care

Hospice services are focused on caring for clients and their families, but many people are not aware that those services don't end when a client dies. In fact, in many cases, when death occurs, care for a family is just beginning.

Typically, a hospice team meets a client's loved ones as the client is near the end of their life. It's an emotional time, and the focus is naturally on the person who is ill. Hospice teams will often offer



services to loved ones during that process and let them know about services that are available after the client passes. But, it's common for a person not to realize until their loved one has died that they need some support.

Hospice teams are often made up of many people, each of whom brings a special skill to the clients they serve — from nurses to volunteers, from social workers to chaplains. The team members focus together on helping to find ways to make each day meaningful for the person whose life is nearing its close.

Bereavement services are an important part of the team's focus. They concentrate on the grieving process, as people need a place to talk about a loved one who has died and to reflect and reminisce.

#### Here is how bereavement services typically work:

• Before a client passes away, a bereavement team member will have been in contact with the family member who has been designated to receive information. Even if they don't desire services at that time, the team member lets the person know that a resource is available.

• Immediately after the death of a client, the bereavement team obtains information about the funeral or memorial service, if there is to be one, and a member of the team usually attends.

• Soon after the funeral, the bereavement team reaches out to the contact person to let them know about the bereavement services that are available — everything from phone calls to visits to support groups.

• The team then works with the family member to create his or her own care plan for the coming year, providing special services during "touchpoint" times, such as birthdays or anniversaries.

If you are seeking hospice services for a loved one, ask questions to make sure bereavement services are offered and what those services include. The death of one person impacts many, and bereavement services are important steps toward healing.

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more. SMILING IN HOSPICE CARE ISN'T JUST ALLOWED. It's encouraged.

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## WesleyLife is your end-of-life guide.

At WesleyLife, we believe the end of life should be spent laughing with family and friends, sharing memories and reflecting on a life well lived — not worrying about things like costs or where your loved one will be cared for. Insurance covers most expenses, and we can provide care wherever they feel most comfortable.

As experts in health and well-being, we provide personalized hospice services for your loved one while we support you and your family the whole way. That way, you can focus on celebrating life without worrying about what's next. We'll be there to hold your hand ... while you're holding theirs.

> See what else you might not know about hospice care at wesleylife.org

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#### **INVESTMENT** By Andrei J. Murphy

# **NAMING** a trusted contact

When you open an account or update an existing account at a brokerage or a financial firm, you may be asked if you want to designate a "trusted contact." This individual may be contacted in certain



situations, such as when financial exploitation is suspected or there are other concerns about your health, welfare or whereabouts. Naming a trusted contact is optional but may help protect your account assets.

The person you name as a trusted contact must be at least 18 years old. You'll want to choose someone who can handle the responsibility and will always act in your best interest. This might be a family member, close friend, attorney or third-party professional. You may also name more than one trusted contact.

Understandably, you might be concerned

that the person you name could make transactions in your account, but that's not the case. Your trusted contact will not be able to access your account or make financial decisions on your behalf (unless you previously authorized that person to do so). You are simply giving the financial firm permission to contact the person you have named.

Here are some examples of times when a financial firm might need to reach out to your trusted contact:

• To confirm current contact information when you can't be reached

• If financial exploitation or fraud is suspected

• To validate your health status if the firm suspects you're sick or showing signs of cognitive decline

• To identify any legal guardian, executor, trustee, or holder of a power of attorney on your account

A firm may only share reasonable types

of information with your trusted contact. U.S. broker-dealers are required to provide a written disclosure that includes details about when information might be shared. Ask your financial firm or professional if you have any questions about the trusted contact agreement.

You may add, remove, or change your trusted contact at any time, and you need to keep your contact's information up to date.

Be sure to notify the person you have chosen and make sure he or she is comfortable with the role and prepared to help if necessary.

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#### EDUCATION By T.K. West

# **MEET** Debbie Merrill

Helping students enjoy school while learning

Born and raised in Iowa, Debbie Merrill graduated from PCM High School in Monroe before attending Iowa Wesleyan University where she majored in early childhood education. She has since taught preschool and kindergarten for the past 19 years. Today, she is a preschool/ECSE educator at both



Debbie Merrill says it's a pleasure to teach preschool because the students are so eager to learn.

Four Mile Elementary School and Centennial Elementary School. This is her first year teaching with the Southeast Polk Community School District, and she says she is enjoying the experience.

"There is nothing more rewarding than seeing the joy on my students' faces when they learn something new. Preschoolers are so curious and eager to learn. My students make my job so much fun," she says.

Merrill says the students, teaching partners, associates, administrators and coworkers are great to work with. She considers herself lucky to be a part of the learning communities at both elementary schools. The greatest challenge is trying to meet the diverse needs of all of her students, she adds.

"My goal is for every student in my classroom to know they matter. At the end of the day, I hope they leave feeling good about themselves knowing that school is a safe and fun place to be," Merrill says.

Merrill is a huge Chicago Cubs fan and enjoys attending sporting events, concerts, movies, musicals and plays. She also enjoys spending time with her boyfriend and friends. During the summer months, she likes to go swimming and water walking, while in the winter she likes to stay in and read a good book with her cat, Addison.

In addition, some of Merrill's favorite classroom activities to participate in with her students include cooking, classroom celebrations, reading books, planting flowers in the spring, and creating games and activities for the preschool Olympic games.

## SENIOR By Stephanie Proper

# THE IMPORTANCE of sleep

How would you like to get sick less often, maintain a healthy weight, reduce your stress level, and lower your risk for serious health problems? All it takes is one thing: get more sleep. Your health and the way you feel when you are awake depends significantly on what happens when you are sleeping.



According to the National Health, Lung, and Blood Institute, inadequate sleep can raise

your risk for chronic health problems. Sleep affects your heart and circulatory system, metabolism, respiratory system, and immune system. People who do not get enough sleep by either going to bed too late, getting up too early, or waking up multiple times during the night have an increased risk of coronary heart disease, high blood pressure, obesity and stroke. Sleep enables our bodies to repair themselves and be ready for the next day.

Unfortunately, getting sleep becomes harder as we age. Our bodies produce less melatonin (the sleep hormone) as we age, which results in us waking up multiple times during the night, waking up earlier in the morning, and having a harder time falling asleep at night. Losing sleep is an annoying problem to have. There are a few things we can do to help improve our sleep as we age.

• Stick to a schedule. If we develop a more consistent sleep routine, by not only going to bed at the same time each night but following the same nighttime routine such as having a cup of warm tea before bed, it can help train our body and mind that it is time for us to sleep. Assisting in that, avoid stimulating activities an hour before bed. Shut the TV off and get off your phone.

• Read a book or listen to quiet music. Keep physical activity a part of your daily routine. Regular exercise as well as spending time outdoors each day can help promote sleep. Hopkins School of Medicine has found that "the effects of aerobic exercise on sleep appear to be similar to those of sleeping pills."

• Reduce bedroom distractions. Prohibit electronics in your bedroom and create a space that lets your mind slow down and your body relax. Temperature changes can interrupt your sleep. Add optional blanket layers so you can add or throw off covers as you sleep. Practicing progressive muscle relaxation once you are in bed has been shown to help with sleep disturbances. Progressive muscle relaxation is tensing and then relaxing all of the muscle groups in your body. Also, I love a good nap, but if you are not sleeping well at night, naps are hurting you, not helping. If you are going to nap, try taking them in the morning or early afternoon.

Sleep is vital to our overall health. Make sleeping well a part of your self-care routine.

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

# **BUILDING** equity in a cooling housing market

One of the most popular ways to add value to a home is by making repairs or renovations. And beyond adding value, home improvements almost always result in greater enjoyment of your home.



According to

the National Association of Realtors®, improving your home's curb appeal is one of the best ways to add value to your home. Projects range from simple do-it-yourself items you can tackle in a day to major renovations requiring professionals:

• Trim overgrown landscaping and keep your lawn tidy

• Power-wash the exterior and clean your windows

• Paint your front door an updated color

• Repair any damaged or weathered siding, trim, shutters, etc.

- Replace siding or repaint
- Install new garage doors
- Repair or replace your roof

#### Create a dedicated home office

According to a National Association of Homebuilders survey, 63% of homebuyers want a dedicated workspace and nearly one quarter of buyers say a home office is "essential." In fact, homes with an office sell faster and for more than similar homes without one. You can inexpensively add an office by converting a spare bedroom or an unused formal dining room. You can also spring for a pricier option, such as an attic renovation, building an addition or finishing new space in your basement. Building out new space might be more expensive up front, but any time you add square footage to your home, you're adding value, too.

#### Spruce up your kitchen

The kitchen is the heart of the home, so it's no surprise renovating this important space almost always lands on lists of best home improvements. You don't have to spend a fortune to make changes that add value. If a whole-kitchen renovation isn't possible, consider doing any of the following:

· Painting cabinets and adding new hardware

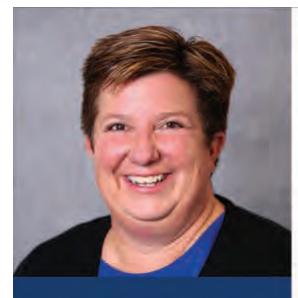
• Upgrading your countertops to natural stone or quartz

- Increasing or maximizing your storage space
- Installing new stainless-steel appliances
- · Adding an island

#### Turning your home improvement dreams into reality

Many of the ideas we've shared here are lowcost improvements many homeowners can make happen with a little elbow grease and/or with savings they've set aside. If you'd like to make improvements to your home, talk to your banker about setting up a savings account where you can set aside money each paycheck for your projects.

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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# WHY Easter?

For many, Easter passes by with an Easter Egg Hunt or two and maybe a family gathering. But for millions of people around the world, Easter serves as the cornerstone of their freedom, peace and hope. What is it about this one day that is so important to so many? Easter means Jesus is alive, and it changes our past, present and future.

First, Easter changes our past. Many of us carry around baggage from our past like we're going on a three-week trip. We try to ignore it and pretend it's not there. But the regret, guilt and shame weigh us down. God knows that, in order to be free, we must forgive ourselves and forgive others. But that's only possible when we experience the forgiveness of God. Jesus' death and resurrection made a way for our past to be forgiven and redeemed. God doesn't waste anything — including your story. Easter means there is forgiveness and redemption for you.

Second, Easter changes our present. Many of us deal with stress and anxiety on a daily basis. There's not enough time. There's not enough money. Relationships break and health deteriorates. We feel alone in our struggles. Jesus lived under earthly pressures and stress just like we do. He understands us. So, because of Easter — because Jesus is alive, he can be with us. Jesus' living, personal presence is with us every moment of every day. In His presence, he guides and provides for our daily needs. Easter means that you never walk alone. Jesus is with you and for you.

Third, Easter changes our future. We watch the news and wonder if there's hope. We go to funerals and wonder if there's hope. And someday, it'll be your funeral and mine, and will there be hope? Easter is God's down payment on a new future. Jesus' resurrection is a foreshadowing of the glorious future God has for his world and for all who put their faith in him. Easter means a new world is coming. Easter means new life and healthy bodies and perfect relationships and a peaceful world are coming. Easter means our future is full of hope.

There was an invitation that first Easter: "He is not here; he has risen, just as he said. Come and see the place where he lay" (Matthew 28:6). And the invitation still stands. Something big has happened. You are invited to come and see. This Easter, explore the event — the resurrection of Jesus — that millions have found to be true and transforming, the cornerstone of their lives. The fullness of Easter awaits. ■

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



#### LEGAL BRIEF By Ross Barnett

# **KEY** documents of an estate plan

You should ensure that vou have a full slate of basic estate planning documents in place. These documents exist in the event of your death or incapacitation and provide your family instructions as to how to



proceed. Here are the three key documents in constructing an effective estate plan.

#### Durable financial power of attorney

In the event you become incapable of making financial decisions, a durable power of attorney allows someone you trust to sign documents and manage your assets. You can give someone a limited power of attorney that limits the authority to specific transactions, but a durable power of attorney that covers all transactions gives you a trusted ally available to handle your affairs regardless of what lies ahead.

#### Last will and testament

Most people know what a will is, but less than 40% of Americans have one. While it is difficult to contemplate your own mortality, it can be just as painful to think of leaving a mess for your heirs if you are no longer here. A will appoints an executor — the person who will manage your affairs - and outlines a plan for the distribution of your assets.

A will can provide comfort to the person creating it, especially if you have children who are unable to handle or manage money. Avoiding the creation of a will can cause untold problems; if you don't take the time to create one, the State of Iowa will simply distribute your assets for you - and not necessarily in the same way you want.

#### Medical directives

A healthcare POA is in place for a designated representative to be able to communicate your wishes to medical professionals if you are unable. These documents also include instructions as to whether or not you want to have life-saving measures performed. Creation of healthcare directives removes the need for your family members to make heart-wrenching decisions for you, which can be especially concerning if those decisions wouldn't necessarily match your own.

It's not easy to think about death, much less plan for it, but the true focus of estate planning is taking care of yourself today and your loved ones in the future. Schedule an appointment with an experienced estate planning attorney to make sure your plan is in place.

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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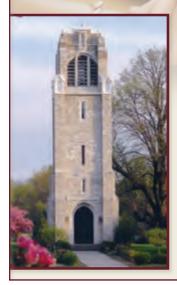
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One NE 60<sup>th</sup> Avenue, Des Moines Located on 2nd Avenue, 1 mile north of 1-35/80 515-289-2230 www.highlandmemorygardens.com



#### 18 Altoona *Living* magazine MARCH | 2023 www.iowalivingmagazines.com

#### BEFORE YOU GO By Jan Shawver

## **ARE YOU** ever really prepared?

No matter how much you anticipate the death of a loved one, especially after a lengthy illness, you are never really prepared for that moment when that person takes their final breath — when they step from this life into eternity.

Twice in the past three months, I have been on the "other side of the table," as I had to say goodbye to a family member and a friend. Both times, illness



had robbed them of their quality of life, and we knew death was rapidly approaching. However, I was totally unprepared when the phone rang and I received the devastating news, "He/she is gone."

In both cases, the deceased had taken time years before to plan for this day, which made it much easier on the family - giving them time to grieve instead of scrambling to make funeral arrangements and difficult spur-of-the-moment decisions.

How about you? Have you taken time to make arrangements so your family can grieve when your time comes? Or will your family have to put their grief "on hold" while they scramble with the myriad of decisions that must be made within a very short time?

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.

#### HEALTH **By Lance Andersen MENTAL** health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of "deaths of despair," either from suicide or overdose. Women report more mental health issues,



but men are 3.5 times more likely to die by suicide. Women now earn more bachelor's degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as "oppressive," it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy.

Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, and ersen @sstherapy and consulting.com.

# HEALTH By Ashley Powell STRUGGLE with sleep?

The cannabis plant contains more than 120 different known cannabinoids, and we are still discovering all the benefits they offer. The most well-known cannabinoids are THC and CBD, but others continue to gain popularity. CBN (cannabinol) is becoming exceedingly popular thanks to its help with a common problem: difficulty getting to sleep and/or staying asleep. CBN is derived from THC but does not have THC's level of psycho-activity. THC is known to be a



useful sleep aid, but if a person does not want the "high" feeling, CBN may be a proper solution. However, for deeper body relaxation, sleep and mood enhancement, Delta-9 (D9) THC is recommended.

Studies have shown that nano-treated D9 and CBN induce sleep faster, help users stay asleep longer, and do not cause a groggy feeling after waking. CBN is noted as the very first cannabinoid to be isolated and studied. It has neuroprotective properties and has been shown to alleviate muscle and joint discomfort. CBN becomes prominent in cannabis plants when THC breaks down due to extended exposure to heat, light and air.

You may be wondering if you can legally purchase D9 THC in Iowa. The answer is yes. To be legal in Iowa, THC must be derived from hemp instead of marijuana, but the effects are the same. The dry weight of THC must be 0.3% or less of the total product weight, so producers increase the overall product mass to get to those desired levels. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.



## **SUPPORTING** an active lifestyle

Sports are an excellent way to stay active and socially connected, but stress, strain and trauma to the body occur when the body isn't given the tools it needs to repair and restore. Often, minor injuries go unnoticed or untreated, and the accumulation of these traumas over time becomes more complex — adversely affecting health and mobility.

Chiropractic care helps support an active lifestyle and helps keep the body in optimal health. A thorough exam provides the chiropractor the information necessary to deliver specific chiropractic adjustments tailored to an individual's needs.

• **Proper movement and function** — Chiropractic adjustments restore motion to the spine and balance the hips and pelvis.

• **Prevent injury** — When the spine is in alignment, balance and proprioception is increased. Biomechanically, there is less chance of injury when the spine is aligned and movement is not restricted.

• Maximize performance — The brain communicates to all parts of the body through the nerves that are housed and encased in your spine, and the communication through those nerves determines how quickly and accurately your body moves and reacts. Spinal subluxations cause interference to the nervous system and inhibit communication between the brain and the body, resulting in slower reaction times and less accurate movements.

• Increase respiratory function — Nerve interference disrupts cardiovascular and respiratory function resulting in inefficient oxygenation and added fatigue.

• **Promote self-healing** — By keeping the body in a state of optimal health and nervous system function, healing occurs faster and more completely.

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



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### WELLNESS By Caitlyn Ferin, LD, RD

# **BUILD** the perfect soup

Soup can be a great, nutritious meal easily made all in one pot. It is also a great way to stretch ingredients and, therefore, stretch your dollar. It's the perfect way to use leftovers, items that need to be used up quickly, and/or your trusty pantry staples. Here are my four — five if you want to be fancy — steps for making a soup using what you have on hand.



**Step one:** Choose your base liquid. Most often I use chicken stock, but any beef, chicken or veggie broth will work. Stock is more concentrated, leaving more flavor than a broth. If you want to make your own stock, it could not be easier. Simply take your chicken scraps (mine are usually from a rotisserie chicken) and cover with water in a large pot. Let this simmer for at least an hour before you strain. You will be left with a delicious, homemade stock that you can use for your soup, to cook pasta in, or to flavor other dishes that might need a little extra liquid. If you are using store-bought stock, always choose the low sodium or no-sodium options. You can always add salt if needed.

**Step two:** Pick a protein. Beef, pork, chicken, turkey, beans or lentils all work well in soup. This is a great way to use up any leftover meat. My personal favorite is rotisserie chicken leftovers. If you've already seasoned your meat, no problem, toss it into your pot, and you'll have an extra layer of flavor. I will often add my spaghetti sauce with ground beef or sausage into soups, and it gives delicious depth.

**Step three:** Add veggies. Again, use any leftovers you have. I almost always have a few carrots and celery in the fridge that I need to use up. Broccoli, peppers, onions, mushrooms all work well. And the veggie items don't have to be just fresh items. Canned or frozen veggies work just as well in soups. Frozen corn and canned beans are items I add often as well.

**Step four:** Add a whole grain or carbohydrate. You don't need much. One cup is plenty, but by adding a carbohydrate, this is going to round off your soup and make it a complete meal. Leftover potatoes are one of my go-tos. Brown rice, wheat pasta, quinoa, barley, egg noodles, whatever you have in the pantry will work nicely with a soup.

And step five (optional): Add a little extra flavor. Fresh herbs like cilantro or parsley, spices like cumin or chili powder, parmesan cheese, even a squeeze of lemon can be a nice finishing touch that adds another layer of flavor into your soup.

So, use up those leftovers and staple pantry items to create a new soup. And, if you make a big enough batch, soup is one of my favorite things to freeze. ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962.

#### RECIPE

## KICK winter's chill with hearty chowder

*(Family Features)* Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a "diabetes superfood" according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas.

#### Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

#### DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.



#### LIBRARY

# **ALTOONA** Public Library news

#### New library app

Our library app is finally live for both iOS and Android devices. You can manage your account, create a digital card, place holds, register for programs, sign up for important notifications and more. It's available for download from the Apple App Store or from the Google Play Store.

#### Adult programming

• **Splat Studio:** For ages 18 and older, Fridays, April 7 and May 5 from 6-8 p.m. For ages 60 and older, Tuesdays, April 4 and May 2 from 1-3 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, and you bring your inner artist. No cost to attend, but space is limited. Registration required.

• Job Support with Project Iowa, Monday, April 10 at 1 p.m. Looking for job help? Project Iowa will be presenting information on resume writing, job placement and other resources needed to help you get the job. No registration required.

• **Sustainable Gardening,** Wednesday, April 19 at 7 p.m. Learn how to make your lawn and garden more sustainable with tips and tricks from Polk County Master Gardener Nancy Eichmann. For ages 18 and older. Registration required.

#### Children's programming

• Yoga for Kids, Saturday, April 1 at 10 a.m. Happy Heart Yoga will be leading a yoga class just for kids. We'll have mats to use, but you can also bring your own. Grades K-6. Registration required.

• **Silly Sock Hop,** Thursday, April 6 at 1 p.m. Wear your favorite socks and join us for a dance party with stories, snacks and loads of silly fun. Ages 8 and younger. Registration required.

• Make & Take: Fidget Toys, Monday, April 17 from 1-2 p.m. Come make your own fidget toys at the library. Arrive before 1:30 p.m. to have time to complete this craft. Grades K-6. No registration required.

• Mario Party, Tuesday, April 25 at 6 p.m. It's a party for all things Mario with crafts, games, snacks and more. We may even play some video games. Grades K-6. Registration required.

#### Teen programming

• War and Peeps, Monday, April 3 from 6-7 p.m. It's the Great Peeps Battle of 2023. Build up your sugar cube fortress to keep your Peeps safe, while you try to knock down your opponent's fortress. May the strongest Peeps win! For grades 7-12. Registration required.

• **Pokémon Card Painting,** Monday, April 10 from 6-7 p.m. Eevee enjoying some eggs? Pikachu picking pumpkins? Create some works of art with us from regular Pokémon cards. Gotta paint 'em all! For grades 7-12. Registration required.

To find a complete list of events and to register, visit our website at altoonalibrary.com and click on the Upcoming Events tab. ■

#### EVENTS IN THE AREA

Be sure to check for cancelations.



#### **The DSM Book Festival** Saturday, March 25 Capital Square, 400 Locust St., Des Moines

The DSM Book Festival connects book lovers with local and nationally acclaimed authors, fellow enthusiasts, nonprofits and entertainment. Headlining authors include Chris Bohjalian ("The Flight Attendant"), Sequoia Nagamatsu ("How High We Go in the Dark") and others. More details are at dsmpartnership.com/dsmbookfestival.



#### **Botanical Blues**

Sundays, through March Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Enjoy this winter concert series at the Greater Des Moines Botanical Garden. For more information, visit dmbotanicalgarden.com.

#### **Speaker: Anthony Ray Hinton**

Tuesday, March 28 at 7 p.m. Hubbell Hall, 701 N. C St., Indianola

Simpson College is honored to present Anthony Ray Hinton, death row exoneree, acclaimed author and criminal justice advocate. Hinton will share his story of wrongful conviction, survival on Alabama's death row, and his decades-long journey to freedom. After 30 years, Hinton is free and sharing necessary changes to prevent wrongful conviction injustices in the future. Q&A session to follow, and a 30-minute signing of Hinton's New York Times Bestseller, "The Sun Does Shine: How I Found Life, Freedom, and Justice." Books will be available for purchase. The event is free and open to the public, located on the second floor of Kent Campus Center.

#### Learn on Saturdays

Saturdays, through March, 10:30 a.m. to 12:30 p.m. Greater Des Moines Botanical Garden, 909 Robert D. Ray Drive, Des Moines

Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. For more information, visit dmbotanicalgarden.com.

**Iowa Wild** Wells Fargo Arena 233 Center St., Des Moines Enjoy Iowa Wild hockey at home. See more at iowawild.com.

March 24 at 7 p.m. vs. Grand Rapids Griffins
March 25 at noon vs. Grand Rapids Griffins





### **EVENTS IN THE AREA**

Be sure to check for cancelations.



#### **Prairie Meadows shows**

#### 1 Prairie Meadows Drive, Altoona

• Mike Moody and the Outlaws, March 31, 8 p.m. Free show. Join variety band Mike Moody and the Outlaws for an evening of live music. Find them in the Finish Line Show Lounge. Must be 21 or older to attend.

• Simply Queen Tribute Show, April 1, 7 p.m. Enjoy Simply Queen Tribute Show for free. Standing-room-only accommodations are available on the concourse level of the Finish Line Show Lounge bar. Simply Queen recreates the legendary rock band's live shows — musically and visually capturing the amazing Queen experience that has filled stadiums around the world.

• Gaylin Sudik & Friends, April 4, 11 a.m. Gaylin Sudik & Friends are sure to get you on your feet and dancing during their free show. Stop by the Finish Line Show Lounge to hear this lively quartet perform. Must be 21 or older to attend.

• The Unfortunate Sons, April 7, 8 p.m. Get ready for fun with The Unfortunate Sons. This Des Moines-based band covers hits and hidden gems from 1970s and 1980s rock and pop. See their free show in the Finish Line Show Lounge. Must be 21 or older to attend.

• Fahrenheit, April 8, 8 p.m. Free show. Fahrenheit delivers rock and country jams that won't leave you disappointed. Come enjoy their show in the Finish Line Show Lounge. Must be 21 or older to attend.

• Clarksville Station, April 11, 11 a.m. Clarksville Station is bringing classic country music to the Finish Line Show Lounge. Come out and listen to this free show. You will not leave disappointed. Must be 21 or older to attend.



#### **Craft and Vendor Show**

May 6, June 24, 10 a.m. to 4 p.m. Bondurant Legion Hall, 315 Second St. N.W.

Valerie and Cathy's Boutique is hosting this monthly craft and vendor show.

#### **'Old School, New School'** Through March 31

Polk County Heritage Gallery, 111 Court Ave., Des Moines

"Old School, New School: An Exploration in Printmaking" will display work from 10 Iowa artists, as well as a display of printmaker toolers. The exhibit is curated by Robert Schulte. The gallery is open 11 a.m. to 4:30 p.m. on weekdays, located in the Polk County Administration Building. Details at www.polkcountyheritagegallery.org.

## Capital City Card Convention

#### March 24-26

#### Iowa Events Center, 730 Third St., Des Moines

Thousands of collectors attend this annual convention, where more than 200 tables of dealers from across the country will offer cards, memorabilia and collectibles. Autographs, bulk grading and authentication services will be on site. The show runs 3-8 p.m. on Friday, 10 a.m. to 5 p.m. Saturday, and 10 a.m. to 3 p.m. Sunday. Tickets and information at theiowashow.com.





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#### CHAMBER By Jared Vincent

# **NEW** president

The Insurance Station was started as Vincent Insurance, Inc. in 1992. My father started the agency "from scratch," meaning there were no insurance carrier contracts and no clients. As a young person watching my parents put in the effort and stress of not having an income, I learned a lot.

When we moved the business to Altoona, my father's past marketing experience came into

play. In Olde Town, we have the train tracks just north of us, so we became "The Insurance Station." I thought it was silly, especially when we were competing with big agencies.

Dad created a logo using Microsoft clipart of a little train with our name below it. He used that logo in yellow page ads for years and spent a great deal of money getting it out there. To this day, people still come to our office and say they came here because they saw the train in the phonebook. Thirty years later, I'm proud of that train.

I started in the agency August 2000. At the time, we were a small personal lines agency. My father challenged us to write commercial lines insurance. Countless attempts at earning business, a few mistakes, and one success got us started. I remember most of my meetings starting with a story of troubles had with a prospect's current insurance agent. Most had a common theme — trouble with timely service, work comp audits, or the ability to earn business based on rejection of contractual risk transfer.

We took a problem-solving approach to those issues, focused our efforts on a few specific industries, and earned a good amount of commercial business over the next 10 years.

In 2010, I bought my parents out of the business. Many years of watching my mom network, care for people, and volunteer with the Altoona Area Chamber of Commerce — where she would serve as president — I thought they might be ready to turn things over. They moved to the family farm in Keota to open Wooden Wheel Vineyard & Winery.

After our transaction was complete, we worked to turn our little agency into something substantial. My cousin, Brandon, started working with us. Being a farm kid, it was natural for him to work in that industry. We found ourselves balanced in different economies being on both sides of the farm and commercial ebbs and flows.

After hiring an office manager, three consultants, four new hires, and attempting to outwork our lack of knowledge with pure effort, we built an amazing team. Our focus in the years to come is Altoona.

We want to be part of what is happening. I now serve as president of the Chamber. I get a little smile every time I'm in the board room and see Mom's picture on the wall. This defines Altoona for me. This is the place where I grew up, raised a family, grew into a career, and did so as a second-generation business owner. I believe the spirit of the people in the Altoona community deserve the credit for that. Thank you, to Altoona, and all its wonderful people.

Information provided by Jared Vincent, 2023 Altoona Area Chamber of Commerce president, owner of Insurance Station, Inc.









A ribbon cutting was held for the renovations at Prairie Meadows Hotel on Feb. 21.



A ribbon cutting was held for Merle Norman Cosmetics, 511 Eighth St. S.E., on March 1.



Kelsey Redmond and Jjuan Hakeem at Altoona Area Chamber of Commerce's Perk Before Work at Courtyard Estates on March 7.



Linda Lawson and Melissa Horton at Altoona Area Chamber of Commerce's Perk Before Work at Courtyard Estates on March 7.



Mary Wright and Randy Pelham at Altoona Area Chamber of Commerce's Perk Before Work at Courtyard Estates on March 7.



Adam Matson and Kyle Lee at Altoona Area Chamber of Commerce's Perk Before Work at Courtyard Estates on March 7.



Carson Odle and Mark Vander Tuig at Altoona Area Chamber of Commerce's Perk Before Work at Courtyard Estates on March 7.



Lisa Holtan and Christine Clark at Altoona Area Chamber of Commerce's Perk Before Work at Courtyard Estates on March 7.

# OUT & ABOUT

# **VISIT** Altoona

The introduction of Visit Altoona was held at Prairie Meadows on Feb. 21.



Angela Connolly, Tom Connolly and Clint Pursley



Mike Swesey and Steve Moyna



Lauren Anderson, Gretchen Proksa and Kristin Goodwin



Jamie Peterson, Scott Ites and Michele Wilke



Christina Lynn and Tresa Vedder



David Fast and Cheryl Tuttle



Tony Gunzman and Cyndi Fisher



Christopher Dean and Connie Johnson



Tanya Dunn and Nikki Morgan



Maggie Crabb and Stephanie Kempf

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