

ALTOONA

OCTOBER 2022

Living

MAGAZINE

SPOOKY FUN

Residents share their
enthusiasm for Halloween

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WELCOME

SPOOKY fun

There is a reason why Halloween is one of our most celebrated holidays of the year — it's fun! And not just for kids. We adults seem to have a great time, too. Can you think of another day of the year when you can let your inhibitions run wild and dress up like someone else?

I didn't have the opportunity to do this much as a kid. My costume was the same most years — Frankenstein. I had a rubber mask, some rubber boots and a set of football shoulder pads. It worked, except for the mask having only two small holes in the nose and none in the mouth. Breathing was a problem.

I made up for my lack of Halloween costume diversity as an adult. Jolene and I had the great idea of dressing up as mummies for a friend's party one year. We started by wearing long underwear tops and bottoms, and then we wrapped each other in old white sheets that we cut up. It was a great look, but we overlooked a very simple feature — there was no way to easily use the restroom.

Other years, we dressed up with friends as characters from "The Wizard of Oz" (I was the lion) and "Gilligan's Island" (I was Mr. Howell). Jolene and I also dressed as a priest and a nun one year, and we were a farmer and a cow another.

Years later, Jolene and I hosted Halloween parties at our home. I relied multiple times on two costumes: Dracula and Michael Jackson. Other than some complicated face painting, the Dracula option was easy. All black clothes. A cape. A fancy medal. Some fangs. The Michael Jackson costume was simple, too, but the hair from the wig kept getting in my face. That took some getting used to, as I haven't had hair that long since 1983.

My all-time favorite costume, though, was The Lone Ranger (and Jolene was Tonto). Finding that light blue shirt and pants was a trick, and threading a leather shoe string in the upper shirt buttons wasn't easy, but the look was spot on. That same year we had a party off site with friends in a rented facility. I set up a fog machine and thought it would add great effects to the party. It did, especially when it set off the smoke detectors and two fire trucks showed up.

Well, hopefully this column gave you a few ideas of what to do for Halloween— and what not to do. Look inside this issue for other great ideas from residents who have spooky fun and go all out for Halloween.

Thanks for reading. ■



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SPOOKY FUN

**Residents share their
enthusiasm for Halloween**

By Lindsey Giardino

October is a time for cooler weather, pumpkin-flavored foods and drinks, haunted houses, costume parties, trick-or-treat nights, candy and more. Lovers of sweets load up on bags of miniature-size candy bars weeks in advance of Halloween, inevitably succumbing to the “It won’t hurt to eat just one” temptation and soon finding themselves needing to restock their supply.

For those who look forward to the scary side of the holiday with enthusiasm, there seems to be no limits to the creativity they show when they plan their spooky fun.

The Schoenings light up
their spooky decorations.

FEATURE

Halloween year-round

There are many things to love about Halloween for Erica Wagner, but what she enjoys most are the decorations.

"I love everything creepy, spooky, macabre and dark," she says. "I like and appreciate the different types of decorations. Some are fun, some are cute, some are scary, and some are gory."

Each year, Wagner decorates her home to the nines, both inside and out. In fact, her house is decorated for Halloween year-round.

"I have a lot of decorations that remain up all year and are a part of my design aesthetic," she says. "Every year I decorate my office at work, and I decorate the break room. I like to bring joy — and a little spook — to my coworkers during the month of October."

And while she has many favorite memories from the holiday, one stands out most.

"My wedding!" Wagner says. "I love Halloween so much that I was wed on Halloween in 2014."

Wagner and her husband had a Halloween-themed wedding, complete with a spiderweb cake and guests who arrived in costumes.

"It was unforgettable," she says.

Wagner, who grew up in New England, also has fond memories of going to haunted hayrides and haunted houses with family and friends, as well as having scary movie marathons. She even enjoyed trick-or-treating in the freezing cold.

This year, Wagner plans to dress up for work and travel to Branson, Missouri, for her and her husband's anniversary, because the town is said to go all out for Halloween.

Ultimately, for Wagner, Halloween is simply fun.

"It's not stressful, it's not costly, it's not wicked," she says. "It's just a fun holiday."

Memories and traditions galore

Everything about Halloween brings Lacy Schoening joy.

"When I think of Halloween, I tend to lean toward the scary parts," Schoening says. "I love decorating with realistic scary decorations, and my front yard is decorated to look like a graveyard. I love watching scary movies, with the original 'Halloween' series of movies being my absolute favorite, and I love decorating with spiders, witches and bats."

One extra-special decoration is the Halloween village (similar to the ceramic Christmas village) Schoening sets up each year.

In addition to going all out with her



Erica Wagner adds some spooky touches to her front lawn for Halloween.



At Wagner's house, you will find decorations inside and outside.

decorations, Schoening and her family carve pumpkins each year — something she used to do while growing up. She also throws a Halloween party every year, complete with decorations, costumes and lots of fun, festive food.

With all her Halloween traditions, Schoening has an abundance of beloved memories from the holiday. Her birthday is in October, and, one year, her sister and her friend turned their basement into a haunted house for Schoening's sleepover birthday party.

"It was awesome," she says. "The 'Nightmare on Elm Street' movies were popular during that time, and I remember she taped steak knives to her hand. As me and my friends were walking down the stairs to the haunted house, out came this creepy hand with knives on it. It totally freaked everyone out, and one friend even got too scared to go any further."

Another memory is from going trick or treating in town.

"We lived in the country, so my dad would drive us into town, and we would go trick or



Wagner and her husband, Travis, love Halloween so much it was even the theme of their wedding.

treating through some of the neighborhoods," Schoening says. "I remember one house that gave out homemade popcorn balls to each child, and I remember another house that gave each child a quarter."

This year will be certain to bring even more memories to Schoening and her family. They'll be traveling to Disney World at the end of the month for Mickey's Not-So-Scary Halloween Party at the Magic Kingdom.

"I have always wanted to go to Disney World during the fall when they decorate the



The Schoening family is a close-knit bunch and looks forward to celebrating Halloween at Disney World this month.

FEATURE

park all things Halloween, and the characters wear their special Halloween costumes,” Schoening says. “We will be dressing up for the party as well, and we cannot wait.”

Perhaps what’s most special to Schoening, though, is seeing her 9-year-old twins’ excitement for Halloween, too.

“Getting all the totes and boxes out every year to start decorating for Halloween is a very exciting time in our house,” she says. “My kids have even named a few of the chilling, scary decorations we have.”

Willowbrook PTA hosts Monster Mash

For 15 years, the Willowbrook Elementary Parent Teacher Association (PTA) has put on the Monster Mash.

The family-friendly event includes a DJ and dancing, silent auction, games, snacks, glow sticks, a balloon drop and more.

This year, the Monster Mash will be held at the school on Friday, Oct. 28



Trick or treaters are greeted by a skeleton at the Schoening home.



Lighted decorations and more are featured in the Schoening yard.



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FEATURE

from 5:30-7:30 p.m. Doors open at 5:15 p.m.

The cost is \$15 per family and \$5 for each additional person. This includes a ticket to enter, as well as a snack and drink for each member of the family. The event isn't exclusive to Willowbrook families, either. All community members are welcome, and costumes are encouraged.

Money raised from the Monster Mash goes back to Willowbrook Elementary and helps provide things needed for the school, students and teachers.

In the past few years, the PTA has been able to fund a new playground, additional gaga ball (a game similar to dodge ball) pit and even books for each student from the spring book fair. They've also partnered with the English to Speakers of Other Languages (ESOL) teacher to provide inclusive materials for kids in the classroom.

"Everyone should come to the



Inflatable costumes are the new fad at Monster Mash.

Monster Mash to enjoy a safe, family-friendly night out where kids get to run around and dance in costumes, while parents can build connections and enjoy our community," says PTA board member Jon Grundmeier. "Having events such as this really brings the school and community together and creates lasting memories the students will be able to look back on years from now. ■



For 15 years, the Willowbrook Elementary Parent Teacher Association (PTA) has put on the Monster Mash.

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FAITH By Nathan Anenson

GOD at work upstream

Have you ever asked, “Where’s God?” The question sneaks up on us when life throws us a curveball, or we get hit with tremendous pain. Our confusion, grief or anger swells, and we wonder, “Where’s God?”



There’s a story in the book of Joshua that helps answer this question. The Israelites are on the verge of taking possession of the land that is to be their home. They have been homeless wanderers for 40 years. Finally, they get to go home. I’m sure excitement filled the camp.

But there’s a problem. The Jordan River stood between the Israelites and their new home — and it was at flood stage. At any other time of year, God’s people could have waded across the Jordan, but the river had turned into a raging deluge.

But God had a plan. He had some of the priests walk into the water. And the Bible says, “as soon as the priests who carried the ark reached the Jordan and their feet touched the water’s edge, the water from upstream stopped flowing. It piled up in a heap a great distance away, at a town called Adam” (Joshua 3:15-16).

Did you catch that? As soon as the priests’ feet touched the water, God was at work immediately. Water began piling up. Eventually, the riverbed dried up and the people were able to walk across on dry ground. What a miracle! But think about this: When did the people experience the miracle?

Scholars estimate the town of Adam was about 19 miles upstream from where the Israelites stood, far beyond what they could see. That’s where the water piled up. God began working on their behalf immediately, but the people couldn’t see it. The Israelites, at this point, all they can see is a raging river. There are 19 miles of water that have to go by before they see God’s work! To their eyes, God has done absolutely nothing at this point. They could have concluded that, since the raging river was still in front of them, God wasn’t doing anything. But they would have been wrong. He was there, working upstream on their behalf.

God’s people learned an important lesson that day: God is always at work upstream in our lives.

When difficulties, loss and disappointments hit our lives, know that God is at work; we just may not be able to see it yet. So much of God’s work in this world and in our lives is hidden. We see only a part of all that God is doing. This is why we live by faith and not by sight. As you face the difficulties of this life, know there is a God who loves you, who is at work upstream in your life. ■

Information provided by Pastor Nathan Anenson,
Lutheran Church of the Cross, 1701 Eighth St. S.W.,
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ALTOONA Public Library news

ADULT PROGRAMMING

• **Adult Splat Studio**, Fridays, Nov. 4 and Dec. 2, 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 in Altoona, Thursdays, Oct. 27 and Dec. 29, 6:30-8:30 p.m. Join us for a fun night of coloring. We will bring the art supplies; you bring your friends and money for drinks. No registration required.

• **Senior Set**, every Tuesday, 1-3 p.m. If you are 60-plus, Tuesday afternoon is for you. The first Tuesday is Splat Studio (registration required), the second Tuesday is crafts (registration required), the third Tuesday is games, and, on the fourth Tuesday, we show a matinee with fresh popcorn.

• **Jewelry Making – Book Charms**, Monday, Nov. 28, 7 p.m. Make your own book charm bracelet. For ages 18-plus. Registration required.

• **Peppermint Bark Gift Set**, Monday,

Dec. 5, 6:30-8 p.m. Drop in and make your own gift-able holiday treat. For ages 18-plus. Registration required.

CHILDREN'S PROGRAMMING

• **After School Bingo**, Wednesday, Nov. 9, from 3:30-4:30 p.m. It's early out Wednesday, so stop by for kids' bingo and see what you win. For grades K-6. No registration required.

• **Board Game Builders**, Sunday, Nov. 13, from 2-4 p.m. Little Creators Club will be here to teach you how to design and play test a board game. Make your own game with a box, game board, pieces and more. Grades 4-6. Registration required.

• **Paint Along with Miss Amber**, Saturday, Nov. 19 at 11 a.m. Come and paint a picture with our resident artist, Miss Amber. Learn some basic painting skills and make some art for free. Grades preK-6. Registration required.

TEEN PROGRAMMING

• **Out of the Box Game Night**, Thursday, Nov. 3, from 6-7:30 p.m. It's back. Come raid our collection of games. Try something new or play

an old classic. You bring friends; we'll bring snacks. For grades 7-12. Registration required.

• **HeARTs Attack**, Monday, Nov. 7, from 6-7 p.m. We're celebrating World Kindness Week. Create encouraging art to pass along to our fellow library patrons. And there will be cake. For grades 7-12. Registration required.

• **Dino Ter-rawr-iums**, Thursday, Nov. 10, from 6-7 p.m. It's DINOvember. We're kickin' it back to prehistoric times and creating our own mini Jurassic worlds, terRAWRium style. For grades 7-12. Registration required.

ALL AGES

• **Holiday Train**. Mark your calendars and plan to stop by the library on Dec. 10 and 11 for a weekend of train-themed fun. We'll kick off the celebration on Saturday from 10 a.m. to noon with a photo booth and crafts for all ages. DesMoiNTrak will have their holiday model train set up in the meeting rooms both days. No 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. ■

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HOME HEALTH

By Ward Phillips

NEED home health care? Choose wisely

When Chris, 78, was preparing for knee-replacement surgery, he couldn't wait for the operation to be over so he could recover and become active again. But he ended up developing a post-surgical infection and remaining hospitalized for several days, then spending two weeks in short-term rehabilitation to help him regain his strength.

Finally, the day came for his return to his house; Connie, his wife, was eager to help care for him in familiar surroundings. But his doctor threw him a curve: "You can go home today, but I'm going to prescribe a few weeks of home health care," she said.

Chris and Connie looked at one another, puzzled. "What will home health care do for me that we can't handle at home?" Chris asked the doctor.

Quite a lot, it turns out.

Home health care is clinical, medical supervision provided in a person's place of residence. This type of care is 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 cardiac problems or diabetes. It can include: health monitoring; medical testing; administration of prescription medication, shots, or other forms of treatments; physical, occupational, and/or speech therapy; and wound care.

Chris's doctor presented him with home health provider options and asked him to choose; he and Connie researched providers online and ultimately selected one. Weeks later, Chris is ready for his final session and is grateful for the care he received.

If a doctor has told you home health might benefit you, consider using the questions below to find the provider that will best meet your needs.

- Is the provider established? It's not unusual for providers to enter and exit the market quickly. Consider one with positive outcomes that can be supported.
- 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.
- Can the provider break down 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.
- 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.

• Ask about the qualifications and credentials of the individuals who would be providing your care. For example, 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.

You can ask many more questions, but those should get you started. Here's hoping you'll choose 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 hospice care, for older adults. Celebrating its 75th anniversary this year and its 15th as a hospice provider, WesleyLife is a Level 4 partner of We Honor Veterans, a national program that empowers hospice providers to meet the unique needs of military veterans and their families at the end of life. Call Ward at 515-669-2205 to learn more.





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EDUCATION

By T.K. West

MEET Amy Moorman

For kindergarten class, learning can also be play.

Amy Moorman moved from Illinois to Iowa at the age of 3 after her father took a job in Centerville. She relocated to the Altoona area for her husband's business. Moorman first worked as an in-house substitute teacher at Four Mile Elementary School from January 2022 through the end of last school year before accepting a permanent classroom position as a kindergarten teacher.



Amy Moorman says frequent changes in activities help keep students focused. She and her husband live in Altoona.

"What I like best about working for the Southeast Polk School District is how organized, friendly and helpful the district is with anything that is needed," Moorman says. "The staff at the district office, as well as any elementary school in the district that I have been able to come in contact with, have been over-the-top friendly and helpful. The district has welcomed me with open arms, and it feels like a family here."

As a kindergarten teacher, Moorman enjoys seeing how fast her students learn and grow. She says her young students enjoy giving hugs and sharing stories that are fun to listen to. There are also many activities that fill the day, with students changing lessons and moving every 10 to 15 minutes.

"So far, the biggest challenge that I face is making sure that I am making the connections with each student, each day, the way they need from me. It is important for each student in my classroom to feel comfortable, safe, wanted and loved," Moorman says.

Students not only like to learn through music but also have fun working in small group reading times, she says. In addition, her students get to experience learning through play at various stations involving an academic level of learning tailored to keep her students excited and engaged.

"The rewards of teaching far outweigh the challenges thus far. The children are so happy when they come in each morning, and I am usually welcomed with big hugs and stories. Their smiles literally keep me focused and excited to teach," Moorman says.

This school year, Moorman is most looking forward to growing as an educator as well as seeing the growth in her students. She has set goals to continue to improve through personal and professional development.

"We have been in Altoona since October of 2021 and absolutely love the community and events," Moorman says. ■

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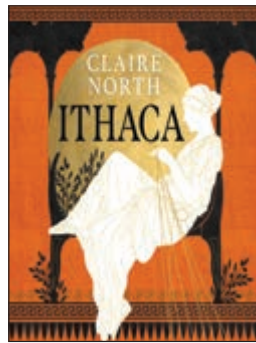
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"The Odyssey" is an ancient tale with a mountain of scholarship and retellings to its name, yet there are still threads left to be pulled, new variations to explore, and exciting new stories to uncover. Claire North takes on the task of fleshing out the shadows in the bright, heroic tale we all know — but this time from the perspective of the women left at home.

We all know Odysseus left a loving wife at home, but how did Penelope actually survive her husband's long absence? With sharp, nuanced narration from the queen of the gods herself, this novel tells the story of Penelope's long wait and the grand adventures she undertook to save her home and family.

Rich with details and compelling characters, this gorgeously written novel left me brimming with warmth and courage. The often-misunderstood Hera provides the perfect lens for a new take on this epic tale, while remaining faithful to the broader details. I'm loving the rash of feminist mythology these days. Keep it coming. ■ — *Review by Julie Goodrich*



By Claire North
9/6/22
400 pages
\$28
Orbit

'Toad'

The darkest, most acerbic wit collides with the sharpest human insights from one of the most incisive writers I've ever read. I was utterly delighted to learn there was an unpublished work from much-missed Katherine Dunn. This one is deeply depressing, but the twisted characters and bitter hearts speak to something I think might be universal.

"Geek Love" is a cult classic for a reason. Sometimes a person needs the odd comfort of crude, colorful, creepy characters whose weirdness speaks to the side of yourself you'd rather ignore.

Sally Gunnar, the bitter, slightly crazy main character, lives like a hermit, determined to stay as far away from people as possible. As Sally reminisces about her long-lost college days, her failed romances, and the bitter memories she's forced to live with, these sad, winding stories draw the reader into the twisted, darkly humorous tales of her strange life and the even stranger people she met along the way.

This is a brilliant take on what being an outsider actually feels like, how difficult it can be to find the "line" and learn you crossed it ages ago. And, really, does it matter that much? ■ — *Review by Julie Goodrich*



By Katherine Dunn
11/1/22
352 pages
\$28
MCD

STALLMAN finds positives in community

Police chief enjoys life in Altoona.

Greg Stallman and his wife, Lisa, moved to Altoona when he was hired for the chief of police position in May 2017.

"Moving to Altoona has been one of the best decisions we have made," he says.

Perhaps the greatest part of living in the community, though, is the people.

"I have met so many positive people, and I have had so many awesome conversations," Stallman says. "After six years, I still comment to the mayor about activity that is taking place in our city all the time."

Stallman says he enjoys seeing people on the walking trails and playing catch in their front yards, or having garage and driveway get-togethers, pick-up games at the parks, garage sales and more.

Then, of course, there's the Sam Wise Youth Complex, Spring Creek Sports Complex, Adventureland, Prairie Meadows Casino and Outlets of Des Moines to appreciate. He says it all contributes to what makes Altoona such an enjoyable place to live.

"We have a great community," Stallman says.

As Altoona's police chief, he has experienced many positive and rewarding times over his years in town.

"The support our community gives us is awesome and one that stands out," Stallman says. "The staff and officers within the Altoona Police Department who I get to work with have to be one the best parts of being here. I learn from the staff almost daily, and they're a very rewarding group of people to be around. The communication and proactive, positive direction our mayor and city council sets for our city (is great as well)."

In addition to his service in the police force, which he pursued in part because of his military background, Stallman is involved with a number of associations in town. And, as police chief, he gets to be part of most of the organized events and activities Altoona holds.

Ultimately, there's so much to love about Altoona that the Stallmans have no intention of leaving.

"Our friends we have here seem like lifelong friends, which really gives Altoona a home feel," he says. "As you get closer to that retirement age, you start to ask yourself where you want be living out your time, and for Lisa and myself, we found that here in Altoona." ■



Police Chief Greg Stallman and his wife, Lisa, enjoy being involved in community events.



OCTOBER 2022

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Public Works Director

515-967-5136

The crisp air, the changing colors, the harvest scents, the fall sports, the shifting wardrobe, and the autumn flavors. Fall might not be your favorite season, but we probably can all agree there is something for everyone!

IRRIGATION METER

This is a great time of year to install an irrigation meter. Whether your home is new construction or has that lived in feel, an irrigation meter can help you save money on your monthly water bill; especially in the summer.

An irrigation meter is a separate meter that measures the amount of water used for items such as lawns, washing exterior surfaces, washing vehicles, filling pools, etc. By having the irrigation meter installed, the sanitary sewer rate fee is not assessed for water usage in the "irrigation system", which would include outside faucets. A separate meter is the only way to accurately measure the water used exclusively from outside faucets.

According to the U.S. Environmental Protection Agency, the typical single-family suburban household uses at least 30 percent of their water for irrigation. Of the 26 billion gallons of water consumed daily in the United States, approximately 7.8 billion gallons, or 30 percent, is devoted to outdoor uses. The majority of this is used for irrigation. In the summer, the amount of water used outdoors by a household can exceed the amount used for all other purposes in the entire year.

The cost of the meter is \$130.00 plus a plumbing permit fee and is installed by a City employee after the plumbing has been completed. The homeowner may do the plumbing if a plumbing permit is issued. You can find information on irrigation meters at www.altoona-iowa.com under the water department tab.

Note: The cost of the meter increases if the meter is being installed as part of an irrigation system.

Please call the utility billing department at 515-967-5136 if you have questions.



BRUSH DROP OFF

City brush drop is open to the public (residents only), the first Saturday of the month from 8:00am-noon. The final brush drop of the year will be in November. (*Weather Permitting)

Residents wishing to deposit brush can enter through the gate north of the Altoona Aquatics Park and south of the Altoona Skate Park. Altoona Aquatics Park is located at 1200 Venbury Drive.

- People dropping off may be asked to show proof of residency.
- In addition, absolutely no contractors are allowed in the dump site at any time.
- Only branches are accepted in the brush drop. Trunks and stumps must be less than 12" to be dropped, and leaves are not allowed.

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caringhandsiowa.org (515) 967-4533 @CaringHandsOutreachCenter

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SENIOR By Stephanie Proper

PREPARE for changing seasons

One thing I love about Iowa is we get to experience all four seasons: fall, winter, spring and road construction season... err, summer. All joking aside, there is something spectacular about the change in seasons. It gives you a sense of newness and change. F. Scott Fitzgerald said, "Life starts all over again when it gets crisp in the fall," and I am excited for the new start to the fall season. Fall is an ideal time for preparation for the continued safety and well-being of older adults. Here are a few things that can help you or your loved ones prepare for the changing seasons.



- **Be ready for the weather.** Schedule pre-winter furnace maintenance. Regular maintenance of your furnace can optimize the life of the furnace and prevent waking up to a cold house if it stops working in the middle of the night.

- **Watch out for falling leaves.** The vibrant colors from the change of seasons are beautiful to look at. However, they can also be a safety hazard. When fallen leaves get wet from the frost or rain, they become slick and are easy to slip on. Additionally, bunches or piles of leaves could be hiding trip hazards, whether that be a lawn decoration, a pumpkin on your step, or an uneven spot on the sidewalk. Not having a clear path and the ability to see where you are walking can lead to injury.

- **Make sure you have your warm weather wardrobe ready.** Layers are key with the vast temperature fluctuation on some fall days. For a strong foundation in preventing falls, you need appropriate footwear. Properly fitting, supportive and warm shoes are imperative for fall prevention. A low heel, with thin and hard-soled shoes, is the recommended footwear to prevent slips, trips and falls. For an extra safety measure when walking outside, you can also buy a pair of non-slip shoes. These can be purchased almost anywhere shoes are sold.

- **Stay healthy.** Adding hearty and healthy fall vegetables such as squash, sweet potatoes and eggplant can not only help you maintain a healthy immune system but can also improve your heart health. Another way to stay healthy is to get your annual flu shot. Thousands of people are sick with influenza each year. Getting the flu shot is an easy way to help prevent the spread of the flu and keep yourself and those around you safer.

Another consideration for adults 55 and better is to move to a senior community where maintenance and healthy meals are provided for you. Being a part of an active adult community has many benefits. It can help alleviate stress and worry. It can also improve your health by having extra help and providing an opportunity for increased socialization.

With these tips in mind, I hope you all have a fantastic fall season. ■

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



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 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.

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| 2. Favorite Eastern Polk Co. Mom/Child Date Spot | 16. Favorite Eastern Polk Co. School | 39. Favorite Eastern Polk Co. Place to Take Your Mom and Dad |
| 3. Favorite Eastern Polk Co. Dad/Child Date Spot | 17. Favorite Eastern Polk Co. Boutique | 40. Favorite Eastern Polk Co. Place to Take Your Kids or Grandkids |
| 4. Favorite Eastern Polk Co. Coach | 18. Favorite Eastern Polk Co. Park | 41. Favorite Eastern Polk Co. Place for Auto Service |
| 5. Favorite Eastern Polk Co. Bank | 19. Favorite Eastern Polk Co. Place for a Field Trip | 42. Favorite Eastern Polk Co. Place to Purchase a Gift for a Woman |
| 6. Favorite Eastern Polk Co. Restaurant | 20. Favorite Eastern Polk Co. Community Festival | 43. Favorite Eastern Polk Co. Place to Purchase a Gift for a Man |
| 7. Favorite Eastern Polk Co. Hair Salon | 21. Favorite Eastern Polk Co. Teacher | 44. Favorite Eastern Polk Co. Realtor |
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| 9. Favorite Eastern Polk Co. Doctor | 23. Favorite Eastern Polk Co. Church | 46. Favorite Eastern Polk Co. Place for Guests to Stay |
| 10. Favorite Eastern Polk Co. Dentist | 24. Favorite Eastern Polk Co. Restaurant for Dessert | 47. Favorite Eastern Polk Co. Coffee Shop |
| 11. Favorite Eastern Polk Co. Chiropractor | 25. Favorite Eastern Polk Co. Restaurant for Breakfast | 48. Favorite Eastern Polk Co. Nursery or Landscaping Company |
| 12. Favorite Eastern Polk Co. Eye Doctor | 26. Favorite Eastern Polk Co. Restaurant for Lunch | 49. Favorite Eastern Polk Co. CPA |
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www.iowalivingmagazines.com/residentpoll

THE DOS and don'ts after submitting your mortgage application

When you're getting ready to buy a home, one of the first and biggest steps in the process is submitting your mortgage application. While having submitted the application means "your part" is mostly over, there are a lot of steps your lender still has to take in order to approve your application.



In order to help your loan process stay on track and avoid delays in your approval, here are some general best practices you should follow.

The dos

- Do: Stay current on all payments on existing accounts. If you miss payments on current accounts, your credit health may be impacted, which will impact the approval of your mortgage loan.
- Do: Notify your lender of any changes to your contract or loan amount. If you decide to make a smaller or larger down payment than

originally discussed or make any other changes to your loan amount, communicating this sooner can avoid delays in approval and even closing on your loan.

- Do: Research and obtain a company for homeowner's insurance as soon as possible to avoid last minute delays. Obtaining insurance is the homebuyer's responsibility, and it's best if done well before the loan closing to avoid delays.
- Do: Contact your lender if you receive anything in the mail from a creditor or collection agency that you think may affect your credit score as it may impact loan approval.

The don'ts

- Don't: Apply for new credit of any kind, as this can cause a temporary decrease in your credit score. Opening new accounts will also change your debt-to-income ratio which could have a negative impact on your loan approval.
- Don't: Change employment prior to closing. It's important you can show consistent employment and income throughout the loan approval process.

• Don't: Pay off collections or close credit card accounts, as this can also cause a temporary decrease in your credit score.

• Don't: Co-sign for anyone else's loan or credit card. This will indicate you may be responsible for another individual's debt and impact your own ability to obtain credit.

• Don't: Switch banks or move money around. Similar to maintaining the same employer, it's important to show consistent funds in your account throughout the loan approval process.

If one of the "don't" items becomes something you must do, contact your lender first. They can often help you reduce the impact it has on your home buying process. Follow these tips as closely as possible so that closing and moving into your new home goes without a hitch. ■

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



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DETERMINING Social Security Disability

Social Security Disability is a program managed by the federal government. It provides income to people who cannot work because of physical or mental conditions. Proving a disability claim can be a long process, and it is not unusual for someone to be denied benefits at several different hearing levels. Once a client is found disabled and receives benefits, however, that is not the end. The case can still be reviewed by the government.



The Social Security Administration (SSA) periodically reviews disability cases to determine if the individual is still disabled. This is called a Continuing Disability Review (CDR). Most cases are reviewed every three years, but the length of time between a finding of disability and a CDR depends on such factors as the type of medical condition and whether improvement is expected. Because the standards for disability are different for children and adults, a review will also be done when a disabled child turns 18.

The Social Security sends forms asking the benefit recipient to describe the medical condition and submit a list of medical providers. SSA will request medical records from those physicians, therapists

and counselors. If there aren't enough records to make a decision, the individual might be ordered to attend a consultative examination with a doctor chosen by Social Security.

SSA will look at whether there has been medical improvement of the impairments, if the improvement is related to the ability to work, and if the individual can now engage in substantial gainful work activity. Factors that will be considered include work or school activity and a showing of improvement documented in the medical records. Negative factors include no history of receiving medical treatment, the failure to follow a doctor's recommendations, or substance abuse.

If Social Security determines that a person is no longer disabled, SSA will send a notice that the benefits will end. The individual will also receive notice of the right to appeal within 60 days. For benefits to continue while appealing the decision, the individual must file an appeal within 15 days from the date of the notice terminating benefits.

An attorney experienced in Social Security Disability law can help navigate the issues and problems presented by a Continuing Disability Review. Your benefits don't have to end. ■

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

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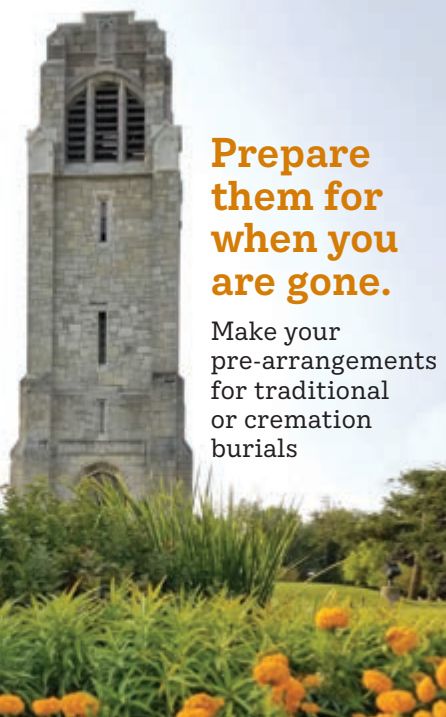
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BEFORE YOU GO

By Jan Shawver

CARE for end-of-life needs while able

This year, we have been considering what will be required of your family within 48 hours of your passing. We have encouraged you to plan ahead and care for these important things now.

Today, people are living longer than ever before. Whereas our grandparents may have died in their 60s or 70s, our parents (and we) often live into their 90s or 100s. Unfortunately, with advancing age comes the greater chance of the loss of mental faculties. The Alzheimer's Association reports on their website that more than 6 million Americans have Alzheimer's or some form of dementia today, and the number is expected to double by 2050.

It is extremely difficult when loved ones cannot communicate clearly what steps they have taken, whether end-of-life planning, life insurance, financial planning, etc., no matter how organized and/or forward thinking they may have been. This may cause caregivers to spend countless hours trying to discover what has been done and what yet needs to be done.

I encourage you — while you are young and of sound mind — to care for your end-of-life needs and, more importantly, share those decisions with your loved ones who will lovingly care for you in your twilight years.

Give your family a gift of love and care for your future end-of-life needs now. ■



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

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HEALTH

By Ashley Powell

TRIED CBD but didn't see results?

Do you have a friend or family member that swears by the benefits of CBD? People and pets are using CBD to help manage inflammation, pain, insomnia, anxiety and seizures. But what if you tried it, and it's not working for you? Try these suggestions before giving up:

- **Check the quality:** CBD companies are popping up everywhere, and it's easy to get a low-quality product without realizing it. A 2018 study found that only 31% of CBD products contained the advertised amount of CBD. Quality products have lab test results conducted by third parties readily available. Take time to check Google reviews.

- **Evaluate your dosage and method:** Always start with a low dose of CBD and increase slowly. For adults, a starting dose is generally 5-10 mg per day. You may also need to evaluate the delivery method. CBD is available in many different formats, including gummies, topicals and water solubles. If you tried one method and didn't see results, you may need to try a different one.

- **Commit to a consistent routine:** Some people respond instantly to CBD and others need more time for CBD to build up in their system. Commit to using your product consistently for at least two weeks.

The products and methods of use can be overwhelming. Try sampling in store 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://jamanetwork.com/journals/jama/fullarticle/2661569>

HEALTH

By Allison Robbins

BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.

BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, robbins@sstherapyandconsulting.com.



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HEALTH

By Dr. Kari Swain

ADDRESSING childhood falls

As parents, we want our kids to play and explore as they discover the world for themselves. This independence will inevitably lead to bumps and falls as they grow and learn to crawl, stand, walk, run, climb and navigate the world on their own. Falls can affect the health and function of the spine, directly affecting nervous system function. How well your child's nervous system functions affects all aspects of their health.

It's important to pay attention to and address childhood falls. While children tend to be quite resilient, these falls can have a cumulative effect not as easily noticeable as one that causes bruises and broken bones. Although children appear to bounce back from most injuries quickly, many parents don't understand the long-term effects of misalignments that children develop in their spine. When left untreated for too long, it can develop into more serious issues.

Signs of subluxation can include limited head or neck range of motion; uneven shoulders; uneven wear on the soles of shoes; scooting instead of crawling; frequent tripping, gait or walking issues; and poor balance and coordination. But often visible signs or pain and discomfort are not present even when misalignments are.

Chiropractic adjustments reduce the effects of repetitive stress for adults and kids. The cumulative impact and effects are decreased in severity when the child gets checked and adjusted regularly by a chiropractor. Adjustments increase spinal motion, balance and proprioception. Beginning the practice of chiropractic exams and adjustments with a board-certified pediatric chiropractor while young helps assure a child has the best chance of developing and maintaining a healthy spine and nervous system as they grow. ■

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

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WELLNESS

By Caitlyn Ferin, LD, RD

POST-GAME pineapple

With fall sports in full swing, it's important to talk about injury prevention. Responsible for some 40% of minor sports injuries, tendinitis afflicts fingers, wrists, shoulders and elbows — essentially any joint subject to recreational overuse.

Both weekend warriors and more serious athletes can avoid getting sidelined for too long by paying special attention to their diet (in addition to rest, ice, compression and elevation, or RICE).

In particular, promising new research suggests that bromelain, the enzyme found in pineapple, may help get you back in the game. A recent study in phytotherapy research found that bromelain-fed rats developed 27% more tendon cells, indicating a better healing response compared to a control group.

Why might this be? Bromelain may help calm inflammation, support collagen production and act as a “clean up agent,” digesting dead cells to help injuries re-knit more smoothly. Indeed, one study from the American Society of Plastic Surgeons found that bromelain was one ingredient in a cocktail of compounds that helped speed healing by 17%.

The takeaway: opt for pineapple as your bromelain source, Dole Nutrition research showed it has as much, if not more, of the enzyme compared to supplements.

Fruits and vegetables also contain a spectrum of other nutrients to help your game as well. For example, spinach and apples offer phytochemicals that may support muscle strength and stamina, while ginger helps with soreness. Get double relief with this recipe for sheet pan teriyaki chicken and pineapple, which combines both ginger and pineapple.



Sheet pan teriyaki chicken and pineapple

- 1 pound boneless, skinless chicken breasts
- 1/4 cup teriyaki sauce
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 teaspoons ground ginger
- 1 teaspoon ground black pepper
- 2 cups pineapple chunks
- 2 cups sugar snap peas
- 1 red bell pepper

Add chicken, teriyaki sauce, olive oil, honey, ginger and pepper to a bag. Seal and marinate in refrigerator for at least 30 minutes. Preheat oven to 425 F and line a baking sheet with foil. Add the pineapple, sugar snap peas and bell pepper to baking sheet, evenly drizzle with olive oil, and season with salt and pepper to taste. Remove chicken from the bag and place it on the baking sheet (discard the bag with the marinade). Bake for about 15-20 minutes or until chicken is cooked through; stir and flip once halfway through baking to ensure even cooking. ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietician, Fareway, 620 Eighth St. S.E., Altoona, 515-967-0705. Article adapted from Dole Food Company.

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VOTING ENDS MONDAY, NOVEMBER 14.



EVENTS IN THE AREA

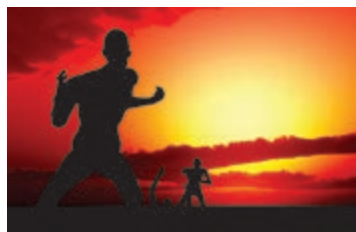
To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Be sure to check for cancellations.

Business Trick or Treat

Oct. 28, 5:30-7:30 p.m.
Prairie Heritage Civic Plaza

Altoona Chamber of Commerce is hosting Business Trick or Treat. Enjoy trick or treating at the Prairie Heritage Civic Plaza.



5K Boos & Brews

Saturday, Oct. 29 at noon
Fox Brewing, 103 S. 11th St.,
West Des Moines

Run, walk or jog the course and receive a free local craft brew at the finish line. Enjoy other event festivities, games, giveaways and free swag. More information is available at breweryrunningseries.com/iowa; register at eventbrite.com.



Trick and Treat

Saturday, Oct. 29 from 1-3 p.m.
5452 N.E. 22nd St., Des Moines

Celebrate Howl-o-ween with the Animal Rescue League. Dress your dog in a costume and earn them treats through tricks. Human trick or treaters are also welcome. Tickets are \$15 for one dog and two humans; additional attendees (canine or otherwise) are \$5. Also available for your pup are mini pumpkin pies and bark-uterie cups. Find more information at arl-iowa.org/events.

"Cinderella"

Class Act Productions announced its upcoming mainstage performances of "Getting to Know... Rodgers and Hammerstein's Cinderella." Mainstage performances at CAP are live theatre for families of all ages. Performances of Cinderella are Nov. 4-20, Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. Tickets are available for \$10 for youth ages 3-18 and \$16 for adults. Tickets are available via captheatre.org.

Cinderella marks the 50th mainstage production at CAP Theatre and the first time this classic story will be performed on the CAP stage since the theatre's first production in 2006. "Cinderella" kicks off the first of three mainstage shows at CAP during its 2022-2023 season, followed by "Singin' in the Rain" in February 2023 and "Matilda" in June 2023.



Elks Pancake Breakfast Buffet

Nov. 13, 8-11:30 a.m.
West Des Moines Elks Lodge, 2060 N.W.
94th St., Clive

The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The event is held the second Sunday of each month. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.

Family Halloween

Through Oct. 29
Living History Farms, 11121
Hickman Road, Urbandale

Experience historic trick-or-treating, pumpkin bowling, storytelling and horse-drawn wagon rides at this annual tradition. Dates and times are: Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and younger free. Information at lhf.org.



Sip & Shop

Thursdays, Oct. 27 and Nov. 3, 5-7 p.m.
Along Fifth Street in Historic Valley
Junction, West Des Moines

Sip, shop and socialize to your heart's content as Valley Junction businesses host extended open hours. Participating stores will offer beverages and mini-events. More information is available at valleyjunction.com/events.



Breakfast with Santa and Mrs. Clause

Dec. 11, 8-11:30 a.m.
West Des Moines Elks Lodge, 2060
N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Clause, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. The event is held the second Sunday of each month. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.

EVENTS IN THE AREA

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

Be sure to check for cancellations.



Holiday Market

Nov. 5, 9 a.m. to 3 p.m.
Edgewater, 9225 Cascade Ave., West Des Moines

Enjoy the holiday spirit and find some unique decor and gifts. Featured items include holiday wreaths, wooden toys, decorative glass, kaleidoscopes, jewelry, centerpieces, jams and jellies, charcuterie and cutting boards, notecards, and stained glass, all made by local artists.

Veterans Day program

Friday, Nov. 11, 9 a.m.
McLaren's Resthaven Chapel, 801 19th St., West Des Moines

All members of the community and local VFW organizations are invited to attend this joint service to honor veterans. The opening ceremony, "Remembering Our Veterans," will begin at 9 a.m. The ceremony will include keynote speaker Capt. Daniel J. Gannon, United States Marine Corps; the presentation of colors by American Legion Highland Park Post 374; a firing detail from American Legion Hispanic Post 731, West Des Moines VFW Post 879; invocation and benediction by Chaplain Jason Pool; and music by Jackie Schmillen. Refreshments will be served following the ceremony.

Gardening-related webinar

A Prairie Seed Harvest Webinar is offered via Zoom Wednesday, Nov. 9, 7 p.m., by Iowa State University Extension and Outreach. Bill Johnson, a biologist at the Iowa DNR Prairie Resource Center will talk about harvesting, preparing and storing 100 species of native grasses, sedges and wildflowers annually. The webinar is free, and all ages and backgrounds are welcome. Space is limited to 500. To register, visit <https://www.extension.iastate.edu/mastergardener/events>.



Tallgrass Theatre Co. production

Fridays - Sundays, Nov. 4-21
Tallgrass Theatre, 2019 Grand Ave., Suite 100, West Des Moines

"Miss Bennett: Christmas at Pemberley," will be performed. Go to tallgrasstheatre.org for more information or to buy tickets.

'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



Election-related dates

Make sure you are registered to vote at www.sos.iowa.gov/elections/voterreg/regtovote.

Know these important dates for the upcoming General Election.

- **Saturday, Nov. 5** - County auditor's office will be open for absentee voting

- **Monday, Nov. 7** - Absentee ballot in-person deadline. Be sure to verify what time your county auditor's office closes. Polk County Auditor's Office closes at 5 p.m. and Dallas County Auditor's Office closes at 4:30 p.m.

- **Tuesday, Nov. 8** - General Election polls are open from 7 a.m. to 8 p.m.; absentee ballot receipt deadline is 8 p.m. Find your polling location (it may have changed) at www.voterready.iowa.gov/.



Medicare Advantage Seminars

Wellmark Advantage Health Plan is offering in-person seminars for individuals who have questions or are looking to enroll in Medicare Advantage during the annual enrollment period, which occurs from Oct. 15 through Dec. 7. Medicare Advantage seminars are free to attend and are offered to anyone considering their Medicare options. Topics covered include: Medicare basics, how Medicare Advantage plans work, questions to consider before choosing a plan, and how to enroll. To register for a seminar, visit Wellmark.com/Attend.

Seminar dates and locations include:

- **Thursday, Nov. 3**, 10-11 a.m., TownePlace Suites by Marriott, 8800 Northpark Drive, Johnston
- **Tuesday, Nov. 8**, 10-11 a.m., Smokey Row, 1530 S.W. Vintage Parkway, Ankeny
- **Thursday, Nov. 10**, 11 a.m. to noon, Destination Grille, 2491 E. First St., Grimes
- **Tuesday, Nov. 15**, 5-6 p.m., Waukee Community Center, 675 Walnut St., Waukee
- **Wednesday, Nov. 16**, 9-10 a.m., Holiday Inn Hotel & Suites, 4800 Merle Hay Road, Urbandale
- **Tuesday, Nov. 29**, 9-10 a.m., West48, 1601 48th St. No. 100, West Des Moines
- **Wednesday, Nov. 30**, 3-4 p.m., Smokey Row, 1910 Cottage Grove Ave., Des Moines
- **Thursday, Dec. 1**, 11 a.m. to noon, DoubleTree by Hilton, 6800 Fleur Drive, Des Moines

For accommodation of persons with special needs at meetings, call 800-213-3771 (TTY: 711), 8 a.m. to 8 p.m., Monday through Friday and some weekend hours. Interested individuals can get personalized support and walk through the options by contacting their authorized independent agent or by contacting Wellmark at the above number and hours. To learn more, visit Wellmark.com/Medicare/Advantage.

RECIPE

POWER your playbook with a savory appetizer

(Family Features) Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeño bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of “Take This Dish and Twist It” and host of Food Network’s “Ham on the Street” and TLC’s “Ultimate Cake Off.” They’re perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit FreshCravings.com to find more homegate recipes worthy of the hall of fame. ■

Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran
Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapeños, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

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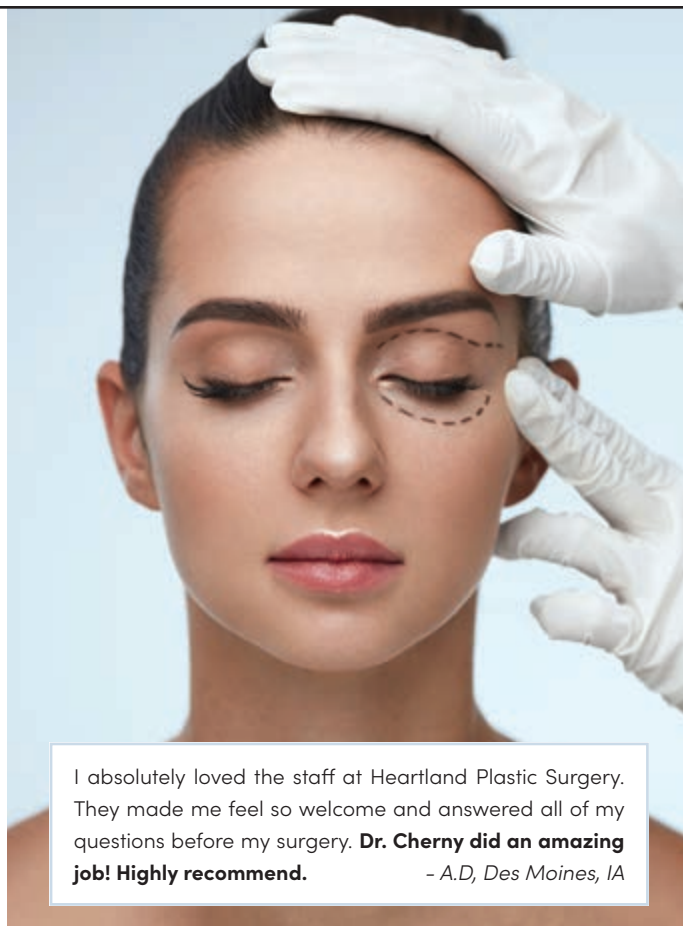
Lower eyelids

- Excess skin and fine wrinkles of the lower eyelids
- Puffy “bags” and, in some cases, dark circles



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- A.D., Des Moines, IA

HOLIDAY RECIPES

SPOOKY snacks that make Halloween pop

(Family Features) From watching scary movies to dressing up as ghouls and goblins, spooky season means it's time to pop up your loved ones' favorite snacks for a ghostly good time. Before heading out to trick-or-treat, gather your minions in the kitchen for some family-friendly fun crafting these haunting yet tasty treats.

Find more Halloween treats at popcorn.org. ■

Green Halloween Zombies

Yield: about 7 pieces

- 2 1/2 quarts popped popcorn
- 6 tablespoons butter or margarine
- 3 cups mini marshmallows
- 4 tablespoons lime gelatin powder
- red gum balls
- candy corn
- flat green candy strips or fruit leather
- green sugar sprinkles

DIRECTIONS

- Place popcorn in large bowl; set aside.
- In medium saucepan over medium heat, melt butter. Stir marshmallows into butter until melted. Stir in gelatin powder until evenly colored.
- Pour melted mixture over popcorn and stir until evenly coated. With buttered hands, shape popcorn into seven ovals.
- Flatten one oval slightly and squeeze one end



to form "skull" shape. Place on parchment-lined baking sheet. Repeat with remaining ovals.

- To decorate: Press two gumballs into each skull to form "eyes." Press candy corn into skull to form "teeth." Use scissors to trim candy strips and press into top for "hair." Sprinkle with sugar sprinkles.
- Allow "zombies" to set about 20 minutes before wrapping individually in plastic wrap or serve immediately.

Popcorn Caramel Apples

Yield: 4 apples

- 1 quart popped popcorn
- 1 package (9 1/2 ounces, 35 total) caramels, unwrapped
- 1/4 cup light cream or half-and-half
- 4 lollipop sticks or wooden candy apple sticks
- 4 apples
- 1/2 cup chocolate chips
- sugar sprinkles
- decorative ribbon (optional)



DIRECTIONS

- Place popcorn in large bowl; set aside. Place sheet of waxed paper on work surface.
- In small saucepan over medium-low heat, heat caramels and cream. Stir frequently until caramels are melted and cream is blended into caramels.
- Push one stick into apple center and dip into caramel. Spoon caramel over apple to coat. Repeat with remaining apples.
- Place caramel-coated apple in bowl of popcorn and press popcorn onto caramel to cover. Place apple on waxed paper to set; repeat with remaining apples.
- In small, resealable plastic bag, microwave chocolate chips 10 seconds and press chips to aid melting. Repeat, heating at 10-second intervals, until chips are completely melted. Cut small corner off bag and squeeze chocolate onto each apple, allowing chocolate to drip down sides. Sprinkle with sugar sprinkles.
- Tie bow to each apple stick, if desired. To serve, cut apples into slices.

Witchy Popcorn Balls

Yield: 8 popcorn balls

- 16 chocolate wafer cookies
- nonstick cooking spray
- 3 quarts popped popcorn
- 4 tablespoons (1/2 stick) butter or margarine
- 3 cups miniature marshmallows
- 3 tablespoons (1/2 of 3-ounce box) lime gelatin dessert mix
- green food color (optional)
- 3/4 cup chocolate chips
- licorice strings
- 8 chocolate ice cream cones
- orange sugar sprinkles, placed in small dish
- jelly beans
- candy corn

DIRECTIONS

- Spread of waxed or parchment paper over work surface and place wafer cookies on it.
- Spray large mixing bowl with nonstick cooking spray and place popcorn inside.
- In medium saucepan over low heat, melt butter. Stir in marshmallows and gelatin powder until marshmallows are melted and mixture is smooth. Adjust color with 1-2 drops food color, if desired. Pour mixture over popcorn and mix until coated.
- Spray hands with nonstick



cooking spray and press firmly to form into eight balls. Place balls on eight wafer cookies. Press candy decorations into popcorn balls to form "eyes," "nose" and "mouth."

- In small, microwave-safe bowl, heat chocolate chips, covered, 10 seconds. Stir to aid melting. Repeat as needed until chocolate is melted and smooth.
- Spoon about 1/2 teaspoon melted chocolate on top of each popcorn ball. Press licorice strings into chocolate to form "hair."
- Dip cone edges into melted chocolate then orange sugar sprinkles. Place on remaining wafer cookies to form "witches' hats." Place hats on popcorn balls.
- Allow chocolate to set about 45 minutes before serving.
- Serve or seal individually in plastic wrap.

'BREAKING,' 'Barbarian,' 'Beer Run' and more

And episodes 1-5 of "The Patient" are pure brilliance.

September offered another mixed bag this year, and the new releases slowed for a few weeks but are now picking up speed. What's to come in the next couple of months look really, really good.

"Three Thousand Years of Longing" (in theaters)



Idris Elba and Tilda Swinton star in a crazy good tale of a woman with a magic lamp and the genie she releases. Unique, original and visually stunning... also unlike any movie you've probably ever seen — in a good way. **Grade: B+**

"Breaking" (in theaters)



If you blinked, you missed "Breaking" in the theaters. A good review in The Wall Street Journal gave me the energy to head out looking for it, and it was so worth it. John Boyega, who portrayed Finn in "Star Wars: The Force Awakens," plays a Marine back home and struggling for money. His ex-wife and a young daughter need money, and the Veteran's Administration made some type of a clerical error and won't give him the money he is due. He takes a radical tact to get the money, and the film follows every minute of it. Although "Breaking" is not a great movie, I am sure I will not see a better performance this year than Boyega gives here. **Grade: B/B+**

"The Patient" (on Hulu)



Steve Carell is a psychiatrist who is taken hostage by a patient (Domhnall Gleeson). Episodes 1-5 were pure brilliance, and we kind of mistakenly thought it was only five episodes long. We were left hanging and can't wait to see what is to come. **Grade, episodes 1-5: B+/A-**

"The Woman King" (in theaters)



Viola Davis stars in an allegedly true story about a band of female warriors who stepped in to help during slavery. Davis is great, and the action is also spectacular. It is violent and nasty at times, but I still enjoyed it. **Grade: B+/A-**

"Barbarian" (in theaters)



My taste in scary movies has changed. I can still do the horror and jump scares, but I have no stomach for the blood and guts (see the "Saw" series). This looked blood and guts to me, but I was assured by a couple of former Little League players that it was OK. They were right. There is some blood and gore, but I handled it by closing my eyes. It is a decent scary movie that I was ultimately glad I saw. **Grade: B**

"Don't Worry Darling" (in theaters)



Olivia Wilde directs a film about a megalomaniac (Chris Pine) who employs a team of robot-like men who seem to follow his every command. The wives are expected to also toe that line. That's all well and good until one young couple (Harry Styles and Florence Pugh) challenges the status quo. Very creepy and occasionally bloody but refreshingly original. **Grade: B+**

"The Greatest Beer Run Ever" (on Netflix)



A very entertaining movie based on the true story of a guy from the hood who decides he needs to sneak into Vietnam (in the middle of war) to deliver beer to his buddies from the neighborhood. Zac Efron, Bill Murray and Russell Crowe all shine brightly in this charmer. **Grade: B+**

OK, get ready, because the next two months are going to bring great movies and the always-fun holiday season. ■

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.

BUILD your team

A sense of isolation is often prevalent among business owners and leaders. Let's face it, owning a business is lonely work. Even those who are aware of their need for more social interaction can seldom find the time. More often than not, the pressures of keeping all of the balls in the air relegates relationships to the back burner. But it doesn't have to be this way. There are ways to build your business and your network of relationships at the same time. Let's take a look at three.



1. Surround yourself with others going the same way.

Find other business owners and leaders who are on the same path as you. Creating these opportunities can be challenging, but organizations like your local chamber of commerce do a great job of finding ways for busy business leaders to connect with minimal interruption to their normal flow of work and life. Being a part of these organizations gives you the opportunity to connect with others in your situation over lunch or at events specifically designed with you in mind.

2. Build a bench of people you trust. No matter how much expertise we have in our product or service, it is rare that we do not rely on other specialists or subcontractors for certain projects. Instead of simply Googling "services near me," intentionally build a bench of specialists and subcontractors you trust. This is not only a business benefit but another great opportunity for you to build meaningful relationships in a way that integrates with your busy schedule. You have to hire someone. Why not make it someone you know and trust?

3. Invest in your personal development. Some companies do a great job of connecting key employees with mentors who are invested in their personal and professional development. If this is beyond the reach of your business, the answer might be to invest in your development by hiring a coach or advisor. This individual can offer an outside perspective that you often cannot get as the business owner. In addition, as the relationship develops, they can become a key member of your team and ensure you always have someone in your corner.

The bottom line: if you want to go the distance, you need to build a team of people around you that can ensure you are not going it alone as a small business owner. With a little creative thinking, you can find ways to build your team without having to take a time-out from building your business. ■

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

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FIRST Responders Luncheon

The First Responders Luncheon was held at the Altoona Fire Department on Oct. 5.



Kristen Ingle and Jessica Lee



Jake Hedgecock, Eric Vanderploeg and Kayla Vanderploeg



Bruce Mason, Josh Dunwoody and Julie Stewart



Mariah Meek and Angela Meek



Annabell Bartell and Mary Sales



The Firefighters Association received a donation during the First Responders Luncheon at the Altoona Fire Department on Oct. 5.



The Altoona Police K-9 Unit received a donation during the First Responders Luncheon at the Altoona Fire Department on Oct. 5.



Gary Palmer and Jared Ogbourne



Gabe Rivera and Grant Dishinger



Alyssa Wilson, Dave Lowe and Tony Chambers

OUT & ABOUT



A ribbon cutting was held for Suzy's Kitchen at 801 Bass Pro Drive, Suite 638 (Outlets of Des Moines) on Sept. 16.



A ribbon cutting was held for Scooter's Coffee at 709 Second Ave. S.W. on Sept. 16.



A ribbon cutting was held for Kwik Star at 2030 21st St. N.W. on Sept. 22.



The Southeast Polk Kiwanis Club hosted their second annual Golf Ball Drop at Terrace Hills Golf Course on Sept. 24. Photo by Brent Isenberger



Bruce Baker, Jane Ferguson, Jan Hanna and Mary Baker at An Evening in Olde Town on Sept. 24.



Ty Dunker, Katherine Dunker, Emily Steele and Trevor Steele at An Evening in Olde Town on Sept. 24.



Joe and Amanda Tollari at An Evening in Olde Town on Sept. 24.



Brett Appleton and Makenzie Moburg-Appleton at An Evening in Olde Town on Sept. 24.



Jason Ludwig, Cheryl Rist and Russ Rist at An Evening in Olde Town on Sept. 24.



Elizabeth Burns-Thompson, Margaret Burns, and Melissa Horton at An Evening in Olde Town on Sept. 24.

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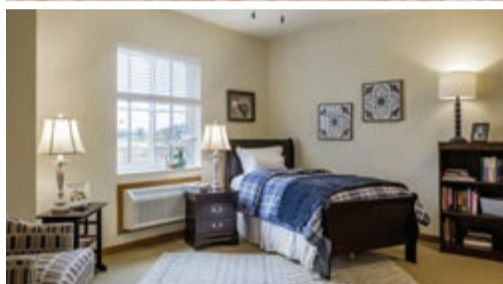
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