

ALTOONA

MARCH 2022

Living

MAGAZINE

COLD *turkey*

Residents share
their experiences of
quitting smoking.

Meet Michele Simpson
EDUCATION

Prune, mozzarella and basil skewers
RECIPE

Smith McIntosh serves community in variety of capacities
NEIGHBOR

PRSR STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131



INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE | SHORT-TERM REHABILITATION | LONG-TERM CARE | HOSPICE CARE

A FULL LIFE TODAY, PEACE OF MIND FOR TOMORROW

Valley View Village offers so many amenities, services and living options to live well today with peace of mind for tomorrow. Well-designed apartments and suites, emergency call systems, delicious meals, scheduled transportation, lounges, sunrooms, beauty salon/barber shop, outdoor patios and gardens and a full calendar of clubs, classes and events are a few of the amenities you'll enjoy at Valley View. Your pets are welcome, too! Plus, there are no entrance or endowment fees. You'll have the assurance that as health needs change, the continuum of senior care is right on site.

Proudly serving our community for almost 60 years.

AMMENITIES

- Well-designed apartments and suites
- Emergency call systems
- Delicious meals
- Scheduled transportation
- Lounges and sunrooms
- Beauty salon/barber shop
- Outdoor patios and gardens
- Full calendar of clubs, classes and events
- And more amenities you'll enjoy
- Your pets are welcome, too!

Contact Alexis for more info!

515-299-1740

Alexis.Morrison@CassiaLife.org



valley view village



a ministry of
cassia

2571 Guthrie Avenue | Des Moines, IA 50317 | ValleyViewVillage.org

WELCOME

KICK the habit

My father told me that he smoked two packs of cigarettes a day since he was 14 years old. He said, in those days, if you were tall enough to put coins on the store counter, you could buy cigarettes. He met his demise at 73 years old from smoking-related cancer. He quit smoking about a year before he died. It was a good idea, but it was, unfortunately, too late for him. The good that did come from him quitting is that my mother and my brother both stopped smoking as well, and both are alive today.



I never understood the draw to smoking. The entire idea of rolling anything up, lighting it on fire, and breathing in the fumes still doesn't sound appealing to me. I don't doubt the addiction, though, as I have seen its impact.

My mother told me that she was determined to learn how to smoke when she was 18 years old. She would try over and over again, she said, one cigarette after another, vomiting in between each one. But she kept trying, and she eventually accomplished her goal and became a smoker — and then she spent the latter part of her life trying to accomplish the more difficult goal of giving it up.

As a result, I grew up in households with clouds of smoke. Second-hand and third-hand smoke were aplenty, and I despised everything about cigarettes. Meanwhile, I have a tremendous respect for people who have quit not only for themselves but for the loved ones around them. We share some of those successes in this month's cover, and I hope their stories provide motivation for you or someone you love to kick the habit as well.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



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



Tammy Pearson

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

Aaron Burns

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

SELLING YOUR HOME?

~~7%~~

We Save You Money!



SIMPLY, FULL SERVICE REALTY

■ 100% Real Estate Agent Services

■ 3% Commission

515.499.4950

CONTACT
US
TODAY!



SCAN ME

3PERCENTREALTYEQUITY.COM

COLD *turkey*

**Residents share
their experiences of
quitting smoking.**

By Lindsey Giardino

As most former smokers can attest, breaking the habit isn't easy. Nicotine is addictive, so going "cold turkey" is almost impossible. In fact, the Mayo Clinic reports only about 5% of people who try to quit without the use of a nicotine-replacement product will succeed. And there are many options out there: patches, gum, lozenges, sprays and inhalers. (It's best to consult with your doctor about the options.) But, even with such products, quitting isn't easy. The most effective programs combine using a quit-smoking product with guidance and support from trained professionals. The American Lung Association's "Freedom from Smoking" program includes professional guidance along with support groups to optimize the odds of success.

TIPS FOR QUITTING

From *quitassist.com*

- Get support and encouragement from others. Research shows those who do are more successful. Tell friends and family you are quitting and enlist their help. Get expert help from a doctor, health professional, or free counseling and advice from 1-800-QUIT-NOW.
- Learn new skills and behaviors. Plan ways to distract yourself when you feel an urge to smoke. Keep your hands busy. Look for activities that don't involve smoking.
- Get medication and use it correctly if needed. For some people, they can greatly help your chances of quitting for good. Talk to your doctor about this option.
- Be prepared for relapse or difficult situations. Find new ways to handle stress. If you do slip up, don't beat yourself up — learn from it. Monitor your triggers and avoid them. Take care of yourself to manage your weight and mood. Keep reminding yourself of all the benefits of quitting. ■

Whether it's your first or 15th attempt at quitting, those who have withstood the trials and tribulations and succeeded say you can do it, too — and the many health, social and financial benefits make it worth the effort.

Trip was turning point

Monica Reynolds says she started smoking at the age of 15 because, at the time, she thought it was “cool” — and all her friends were doing it.

Over the years, she smoked two packs of Virginia Slim Menthols a day.

Then, in the early 2010s, she took a vacation to Georgia that ultimately changed her life.

“I didn't want to smoke in the car for 13 hours there and back,” Reynolds says. “And it was time. I got tired of smelling like an ashtray.”

To quit, Reynolds tried going cold turkey, but that only lasted a week. She also gave Chantix a shot, but it gave her terrible



Monica Reynolds was 15 when she started smoking. Since she has stopped, she says her health issues are greatly improved.

nightmares. Finally, at the urging of a friend who owned a vaping-supply store, she switched to vaping.

“She set me up with a kit, and within an hour I had thrown my cigarettes away and have not looked back since.”

Since quitting, Reynolds, who has asthma and chronic obstructive pulmonary disease (COPD), says she no longer has to use an inhaler daily. She also hasn't gotten bronchitis and can walk upstairs without getting winded. She no longer feels like everything smells like an ashtray, either. She has also since become co-owner of the vaping-supply store.

Health improvement

Jason Krommenhoek started smoking when he was a teenager and “hung around a group of people who were not the greatest of influences.”

He recalls that one guy in the group was a couple years older than the rest of them and would get cigarettes from his parents.

“I was kind of just pressured into it, but it wasn't a real choice as many people in my life also smoked,” Krommenhoek says. “I started smoking when I was 16, but I wasn't a daily smoker until I was 18.”

In all, Krommenhoek was a smoker for about 22 years. His cigarettes of choice were

FEATURE

Camel Lights Full Filtered.

One day, though, he came to the realization that he had to quit.

"I was playing soccer with my niece and nephews and was having a hard time keeping up," Krommenhoek says. "I had to take numerous breaks."

That experience prompted him to make a huge life change — to quit smoking.

"I tried the patch, gum, Wellbutrin and going cold turkey," he says. "The addiction was strong, and I was surrounded by smokers, which made it much more difficult. I finally talked with my doctor, and she recommended Chantix. I started this process with every doubt in my head that it would not work just like the others but was surprisingly amazed when I no longer had a desire to smoke."

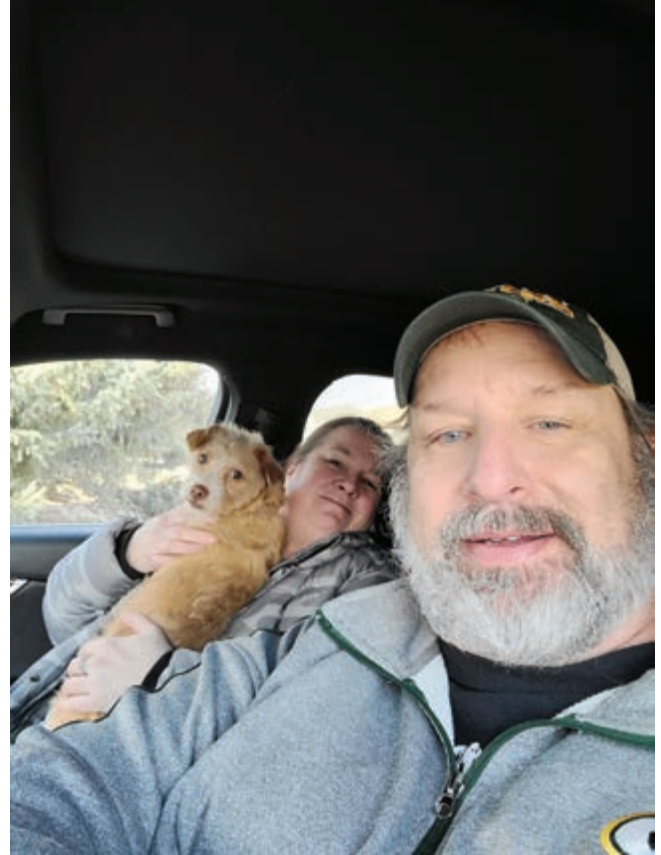
Since quitting, Krommenhoek has

noticed an overall improvement in his health. He doesn't cough as much as he used to and has no more breathing issues when he's exercising.

"Quitting smoking was one of the biggest challenges I have ever accomplished and one that I am proud to say I did," Krommenhoek says. "What really surprised me about quitting smoking was I didn't realize how much time I spent smoking. What I thought was a quick smoke break wasn't. I was completely astounded about how much more time I had to do other things."

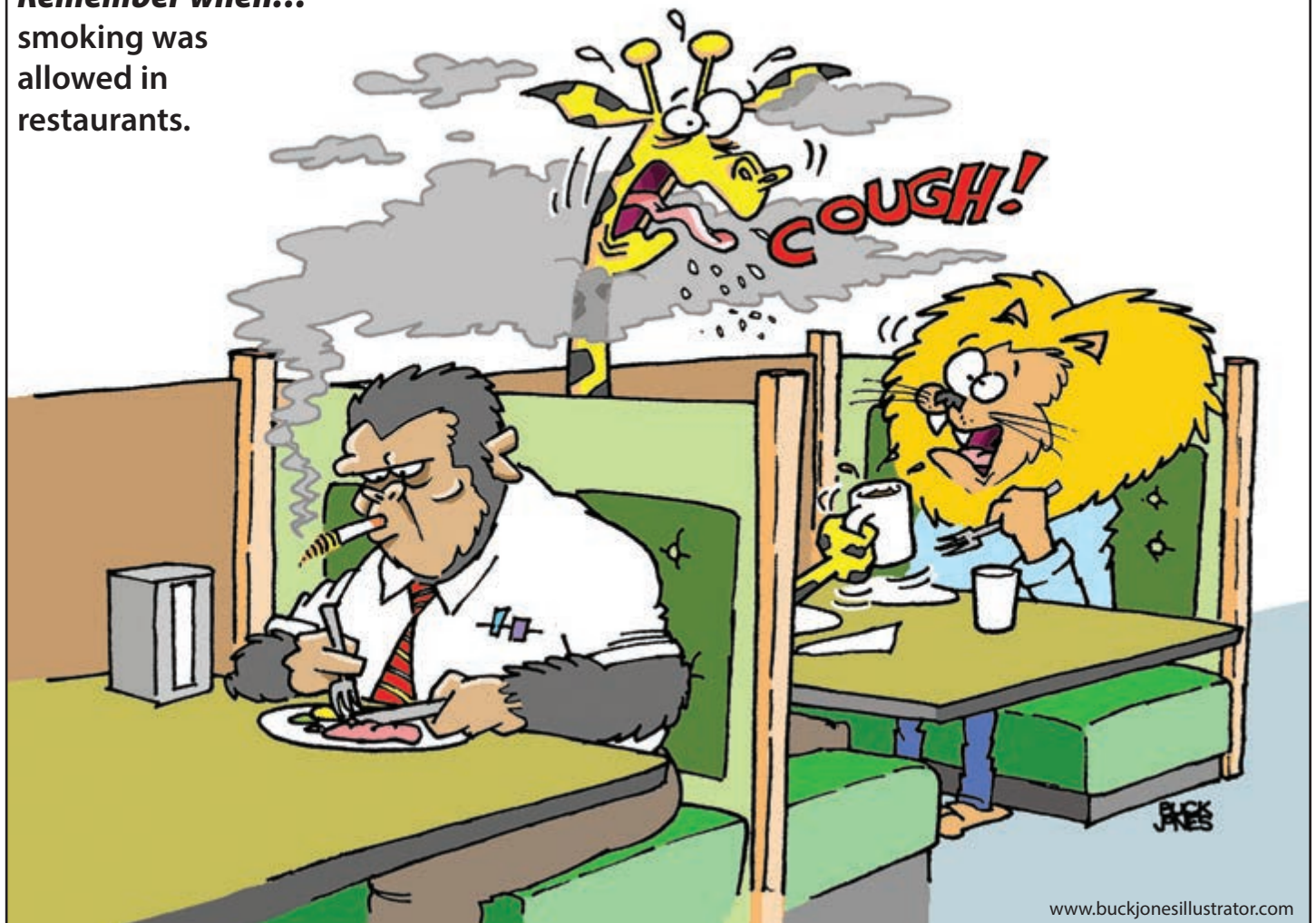
For others looking to quit, Krommenhoek says you have to want to stop.

"By all means, to stop smoking cold turkey you have to possess a very strong will. Ask your doctor for help and get support from your family," he shares. "Don't wait until it is too late." ■



Like many people of his generation, Jason Krommenhoek started smoking because his friends smoked.

Remember when... smoking was allowed in restaurants.



www.buckjonesillustrator.com

NEWS BRIEF

NEW city administrator hired

The City of Altoona City Council announced that John Harrenstein was hired as city administrator. Harrenstein has served as the city administrator for North Mankato, Minnesota, for the last nine years where he oversaw all aspects of city operations, budgeting and planning. Key accomplishments include growth in both residential, commercial and industrial developments, and partnering with sporting groups to expand recreational amenities.

"My family and I are excited to join the Altoona Community," Harrenstein said. "I am humbled to be given this opportunity and excited to begin work with the residents, Mayor and City Council, and staff of the city."

Born and raised in Clear Lake, Harrenstein said he is happy to return to Iowa. He attended the University of Northern Iowa and obtained a bachelor's degree in public administration and organizational communication. He attended the University of Kansas and acquired a master's degree in public administration.

"I am also thankful to Jeff Mark whose 26 years of leadership laid the foundation for future success. Altoona's future is bright, and I look forward to being a part of its continued growth and development," Harrenstein added.

Mayor Dean O'Connor said, "I am pleased to welcome John Harrenstein to the City of Altoona. His experience and leadership will continue the positive success and ongoing progress for the City of Altoona. He will be a tremendous asset to the community in the role of our city administrator." ■



WE DO NOT WORK FOR ONE INSURANCE COMPANY WE WORK FOR YOU.

Personal • Business • Agribusiness • Life & Health



Jared Vincent
PRESIDENT
515.967.0489 Ext. 515



Brandon Vincent
VICE PRESIDENT
515.967.0489 Ext. 510



Kelly Lamb
VP OF OPERATIONS
515.967.0489 Ext. 518



Shelly Eddy
PERSONAL LINES
& LIFE AGENT
515.967.0489 Ext. 520



Kevin Corn
COMMERCIAL LINES
ACCOUNT MANAGER
515.967.0489 Ext. 522



Nicole Almburg
FARM & AGRIBUSINESS
ACCOUNT MANAGER
515.967.0489 Ext. 519



Rachel Schwab
PERSONAL LINES
ACCOUNT MANAGER
515.967.0489 Ext. 512



Jake Louth
COMMERCIAL &
AG PRODUCER
515.967.0489

The best way to build a healthy community...



Put your money
where your
mouth lives!

FOR AN INTERACTIVE EXPERIENCE...



**GET ZAPPAR
ZAP THE CODE**



515-967-0489 • 116 2nd Street SE, Altoona
www.insurancestationinc.com

It takes more than
LUCK
to sell your home,
IT TAKES SKILL!

Let me list your home
and help you find
your pot of gold.

Bonnie C R S, GRI, e-PRO®
CDPE, CNHS
CHRISTENSEN

107 E 1st Street, Ankeny
515-971-9973
bonniebrc@msn.com

RE/MAX PLATINUM CLUB : 2011-2021
RE/MAX HALL OF FAME : 2011-2016
EACH OFFICE INDEPENDENTLY OWNED AND OPERATED
www.BonnieSellsIowa.com





**AWARD WINNING
PEDIATRIC HEALTH CARE**

Expert pediatric medical care with friendly staff and doctors who listen!



Dr. Robert Fornoff
Dr. Debra Borchering
Dr. Jagadish Bilgi
Sally Twedt, CPNP
Amanda Ostergaard, CPNP
Sarah Barnhart, CPNP
Laura Delaney, PA-C
Lauren Ropp, CPNP




DSM Pediatrics
DES MOINES PEDIATRIC AND ADOLESCENT CLINIC

Beaverdale 2301 Beaver Avenue 515-255-3181	Ankeny 2785 N Ankeny Boulevard 515-964-2159
---	--

www.DSMPEDS.com Trusted Child Health Care Since 1958

HOME HEALTH

By Ward Phillips

ADULT day services: caring for the caregiver

Serving those who care for their loved ones is every bit as important as serving the loved ones themselves. After all, studies show that individuals who devote most of their time to caring for a family member who needs round-the-clock support can experience detrimental, even debilitating, effects to their physical, emotional and mental health.



Higher levels of stress, anxiety, depression and other mental health effects are common among family members who care for an older relative or friend. That's why programs like adult day centers are doubly beneficial, in that they offer respite to the caregiver while also providing an enriching and safe experience for the loved one.

Many participants in adult day centers have been diagnosed with Alzheimer's disease or other dementias, making at-home caregiving doubly challenging for their loved ones. When you have a dementia diagnosis, you have all the challenges of a life-altering physical illness combined with worry over someone who might become disoriented, wander or pose a safety risk to themselves; plus, you may be having to adjust to a partner or parent who behaves dramatically differently toward you because of their disease.

That kind of unrelenting stress can take a tremendous toll. Mental health professionals compare it to when someone experiences a major life event like a death, a job loss, or bankruptcy. That's why care for the caregiver is so critical.

It's also not uncommon for caregivers to feel they can "do it all" and be reluctant to ask for help. I was talking with a woman whose husband has dementia to the point that he's disoriented much of the time, and yet she felt as though she should be able to handle the situation and care for him at home. I let her know that I truly understood what she was going through, and she was so surprised to know anyone would relate to her situation that she started to sob, and she kept telling me that, for the first time, she felt validated for the way that she was feeling. She — and all caregivers — absolutely need to be validated. What they do is incredibly challenging.

In an effort to ease some of the strain and assist caregivers with coping strategies, adult day centers also offer services such as support groups and other programming for caregivers and families. It can bring caregivers so much comfort to sit and talk with others who know how hopeless they can feel, as simply knowing you are not alone can be very powerful.

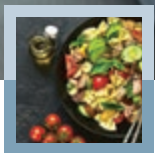
If you're a caregiver who could use some assistance — or know someone in need of help — an adult day center in your area could bring you and your family tremendous relief. Please don't be afraid to ask for help — you need and deserve it. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services for older adults. Celebrating its 75th anniversary this year, WesleyLife offers award-winning adult day services in Des Moines and Newton. Call 515-271-6701 to learn more.



It's time to make life about you.

Embrace the lifestyle that meets *your* needs at Park Centre!



At Park Centre, we're all about options.

- Our levels of living meet a variety of needs on one campus. Live entirely independently, or choose assisted living for a little extra support in a vibrant, active environment.
- Our well-being-focused programming is designed to enhance physical, emotional, and spiritual health, paving the way for you to make the second half of the best half.
- Our close-knit community is filled with old and new friends and welcoming, caring team members. It won't take you long to feel as though you've come home!






Park Centre
A WESLEYLIFE COMMUNITY

Learn more about all the ways Park Centre can make life even better.
Call Margot today at (641) 791-4508 to arrange your private tour!

Contact Margot Voshell | (641) 791-4508 | mvoshell@wesleylife.org

Independent Living | Assisted Living | Memory Support | Short-Term Rehabilitation | Long-Term Care
500 First Street North | Newton, Iowa 50208 | wesleylife.org/park-centre

This institution is an equal opportunity provider and employer.   

021522



MOLLY MAID™
a neighborly company

DOES SOME BUNNY NEED HELP WITH CLEANING?

SAVE \$60
when scheduling weekly
or every other week service



**27 YEARS
IN BUSINESS**
Serving Ankeny and
Surrounding Communities

Tamara A Huinker, Owner
Locally Owned and Operated
515-964-4111



**LUTHERAN
CHURCH OF THE CROSS**
PRACTICAL. FAITH.

WEEKEND SERVICES

SATURDAY AT 5:30 PM *
SUNDAY AT 8:30 AM AND 11 AM *

*LIVESTREAM



Easter Services
Saturday 4/16
5:30 pm
Sunday 4/17
8:30 and 11 am

**Palm Weekend
Services**
Saturday 4/9, 5:30 pm
Sunday 4/10, 8:30 & 11 am

Pancake Breakfast
Saturday 4/16
6:30-7:30 pm
Sunday 4/17
7:30-11 am

1701 8th St SW, Altoona
www.lccaltoona.org

FAITH By Nathan Anenson

MEET Jesus this Easter

We are in a season of mass disruption to what we have known. We have operated under the assumption that the world is making consistent positive progress and that we are getting better and better as a society. Science, technology and modern medicine will save the day. We, as humans, have the power to control and save our world.



But here we are in 2022, and things don't seem to be working out. Even with all the lessons learned from history, one country still invades another and world peace evades us. Even with all the advances in medicine, a pandemic still shut us down and took many lives. Even with all our understanding of the earth, tornadoes still destroy homes and lives. Even with all our investment in our young people, senseless violence still takes place. We have all sorts of prosperity and comforts, and yet we have record levels of anxiety and depression. We have incredible time-saving devices and yet we're busy and stressed.

Maybe we're not progressing as well as we thought. Maybe we're not actually in control.

Our world needs hope and saving, but, in the end, it won't come from us. The rescue from evil and the wholeness we desire will never be achieved by human effort. It can only be received as a gift.

This is where Easter meets our predicament. Not the "eggs-and-candy" Easter, but the "Jesus-and-new-life" Easter. Jesus died on a cross to deal a death blow to the evil and brokenness of this world. Then Jesus rose from the dead to be a foreshadowing of what God is planning to do for all of creation and for all who put their trust in Him, when Jesus returns. A resurrection. A rescue. A re-creation. An end to tears, pain and death and a new beginning of peace, joy and love.

Easter is an opportunity to experience this hope that comes, not through our own efforts, but only through Jesus.

After Jesus rose from the dead, he told the women who saw him first, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me" (Matthew 28:10). There was a place where people could meet Jesus. There was a place where ordinary humans could experience the hope of new life in Christ. This Easter, people all around the world will gather together to hear this story — this promise — told once again. I encourage you to find one of the great churches in our area, to check out an Easter service, and find hope for our world and for your life. Put yourself in a place to meet Jesus. ■

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

RECIPE

HAVE A healthier happy hour

(Family Features) Add a healthy twist to happy hour at home with a nutritious snack that goes perfectly with your favorite beverages. When gathering family and friends for a weekend toast or just winding down after work, these Prune, Mozzarella and Basil Skewers make for a nutritious and delicious addition to the party.

Rich and smooth with an ability to enhance various flavors, California Prunes are a versatile ingredient that allows you to expand your menu. In this recipe, prunes help form a palate-pleasing snack that delightfully combines sweet, salty and savory flavors.

In addition to their versatility, prunes provide important nutrients for your bones, including vitamin K and copper. When they are served with mozzarella — a good source of calcium — you get a perfect power pairing that supports your bone health and satisfies your snack cravings.

Visit CaliforniaPrunes.org to find more recipe ideas from morning to night. ■

Prune, Mozzarella and Basil Skewers

Prep time: 5 minutes
Servings: 5

- 5 pieces prosciutto, halved lengthwise (optional)
- 10 California Prunes
- 10 basil leaves
- 10 cherry-size mozzarella balls

Directions

- If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.
- Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.



EYE CARE SERVICES

Providing a full spectrum of eye care including:

- Comprehensive eye exams
- Wide selection of frames & contact lenses
- Diagnosis and treatment of glaucoma, cataracts and other eye conditions

broadlawns
EAST UNIVERSITY CLINIC

2508 E. University Avenue, Des Moines, IA
(515) 282-3278 | www.broadlawns.org    

LIMITATIONS of a power of attorney

A durable financial power of attorney is an instrument that allows an individual to designate another to act on his or her behalf. It is a key component to a comprehensive estate plan. But, while a power of attorney is a useful instrument, there are some limitations.



First, a power of attorney is easier to revoke than one would think. In Iowa, a power of attorney may be revoked at any time. To be effective, the person must communicate the intent to revoke; this communication can be oral or written. Therefore, a power of attorney, while a powerful and useful instrument, can be easily revoked based on a single statement. Since there is a lack of formal requirements, this may allow undue influence to affect an

incapacitated individual and persuade the individual to revoke the power of attorney.

Second, while a power of attorney is not subject to a court's approval or rejection, a power of attorney can be challenged and a court can revoke the instrument. One who is challenging a power of attorney often will allege that the agent abused the authority in some manner. The challenger can then seek revocation of the power of attorney.

Third, some states refuse to recognize an out-of-state power of attorney. We have had clients attempt to use a valid Iowa document in another state, only to be told that it doesn't comply with that state's requirements.

Finally, certain federal agencies will not accept a power of attorney. For example, the Social Security Administration will not accept a power of attorney for Social Security purposes. Other agencies, like the Veterans Administration, may only recognize a specific

type of power of attorney.

One solution for this issue is obtaining a guardianship. A guardianship appoints a guardian to be responsible for an individual's needs. The guardian is allowed to make decisions regarding the individual's medical treatment, educational or vocational services, and personal care. Unlike a power of attorney, federal agencies will accept a guardianship.

Determining the best option for your unique situation may seem difficult. However, an experienced attorney can analyze your situation, explain all available options, weigh the benefits of each option, and ultimately assist with the implementation of a plan for when you become incapacitated or legally incompetent. ■

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

WHERE TO BEGIN?

YOU DON'T HAVE TO DO THIS ALONE. WE CAN HELP GUIDE YOU.

We'll take time to answer your questions about all sorts of issues and help you get started.



SUPERIOR SERVICE. LEGAL SOLUTIONS. EXPERIENCED ATTORNEYS SINCE 1987

Wills, Trusts, and Estate Planning ■ Probate and Estate Administration
Residential Real Estate ■ Business Formation and Planning
Medicaid and Asset Protection ■ Social Security Disability

ATTORNEYS WHO SPECIALIZE IN YOU



**ABENDROTH RUSSELL
BARNETT LAW FIRM**

ESTABLISHED IN 1987

2560 73rd Street • URBANDALE • 515.278.0623

WWW.ARPCLaw.COM

CALL TODAY! 515-278-0623

HAPPENING at the library

Library of Play

The Library of Play has started to arrive. Purchased with a grant from Prairie Meadows, the collection will encourage Altoonians to play together by providing items that are too expensive, or of too limited use, for home purchase. Find a new way for your family to play, bring some fun to a family reunion, or invite the neighborhood kids over to your yard to celebrate summer. Borrow ladder ball, adaptive play sets, nets, rackets, tabletop games, giant games, a telescope and more. Items will be available to check out this summer.

ADULT PROGRAMMING

• **Senior Set: Games**, Tuesdays, April 19 and May 17, 1-3 p.m. Stop by for an afternoon of fun and friendly competition. Come alone or bring your friends to connect over some great games and light refreshments. For ages 60-plus. Registration not required.

• **Adult Splat Studio**, Fridays, April 8 and May 6, 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, 480 Center Place, Altoona, Thursdays, March 31, April 28 and May 26, 6:30-8:30 p.m. We will bring the art supplies, you bring your friends and money for drinks. No registration required.

CHILDREN'S PROGRAMMING

• **Kids Crochet Club**, Mondays, March 29 and April 26, 6-7 p.m. Want to learn how to crochet? Join our monthly club and learn some fun tricks and tips. For grades 4-6. Registration required.

• **April Fools' Lock-in**, Friday, April 1, 6-7:30 p.m. There will be jokes, riddles and a little funny business in the library after hours for April Fools' Day. For ages 8-12. Registration required.

• **Read to a Therapy Pet**, Saturday, April 2, 10 a.m. to noon. Two animal friends from the Animal Rescue League TheraPets program will be visiting the library. Kids can sit and practice reading to these furry friends. No registration required. This is a drop-in event with 20-minute time slots. Each child must be accompanied by an adult.

TEEN PROGRAMMING

• **The UnProgram Monday**, April 4, 6-7:30 p.m. No plans, no projects, no goals: the UnProgram is all about you. Wanna play a game? We've got those. Need a change of scenery while doing homework? Come on in. Have a story or poem you wrote? Share it. Come hang out, have some snacks and unwind. For grades 7-12. Registration required.

• **Phone Photography**, Saturday, April 16, 2-3 p.m. Grab your phone and join us to pick up some tips on taking the perfect picture with your phone's camera. We'll practice our new skills outside if weather allows. For grades 7-12. Registration required.

• **Plant Parenthood**, Thursday, April 28, 6-7 p.m. Improve your "plant parenting skills" and celebrate spring as we give some flowers a new home. We'll have flowers on hand to plant in pots that you can decorate and take with you. For grades 7-12. Registration required. ■

Thank You
for your votes

for Heartland
Plastic Surgery and
Dr. Cherny



BEST LOCAL DOCTOR
DR. EUGENE
CHERNY

Runner-up in

Best Local Place for Cosmetic Surgery
Best Local Permanent Makeup Salon
Best Local Place for Non-Surgical Cosmetic Treatment
Best Place for Laser Hair Removal

Did you know
that Dr. Cherny
is the leader in
Regenerative
Medicine?

Consult us if you have
interest in Cutting
Edge technologies like:

- Platelet Rich Protein
Nano Fat
- And the most up to date
Face Contouring and
Body Contouring
technologies!



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM

SHOWING thanks

First Responder Appreciation Tournament is April 23.



The Altoona Lions Club presented a donation to Caring Hands on March 14. The upcoming tournament will raise funds for the Ronald McDonald House.

This past December, John and Maryann Vedder of Altoona were brainstorming on ways to give thanks to local first responders for their Herculean efforts over the past two years and, at the same time, promote one of their favorite organizations — the Lions Club.

Just a couple of months later, the vision is now becoming a reality with the announcement of the 2022 First Responder Appreciation Tournament sponsored by the Altoona Lions Club, with a large helping hand from the Altoona Adult Softball League. The event will take place April 23 at the Altoona Lions Park. A rain date is set for April 30. The tournament will begin at 9 a.m. and continue until 6 p.m. The game booths will be open from 10 a.m. to 4 p.m.

The tournament will not only put a spotlight on the aforementioned entities, but it will also be doing so in the context of another great cause.

“All the funds raised and donations given at the event will go to the Ronald McDonald House in Iowa City,” John says.

The Altoona Lions Club is celebrating its 75th anniversary as a service club, and a tournament allows members to celebrate and also honor the community, John says. Some of the Altoona Lions Club members were actually involved in the construction of Lions Park more than 50 years ago and will be honored as well. Mitchellville’s Lions Club turns 50 this year and is just one of a number of area Lions Clubs, including Bondurant and Pleasant Hill, that received help from the Altoona Lions Club in getting started many years ago.

“This is our way of giving back to the community and first responders for a rough past two years,” Maryann says.

Attendees are asked to donate any unwanted eyeglasses and hearing aids. Mitchellville’s booth will have a collection container for the hearing aids, while the eyeglasses can be donated at the Eye Bank booth.

Volunteerism is nothing new to the Vedders, who moved to Iowa in 1993.

“The Lions Club has been a wonderful organization for us to provide services so that we can give back to the community,” John says. “This event gives us a chance to show what the Lions Clubs can do individually and also together. The club is a great organization. We want to say thanks and show our support.” ■

DIFFERENCE maker

Smith McIntosh serves community in variety of capacities.

Whitney Smith McIntosh has a lot of pride for the Southeast Polk Community School District.

Since moving to Altoona with her son in 2007, when they combined households with her now-husband and his children, Smith McIntosh has enjoyed getting to know her neighbors and the community.

In addition, she was the first Black member to be elected to the Southeast Polk Community School District Board of Education.

“I was excited to get to know my neighbors during the campaign and the door-knocking,” Smith McIntosh says. “I consider all of the towns in Southeast Polk as my neighbors, including Runnells, Mitchellville, Altoona and Pleasant Hill. Any previously held ideas of how I would be treated were blown out of the water. Visiting the more rural areas was so refreshing. Folks would come out to their porch and sit and talk a while, and the dogs would hang out with me.

“I don’t know how to describe what it is like to be a Black school board member as I have always been Black, and I have always lived and worked in areas where I was one of a few Black people. I did feel a closeness to other Black individuals when I saw them during parades, school visits and church,” she says.

Smith McIntosh describes her role on the school board as one in which she’s a liaison between the schools and the community.

“I am learning as much as the administration and staff are able to teach me about the processes and programs of the district and about how property taxes are determined. I’m asking a lot of questions so I can better understand the situations that are brought to the board,” she says.

In addition to her service on the Southeast Polk Community School District Board of Education, Smith McIntosh is a member of the Altoona Area Chamber of Commerce and the Iowa Commission on the Status of African Americans.

Ultimately, what Smith McIntosh enjoys most about the Altoona community and her role on the school board is the people she’s met along the way.

“Wherever I go, I find welcoming, honest and genuine people,” she says. ■



While campaigning for a seat on the Southeast Polk Community School District Board of Education, Whitney Smith McIntosh says she enjoyed getting to know people throughout the district.

MEET Michele Simpson

Instructional coach provides support for teachers.

Michele Simpson has taught at Four Mile Elementary School for her entire career of 31 years and says it has been a rewarding experience.

After growing up in the Des Moines area, Simpson pursued a degree in elementary education with an endorsement in special education at Iowa State University in order to stay close to her family. She began her first teaching job in special education for six years before teaching fourth grade for a year and third grade for 18 years. While finishing her master's degree from Drake University, the Southeast Polk Community School District was looking to add instructional coaches through the TLC Grant, and Simpson was hired in that role for Four Mile Elementary School.

"Southeast Polk has a great community feel and reputation. I believe they truly care about their staff and students. They provide opportunities for professional development and personal growth," Simpson says.

A typical day for Simpson can include meeting with grade-level teams and having conversations around the skills and standards being taught in the classroom. She also collaborates with teachers on effective teaching strategies, leads professional development and helps assist staff however needed.

"I enjoy the opportunity to assist teachers on a daily basis. Four Mile has so many great teachers and support staff. I love to go to work each day, because it is an opportunity to work with the staff to support teaching and learning," she says.

Simpson is also proud to have helped bring the Watch D.O.G.S. (Dads of Great Students) program to Four Mile Elementary School. Volunteers of the program often read, practice math facts, play learning games, and participate in other learning activities with students.

Simpson says the biggest challenge she has faced as an instructional coach was having to teach remotely during the pandemic.

"Although it was a difficult task, I learned a lot from the experience that helps me in my role as an instructional coach. This was a time I felt very supported by our district leaders," Simpson says.

When not teaching, Simpson enjoys spending time with her family. With two children currently enrolled at the Southeast Polk Community School District, she and her husband stay busy with all their activities. In addition, Simpson and her family like to vacation together whenever they can. ■



Michele Simpson has had a 31-year career at Four Mile Elementary as a teacher and now as an instructional coach.

LENTEN SEASON

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 10

10:30 a.m. | Palm Sunday Service

Thursday, April 14

7 p.m. | Maundy Thursday Service

Friday, April 15

8 a.m.-5 p.m. | Good Friday Prayer Vigil

Saturday, April 16

11 a.m. | Easter Egg Hunt

Sunday, April 17

7 a.m. | Youth Sunrise Service

10:30 a.m. | Easter Service



9150 NE University Ave., Altoona

Located one mile east of Southeast Polk High School

www.ivycentennial.org



**WITH FUEL PRICES
ON THE RISE, LET US HELP KEEP
MAINTENANCE COSTS DOWN
WITH THESE SPECIALS!**

515-967-1725

OIL CHANGE

\$29.95

5 qt Synthetic Blend
Lube, Oil, Filter

OR

\$39.95

5 qt FULL Synthetic
Lube, Oil, Filter

Expires 4/30/2022. Not valid with any other offers.

3401 Henry St SW, Suite 4, Bondurant

Just 1 mile north of Adventureland

f Follow us on Facebook! *Family owned and operated*



**Pre-Arrange
your future
Funeral/Burial
Needs**

Taking advantage
of today's rates for
tomorrow's needs

Call today for an appointment.

Highland Memory Gardens Cemetery
One NE 60th Avenue, Des Moines, IA, 50313
Located on 2nd Avenue, 1 mile north of I-35/80
515-289-2230 | www.highlandmemorygardens.com

BEFORE YOU GO

By Jan Shawver

PEOPLE to notify when someone dies

When a death occurs, there is a myriad of people who should be notified. Most people think first of notifying family and close friends — as well you should. But others who should be notified immediately include doctor(s), insurance agents (life, health, etc.), attorneys, financial advisors, clergy or other religious advisors, employers of family members who will be missing work, etc.



You can make this task easier by making a list of people who should be notified. Include names, phone numbers and relationship to the deceased. For example:

Dr. Joe Smith	555-555-5555	family physician
Rev. Craig Jones	555-123-4567	pastor
Sue Daniels	555-321-6549	insurance agent

When a death occurs, you may pull out the list and delegate someone to make some of the calls for you. You, as the spouse, power of attorney or close family member, may have to make calls to insurance companies or other businesses which have security policies in place.

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.

**YOU CAN BE
DEBT FREE FAST!**



**GET OUT OF DEBT FASTER WITHOUT
BANKRUPTCY OR SETTLEMENT**

- ✓ Credit Card Debt
- ✓ Medical Debt
- ✓ Collections
- ✓ Unsecured Loans

**WE OFFER
CONSOLIDATION
PLANS TO HELP
YOU SAVE
ON INTEREST
CHARGES**

*Let us help you get on the road to
freedom from debt problems!*

CALL TODAY!
515-287-6428
www.consumercredit-dm.com



CREDIT COUNSELING

By Tom Coates

BEWARE of scams

Sometimes a scam is blatant. A fake company calls or emails and tries to gain financial information. In those cases, it's easy to hang up or just delete. Other times, the scam is harder to uncover. It could be someone pretending to be a company we do business with. It could be an online relationship that started innocently. That so called "romance scam" consists of the trusting, innocent person being persuaded into wiring funds, giving out credit card or bank information or purchasing gift cards for the other party repeatedly. Another scam is perpetrated under the guise of a loved one needing help. A person calls stating a loved one is in jail, and they need your banking information so they can pay the fine or bail. Other scams are related to fraudsters bilking people out of gift card information under the guise that they are owing a tax or penalty or to earn a sweepstakes of some kind by paying a fictional "fee." There are online merchandise scams, money order scams, and many others. The best way to protect yourself is to be wary and trust your gut. If you feel something is off, it's OK to hang up or ask for a phone number to call back so you can verify the information. Remember these tips for yourself, and check on the most vulnerable in your family. Consumers who may not be as Internet savvy or who are lonely can be easy prey for fraudsters. ■



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

HEALTH

By Paul Guerdet

THINKING about yourself

At a young age, we are taught that it's good to think about the needs of others. A lot of us are taught that we're "good people" if we think about others, and, as a therapist, I agree. The problem, however, is that we sometimes trick ourselves into thinking, if it's good to think about the needs of others, then it's bad or selfish to think about our own personal wants and needs.



When we choose to think about ourselves, it means we are making a conscious choice to see we are worthy of the same love, patience, kindness and understanding we so freely give away. It doesn't mean that we are ignorant or callous to the needs of others; it means we recognize we have the same needs as our friends and family.

Self-care is not selfish. Going for a walk in the sun, enjoying ten minutes playing with a pet, or just choosing to wait with the laundry until tomorrow does not make a person selfish. It means we're realizing what we need and we're making a choice to do something kind for ourselves.

You are allowed to be kind to yourself, and you are allowed to give yourself what you need. After all, even a Ferrari occasionally needs a tune up. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322 and 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, www.sstherapyandconsulting.com.

HEALTH

By Dr. Kari Swain

DOES your child 'W' sit?

"W" sitting is a position where a child's bottom is sitting on the floor and their legs are bent at the knee and fanned out towards the back, forming the shape of a W. While "W" sitting, major muscle groups are placed in shortened positions, causing muscles to tighten, affecting coordination, balance and development of motor skills. "W" sitting is harmful to normal postural development as it does not allow for the engagement of core muscles (abdominals and back), which keep us upright, resulting in a delay in postural muscle development and in gaining the core stability needed to keep an upright posture, eventually causing a delay in gross motor skills, coordination and adequate balance reactions.

This type of sitting widens the child's base of support, which may make them feel more stable but results in less need for trunk rotation, weight shifting, changing into other seated positions, postural control and stability as they are playing. Without trunk rotation, the child will not develop important "midline crossing" movements, which help develop the separation of the two sides of the body for bilateral coordination needed to further refine motor skills, including writing.

What is the solution?

To correct the root of the problem, you must address the structural issue. The child should be evaluated by a board certified pediatric chiropractor to identify vertebral subluxations. Based on exam findings, the doctor will most likely recommend a series of specific chiropractic adjustments to correct the vertebral subluxations and restore movement to the spine. ■

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

SS Therapy and Consulting



Taking on life's challenges one step at a time.

www.sstherapyandconsulting.com

STEPS
Parenting
Group
Th 4-6

Therapy
for All Ages
Most insurances
accepted.

STEPS
Group
Th 4-6/6-8
Neurofeedback

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

A Healthy Family Is A Happy Family!

Families under chiropractic care report:

- ♥ Healthier Kids & Parents
- ♥ Less School and Work Absences
- ♥ Better Sleep Patterns
- ♥ Less Behavioral Issues
- ♥ Faster Healing and Increased Immunity

CREATING HEALTHIER FAMILIES FOR OVER 26 YEARS!



SWAIN
CHIROPRACTIC

DR. KARI SWAIN

Board Certified Pediatric and Prenatal Chiropractor

967.9300 • 410 Center Place SW • Altoona

SWAINCHIROPRACTIC.COM

WHAT YOU NEED to know about colorectal cancer

Did you know colon cancer is the third most diagnosed cancer in men and women according to the American Cancer Society? Colorectal cancer is one of the most preventable forms of cancer, is easily treatable and, when found early, the survival rate is high.



Colon screening

Early detection through screening is crucial.

Colorectal cancer is found in the large intestine, made up of the colon and rectum. Most colorectal cancers start as growth polyps on the inner lining of the large intestine. Screening helps find precancerous polyps that can be removed before they turn cancerous.

A colonoscopy is the best screening exam available to detect colorectal cancer. During the screening, a doctor examines the lining of your entire colon to check for polyps or tumors, and, if polyps are found, they can be removed.

Dr. Shankar Raman, director of MercyOne's nationally accredited rectal cancer program, reminds, "Colon cancer is preventable by screening. While there are numerous screening options, the best one is that which gets done. Colonoscopy picks up even the tiniest of lesions and can remove polyps which could grow into cancer.

Remember, screening starts at age 45."

If you're 45 and older, maintaining a regular colon screening every ten years is critical. Colon cancer deaths among those 55 and younger are increasing according to the American Cancer Society.

Symptoms

Colorectal cancer develops with few, if any, symptoms. That's why colon screening is important and should not be pushed off. Always talk with your primary physician if you notice any concerning changes with your body. Symptoms include:

- Change in bowel consistency
- Constipation and/or diarrhea
- Fatigue
- Nausea
- Persistent abdominal/ pelvic discomfort
- Quick and unexplained weight loss
- Rectal bleeding/blood in stool

Don't delay care. Make an appointment with your primary care provider if you have any symptoms that worry you. ■

Information provided by Shankar Raman, MD, colorectal surgeon, MercyOne Richard Deming Cancer Center, 411 Laurel St., Suite C100, Des Moines, 515-643-8206, MercyOne.org/RDCC

MERCYONESM

A new way
to treat cancer



MercyOne Richard Deming Cancer Center expands our circle of care to include additional programs for patients to live their best life, including those living with cancer, survivors and their families.

The center also features an expanded research office for increased number of clinical trials, to be on the cutting edge of lifesaving medical breakthroughs.

You'll find **compassionate, comprehensive, and personalized care**, where patients can meet with all the members of their care team under the same roof in one convenient location.

WHAT IS the forecast for mortgage rates in 2022?

The question I am asked most is, "What will mortgage rates do this year?" People ask this because they may not be quite ready to buy or refinance their home, and they want to make sure there is not going to be a sudden increase in the interest rates.

It has been more than 11 years since the monthly average 30-year fixed rate topped 5%. Near the start of 2020, interest rates reached their lowest at 2.75% for a 30-year fixed. Currently, at the time of writing this article, rates are around 3.75% on a 30-year fixed mortgage rate.

If you look back before 2008, the annual average interest rate was higher than 6% for seven of the previous 10 years. In 2000, the average 30-year fixed rate was 8.05%. In 1981, the average interest rate was 16.63% with the high at 18.45%. In 1979 through 1990, the average was above 10%. Now, no one is expecting rates to jump to those levels. But we have all become used to the lows we are currently experiencing. Please know that these new lower rates also are not permanent.

No one knows for sure what will happen with mortgage rates. Interest rates are impacted by a wide range of domestic and global



economic data and influences, and those influences can change quickly. We might see slow increases in rates or even lower mortgage rates. Good economic data will increase interest rates and poor economic numbers will lower interest rates.

The short answer is nobody knows for sure. Good numbers concerning gross domestic product (GDP), incomes, manufacturing, consumer confidence and spending will help interest rates rise sooner and faster. Poor numbers will lower interest rates, as does bad news about foreign economies. Watch for these monthly and quarterly reports to help you know how interest rates on mortgages will be impacted. Or, contact your mortgage lender and check in with them as needed to see what the immediate forecast is for interest rates. Currently mortgage rates are still near all-time lows, and it is a great time to buy or refinance. Get pre-qualified now if you are looking to purchase a home this spring. ■

Information obtained from Bankers Trust's Shopping for Your Home Loan Settlement Cost Booklet for this article. Information provided by Lori Slings, Bankers Trust, NMLS ID: 406021, 3820 Eighth St. S.W., Altoona, Iowa 50009, 515-245-5624, lslings@bankersttrust.com, BankersTrust.com/LSlings, Bankers Trust NMLS ID: 440379.



THE
DIFFERENCE BETWEEN
DELAYED
— and —
DONE

Your Mortgage Professional

For more than 100 years, buyers have counted on Bankers Trust to help them with all of their financial needs. The Bankers Trust mortgage department has a variety of loan products available to meet your needs today.

- Construction loans
- Fixed rate and ARM loans
- Purchase or refinance
- Rehab loans
- FHA, VA and USDA RD
- 100% financing available for qualified purchase transactions

Let Bankers Trust be your financing solution. Call me today!

Lori Slings

Residential Mortgage Originator
NMLS ID#: 406021
3820 8th St. SW, Altoona

Office: (515) 245-5624
Cell: (515) 975-8240
Fax: (515) 645-9307
LSlings@BankersTrust.com
BankersTrust.com/LSlings

BANKING | LENDING | WEALTH MANAGEMENT



EVENTS IN THE AREA

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

Be sure to check for cancellations.



Preschool Easter Celebration

Saturday, April 2, 1:30-3 p.m.
Children of Christ Preschool, 600 First Ave N., Altoona

Christ the King Lutheran Church is inviting community families with preschool-aged kids to this family-friendly event. Preschool kids (ages 3-5) will have fun participating in crafts, hearing the Easter story, touring the preschool, playing on the playground and hunting for Easter eggs. The egg hunt begins at 2 p.m. and will go fast, so come early.



Concerts

• **Sean Sullivan Live at The Rails,** March 26, 7-10 p.m., Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant.

• **Kick,** March 26, 8-10 p.m. at Prairie Meadows. This power rock trio's arena-style performance is not to be missed. Kick has performed with 1980s greats Skid Row, Dokken, Night Ranger, Great White and more. See Kick perform their hard rocking show for free in the Finish Line Show Lounge. Must be 21 or older to attend.

• **Jerry Beauchamp Band,** March 29, 11 a.m. to 1 p.m., Prairie Meadows. Join the Jerry Beauchamp Band for a day of polka fun. Find them in the Finish Line Show Lounge. Must be 21 or older to attend. Free show.

• **Lucas Beebe Live at The Rails,** April 1, 7-10 p.m., Reclaimed Rails Brewing Company, 101 Main St. S.E., Bondurant.

• **South 35 Live & Loud at Hawk Heaven Tavern,** 805 17th Ave. S.W., Altoona, April 2, 9-11:55 p.m. Enjoy all your country favorites with a side of rock. No cover charge.

Vendor Market

Saturday, April 9, 10 a.m. to 6 p.m.
Outlets of Des Moines, 801 Bass Pro Drive, Altoona

Visit the Midwest Local Vendor Market, featuring a rotating selection of local vendors.



Visit with the Easter Bunny

April 3 and 10, 1-3 p.m.
Posey & Jett's Wellness Boutique

Bring the kiddos out and don't forget your cameras to capture those sweet little faces, too.



Trivia Night

March 30, 6:30-8:30 p.m.
Brightside Aleworks,
480 Center Place, Altoona
Trivia Night is back!



Ss. John and Paul Catholic Church Fish Fries

Fridays, March 25, April 1 and 8, 4:30-7 p.m.
1401 First Ave. S., Altoona

Enjoy all you can eat. Cost is \$13 for adults, \$6 for children ages 6-12 and free for kids 5 and younger. Add a skewer of shrimp for \$5. Menu includes Alaskan pollock (baked or deep-fried), baked potato, green beans, cole slaw, bread, macaroni and cheese and cheese pizza for the kids. Available drinks are coffee, lemonade, iced tea and water. Desserts are available for a freewill donation to support the Parish Youth Groups.

Dine-in and carry-out are available. Place orders in the church's new hall, St. Francis Hall. Park in the south parking lot off First Avenue S. and enter through the main (southwest) door of St. Francis Hall.

Drive-through service will be offered in the north parking lot. Use the 13th Street S.E. entrance and follow the cones and signs to place your order, pay and pick up. A suggested donation of \$11 per order includes fried fish, baked potato, green beans and macaroni and cheese. NOTE: No substitutions or children's sizes available at the drive-thru.



Plant Sale

April 9, noon to 4 p.m. (Rain date is April 10, noon to 4 p.m.)
Enabling Gardens, 1050 First Ave. S., Altoona

Think spring. It's time again for the plant sale. Parking is available in the HyVee parking lot.

Pancakes with Superheroes

April 2, 8 a.m. to noon
SEP High School

The Southeast Polk Kiwanis Club is hosting this event. Marvel Sanctioned Superheroes will be in attendance. Cost is adults, \$8; younger than 10, \$6. All tickets are sold at the door. Anyone dressed in a superhero costume gets \$1 off.



MARCH 2022

City of Altoona • 900 Venbury Drive • Altoona, IA 50009 • 515-967-5136

CITY HALL

900 Venbury Drive

Altoona, IA 50009

Phone: 515-967-5136

FAX: 515-967-0842

Open 8 a.m. – 4:30 p.m.

Monday – Friday

Mayor Dean O'Connor

515-967-5136

City Council Members

Jeremy Boka 515-965-0951

Elizabeth Burns-Thompson

319-899-4750

Scott Duer 515-418-2227

Josh Dunwoody 515-720-8891

Vernon Willey II 515-313-3307

City Administrator

515-967-5136

City Clerk

515-967-5136

Police Chief

515-967-5132

Fire Chief

515-967-2216

Library Director

515-967-3881

Fax: 515-967-6934

Water Billing

515-967-5136

Building Department/

Code Enforcement

515-967-5138

Building Official

515-967-5138

Planning & Zoning

Department

515-967-5136

Public Works Director

515-967-5136

In like a lion, out like a lamb? March may have had us confused this year, but I think we can all agree on looking forward to that lamb-like Spring hopefully coming our way soon.

ALTOONA'S 2022 RESIDENTIAL TREE PROGRAM

In recognition of Arbor Day, the City of Altoona will be selling a limited supply of trees to residents - limit two per household. The trees being offered include Bur Oak, Butterflies Magnolia, Perfect Purple Crabapple, Red Horsechestnut. The trees will be 3/4" to 1" caliper in a 7 & 10-gallon pot and are for sale for only \$30 per tree. 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 23, 9:00 a.m. - 11:00 a.m.

Sponsored by the City of Altoona and Iowa Native Trees and Shrubs and Gerdes Nursery INC. NO GUARANTEE



SPRING INTO CLEANING MODE - CITY WIDE CLEAN-UP

Spring Cleanup Coming April 16th (South of the Railroad Tracks) or 23rd (North of Railroad Tracks)

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 7 AM on your scheduled day. Following the guidelines will help maintain consistent garbage rates, keep everyone safe, and get your items removed timely.



SUSTAINABLE LAWN CARE

Help prevent algal blooms and growth of unwanted aquatic vegetation in your streams and lakes.

- Unless you have newly seeded lawn, most soils in Iowa provide all of the phosphorus needed.
- Understand the fertilizer label: NPK
 - N=nitrogen
 - P=phosphorus
 - K=potassium
- Choose a fertilizer that is P-Free or contains "0" phosphorus.
- Ask your commercial applicator to use only phosphorus-free fertilizer and have them sweep any excess from impervious surfaces such as driveways and sidewalks.



"If we had no winter, the spring would not be so pleasant." –Anne Bradstreet

THANK YOU, healthcare workers

The first Friday in March was employee appreciation day — a day set aside to recognize and be grateful for, well, just about everyone. Most of us have been or are currently an employee, and I don't know that we can ever fully show how appreciative we are for the laborious and dependable workforce.



I could argue those who work in healthcare deserve a considerable amount of appreciation on employee appreciation day, given their experiences the last few years. We started out as healthcare heroes, appreciated and valued for the bravery and selflessness shown. However, some days it feels like we are no longer regarded as the heroes we once were, but instead as a pestering voice reminding everyone to wear their mask. Honestly, we do this not only for our concern with your safety and health but also because we are so very tired. We have watched families suffer great loss from losing a loved one, and we have lost loved ones and/or patients who have become like family, all while wearing painful and restricting personal protective equipment for long shifts.

As many of you are slowly getting back to some kind of normalcy, clinics, hospitals and care centers are still under regulations to keep our community safe. We are in healthcare, not for the fame and fortune, but because we love and care for people, so we keep persevering. Unfortunately, the negativity and the stress that has come from working in healthcare during a global pandemic has brought too many compassionate and caring employees to the brink, and they have left healthcare altogether.

How do we fix this? How do we recruit the people needed? Recognition and appreciation are crucial, yet how can you really put into words the amount of gratitude we have for our healthcare workers? They have shown a tremendous amount of sacrifice, long hours and extra shifts and continuous flexibility and adaptation. There have been numerous selfless acts of kindness and love, innovative thinking and effortless teamwork. Where would we be without our healthcare workers?


I would ask you to remember that all employees can be thanked, not only by their employer, but also by the customer. Often, we are quick to speak up if something has gone wrong but not as willing to compliment what has gone right. A simple thank you or kind word is always appreciated. Why is the line for complaints always longer than the lines for compliments?

Let's make things better for everyone and move to the right line. It may seem like such a small gesture, but that one moment you take to show your appreciation can mean the world to someone. Thank you, healthcare workers. We see you, we honor you, you are valued. You are still our healthcare heroes. ■

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



**Christ the King
Lutheran Church**
600 First Ave North, Altoona




*Come and
celebrate with
us at our
Easter
Service.*

**April 17
8 AM**

christthekingaltoona.com


*Join us for a preschool
Easter Celebration*
April 2, 1:30 - 3 PM
Bible Story | Crafts | Egg Hunt




Begin your child's journey with
Children of Christ Preschool

8:45 am – 11:30 am

3-4 Yr Olds; M/Th or Tu/F | 4-5 Yr Olds; M/Tu/Th/F



**Registration
Now Open!**



600 First Ave North, Altoona

christthekingaltoona.com/preschool



NEW work order

It's clear we are not going back to the way things were. At least not all the way. Many of us are not even going back to the office. I've had several conversations just this past week with people who haven't been back to their office in more than a year. Some have never been to their office or even met their co-workers. With an evolving understanding of what roles actually require in-person collaboration, many job descriptions have been re-written with work-from-home as the new standard. While this may seem like the Holy Grail to many, it also presents new challenges. How does one successfully navigate a work-from-home career?



- **Clarify expectations.** With less in-person contact, many jobs are necessarily moving away from a time-based standard (9 to 5) to a results-based standard. This can be a good thing as long as you and your boss agree on exactly what success looks like. When are you expected to be available to answer the phone and email? What will indicate to your boss that you are meeting or exceeding expectations? Ensure you are crystal clear about how success will be defined in this new arrangement.

- **Cultivate the environment.** Work from home blurs the line between our personal and professional lives by definition. This makes it important to create an environment within your home that is conducive to your best professional output. Create a quiet and distraction-free area that is dedicated to work and separate from the normal routines of your home. An office is ideal. It should be arranged — even decorated — in a way that makes it distinct from your home. This communicates to yourself and to others in your house that you are in work mode when you are in this area. It also gives you a place to “leave” work, so you can fully engage in your personal life at the end of the day.

- **Communicate, communicate, communicate.** Communication is always an area for improvement but perhaps never more so than in a decentralized work environment. Selection of the method of communication (text/call/email) can be as important as the content in the perpetual absence of body language. Keep in mind you may be working with people who have never worked with you personally and have no context for your communication style, so carefully choosing your message and delivery is key.

Thoughtfully considering the challenges associated with a work-from-home role will help you ensure that you are able to succeed both professionally and personally in a brand new way. ■

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



save the date

Altoona Area Chamber of Commerce
WINE & CRAFT BEER FEST
JUNE 3RD | 5:00-8:00PM
ENABLING GARDEN
1050 1ST AVE SOUTH, ALTOONA

Premier Sponsors

HyVee EMPLOYEE OWNED  **GreenState** CREDIT UNION 

Tickets Go On Sale May 2nd
\$17 IN ADVANCE
\$25 AT THE DOOR
FRIENDS & FAMILY BOOK - \$90 (6 TICKETS)
MUST BE 21+

PURCHASE TICKETS AT THE ALTOONA CHAMBER OFFICE,
ONLINE (WWW.ALTOONACHAMBER.ORG) OR HY-VEE CUSTOMER SERVICE COUNTER



OUT & ABOUT



Kayla Hendrickson and Gabriela Aguilar at the Chamber's Perk Before Work at the Emory on March 1.



Linda Lawson and Kevin Petersen at the Chamber's Perk Before Work at the Emory on March 1.



Jen Haywood and Gretchen Proksa at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Conny Beard and Cassie Sampson at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Peg Mattison and Pennie Carroll at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



Aly Carroll and Robyn Sullivan at NAWBO Coffee & Conversation hosted by Pennie Carroll & Associates on March 11.



A ribbon cutting was held for Be Well Pediatrics at 700 First Ave. S., Suite B on Feb. 11.



Natalea Statler and Emily Zesch at the ribbon cutting for Be Well Pediatrics on Feb. 11.



Kaylee Carroll and Makenzie Moburg-Appleton at the ribbon cutting for Be Well Pediatrics on Feb. 11.



Dr. Callie Williams, owner, with Dave Williams, Grace and Sebastian at the ribbon cutting for Be Well Pediatrics on Feb. 11.



Tari Colby and Maike Hendrikson at the ribbon cutting for Be Well Pediatrics on Feb. 11.

OUT & ABOUT

NOON Networking

The Altoona Chamber's Noon Networking was held at Sugar Shack on Feb. 15.



Luke Hassman, Luke Peterson and Rick Kroeger



Christine Clark and Tim Guiter



Matt Keller and Ashley Powell



Kyle Lee and Ryan Isaacson



Maaiké Hendrikson and Nadia Ahissou



Melissa Horton and Mark Vander Tuig



Lori Slings and Mary Simon

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

ADOPTION

ADOPTION. California family promises baby loving home, secure future, full-time mom. Educational opportunities, devoted grandparents, gentle dog. Generous living/relocation expenses paid. Andy and Erin 1(747)788-0260 or attorney 1(310)663-3467 (mcn)

AUTOMOBILES

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

CABLE/INTERNET

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-866-296-1409 (mcn)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096. (mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirecTV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

EDUCATION

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 1-844-843-2771 (mcn)

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online

at CTI! Get Trained, Certified & ready to work in months! Call 833-751-0776. (M-F 8am-6pm ET) (mcn)

FINANCIAL

STOP worrying! SilverBills eliminates the stress and hassle of bill payments. All household bills guaranteed to be paid on time, as long as appropriate funds are available. Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-866-918-0981(mcn)

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

HEALTH & MEDICAL

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411.(mcn)

50 Blue Pills for only \$99.00! Plus S&H. Discreet, Save \$500.00 Now! Call Today. 1-855-917-5790 (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest #6258 (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

Hero takes the stress out of managing medications. Hero sorts and dispenses meds, sends alerts at dose times and handles prescription refill and delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-FREE trial! Call 1-855-484-6339. (mcn)

INCOME OPPORTUNITIES

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-888-981-5761 (mcn)

MISCELLANEOUS

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-877-580-3710 today! (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation

services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

UPDATE YOUR HOME with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 866-970-3073. Ask about our specials! (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

For those of us who were players to the very end, why not have your urn placed on Las Vegas Blvd? Bunker's Eden Vale Cemetery. 1216 Las Vegas Blvd. 702-388-7007 (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

PERSONALS

If you or somebody you know is looking for somebody to date, go to the fastest growing dating site in the world! Go to www.trydatingus.com (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

EDUCATION

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at CareerTechnical.edu/consumer-information. (M-F 8-6 ET) (ACP)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 www.dental50plus.com/58 #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery.

Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-844-334-8353 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-888-796-8850 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-833-386-1995 today! (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 833-719-3029 or visit dorranceinfo.com/acp (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/ unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-833-530-1955 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-521-5138 (ACP)

Hero takes stress out of managing medications. Hero sorts & dispenses meds, sends alerts at dose times & handles prescription refill & delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-free trial! 1-888-684-0280 (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-833-872-2545 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-855-270-3785 (ACP)

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201 (ACP)



*You'll feel
right at
home*

NEW
MEMORY
CARE
**NOW
OPEN!**



INDEPENDENT LIVING | ASSISTED LIVING | CLOSER CARE | MEMORY CARE



EdencrestTM
AT TUSCANY

SCHEDULE YOUR TOUR
515-305-1390



Nathan Deutmeyer
welcometuscany@edencrestliving.com

1600 8th Street SE, Altoona | www.edencresttuscany.com

INVESTING IN THIS MARKET

Pennie and Joe's advice when
thinking about Investing in 2022!



pca PENNIE CARROLL
& ASSOCIATES
REAL ESTATE

Get ahead of the Summer Market. Start
YOUR Listing Process Today.

515-494-6801 // WWW.PCAREALESTATE.COM



WE INVITE YOU TO..↓

THE MARKET ON *HUBBELL*

SATURDAY APRIL 30TH
9:00AM - 3:00PM

Local Vendors - Music - Coffee



PCA Real Estate Office
3232 Hubbell Ave, Des Moines IA, 50317



Welcoming
20+
Vendors This
Spring!