

#### **AMENITIES**

- and suites
- Delicious meals

- and events



a ministry of Cassla



NOW with availability in Assisted Living!

**Contact Marti** for more information

515-299-1731

Marti.Stanley@CassiaLife.org

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



# IN HIS EYES and in his handshake

A few years back, I attended a Memorial Day service at a cemetery. I was taking photos when an elderly man walked over to me and asked who I was. I told him my name and what I was doing, and he thanked me immensely for providing coverage of the event and the local veterans. I could see in his eyes and in the firmness of his handshake that he truly meant it.



Our discussion then steered toward the status of veterans' organizations in Iowa communities and the struggle to attract members, especially younger ones.

As most of you who are involved in community groups know, that struggle isn't unique to veterans' organizations. Time is the greatest commodity for most of us, and we guard it closely. In this regard, veterans are no different than the rest of us. What I heard from my conversation was that the desire to have these young veterans be part of the organizations is as much about helping the older folks as it is the younger ones. We all need each other — young and old — to share our stories and better understand our differences. Veterans do, too.

I recall going into the VFW Hall in my hometown as a child and seeing photos of my father and my uncle on the wall as past commanders. I was certainly proud of them both for serving our country, and that respect deepened when I saw how they served their fellow veterans, too.

That day at the cemetery made me think about veterans' organizations and what we could do to help. The first step is to do something we should be doing every day, and that is to simply thank our veterans for their service with the same gratitude that the elderly man gave me. And from where I am sitting, we need to do more to share the stories of our veterans and to help their organizations prosper.

With that in mind, we are saluting our veterans in this issue of your Living magazine, and we are profiling the local veterans' organizations and sharing how you — whether you are a veteran or not — can help, too.

I hope you enjoy these stories as much as I have.

As always, but especially with this issue, I thank you for reading.



#### **SHANE GOODMAN**

**Publisher** 515-953-4822, ext. 305 shane@dmcityview.com



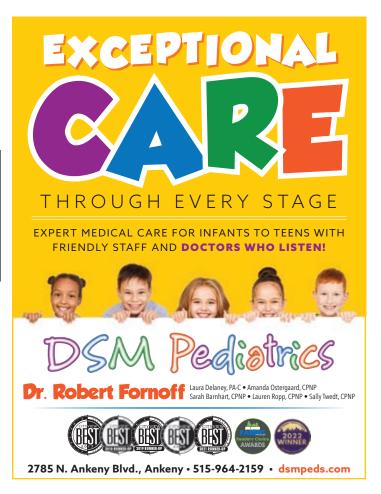
Advertising Account Executive 515-953-4822 ext. 307 aaron@iowalivingmagazines.com







audited by Circulation Verification Council







#### **FEATURE**

#### Legion commander helps grow post

The American Legion Altoona Post 682 is one of the fasting growing posts in the state for membership.

Credit, in part, can be given to the post's commander, Joe Meola.

Born and raised in Altoona, Meola comes from a law enforcement and military family. In 2004, he joined their ranks by enlisting in the Marine Corps. In fact, he even gave up an athletics scholarship so he could serve.

Meola deployed to Fallujah, Iraq, in 2005 and 2006. Once he returned home, he became a police officer, first in Ottumwa then back in his hometown of Altoona.

Meola explains that it was some of the older veterans in town who got him involved with the Altoona American Legion. Four years ago, he took over as commander. And because he was a community outreach officer with the Altoona Police Department, he was able to help tie the Legion into some community events, which brought more awareness to the post and helped it grow.

"We're trying to appeal to younger veterans, too," Meola says.

In the years since becoming commander, Meola has also led the effort to revitalize the Legion's uniforms, got the Honor Guard back up and running, took part in parades and more.



The lowa State Fair holds a veterans parade. The Altoona American Legion is sure to participate.

Now, the Altoona American Legion is fundraising to get its own building. Currently, they meet at the Altoona Area Chamber of

The Legion also raises money for things like scholarships to send boys to American Legion Boys State, for the Korean/Vietnam Memorial near the Enabling Garden and more. They also work closely with the VFW and VA.

To join the Legion, members have to be former or current military. Members don't even have to attend meetings, Meola says. If they're on the membership list, the Legion will help out how they can.

One neat thing for Meola is that, because he was raised in Altoona, some of the older veterans in the Legion have known him since he was a kid.

"I look at the older veterans as legends before us and try to take care of them as much as I can, because I know, someday, I'm going to get up there in age and need the younger veterans to take care of me," he says. "I try to do what I can to help any veteran out."

#### Submarine vet active in community

Altoona resident Bob Kirby enlisted in the Navy at the age of 17. For the next four years, he served as an electrician in submarine service.

Originally from New Jersey, Kirby moved to the Altoona area in the 1980s. About two years ago, he joined the Altoona American Legion after meeting them for a veterans breakfast at Hy-Vee. There, he saw some people he knew from the classic car club he was part of. They started a conversation, and he ended up becoming a member of the Legion.

Since then, Kirby has attended meetings and events like the Labor Day car show and been in parades. He's also helped set up and take down flags at cemeteries for Memorial

Kirby shares that the Altoona American Legion is active in the community. They were recently part of Trunk of Treat and are involved



The local American Legion post hosts a Labor Day car show as a fundraiser.

#### **FEATURE**

in the National Night Out event, as a couple examples. Kirby adds that local government, the Altoona Area Chamber of Commerce and area businesses are all supportive of the Legion.

"I think the community has helped us and supports us in all of our activities," Kirby says.

Outside of the Legion, Kirby is also involved in Submarine Veterans of Iowa and the United States Submarine Veterans Iowa Placoderm

Ultimately, what Kirby enjoys most about being involved with the Altoona American Legion is "the camaraderie of being with other veterans and making public awareness of veterans and how they've benefitted our country."

#### Legion is sense of family

Whitney Smith McIntosh comes from a military background. She joined the ROTC when she was a freshman in college before transferring to the Air Force Academy, where she earned her jump wings. Then it was on to the United States Military Academy at West Point, where she took the official military oath and was active duty for three years.

Smith McIntosh eventually moved to Altoona in 2007. She joined the American Legion when it was housed in what's now the Class Act Productions Community Theatre. After the Legion moved out of the building, the unit shut down for a period, until about five years ago when Joe Meola and Tom Lampe led the charge to revitalize the unit.

"Those guys have been amazing leaders for Altoona," she says.

Smith McIntosh adds that the Legion started with about 15 veterans a few years ago, and now they have more than 90 members.

Today, Smith McIntosh serves as both the District 6 American Legion Chaplain and the Department State of Iowa American Legion Chaplain for 2022-23.

And when it comes to her work within the Legion, it's all about supporting other local

"I just love the sense of community," Smith McIntosh says.

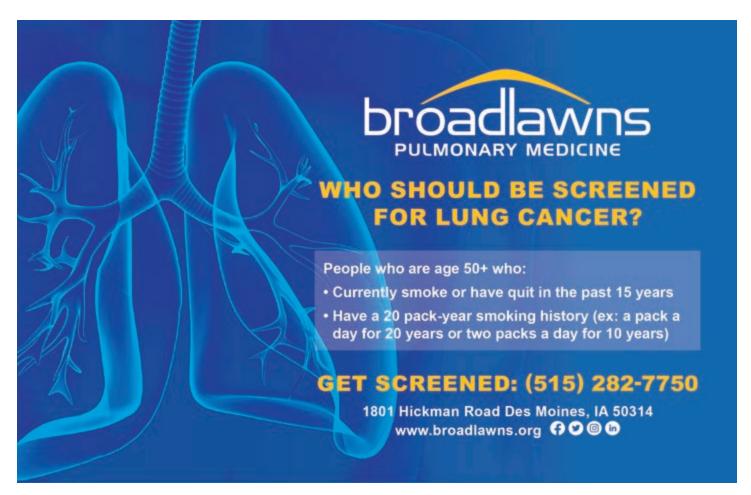
She shares that being part of the military is like a team with its feeling of camaraderie, but once you leave the service, the sense of family and connection goes away.



Members of the Altoona American Legion post participate in local parades.

"But finding a local Legion hall, you get that back because you're around people who speak the same language as you, who have those shared experiences," Smith McIntosh says.

For her, she says she has found her family within the Altoona American Legion.



# \* HONORING OUR \* LOCAL VETERANS



# CLIFFORD J. CROWL

E-4

#### **NAVY**

Vietnam, USS Newport News (CA-148)

How can the public best honor veterans?

"Acknowledge that we served to keep this country safe and just say thank you." — Clifford J. Crowl



# RICK BEENEN

Sergeant

#### **AIR FORCE**

Lackland Air Force Base in Texas; Lowery Air Force Base in Colorado; and Offutt Air Force Base in Nebraska

How can the public best honor veterans?

"A 'Thank you for your service' goes a long way."

- Rick Beenen









#### DON BRASHEAR

**BM-3** 

#### NAVY

Two Westpac deployments to Vietnam

#### How can the public best honor veterans?

"Showing respect and thanking them in appreciation of their service to their country." — Don Brashear







# JOE MEOLA Corporal

**MARINES** 

Fallujah, Iraq

How can the public best honor veterans?

"It is simple: Honor the flag and shake a veteran's hand."

Joe Meola





# **ALTOONA** Public Library news

Holiday Model Train. The meeting room will be transformed into a model train winter wonderland Dec. 10-11 presented by DesMoiNTrak. Help us kick the weekend off with an open house on Saturday, Dec. 10 from 10 a.m. to noon. Stop in for hot chocolate, selfie stations, crafts for kids and adults and more. All ages welcome, no registration required. All activities offered while supplies last.

#### ADULT PROGRAMMING

- Adult Splat Studio, Fridays, Dec. 2, Jan. 6 and Feb. 3 from 6-8 p.m. If you have a desire to dabble in acrylics, we've got an adult art studio for you. We'll bring the supplies, you bring your inner artist. No cost to attend, but space is limited. Registration required.
- That's a Wrap: Drop-in Gift Wrapping, Thursday, Dec. 22, 6:30-8 p.m. Wrap up the holidays at the library. Come finish your last minute wrapping. We'll have all the supplies you need along with warm drinks and cookies. For ages 18 and older. Registration required.
  - Adult Coloring at Brightside Aleworks,

Thursday, Dec. 29, 6:30-8:30 p.m. Join us at Brightside Aleworks, 480 Center Place in Altoona, at 6:30 p.m. for a fun night of coloring. We will bring the art supplies, you bring your friends and money for drinks. No registration required.

#### **CHILDREN'S PROGRAMMING**

- Gingerbread House Workshop, Saturday, Dec. 17, at 10 a.m., 11:30 a.m. and 2 p.m. Make a gingerbread house at the library. Choose one of our three workshop times. We'll bring the supplies; you bring your creativity. For grades pre-K-sixth. Registration is required.
- Kids Crochet Club, Tuesday, Dec. 20, at 5:30 p.m. We are learning the basics of crochet, step by step. Even if you are new to crochet, we have everything you need to get stitching. Grades 4-6. Registration required.
- Escape Room: Summer in Winter, Wednesday, Dec. 28 at 11 a.m., 1 p.m. and 3:30 p.m. Escape the winter weather with a summer-themed escape room. You'll have 30 minutes to work together to solve the mystery

of the winter heat wave. Grades K-sixth. Registration required.

#### **TEEN PROGRAMMING**

- Ugly Sweater Cookie Decorating, Thursday, Dec. 8, from 6-7 p.m. Join us to create some festive frosted flannels and joyful jumpers. We'll provide the cookies and frosting for you to create the best hideous holiday designs. For grades 7-12. Registration required.
- Totally 80s Party, Saturday, Dec. 17, from 4-6:30 p.m. It's a totally tubular time at APL! We'll nosh on pizza as we watch a timeless holiday classic and make some of the decade's hottest accessories. For grades 7-12. Registration required.
- Crochet Baby Jellyfish, Monday, Dec. 26, from 2-3:30 p.m. You'll be in stitches for these adorable crocheted baby jellyfish. Not sure how to crochet? We'll figure it out together. 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. ■





We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2022 Eastern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Altoona and Bondurant editions. You can vote in one or every category, or anywhere SCAN HERE TO VOTE in between.

Mail in this paper ballot or vote online at the link by scanning this QR code, by Dec. 16, 2022. One vote per resident, please.

#### **SEE RULES AND VOTE ONLINE AT**

#### www.iowalivingmagazines.com/residentspoll

- Favorite Eastern Polk Co. Consignment Store
- Favorite Eastern Polk Co. Mom/Child Date Spot
- Favorite Eastern Polk Co. Dad/Child Date Spot
- Favorite Eastern Polk Co. Coach
- Favorite Eastern Polk Co. Bank
- Favorite Eastern Polk Co. Restaurant
- Favorite Eastern Polk Co. Hair Salon
- Favorite Eastern Polk Co. Gymnastics Studio
- Favorite Eastern Polk Co. Doctor
- 10. Favorite Eastern Polk Co. Dentist
- 11. Favorite Eastern Polk Co. Chiropractor
- 12. Favorite Eastern Polk Co. Eye Doctor
- 13. Favorite Eastern Polk Co. Heating and Cooling Contractor
- 14. Favorite Eastern Polk Co. Pastor

#### OFFICIAL BALLOT - THE POLL IS NOW OPEN!

#### WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL

- 15. Favorite Eastern Polk Co. Health Club or Gym
- 16. Favorite Eastern Polk Co. School
- 17. Favorite Eastern Polk Co. Boutique
- 18. Favorite Eastern Polk Co. Park
- 19. Favorite Eastern Polk Co. Place for a Field Trip
- 20. Favorite Eastern Polk Co. Community Festival
- 21. Favorite Eastern Polk Co. Teacher
- 22. Favorite Eastern Polk Co. Principal
- 23. Favorite Eastern Polk Co. Church
- 24. Favorite Eastern Polk Co. Restaurant for Dessert
- 25. Favorite Eastern Polk Co. Restaurant for Breakfast
- 26. Favorite Eastern Polk Co. Restaurant for Lunch
- 27. Favorite Eastern Polk Co. Restaurant for Dinner
- 28. Favorite Eastern Polk Co. Car Dealership
- 29. Favorite Eastern Polk Co. Place for Ice Cream
- 30. Favorite Eastern Polk Co. Event
- 31. Favorite Eastern Polk Co. Daycare
- 32. Favorite Eastern Polk Co. Place for Children's Birthday Parties
- 33. Favorite Eastern Polk Co. Preschool
- 34. Favorite Eastern Polk Co. Library
- 35. Favorite Eastern Polk Co. Chamber of Commerce
- 36. Favorite Eastern Polk Co. Camping Spot
- 37. Favorite Eastern Polk Co. Nonprofit

- 38. Favorite Eastern Polk Co. Dance Studio
- 39. Favorite Eastern Polk Co. Place to Take Your Mom and Dad
- 40. Favorite Eastern Polk Co. Place to Take Your Kids or Grandkids
- 41. Favorite Eastern Polk Co. Place for Auto Service
- 42. Favorite Eastern Polk Co. Place to Purchase a Gift for a Woman
- 43. Favorite Eastern Polk Co. Place to Purchase a Gift for a Man
- 44. Favorite Eastern Polk Co. Realtor
- 45. Favorite Eastern Polk Co. Bar
- 46. Favorite Eastern Polk Co. Place for Guests to Stay
- 47. Favorite Eastern Polk Co. Coffee Shop
- 48. Favorite Eastern Polk Co. Nursery or Landscaping Company
- 49. Favorite Eastern Polk Co. CPA
- 50. Favorite Eastern Polk Co. Insurance Agent
- 51. Favorite Eastern Polk Co. Home Builder
- 52. Favorite Eastern Polk Co. Pharmacy
- 53. Favorite Eastern Polk Co. Grocery Store
- 54. Favorite Eastern Polk Co. Senior Living Facility
- 55. Favorite Eastern Polk Co. Home Improvement Business
- 56. Favorite Eastern Polk Co. Veterinarian
- 57. Favorite Eastern Polk Co. Physical **Therapist**
- 58. Favorite Eastern Polk Co. Dog Groomer
- 59. Favorite Eastern Polk Co. Attorney
- 60. Favorite Eastern Polk Co. Financial Planner
- 61. Your email address

# **ALTOONA** amenities appreciated

Community has everything Thomas was looking for.

Nikki Thomas' favorite part of her family's Altoona home is the back deck, which she and her husband, Jereme, expanded after they moved into the home in June 2018.

"It's covered, so we can lounge around a fire and watch movies as a family or host a neighborhood tailgate party," she says.

The Thomas family's place is situated on a quiet cul-de-sac where their kids can ride bikes and play in the yard with their friends without worry. It also has quick access to the bike path and is within walking distance of the grocery store, their church and the kids' school.



Jereme and Nikki Thomas and their children enjoy spending time on their covered back deck entertaining friends. The backyard has plenty of room for the kids, too.

The home includes four bedrooms, which is perfect for the family of four, and still offers plenty of room for guests.

"We also love that we're close to a lot of things, and our kids have some of their best friends living right down the street," Thomas says.

When they were looking for a home to settle down in, a couple factors were most important.

"We wanted to move to a neighborhood that was quieter and more kid-friendly than our previous neighborhood," Thomas explains. "We also really liked the small-town feel of Altoona with all the conveniences of a big city."

In the years since moving in, the family has found that and so much more to appreciate about where they live.

"Our neighbors are awesome," Thomas says. "We have monthly gettogethers, impromptu gatherings in our driveways, they look after our kids, and we're like a big family. We don't get a lot of traffic, and everyone is always willing to help each other out."

The Thomases are active in the community as well. Both Nikki and Jereme have been on the planning committee for Altoona Palooza for three years, and Jereme is involved with the Knights of Columbus and Ss. John and Paul Catholic Church.

"There always seems to be something going on in Altoona, from trivia nights to city-wide events to food trucks to library events for the kids," Thomas says. "We are never at a loss for things to do on the weekend."

# **YOUR CHOICE** for home health is up to you

Has your healthcare provider told you that home health services might benefit you? If you're like most people, you're not quite sure what that kind of care entails, and why you might need it.

Home health care is clinical, medical supervision provided in a person's place of residence. It's usually prescribed by a doctor as part of a care plan following a person's hospitalization for illness or injury. It can also benefit older adults



who are prone to falls or who have been diagnosed with chronic illnesses, such as diabetes or heart problems. It can include: medical testing; health monitoring; administration of prescription medication or injections; physical, occupational and/or speech therapy; or wound

Many providers, including healthcare systems, hospitals and seniorliving organizations, offer home healthcare. Your doctor might make a recommendation, but, ultimately, the provider you choose is your decision. Here are some factors to consider when making that selection.

- Is the provider Medicare- and Medicaid-certified? Certification is a sign that the organization meets state and federal requirements and can be expected to provide quality care.
- What services does the provider offer? Look for one that specializes in physical, occupational and speech therapy, among other services, so caregivers can address a range of needs.
- Is the provider established? Online reviews can be a great resource, but don't stop there; search sites that offer ratings and quality scores, including patient-satisfaction scores, and ask friends and family members for opinions. It's not unusual for providers to enter and exit the market quickly. Consider one with positive outcomes that can be
- Can the provider break down, quickly and easily, the percentage of services your insurance will pay for, and how much of the cost, if any, will be out of pocket? Make sure you thoroughly understand this information before services begin.
- Ask about the qualifications and credentials of the individuals who would be providing your care. Your team should include people with certifications and licenses that are appropriate for the services they will be administering. If you're promised a nurse, ask and make sure the person who will be caring for you is either a licensed practical nurse or registered nurse.
- Ask how your care plan will be fulfilled. A home health care plan should be created for you, in conjunction with your doctor. It should be tailored to your specific needs to help ensure that you receive the right care at the right time.

Those questions should help get you started in choosing a provider that will make a positive difference in your well-being for years to come.

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



"WesleyLife Hospice helped my mom have more good days.
As we got ready for the holidays last year, she was able to be a part of things, and the whole family was able to focus on spending really meaningful time with her."

- Teresa A., Urbandale

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



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

# **NEW LIFE FOR** your old insurance policy

Life insurance can serve many valuable purposes. However, later in life, when your children have grown, you've retired, or you've paid off your mortgage, you may no longer think you need to keep your coverage



or that perhaps your coverage has become too expensive. You might be tempted to abandon the policy or surrender your life insurance coverage, but there are other alternatives to consider.

#### Exchange the old policy

One option is to exchange your existing permanent life insurance policy for either a new life insurance policy or another type of insurance product. Under the federal tax code, this is known as an IRC Section 1035 exchange.

The exchange must be made directly between the insurance company that issued the old policy and the company issuing the

new policy or contract. The rules governing 1035 exchanges are complex, and you may incur surrender charges from your current life insurance policy. In addition, you may be subject to new sales, mortality and expense, and surrender charges for the new policy.

#### Lower the premium

If the premium cost of your current life insurance policy is an issue, you may be able to lower the premium by reducing the death benefit, which would not require an exchange. Or you can try to exchange your current policy for a policy with a lower premium cost. However, it's possible that you may not qualify for a new policy because of your age, health problems or other reasons.

#### Create an income stream

You may be able to exchange the cash value of a permanent life insurance policy for an immediate annuity, which can provide a stream of income for a specific period of time or for the rest of your life. You should be aware that, by exchanging the cash value for an annuity, you will be giving up the death benefit, and annuity contracts generally have fees and expenses, limitations, exclusions and termination provisions.

#### Provide long-term care

Another option is to exchange your life insurance policy for a new life insurance policy that includes long-term care and/or chronic illness benefits. Many of these types of policies provide tax-free benefits by accelerating your benefits should you need care in a facility such as a nursing home or even care in your own home.

Whatever option you choose, it may be wise to leverage any cash value in your unwanted life insurance policy to meet other financial needs.

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



# AT ALTOONA CAMPUS

SATURDAY, DECEMBER 3<sup>RD</sup>

FIRST 500 PEOPLE RECEIVE A

COMMEMORATIVE

COTH ANNIVERSARY T-SHIRT

- Children's Activities
- Refreshments
- Short Program
  - Membership Specials
    - •Raffle Item

altoona campus





#### **MEET** Madison Foster

Drones, WORDLE, fun and education

Originally from Reasnor, Madison Foster recently joined the Southeast Polk Community School District. Before joining the district, she attended Iowa State University where she studied elementary education. While there, she also obtained endorsements in both reading and math.

Foster says she fell in love with the atmosphere of the Southeast Polk Community while student teaching third grade at Four Mile Elementary School. Now, Foster teaches



Madison Foster says support of the district and co-workers helps her as a first-year teacher.

fifth grade at that same elementary school where she student taught.

"The thing I like best about working with the Southeast Polk district is the teachers and students. The teachers have been so welcoming and helpful, and that has made a huge difference being a first-year teacher," Foster says.

While teaching at the fifth-grade level, Foster has gotten to know her students and acquainted with their unique personalities. In her current role, she says she can help her students find themselves and who they want

"When I would think about who inspired me the most, it was always a teacher I had. I wanted to be that to someone else," Foster says.

Foster's students participate in fun activities such as using Indie bots for STEAM and playing Wordle. Her students have also been flying drones. As part of that project, students have so far been practicing how to take off and how to land. Foster says that she eventually wants her students to be able to build obstacles with legos and then fly the drones through these obstacles. In addition, the class also talks about what drones are capable of in order to help us all around the world.

"The students in the SEP district are awesome and truly remind me why I wanted to become a teacher," Foster says.

This school year, Foster is most looking forward to learning more from other teachers as well as getting to know her students and their families better. When not teaching, she enjoys spending time with her family and friends.

"I have already gotten to feel the rewarding side of teaching like hearing that I am making a difference, seeing a student's confidence level go up when working with a new concept and seeing a smile on their face every day."

### SENIOR By Stephanie Proper

# **HOLDING** winter sleepiness at bay

It is the time of year when it seems the sky is always dark. When we wake up, it is dark, and, when we go to sleep, it's dark. It's getting colder and not nearly as pleasant to go outside. The reduction of sun exposure can result in our bodies producing more melatonin, otherwise known as the sleep hormone. While the increase in melatonin can help us settle in for a long winter's nap, many of us still have things



to accomplish. However, with the sleepiness, we start to lose motivation and energy. Don't worry, there are several ways to get your energy back.

- Eat for energy. Carbohydrates fuel your muscles and brain. Carbohydrates (or carbs) are not just pasta and bread. There are two types of carbs: simple and complex. Simple carbs are in a lot of food with high sugar content such as sodas, baked goodies and cereals. Complex carbs are found in whole grains, fruits, vegetables, nuts and seeds, and more. To fuel your body to have more energy, try eating more complex carbs including whole wheat pasta or quinoa. You can also add in more berries and bananas to your diet for an increase in complex carbs.
- Get up and move. The more we sit around, the more we want to sit around. Moving your body increases your heart rate, which then dilates blood vessels, increasing your body's blood flow and resulting in your muscles and brain getting more energy. As little as moving 10-15 minutes extra a day can help improve your energy. The more movement the better.
- Drink water. I personally do a great job of drinking coffee, and that is pretty much just flavored water...right? While caffeine can help increase alertness, you have to use it sensibly. Some studies show that drinking a cold glass of water in the morning helps you feel more awake compared to caffeine. The caffeine in coffee can cause the body to lose fluid, leading to dehydration. We all know signs of thirst can be dry lips or a dry mouth. Did you know lack of focus, muscle weakness and tiredness are also signs of thirst? Increased dehydration results in impaired systems in your body. When you don't feel great due to dehydration, you don't have the energy to do things that help you get that energy
- Isolation can also be an energy zapper. Make social connections for not only your mental health but also your physical health. Find a hobby or join a club that gets you out and

It's important to remember that we should do everything in moderation. It is OK to have days sitting under a blanket, snacking and watching a movie, but it is just as important to have days where we push ourselves to move more and do better.

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

# **HOW TO** adjust your budget during high inflation and rising rates

With record-high inflation and rising interest rates, many families are operating on limited resources. If you find that your bank accounts do not look as they normally do, now is a good time to revisit your monthly budget to find



areas to improve. Here are four tips to help you reduce expenses and live on a tight budget.

1. Review recurring expenses: Review recurring monthly expenses. Monthly necessities typically take up a big portion of our monthly budgets, so trimming this category can lead to big savings.

Are there any monthly expenses you could reduce, possibly by switching to a new provider? Consider shopping around for better rates on recurring expenses or switching out cable TV with a less-expensive online streaming service. If you're already signed up for several streaming services, consider evaluating which ones you use most and cutting down on the others.

Look at non-essential recurring expenses like music streaming services, media subscriptions and gym memberships. Are there other ways to do these things that do not require a monthly

- 2. Cut down on utilities: With winter approaching, you might find that your utility bill begins to increase. Find ways to trim down on utility usage, such as turning down the heat when you are not at home, limiting dryer usage when possible and unplugging electronic devices when you are not using them.
- **3. Eat home-cooked meals:** It is typically less expensive to eat at home than to eat take-out from restaurants. Cook from home as much as possible and have fun with it. Now is a good time to try those recipes your friends and coworkers shared.

When you shop for groceries, particularly non-perishable groceries, consider buying in bulk. Buying in bulk allows you to pay less per unit and save on your groceries in the long run.

4. Consider refinancing debt: If you have high interest loans, investigate getting them refinanced at a lower rate. While interest rates are currently rising, they still may be lower than the rate you locked into many years ago. Refinancing could help lower your monthly payments and save you money long term by reducing how much money you pay in interest over the life of the

Do not forget that continuing to pay down your debt is critical to maintaining your financial health, and loan payments are one category of your budget you should try not to trim. Be sure to continue making minimum payments even when you are on a tight budget.

Small changes in each category of your budget can lead to significant savings and a quicker road to more financial recovery.

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.



# DIFFERENCE BETWEEN

#### 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









Follow us on Facebook! Family owned and operated



#### **FAITH**

**By Nathan Anenson** 

# **THE** gift

There's Black Friday and Cyber Monday and the holiday shopping spree is upon us. We shop and we shop to find those perfect gifts for our family and friends. But, what if what your loved ones need most this Christmas is not that new gaming system, collectible or sweater, but something that money can't buy? Here are five surprising gifts that will bring joy to your family.



- 1. The gift of patience. December can bring busy calendars and long to-do lists, and thus stress can hit new levels. Too often, our stress boils over on those closest to us, and they get burned. What if, this Christmas, you gave the gift of patience to those around you: to your kid who won't listen, to your spouse who is running late, and to the restaurant server who is trying their best to keep up with all their tables?
- 2. The gift of perspective. It's easy to get caught up in the drama of life: what he did and what she said. As you gather with family and friends, what if you offer perspective on what really matters and what's worth focusing our attention on? Not every battle is worth fighting. Not everything will matter ten years from now.
- 3. The gift of forgiveness. Grudges come easy. Bitterness steals our peace. Is there someone in your life that you struggle to forgive for what they have done? I have heard it said, "Unforgiveness is like drinking poison and expecting the other person to die." Extend forgiveness, and you will receive the gift of being free.
- 4. The gift of prayer. Many times, we or our loved ones face difficulties that are simply too big for us to deal with. We find ourselves in circumstances that we can't control or change. But there is a God who holds the whole world in His hands and loves you and loves to answer prayer. Lift your loved ones regularly to God in prayer and trust that He will guide and provide as you surrender to Him.
- 5. The gift of Jesus. The gifts above are not easy to give. In our best moments, we do some good, but so often we fail to follow through on our intentions, and we end up giving stress and hurt instead. That is why Christmas happened. That is why God sent His Son to this earth as the best gift ever. In this gift of Jesus, God died to forgive our sins and came to be with us to empower a whole new way of life. This Christmas, give the best gifts you can, but most importantly, receive the best Gift there is. Open your heart to Jesus. Receive his forgiveness and power. The best gift this Christmas is for you. ■

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

# **LEGAL** issues of losing a spouse

Losing a spouse can be one of life's most stressful events. In addition to coping with the loss of a loved one, the survivor must make important decisions. The surviving spouse may have to take on new responsibilities,



such as managing household finances or returning to work. The loss of a spouse has a major impact on the survivor, both emotionally and legally. A handful of legal issues should be addressed when a spouse passes away.

First, the surviving spouse must locate the will. The will names an executor to handle the administrative responsibilities of settling the estate, such as paying final bills, disbursing assets, and filing final income and estate tax returns. The executor may be the surviving spouse or someone else. If there is no will, the probate court can appoint someone to

ATTORNEYS WHO SPECIALIZE IN YOU

administer the estate. It is essential to hire an experienced attorney to assist with the probate

Even if the decedent and a surviving spouse owned most or all property jointly, legal actions are required to finalize the estate. Iowa law requires that an original Last Will and Testament be filed with the clerk of court, even if there will be no probate of the estate. Title to jointly-owned real estate must be transferred to the survivor. This must be done through a document filed with the local County Recorder. Assets such as investment accounts and life insurance should be transferred to the named beneficiary.

The will isn't the only document required to settle an estate. Financial documents and information to file claims for insurance and other benefits are also needed, including:

- Death certificate
- Trust information
- · Abstract of title to real estate

- Original stock certificates
- Information on bonds
- Financial account statements (bank accounts, investments, retirement accounts)
  - Insurance policies
- Vehicle registration and insurance information
- Appraisals of any tangible personal property that has significant value, such as antiques, artwork, or collections

A surviving spouse should then review their own estate plan. The passing of a spouse is a good time to update a Last Will and Testament and to ensure that advance directives (powers of attorney and a living will) are in place. A widow or widower can also assess the remaining assets to plan for strategic gifting or the possibility of needing long-term care.. ■

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



2560 73rd St., Urbandale • 515.278.0623 • www.ARPCLaw.com



#### BEFORE YOU GO By Jan Shawver

# **HONORING** veterans

Nov. 11, 1918 marked the end of "the war to end all wars," World War I, when fighting ceased between the Allied nations and Germany on the 11th hour of the 11th day of the 11th month. Armistice Day was made a national holiday on May 13, 1938, and, in 1954, the name was changed to Veteran's Day to honor American veterans of all wars.



Today, I would like to personally thank all veterans who have been willing to risk their lives, some giving the ultimate sacrifice, so that I could enjoy freedom here in America. Thank you.

It is our privilege, as a veteran is laid to rest in our cemetery, to honor them for their service to our country. It is with pride that we witness the folding of the flag, the sound of Taps being played and the deceased veteran receiving the honor they deserve.

In this month of thanksgiving, I encourage you to take a moment to thank a veteran that you pass on the street, write a letter to a serviceman serving on foreign soil, or pray for those who have served and are serving our country.

Remember: Freedom is ours because someone paid a great price for it.

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.



#### HEALTH **By Andrea Gustafson** THE CHANGE of seasons A change in mood?

Fall is a time of transition. The weather is changing; it's getting darker and cooler. Some find this time of year exciting and full of joy. Others find it challenging and notice a change in their mood and motivation. Some experience symptoms similar to depression. This may be due to Seasonal Affective Disorder (SAD). So, what can you do if you struggle this time of year?



- Get more vitamin D. Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.
- Use a light therapy lamp. To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.
- Be intentional about doing things you enjoy. It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.

If this time of year is consistently a struggle for you, develop a plan now. You may not be able to completely stop the winter blues or SAD, but planning now can help lessen the impact. And don't be afraid to ask for help. Whether it is a trusted friend or it's time to talk to a professional, ask for help. ■

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

#### **CBD** and a sense of wellbeing

A common question among many new cannabis users is, naturally, what does it feel like? Cannabinoids like THC produce an intoxicating "high" experience, but CBD does not. However, that doesn't mean it won't alter one's state of being in a noticeable way. CBD performs as an adaptogenic, meaning it helps the body adapt to various environmental stresses and biological changes. A person can expect to feel a sense of calm



and relaxation, along with an improved mood. Many users can take CBD at various times throughout the day because of its adaptability. The proper dose of CBD during the day can give a person a sense of mental stimulation and energy but also can help one relax and sleep better when taken before bed. Again, this is due to its ability to adapt to what the body needs. It is common to notice changes within the first hour of using, but the most improved results tend to take several days or weeks of consistent use. Results will depend on the severity of what's being treated, personal biology and tolerance, and the product quality. It is recommended to start with a low dose and increase slowly as needed, and remember to keep a log of your results. CBD won't get you high, but it can certainly get you happy; give it a try to achieve that sense of wellbeing so many others have passionately reported. Stop in at a store where you can try free samples and talk to a certified CBD consultant.

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036. References: https://www.healthline.com/health/does-cbd-get-you-high



#### HEALTH

By Dr. Kari Swain

# **ALIGNING** the pelvis for gentle birthing

Choosing a prenatal chiropractor to serve on your pre- and post-natal journey can benefit both mom and baby immensely.

Our nervous system perceives stress and regulates how we adapt to it. Chiropractors cannot take away life stressors, but chiropractic adjustments will help you adapt to stressors with more ease. When receiving a chiropractic adjustment, the body is restored to a parasympathetic state, releasing stress and stored emotions. Stress hormones like cortisol, norepinephrine, and others are decreased. These hormones are beneficial in small bursts, but not when sustained for long periods.

Physical, chemical and emotional stressors disrupt the flow of communication between the brain and the body. As we restore the brainbody connection by way of the nervous system, we can allow for greater harmony to exist within.

Physical harmony is also critical for the end goal of birthing, as gently as possible, a healthy baby. As a prenatal chiropractor, we want to focus on creating alignment in the pelvis. Utilizing the Webster Technique, space is created for baby to grow and move freely. This space allows for the baby to move into optimal birthing position. Chiropractors don't turn breech babies. They create more space for them to simply be, allowing for many babies to turn on their own time.

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





#### **BRAIN** power boosting foods

Boosting your brain power starts in the kitchen. These supercharged brain foods can benefit brain development, memory, learning, planning, concentration, logic and judgment. Many of these foods also help keep blood sugar and energy steady, which promotes focus.



- Leafy greens: Leafy greens and green vegetables like kale, spinach and broccoli contain vitamin K, lutein and folate, which may help slow cognitive decline. Lutein supports eye health, too, which has become more important with increased virtual working and learning.
- Fatty fish: Fish with higher fat content such as tuna, salmon and sardines, contain omega-3 fatty acids to support overall brain health. Seafood is one of the only natural dietary sources of the omega-3 fatty acids EPA and DHA which have been linked to brain development in children and adults. The average omega-3 EPA+DHA intake for American adults is 90-120mg per day while the general recommendation for omega-3 fatty acids is 250-500mg of combined EPA and DHA per day. Try including fatty fish two to three times per week to hit your recommended dose of omega-3s. Bonus: omega-3 fatty acids also support heart health.
- Berries: Blackberries, strawberries, raspberries and blueberries contain flavonoids, a natural plant pigment that gives them their brilliant colors. These flavonoids deliver anthocyanins, a group of plant compounds with anti-inflammatory and antioxidant effects. Antioxidants act against both oxidative stress and inflammation, conditions that can contribute to brain aging and neurodegenerative diseases. Some of the antioxidants in blueberries have been found to accumulate in the brain and help improve communication between brain cells. To get the most out of fresh berries, wash them just before eating, not any sooner to prevent mold.
- Nuts: Nuts are rich in protein and healthy fats, which help keep you full and focused, but walnuts have been linked to improved memory function due to their Vitamin E content and anti-inflammatory omega-3 fatty acids. Walnuts make great snacks for virtual learners who may need to eat while sitting at a computer.
- Avocados: Avocados have been linked to improved brain health. Along with brain-promoting lutein, avocados also contain fiber, folate, vitamin E and potassium. If that wasn't enough, avocados also contain omega-3 fatty acids to promote overall brain health. Try adding sliced avocados to toast, sandwiches, salads, tacos, or toss them in smoothies for an extra creamy treat.
- Eggs: Eggs contain choline and lutein, nutrients that are important for brain development, memory and life-long learning. Choline has been shown to play a role in early brain development used for memory and learning. Adequate intake of choline is 425 mg per day for most women and 550 mg per day for men, with just a single egg yolk containing 112 mg. Don't have time to make breakfast every morning? Egg sandwiches, burritos and muffins can be prepped ahead and frozen. Simply reheat in the microwave and enjoy.

The take-home message: a well-balanced diet helps kids and adults perform better and promotes life-long learning. Focus on a wide variety of foods rich in protein, carbohydrates and fat at each meal and snack to stay full and focused. ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietician, Fareway, 620 Eighth St. S.E., Altoona, 515-967-0705.

620 8TH STREET SE, ALTOONA (515) 967-0705



# NOVEMBER 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

Whether you've already put your tree up, or you firmly believe it needs to wait until after everyone comes together for turkey; it's time to start thinking about the holidays and the weather that comes with it!

#### **HOLIDAY CLOSINGS**

City Offices will not be open on the following dates:

THANKSGIVING: 11/24 and 11/25 CHRISTMAS: 12/23 and 12/26

NEW YEAR'S: 1/2

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

THANKSGIVING: 11/24 and 11/25 CHRISTMAS: 12/24 and 12/25

NEW YEAR'S: 1/1

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

#### SNOW ORDINANCE

The snow removal parking ban is in effect from October through May or anytime snow and/or ice removal efforts are required. When the weather forecast predicts weather conditions that will require enforcement of the parking ban, a notice will be published on the City of Altoona's and/or Altoona Police Department's Facebook and Twitter pages.



for the holidays

# HOMEOWNER SNOW REMOVAL RESPONSIBILITIES

All sidewalks adjacent to your property are your responsibility and are required to have snow removed within 24 hours following the cessation of the weather event from which it was deposited. All complaint calls will be referred to the Building Department for follow-up and code enforcement. Snow placed on sidewalks by City plows where the sidewalk meets the street is the responsibility of the adjacent property owner to remove. City snowplows will not clear private driveways except under emergency conditions and with the approval of their supervisor. The snow placed in your driveway by the City plows is your responsibility to remove. Please do not move snow from your driveway into the street.



Streets may be temporarily closed if they become impassible due to automobile accidents or stranded automobiles. City roads will be cleared only if City equipment can safely push the snow without hitting vehicles parked in the street. Cul-de-sacs will not be cleared if garbage and recycling receptacles are placed in the City street. The roads will be cleared when the obstructions are removed either by the owners or towed at the owner's expense.

Clean around fire hydrants in your yard so the Fire Department may have easy access to your hydrant in case there is a fire in your neighborhood. Please try and keep your driveway and approach to your house clear in case the police or fire personnel need to respond to your home. Postal workers and others delivering packages to your home will also appreciate a safe route to your front door.

Clean around mailboxes and be sure the mailboxes are properly installed behind the curb line to withstand snow clearing efforts by the City. The City assumes NO responsibility for mailboxes damaged during snow removal. Thank you for your efforts to keep Altoona safe and accessible!

#### **CITY TRAILS IN WINTER**

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



This season, we're thankful. Thankful for family, friends, and our first responders who don't close, even on holidays. And we're extra grateful for this wonderful community.

#### **EVENTS IN THE AREA**

Be sure to check for cancelations.



#### **Live Nativity**

Dec. 3, 6-8 p.m. Centennial United Methodist Church at Ivy, 9150 N.E. 12th Ave., Altoona

Enjoy a Live Nativity presented by the congregation of Centennial United Methodist Church at Ivy.

#### Santa's Wonderland

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

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





#### 'Come From Away'

Through Sunday, Nov. 27 Des Moines Civic Center, 221 Walnut St., Des Moines

Lose yourself in this Broadway musical showcasing the light found in the darkness of 9/11. Based on the true story of 7,000 airline passengers who found themselves stranded in the small town of Newfoundland, Canada, and the residents who housed and fed them. Written by the Tony-nominated Irene Sankoff and David Hein and directed by Tonywinning Christopher Ashley. Tickets \$40 to \$130 at dmpa.org.



#### **Festival Of Trees & Lights**

Friday - Saturday, Nov. 25-27 Iowa Events Center, 833 Fifth Ave., Des Moines

Jumpstart the holidays at this timehonored tradition benefiting Blank Children's Hospital. Annually, more than 15,000 people attend to enjoy the beautiful decorations, gift shop and festival entertainment. Open 10 a.m. to 7 p.m. Friday and Saturday, then 10 a.m. to 5 p.m. Sunday. Tickets are \$5 per person (ages 2 and younger free), available online or on site. More information at unitypoint.org/ blankchildrens/festival-of-trees.aspx.



#### **Downtown Winter Farmers** Market

Saturday, Dec. 3 from 9 a.m. to 1 p.m. Historic Court District, Des Moines

Enjoy one more farmers market before frigid weather sets in. Vendors will have seasonal local produce, meat, cheese, eggs, jam, jelly, salsa and other farm food available for purchase. Local artists, food trucks and street food vendors will also be present. Find more information at dsmpartnership.com/ desmoinesfarmersmarket/winter-market.

#### **Holiday Hullabaloo**

Nov. 25-Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only

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

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

#### **Christmas at Terrace Hill**

Sunday, Dec. 18, 1-4 p.m.

A Lot Wall

Terrace Hill, 2300 Grand Ave., Des Moines

Gov. Kim Reynolds and First Gentleman Kevin Reynolds cordially invite families to attend this year's Christmas at Terrace Hill, a fun and festive holiday experience at the Iowa Governor's Residence and National Historic Landmark. Enjoy activities for the kids, spectacular decorations, carolers, delicious treats, and a free photo with Santa and a reindeer. Admission is \$25 per individual or \$50 per family household and must be made in advance either online at https://terracehillchristmas22.eventbrite.com or by phone at 515-281-7205. Proceeds from the event benefit the Terrace Hill Partnership, the non-profit organization that supports necessary conservation and restoration projects at Terrace Hill.

#### 'She Loves Me'

Dec. 2-11 Ankeny Community Theatre, 1932 S.W. Third St.

This charming musical is about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at ankenycommunitytheatre.com

# A FOIL PACKET meal for sweet fall simplicity

(Family Features) Fall provides almost endless opportunities to gather friends and family around great food. From tailgates and family events to those precious last outdoor meals before winter sets in, the scenery of autumn is a perfect backdrop for sharing meals together.

Those favorite fall foods are often best when they're delicious without complications. Taking the guesswork out of cool-weather classics can be as easy as these sweet potato foil packet tacos, which are loaded with flavor and can be customized to fit everyone's taste buds with personalized toppings.

As the key ingredient, sweet potatoes show off their versatility as an ideal addition to simple or elevated sweet or savory dishes. Because you can cook and prepare them multiple ways — such as baked, microwaved, grilled, slow cooked or on the stove — they're easy to use in a wide array of recipes.

Plus, according to the American Diabetes Association, sweet potatoes are a "diabetes superfood" because they're rich in vitamins, minerals, antioxidants and fiber.

Find more recipes at ncsweetpotatoes.com. ■

#### Sweet potato foil packet tacos

Recipe courtesy of the North Carolina SweetPotato Commission. Servings: 6

- 1/2 pound ground turkey
- 3 tablespoons taco seasoning
- 1/2 cup tomato sauce
- 1 can (15 ounces) black beans, rinsed and drained
- nonstick cooking spray
- 2 pounds North Carolina sweet potatoes, peeled and cut into 1/2-inch cubes
- · 2 tablespoons butter
- 3/4 teaspoon salt
- 1 1/2 cups fresh chopped spinach
- 1 1/2 cups shredded cheddar cheese
- sour cream and guacamole (optional)
- · Preheat oven to 425 F.
- In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
- · Lay out six 12-inch aluminum foil pieces;



spray each with nonstick cooking spray.

- In center of each foil piece, place 1 cup sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
- Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.
- Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
- Serve with sour cream or guacamole, if desired.

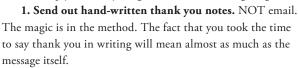








No business succeeds in isolation. It is virtually impossible to achieve long-term sustainability without the support of a cast of people who impact you along your business journey. However, most of us are so busy we rarely take the time to express our gratitude to the mentors, peers, customers, vendors and supporters who have helped us realize success. The Thanksgiving season is a great opportunity to pause and not only give thanks for the many blessings in your personal life, but also to be grateful for those who have supported you professionally. Below are eight ideas to help you show your gratitude this Thanksgiving season.



2. Deliver a small gift. This could be anything from a gift card to a coffee mug. It doesn't have to be expensive but does need to be thoughtful so include a note outlining why you are thankful for them.

3. Patronize another small business. Make a point to purchase goods or services from another business just for the sake of supporting them, and make sure they know how much you appreciate them.

4. Write a great review for another business. Positive (authentic) reviews are always welcome and a huge help to newer businesses. Taking the time to write about your great experience publicly will be much appreciated.

5. Offer a special discount. Offer a discount to your most loyal customers or top 10% of customers from the past year. Make sure they know that you see and appreciate their ongoing

**6. Thank them publicly.** Take the time to express your gratitude to a mentor or peer by highlighting them in your business newsletter or on your social media accounts.

7. Advertise for a vendor or another small business. Use your business communication channels to help spread the word about your excellent tax preparer or another business' new product.

**8. Host a holiday open house.** This one takes a little more work but can be a great way to express customer appreciation and have some fun in the spirit of the holidays.

Taking the time to express your gratitude doesn't have to be "one more thing" to do. It can be as easy as making a small gesture to let the key people in your business journey know just how important they are.

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



#### **OUT & ABOUT**



A ribbon cutting was held for Envoy Mortgage at 3160 Eighth St. S.W. on Oct. 27.



Mad Hatter (Jordan Clemens), Spider Queen (Blaire Angel), Queen of Hearts (Rebecca Moews) and Bunny Binx (Amy Nichols) at Business Trick or Treat on Oct. 26.



A ribbon cutting was held for Townsend Community Center at 6615 N.E. 41st Ave. on Oct. 28.



Iris Gorsche, Anne Moore and Linda Lawson at the ribbon cutting for Townsend Community Center on Oct. 28.



Mary Simon and Bruce Mason at the ribbon cutting for Townsend Community Center on Oct. 28.



Marsha Lynch and Phillip Sandquist at the ribbon cutting for Townsend Community Center on Oct. 28.



Susanne Cantrell and Jeannie Christenson at the ribbon cutting for Townsend Community Center on Oct. 28.



Sharon Townsend and Kay Alcantar at the ribbon cutting for Townsend Community Center on Oct. 28.



Chad Quick and Larry O'Connor at the ribbon cutting for Townsend Community Center on Oct. 28.

## **OUT & ABOUT**

# **TRICK** or Treat

The Business Trick or Treat was held at Civic Plaza on Oct. 26.



Vincent, Luca, Micah, Ryker, Willow and Adilyn



Nora Burke with Lylla and Anderson



Greg Pollock with Laney



Ariya



Trevor and Tyler



Chloe



Lindsay Pratt with Cadence



Zak and Vancy Laird with Hudson and London



Eric and Aundrea Elliott with Addison, Izzy and Dakota



Courtney and Blake Pahl with Delilah



Jessica Smith with Liam



Vanessa Cortes with Trice and Sully



INDEPENDENT LIVING | ASSISTED LIVING | CLOSER CARE | MEMORY CARE



**515-313-3814** 





Shawn Kinnison
welcometuscany@edencrestliving.com

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



# PENNIE CARROLL & ASSOCIATES

EAL ESTATE

#### VIEW ALL VIRTUAL TOURS





\$654,100 5BED



\$299,500 3 BED 21/2 BATH 1.814 SQFT ALTOONA



\$329,500 4BED 21/2BATH 1.612 SQFT ALTOONA



\$373,000 4BED 3BATH 1577 SQET ALTOONA



**ALTOONA** 

\$235,000 28ED PLEASANT 1,296 SQFT HILL



\$299,000 3BED 2BATH 1228 SOET ALTOONA



BED BATH 42250FT ALTOONA



\$320,000 48ED 28ATH 1515 SOFT BONDURANT



5 BED 3 BATH 1,800 SQFT ALTOONA



\$499,500 5 BED 1.6 ACRES 2 BATH 2716 SQFT ALTOONA



SBED SBATH 433 SQFT ALTOONA



\$184,500 2 BED 1 BATH 951 SQFT DES MOINES



\$300,000 .86 ACRES DES MOINES



\$235,000 4.62 ACRES CARLISLE



\$239,900 3BED 2BATH 960 SQFT ANKENY



\$199,900 3BED 2BATH 830SQFT DES MOINES