

Altoona Living

april 2011

50009

magazine



my first car

RESIDENTS SHARE
THEIR STORIES, ADVICE

TREES AND RAISIN SALAD
RECIPE

ROCKET BIRD
GARAGE

REBUILDING TOGETHER
FAITH

PRSR1 STD
ECRWSS
U.S. POSTAGE
PAID
BIG GREEN UMBRELLA
POSTAL CUSTOMER
BIG GREEN UMBRELLA
414 61st Street
Des Moines, IA 50312

Your Homebuying Checklist

Buy into the Circle of Altoona Businesses



Valley Bank
Your trusted mortgage lender!

Call Lori Slings
515-967-4700 or 515-975-8240
160 Adventureland Drive

Choose your bank

Choose your realtor



RE/MAX Opportunities, Inc.
Deb Starcevic, REALTOR®
301 Center Place SW
Altoona, Iowa 50009
Cell: (515) 238-1346
Office: (515) 967-2903
debstarcevic@remax.net
www.dsm-metroforsale.com
Each Office Independently Owned and Operated



Save a bundle with DIRECTV today!

DIRECTV PHONE INTERNET

Ask how you can save up to **\$100 a year** when you add phone and Internet with DIRECTV!

515.262.7827 STAR
2217 E. UNIVERSITY AVE.
WWW.ROCKSTARSATELLITE.COM

Choose your satellite and internet provider

Choose your insurance company



Did you take a rate increase?

All your protection under one roof.®
AUTO • HOME • BUSINESS • HEALTH • LIFE
Call today for a free no-obligation quote or a personal insurance review.

Vance Whitwer, Agent
301 1st Ave. S
Altoona, IA 50009
(515) 967-8200

AMERICAN FAMILY INSURANCE
All your protection under one roof.®

Choose your heating & cooling



HEATING
AIR CONDITIONING
PLUMBING
Residential Service Repair

ALTOONA AREA/ CONKLING SERVICES

967-3974
Mike Bird

Baby blue Mustang

I remember buying my first car like it was yesterday. It was 1986, and I was hoping to find a used Monte Carlo, Cutlass or Camaro. But my \$2,000 budget didn't allow me to buy much, even back then.

So as I perused the local newspaper's classified listings, I found a 1980 Ford Mustang for sale. It was a 4 cylinder hatchback — baby blue in color and missing a hub cap. An unfortunate incident proved to be the beginning of the end for the Mustang.



I was never very mechanically inclined, but when a gas line on the Mustang cracked, I thought I could make the fix. In completing the repair, gas had leaked down through the engine. My next trip was to the car wash, and my mother happened to go with me. While I was inserting coins in the machine, she attempted to pull the car into the bay. As she started the engine, flames shot out from underneath. Within seconds, the baby blue paint on the hood was bub-

bling. With the car wash wand in hand, I yelled to Mom to pop the hood so I could spray it down. She pushed and pulled every button and knob in the vehicle — except the hood release. With more flames piercing through every crevice on the car, I hurriedly reached in to release the hood and give it a quick spray. In a few seconds, the aftermath of melted wires was revealed. A local mechanic patched things together and I had the hood repainted, enough to help the Mustang creep along for a few more years.

In this month's cover story, Laura Billingsley writes about local residents who share their experiences and memories of their first car.

Thanks for reading. **AL**

Shane Goodman
Publisher



Darren Tromblay
Editor
515-953-4822 ext. 304
darren@dmcityview.com

Brooke Pulliam
Advertising
515-988-7257
brooke@iowalivingmagazines.com



Iowa
Living
magazines

OPPORTUNITIES



MidAmerican Energy Advantage Programs Work

At MidAmerican Energy, we're helping our customers Save some green[®] and use energy more efficiently. That's why we created our Energy Advantage programs. Customers using these programs saved enough electricity in 2008 to power 104,000 homes for one year. With results like these, you can see why MidAmerican has become a national leader in energy efficiency.



MidAmerican can help you reach your energy efficiency goals. Find out more about MidAmerican's Energy Advantage programs by calling us or visiting us on the Web.

800-894-9599

www.MIDAMERICANENERGY.com

WE ARE READY FOR YOU!



- Eighteen scenic holes of golf
- Some of the best greens in Iowa
- Meeting and outing facilities
- The best staff in central Iowa



ASK ABOUT OUR SPECIALS!

Call 967-2932 or visit our web site www.GolfThills.com for more information
2 for 1 Mondays
Prairie Meadows Gold Club Card Special
Couples Golf Discount Program
Introduce a Family Member or Friend to Golf



Are you looking for a convenient location to host your birthday party, retirement party, class reunion, or family get together?

We have room available for you, best of all it's FREE, no rental fee!
Call Joe today for more information.



8700 NE 46th Ave. • Altoona

515-967-2932

TerraceHillsGC@aol.com

www.GolfThills.com

Our family's expertise. Your family's healthy, beautiful smiles.



As a husband-and-wife dental team, we give you the same standard of high-quality dentistry we want for our own family, here at Altoona Dental Clinic.

Altoona is our home. We have proudly served our community for over a decade, with our skill, experience and gentle, personal care – in a comfortable setting we know you'll love. We invite you to see us for:

- Complete dentistry for kids & adults
- The latest in cosmetic & restorative dentistry
- The high-level, friendly service our patients expect

Call for your convenient appointment today! **967-4211**

ALTOONA DENTAL CLINIC

Gentle, personal care from our family to yours

107 8th Street SE • Altoona • www.altoonadental.com

Prompt, flexible appointments
Insurance accepted & filed

Now accepting MetLife insurance!

TUNE IN LIVE
Saturdays @ Noon
98.3 WOW FM

JC Walker & Pennie Carroll

MOVING IOWA
movingiowa.com

REAL ESTATE RADIO
98.3 WOW FM | 1350 KIBT | PRAISE 940 (515) 251-IOWA(4692)

RE/MAX Equal Housing Opportunity

inside

5 Cover story

My first car

9 Education

Meet Andrea Gach

12 Recipe

Trees and raisins salad

14 Fitness

Good eats!

15 Calendar

A comprehensive list

20 Garage

Rocket Bird

22 Health Q & A

Advice from professionals

24 Real estate

Altoona sales

26 Faith

Rebuilding Together

28 Dining

Jasmine Thai

32 Chamber

News of local events



Page 5



Page 9



Page 28

On the cover:

PUBLISHER:
EDITOR:
ACCOUNT EXECUTIVES:

Shane Goodman
Darren Tromblay
Brooke Pulliam
Julie Downing
Dan Juffer
Jolene Goodman
Pete Gardner
Irene Smith
Michelle Haupts
Christi Adams
Wendy Goodale

DESIGN MANAGER:
GRAPHIC DESIGNERS:

Celeste Jones
Karen Ericson
Lindy Mogren
Kathleen Summy
Laura Billingsley
Amber Williams
Jared Curtis
Brent Antisdell
Brent Antisdell
Kathleen Summy

EDITORIAL ASSISTANT:
CONTRIBUTORS:

BUSINESS OFFICE MGR:
DISTRIBUTION:
CALENDAR:

ADDRESS: 414 61st Street Des Moines, Iowa 50312
PHONE: 515.953.4822
EDITORIAL: ext.304
DISTRIBUTION: ext.301
DESIGN: ext.313
ACCOUNTING: ext.301
FAX: 515.953.1394
WEB: www.iowalivingmagazines.com



Circulation and readership audited by



Altoona Living magazine is a monthly publication of Big Green Umbrella Media, Inc., an Iowa corporation. Nothing may be reprinted in whole or in part without permission of the publisher. Altoona Living magazine is mailed free of charge to every household and business in the 50009 zip code. Others may subscribe for \$18 annually. Copies of past issues, as available, may be purchased for \$3 each (plus shipping if required).

MY FIRST CAR

RESIDENTS SHARE THEIR STORIES, ADVICE

By Laura Billingsley

It's liberating to turn the key in the ignition of your own car for the first time. A car provides the independence to go wherever you want, and your first car represents the excitement, novelty and dash of trepidation that go along with being a teenager. No matter their age, Altoona residents remember getting behind the wheel of their first car.

Kalen Stapp turned 16 years old last August and describes her first car in one word: "Freedom," she says. "Before, if I wanted to go somewhere, I needed my parents' permission, and then I needed them to drive me there. Now I need their permission to go, but I can do what I want after, or I don't have to adjust to what their plans are for the night."

Kalen's 2001 gray Lexus previously belonged to her father, but it became her own during her 16th birthday party. Though there were many hints the car would be hers, the lack of surprise didn't dampen her enthusiasm.

"I was way excited," she says. "I was the first one to turn 16 out of my friends, so it was just as exciting for them."

Driving home from the party with a car-



Photo by Todd Rullestad

Kalen Stapp loves the freedom of having her own car but says she realizes there are responsibilities that go along with it.



Photo by Laura Billingsley

A bandana and beads from homecoming hang from the rearview mirror of Kalen Stapp's car.

load of friends sticks out in Kalen's mind as one of the high points with her new Lexus.

"That was huge for me because it was the first time not having any parents around and being able to do my own thing," she says.

Kalen knows a first car can come with responsibility as well as fun. Insurance, oil changes, and paying for gas all add up. New drivers also need to be prepared. She says, for some kids her age, the amount of responsibility required can be a shock.

"I have to pay for gas. If I do get into an accident, I have to pay for that, and I have to figure out a way to break that to my parents. There's a lot more responsibility than you think of beyond, 'OK, cool, I have a car.'"

Good driving also takes practice. Kalen went out driving with her parents a lot before getting her license, and she says both her mother's and father's voices are in her head when she drives.

For instance, a close call with bumping a curb might cause her

to imagine her mom saying, "Kalen stop; pay attention." A parking lot fender-bender made her think about her dad's obvious affection for her first car. She says her parents' trust in her makes her want to be a good driver.

For high schoolers, a first car is not only about freedom but an extension of their personality. Cars have long been a favorite way to show school spirit, and Kalen says this is definitely the case at her high school, Southeast Polk. Her rearview mirror is adorned with a bandana and beads from homecoming, and she says it's popular to deck out vehicles with stickers of the school mascot, the Rams.

Loving a Lemon

A car can also be a lifeline to other places. Altoona resident Michael Menke grew up in Fonda, a town of about 750 people.

His 1979 Chevy Monte Carlo was a way to meet people from neighboring areas. After his 16th birthday in 1986, Michael and his dad

went car shopping in Storm Lake. He says the \$2,000 Monte Carlo was the only thing he could afford.

But there was still room to spiff it up. Michael put in a new stereo and speakers, a popular customization at the time. He says growing up before the Internet and cell phones made having a car a necessity to engage in the social scene.

"There was no texting back then. We used to go to Storm Lake and scoop the loop — it was a 12-mile loop around town — and try to meet people. That's against the law around here," he says.

Although Michael has fond memories of his first car, he also confesses it was something of a lemon.

"I had it less than two months, and the motor blew up," he says. "My dad was furious with me, but when we pulled the motor apart, we found out that in the 79,000-mile car that was supposed to be little-old-lady driven, they'd never changed the oil. There were two-plus inches of sludge in the intake manifold."

Michael and his father rebuilt the

Mom really takes the cake!

Mother's Day is May 8

\$3 off

any Mother's Day Cake

736 - 8th Street • Altoona
EXPIRES May 8, 2011

Limit one per coupon and one coupon per customer per visit. May not be combined with any other coupon, discount, or promotion. Consumers must pay any sales tax included. No cash value.

\$1 off

any Combo Meal

736 - 8th Street • Altoona
EXPIRES May 31, 2011

Limit one per coupon and one coupon per customer per visit. May not be combined with any other coupon, discount, or promotion. Consumers must pay any sales tax included. No cash value.

736 - 8th Street SE
Altoona
957.0557

STRETCH your food dollars.

Commodity Supplemental Food Program

Serving Polk, Boone, Dallas, Jasper, Madison and Warren Counties

MONTHLY PACKAGES INCLUDE:
Canned Meat • Canned Vegetables
Hot & Cold Cereal • 100% Fruit Juices
Canned Fruit • Cheese • And MORE.

For older adults 60+ and women, infants and children.

FOR MORE INFORMATION:

2309 Euclid Ave.
Des Moines
Toll Free: 1-877-288-3655
or 515-286-3655
www.polkcountyiowa.gov

car's six-cylinder engine, and Michael also installed a new alternator, starter and carburetor. He spent an entire summer stripping down the car and getting it ready to repaint. He soon shipped off to basic training, but the car wasn't neglected.

"My dad worked out a deal with the body man and got a little extra work done to it, and it was virtually show-car perfect when I got it back," he says.

But the car's glory days were not long-lived. Not three months after his reunion with the car, the Monte Carlo met its match in a pothole on a rural highway.

"I was on a road trip," Michael recounts, "and I was kind of looking at the map, and I hit the shoulder a little bit and ended up hitting a pothole on the side of the road that was about two-and-a-half feet around and over a foot deep. The back wheel didn't come out."

The wheel snapped off, and Michael's car then rolled down the highway and into a ditch.

"The funny thing is, I had stopped at a gas station, and when I got back in the car I forgot to put my seatbelt on," he says. "The driver's side of the windshield was crushed out far enough it probably would have injured me, but I was in the back seat when that happened."

Michael caught a ride into town with a semi driver, and the car went to the junkyard soon



Clay and Sara Swihart's first cars were memorable for their encounters with deer and short life spans.

thereafter. The only thing he kept: the stereo.

The Deerslayer

Sometimes a first car is more memorable for the way it goes out of your life than the way it comes in.

Sara Swihart lives in Altoona but grew up in Cresco, and it was there that her first car met its end. Sara's dad bought her the car — a navy, 1990 Mercury Sable — when she was 16, and it ran fine until two years later when she let a friend borrow it. Sara can't be sure what hap-

pened but says, "When I got it back, it didn't work anymore. It didn't physically explode, but the engine blew, and then it got really loud. I went to my house and parked it there and had my neighbor look at it. He told me it was pretty much a goner."

The first car of Sara's husband, Clay, seemed to be a magnet for four-legged mammals.

"My friends called it the deerslayer," he says. The 1992 green Chevy Cavalier two-door was a 16th birthday present, and Clay had multiple encounters with deer while driving it between college in Cedar Falls and his hometown of Newton.

"Other than the exterior of it where I kept hitting deer, the rest of it ran great. It just had a busted up front end," he says. The Cavalier managed to survive, and Clay eventually sold it after graduating college. He says the deerslayer can still be seen driving around Newton.

The Yellow Dream

When you're 16, a car is often the most the important thing you've ever owned.

"It was your girl, your car and then your family," says Altoona resident Mike Bingaman. His first car was a '54 Chevy. He got it when he was 16 after his mother had an accident with it.

"She sold it to me for \$120," Mike says.

FARRELL'S: WHAT'S AFTER 10 WEEKS

Darrin R.

"For someone who is not athletic, nutrition and exercise were always at the last of my to-do list. Why would I want to participate in something I was terrible at doing? Couch surfing and eating whatever I wanted were fun, required no effort and didn't run the risk of failure. They were my life.

After 32 years of this philosophy, I was tired, out of shape and morbidly obese. My routine had given me poor sleep, stomach pains and high blood pressure. I was tired of it and decided to join Farrell's to permanently exorcise these problems, as well as their deep-seated causes.

Six months and over seventy dropped pounds later, I now am active, happy and healthy. Farrell's has provided me with a focused atmosphere calling for personal responsibility, while providing activities that make eating right and exercising fun. The Farrell's meal program puts food in its rightful place as fuel, not as an amusement park ride for my taste buds; their kickboxing and weight routines are now the highlight of my day instead of the dreadful chore I once thought they would be. Best of all, I've avoided medication for the dangerous conditions brought about by my blood pressure and weight. I may not ever be that top athlete, but I have realized through Farrell's that you can be an "everyday Joe" but still stay active, eat right and achieve incredible results. "



1003 SE 8th Street ■ Altoona ■ 967-5989 ■ www.eXtremebodys shaping.com

Results Are Typical.®

**CALL US TO FIND OUT
WHEN THE NEXT SESSION BEGINS!**

While he has fond memories of the Chevy, the first car he and his wife, Kathy, bought together stands out in both their minds.

It was 1968. She was a senior in high school; he was in Vietnam. They were engaged. Mike was sending money back to Kathy, and she picked out a 1966 Chevrolet Impala that was yellow with a black vinyl top. For Kathy, it was the first car she ever owned.

"I think I only paid like \$2,500 for it," she says. "I saw this yellow car, and I just fell in love with it."

The Impala served as the couple's honeymoon car and then they drove it to Aberdeen, Md., where Mike was stationed at Aberdeen Proving Ground. The Bingamans moved back home to Iowa in 1971, settling in Altoona. The car made the long trip back, filled to the brim with two adults, luggage, a 6-month-old baby and a cat. Though it had no air-conditioning, air bags or anti-lock brakes, the Impala was fully loaded with dreams. **AL**

Tips for first-time car owners

Vance Whitwer, American Family Insurance:

- Certain auto brands are more expensive to insure than others. Stay away from sporty two-doors; consider a four-door, midsize car that is safer to drive yet better on gas. Call for a quote before buying the auto.
- Don't buy a car that is a struggle to afford: Consider the payment, license, maintenance, insurance and gas money to drive it on a monthly basis. (Generally the more the car costs to replace, the higher the insurance.) Consider a car that you can get by with liability only.
- Earn good grades. Good grades usually qualify you for a discount on youthful driver's auto premium rates.
- Consider a Teen Safe Driver cam: American Family Insurance offers teens and their parents a camera that is installed in the car. It records sights and sounds during any risky driving actions, such as hard braking, swerving or collisions. The data does not go to American Family, and is not used to determine premiums, but it is presented in a report for parents and teens to examine online.



Photo by Laura Billingsley

Vance Whitwer of American Family Insurance explains the Teen Safe Driver cam, which can be used to help teens practice responsible driving.

Bill Puffett, Middendorf Insurance:

- If the cost of insurance makes the difference, you can't afford the car.
- Investigate the possibility of loan gap coverage if your loan amount is close to the value of the car.
- Select deductible limits that you can afford in the event of an accident.
- Know who you're dealing with because at the time of loss — they will become your friend. **AL**



Dress Up YOUR Landscape

**BELGARD WALLS AND PAVERS
WILLOW CREEK PAVERS
VERSA-LOK WALL SYSTEMS
AND NATURAL STONE**

We rent Bobcat, Kubota & Wacker:
 • Aerators • Power Rakes • Tillers • Lifts
 • Augers • Mini Excavators • Skid Loaders
 • Trencher • Compaction Equipment and MORE

Bulk & Bagged
Landscape Material Provider
"Mulch, Rock, Compost & More... To Your Door"

NOW AT OUR NEW EXPANDED LOCATION
(One block WEST of old location. North side of Hickman)





125 N. 10th Street, Waukee 50263 (corner of 10th and Hickman Rd.)
515-978-6852 • www.mulchmartofiowa.com



36 Fabulicious Homemade Ice Cream & Sorbet Flavors!

- Cones, cups, shakes, malts, sundaes & more
- Pints, quarts and custom ice cream cakes
- Chocolate, truffle and candy varieties
- Handmade fudge
- Eat-in or drive-thru service
- Party room for special occasions
- Catering Services
- Ice cream tours
- Birthday party packages

www.overthetopiowa.com
515-266-3313
955 NE 56th Street
Pleasant Hill

Just south of Wells Fargo at the corner of University Avenue and NE 56th Street




Meet Andrea Gach

Instructor helps students find their way of learning

By Kathleen Summy

Andrea Gach, special education instructor at Altoona Elementary, always knew she wanted to work in that particular branch of teaching.

"I like to see children succeed and find their way of learning," she says.

Gach is in her fifth year of teaching, all at Altoona Elementary. She has worked with third and fifth grade students and just recently switched to kindergarten and first graders.

"Every day is something new," Gach says. "Every day is a new challenge. I'm always learning something new (from my students) as well as teaching them."

Gach works with students in the main classroom as well as in her own. They may have academic difficulties with reading, writing, arithmetic or other subjects, behavioral needs or the need to learn social skills.

"We use a very hands-on approach to learning," she says. "We're very flexible and try to relate things to real world situations."

Gach's kindergarten and first grade students are in her classroom most of the day because of the needs they have. The older



Photos by Kathleen Summy

Andrea Gach is the special education teacher for kindergarten and first grade at Altoona Elementary.

students were in and out during the day.

"Our goal is to get them into the classroom as much as possible, and it's rewarding to see that," she says. "Every child can learn, and it's my job to discover their way of learning."

Gach says her students love sharing their stories and "telling me about their day and how they are using the material they've learned in their day."

"A lot of them have lots of friends here, and can be leaders in their room," she says.

Gach and her husband, Joe, are big Cyclone fans.

"We like to go to the football games," she says. "We like hanging out with friends and going to movies. I enjoy baking, gardening and reading books. **AL**

What do you like best about Mrs. Gach?



Cassie Morse: "She's really nice."



Victoria Cook: "That she helps a lot of kids."



Jake Johnson: "She lets us have parties, and she's really nice."



Bryan Knisley: "She's nice, and she's pretty."

Your pup deserves a getaway too!



Let us take care of your furry friend when you go on a vacation, a weekend outing or even just an overnight stay.



Pampered Pooch Bakery & Salon

625 - 8th Street SE • 957-0005
(just across the street from Fareway)
www.mypamperedpooch.us

Grooming • Daycare • Boarding • Obedience Training • Bakery

SPECIAL SIGN-UP OFFER!

\$5500

4 Weeks

and a FREE Uniform!

Triumph Martial Arts

TINY TIGERS
TAEKWONDO

MARTIAL ARTS

Karate Kids

Classes at The Orange Planet • 5650 Metro East Drive, Pleasant Hill
Your First Class is FREE! 866-648-8480 • www.triumphma.com

Offer valid through May 31, 2011. Cannot be combined with any other discounts.

Hair FX

SALON & SPA



COME BY & MEET
OUR NEW STYLIST
**AMBER
McCONNELL!**

Bring this ad in & receive
50% off
your haircut with Amber.

New customers only. Exp. 5/28/11

Bring this ad in & receive
50% off
your color service with Amber.

New customers only. Exp. 5/28/11

616 8TH STREET SW • ALTOONA

515.967.4787

Having that conversation

By Shelly Charter, Valley View Village

In my dealings with adult children with elderly parents, I would be hard pressed to find anything that evokes more dread and fear than having “that conversation” with their parents.

You know the one — about them making a change in their living situation and moving to a retirement community.

You love them and want to honor their wishes, and while it would be easy to ignore the subject for awhile, you know if you don't have this conversation now there could be a potential crisis.

It is far better to be proactive

rather than reactive.

Here are some practical tips that may help.

Timing is everything. Pick a time when you and your parents are free from distractions and can focus your attention on this subject. Turn off your cell phone.

Be aware that there are feelings attached to this decision. Recognize and address them.

Stay calm. Raised voices and displays of anger won't help.

Time. They need time to process this and voice their concerns. Listen to their fears. Acknowledge how hard this is for

them. Empathize. Give them time to absorb the news and get used to the idea. Discuss a timeline and stick to it.

Calmly explain why this is the right decision in practical terms. Explain how they need more medical expertise or attention that you can provide, and you want them to be safe and well cared for. If their health condition is more advanced, perhaps their physician will be willing to recommend and endorse that they make a lifestyle change.

Reassure them you will continue to be actively involved in their lives. Many times seniors fear that moving to a retirement community may sever them from their family. Knowing that you will continue to see them will help them feel connected and ease their fears.

Get them involved in the decision making process — visiting



various retirement communities, what furniture to take, what size of apartment to look for etc. — anything that helps them feel they are an important part of this process — because they are.

Don't be hard on yourself or feel guilty about this decision. You will feel peace in knowing your parents will adjust and will be well cared for. **AL**

Information provided by Shelly Charter, Valley View Village, 2571 Guthrie Ave., Des Moines, 265-2571.

Did You Know?

Valley View Village Offers:

- o SKILLED CARE
- o LONG TERM CARE
- o SPEECH, PHYSICAL AND OCCUPATIONAL THERAPY
- o INDEPENDENT LIVING
- o ASSISTED LIVING
- o MEMORY CARE



A Community of care for any need!

2571 Guthrie Ave. • Des Moines
265-2571 • www.elimcare.org





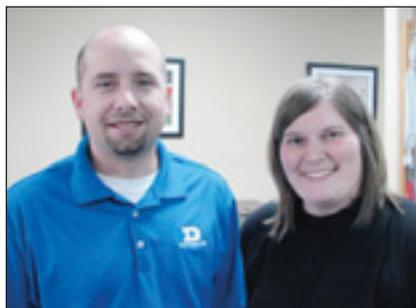
Chad and Lauryn Sneider at Accelerated Rehab Center's open house on March 31.



Jill Meyer, Joni Champion, Amy Jensen, Heather Sharp and Monica Haar at Accelerated Rehab Center's open house on March 31.



Kevin Mosher and Mary Simon at Accelerated Rehab Center's open house on March 31.



Loni Haar and Jill Meyer at Accelerated Rehab Center's open house on March 31.



Hilary Dunn and Amanda Bailey at Accelerated Rehab Center's open house on March 31.



Cathy Jensen and Craig Neiderheiser at Accelerated Rehab Center's open house on March 31.

Show Your RAM Spirit!



Be true to your school!
Purchase a new SEP Rams debit card design for only \$5, and we'll donate \$4 back to the school!*

Altoona 515.967.7283 | Johnston 515.727.4484
West Des Moines 515.225.0710

Bank Iowa.
Your Success. Our Priority.
www.bankiowabanks.com

*Other fees may apply. See your local bank for details. Member FDIC.

4th Annual Centennial Elementary Car Show

SEP **ROCKSTAR** **Saturday,**
satellite **May 7**
ROLNRAMS Hosted by the
Centennial PTA
May 7 2011 **Centennial Elementary** *Rain or Shine*

Centennial Elementary School: I-80 to exit 143-South on 1st Street,
Left on 8th Street-Right on 7th Ave SE-School 1 block on your right
Registration: 9:00 am to Noon
Judging: Noon to 1:30 pm
Awards presentation: 3:00 pm

Food will be served starting at 11:00 cooked by Iowa Outlaw's BAR-B-QUE & CATERING CO.

Edible Flair

Cakes
Cupcakes
Candies
Cookies
Breads
Baklava
Bars
Truffles
Brownies




912 8th St. SW • Altoona • 515-822-9755
www.edibleflaironline.com

SPRING FLING!
ALLERGIES? ASTHMA? BREATHING PROBLEMS?
HEADACHES? EXCESSIVE DUST?
AIR DUCT CLEANING WILL HELP!

Kill odor and dust mites! Breathe clean, fresh air!

\$5995 Includes 18 vents,
1 main, 1 return and
complete system
inspection!
Exp. 5/25/11 • CODE ALLM

Why choose us?

- Trained and Certified Technicians
- State-of-the-Art Cleaning Equipment

We also offer:

- Sanitizing • AC Cleaning
- Mold Treating and Removal
- Dryer Vent Cleaning
- UV Lighting Systems

BEFORE **AFTER**

Central States Air Care
YOUR INDOOR ENVIRONMENTAL SPECIALIST • ALL WORKMANSHIP IS 100% GUARANTEED

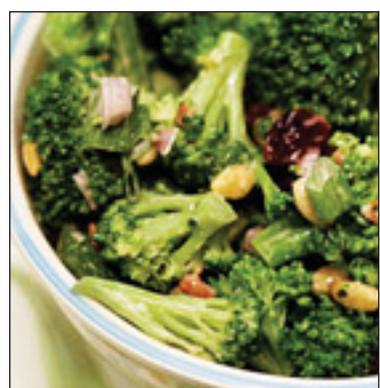
Professional Licensed **515-710-0805** Insured Guaranteed

recipe **Submit ideas to darren@dmcityview.com**

Trees and raisins salad

The long-awaited signs of spring are in the air. The days are steadily getting longer, birds and wildlife are more abundant, active and visible, the grass is about to green, and flowers are ready to bloom.

Spring is a time of renewal everywhere you look. Everyone has a little extra bounce in their step, and more folks feel the urge to get outdoors and enjoy the soft (sometimes strong) warmer breezes and sunshine.



Spring can also be a busy time of year, with the springtime sports season kicking back into gear and when many of us may have recitals, picnics and graduations to plan or attend just around the corner. A big part of our community in Iowa is the planting season when local farmers begin preparing all of their equipment and ground for a successful growing season, and many new calves and baby animals are being born.

It's also a time when we look forward to fresh starts — opening the windows, starting new projects, doing a little extra cleaning, planting some new vegetables or flowers in your gardens, and maybe even being inspired to renew your own health and fitness goals.

Salads are a fresh and healthy way to celebrate spring. They're also fast and easy to prepare and often can be made ahead for picnics and other springtime gatherings or packed in lunches for everyone on the go.

The recipe featured is a great crowd pleaser and a snap to prepare, especially with the help of Mrs. Clark's Coleslaw Dressing. A little chopping and mixing is all that is required to make this delicious salad that's full of fiber and goodness to help you feel energized this spring. **AL**

Trees and raisins salad

Ingredients

- 4 heads fresh broccoli (chopped)
- 12 oz. jumbo red raisins
- 1/2 to 1 finely diced medium-sized red onion
- 3.75 oz. sunflower seed kernels (1 package)
- 16 oz. jar Mrs. Clark's Coleslaw Dressing
- 4 oz. bacon crumbles (optional)

flower seeds and bacon crumbles in a large bowl that has a lid.

- Place lid tightly on bowl and give it some good tosses to mix up the salad.
- Next pour Mrs. Clark's Coleslaw Dressing over the salad. Add more or less to your preference.
- Replace the lid tightly and toss again until salad is evenly coated with dressing.
- Place in refrigerator until chilled and serve.

Makes 8 - 10 servings.

Directions

- Place chopped, bite-sized broccoli pieces, raisins, diced red onion, sun-

RAGBRAI in Altoona!

What are WE doing?

Join us May 12 at 7 p.m. at the Campus and get the latest scoop on **WHAT'S UP** with RAGBRAI planning!

- Be the first to purchase an Altoona RAGBRAI t-shirt
- Learn about the latest RAGBRAI route plans
- See maps of the main campground areas and entertainment venues
- Sign up to host riders or volunteer
- Learn more about the kids' art contest

VENDORS

Planning to sell food or trinkets when RAGBRAI riders roll through town July 27?

Vendor applications are due May 1.

For more information on becoming a vendor, go to

www.RAGBRAI-altoona.com



Hospitality
Communications
Information Center
Food and Vendors
Sanitation
Campgrounds

ragbrai-altoona.com

Experience the **INDOOR PLANET**



April – August

**Hoop Skills
Academy**



**FIT Play
Summer Camp**



Boxing



Martial Arts



**AAU Competitive
Teams**



**Tuesday Night
Adult Hoops**



**Private Coaching
and so much
more!**



TheOrangePlanet.com
261.0030 • Pleasant Hill, IA

fitness

By David Charleston, The Orange Planet

Good eats!

Strengthening your family bond for life

By David Charleston, owner, The Orange Planet

Back in the day, nightly meals were the norm rather than the exception.

Kids learned from Mom and Dad as they dialogued at the dinner table. It was the place that faith and values were handed down, where victories, challenges and heartbreaks were aired.

A whole bunch of things interrupted these interactions. Life and priorities changed. Sports, electronic entertainment, dual-career households and a million other variables started to eat away at getting everyone together at the same time.

Family meals led to conversation. Kids today have a million voices screaming for their attention and need parents more than ever. Even though they may not tell you this, they need to hear your earthly voice instead of texts, phones and e-mails. It is a proven fact that children communicate better with parents when they have a certain activity or planned time to remove some of their pressures. Kids are emotionally bankrupt; they need parents to step up and parent.

If you can try and put effort into planning a regular meal time that no matter what your children must be at, then when things get dicey between you and your child, or at certain ages, your teen pulls away, a history of mealtimes together will prove invaluable.

For most, eating together seven times per week is not realistic. Why not aim for three a week? Put it on your calendar and make it happen, no matter what. Here are some good strategies to make

it work for you:

- **Wait it out.** If Mom or Dad works, provide a healthy snack to hold them over until everyone is home. Change your priorities. If raising children is a main priority in your life, then get rid of what doesn't fit into that priority.

- **Chill out.** Don't use family dinner time to scold. Keep it stress free. Say no to electronics. Shut the TV off. Allow no phone use. Make this time sacred.

- **Work together as a team.** Make pitching in fun. Have some help with preparation while others help with clean up. Ask open-ended questions. Don't drill with yes-no questions. Be flexible. Your kids might have good ideas for dinner time and how to make it enjoyable.

- **Streamline.** It doesn't have to be fancy all the time. If going out or making simple wraps make sense, then do it.

- **Be creative.** Take turns preparing dessert or selecting the topic for discussion. Maybe ask each person to answer "What makes loving 'your brother' easy?" Use this time to build each other up.

- **Stick to your guns.** Declare meals together a priority, even if you go head-to-head with coaches or other adults who want to interfere with family time.

Once the family discovers that this time is enjoyable and happy memories are being built, they will all quickly flock to their favorite time of day. Remember, your kids catch what you do; they don't always listen to what you teach. **AL**

For more information on joining as a family log onto www.TheOrangePlanet.com. Article written by David Charleston, owner of The Orange Planet and Director of Hope2Offer Student Services.

Friday, April 29

- National Arbor Day
- Drake Relays
- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Ribbon cutting, Medicap Pharmacy, 950 28th Ave. S.W., 11:45 a.m.
- SEP 8 girls track at Winterset, 4:30 p.m.
- SEP 9/JV boys soccer at Pella, 5:30 p.m.

Saturday, April 30

- Drake Relays
- ACT practice test, SEP room 140, 8:30 a.m. - noon

Sunday, May 1

- High School Hoop Night, The Orange Planet, Pleasant Hill, 2 - 6 p.m.

Monday, May 2

- Altoona City Council meeting, City Hall, 407 Eighth St. S.E., 6:30 p.m.
- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.
- I-Cubs vs. Round Rock Express at Des Moines, 6:35 p.m.
- SEP girls golf vs. Indianola, 2 p.m.
- SEP 8 boys track at Waukee, 4 p.m.
- SEP 9 boys track at Ankeny, 4:30 p.m.
- SEP 9 boys soccer vs. Ankeny, 4:45 p.m.
- SEP JV/V boys soccer vs. Ottumwa, 6 p.m.
- SEP JV/V girls soccer at Ottumwa, 5:30 p.m.

Tuesday, May 3

- Teacher Appreciation Day

- Weight Watchers meeting, Altoona UMC, 602 Fifth Ave. S.W., 5:30 p.m.
- Storytime, ages 2 - 6, Altoona Public Library, 10 a.m.
- Altoona Chamber Noon networking, location TBA, 11:45 a.m.
- Al-Anon meeting, Lutheran Church of the Cross, Room 12, 7 p.m.
- RAGBRAI general meeting, Altoona City Hall, noon
- I-Cubs vs. Round Rock Express at Des Moines, 12:05 p.m.
- SEP 8 girls track at Valley, 4 p.m.
- SEP tennis at Dowling Catholic, 4:15 p.m.



Wednesday, May 4

- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- I-Cubs vs. Round Rock Express at Des Moines, 6:35 p.m.

Thursday, May 5

- Cinco de Mayo
- National Day of Prayer
- Nighty night stories, ages 2 - 8, Altoona Public Library, 6:30 p.m.
- Ribbon cutting, Altoona Floral and Gifts, 5:30 p.m.
- I-Cubs vs. Round Rock Express at Des Moines, 12:05 p.m.
- SEP girls golf at Dowling Catholic, 3:30 p.m.
- SEP tennis vs. Ankeny, 4:15 p.m.

- SEP JV/V girls track at Ankeny, 4:30 p.m.
- SEP JV/V boys track at Johnston, 4:30 p.m.
- SEP 9/JV/V girls soccer at Indianola, 4:45 p.m.
- SEP 9/JV/V boys soccer vs. Indianola, 4:45 p.m.

Friday, May 6

- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- I-Cubs vs. New Orleans at Des Moines, 7:05 p.m.

Saturday, May 7

- Annual Polk County Master Gardener Plant Sale, DM Botanical Center, 909 Robert D. Ray Drive, 8 a.m. - 4:30 p.m.
- I-Cubs vs. New Orleans at Des Moines, 7:05 p.m.
- SEP varsity boys soccer at Nevada, 8 a.m.
- SEP JV boys tennis at Ankeny, 9 a.m.

Sunday, May 8

- Mother's Day
- Annual Polk County Master Gardener Plant Sale, DM Botanical Center, 909 Robert D. Ray Drive, 10 a.m. - 4:30 p.m.
- High School Hoop Night, The Orange Planet, Pleasant Hill,

2 - 6 p.m.

- I-Cubs vs. New Orleans at Des Moines, 1:05 p.m.

Monday, May 9

- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.
- I-Cubs vs. New Orleans at Des Moines, 12:05 p.m.
- SEP girls golf vs. Ankeny, 3:30 p.m.
- SEP JV/V boys soccer at Fort Dodge, 6 p.m.
- SEP JV/V girls soccer vs. Fort Dodge, 6 p.m.
- SEP Athletic Booster Club meeting, 6:30 p.m.

Tuesday, May 10

- Altoona Chamber Ice Cream Social/Networking meeting, Valley View Village, 2571 Guthrie Ave., DM, RSVP to 299-1740, 2 - 4 p.m.
- Storytime, ages 2 - 6, Altoona Public Library, 10 a.m.
- Weight Watchers meeting, Altoona UMC, 602 Fifth Ave. S.W., 5:30 p.m.
- RAGBRAI general meeting, Altoona City Hall, noon
- Al-Anon meeting, Lutheran Church of the Cross, Room 12, 7 p.m.
- SEP tennis at Johnston, 4:15 p.m.



DEERY BROTHERS CHEVROLET OF PLEASANT HILL
 6000 E. University Ave. • Pleasant Hill
 285-1000 • www.godeery.com

- SEP 8 girls and boys track at Marshalltown, 4:30 p.m.
- SEP PRIDE Booster Club meeting, 6 p.m.

Wednesday, May 11

- National School Nurse Day
- Scholarship Evening, SEP auditorium, 7 p.m.
- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.

Thursday, May 12

- Honors Recognition, SEP auditorium, 1 p.m.
- Nighty night stories, ages 2 - 8, Altoona Public Library, 6:30 p.m.
- SEP 9/JV boys soccer at Dowling Catholic, 3:45 p.m.
- SEP 8 boys and girls track meet, 4:30 p.m.

Friday, May 13

- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- SEP 9/JV girls soccer vs. Dowling Catholic, 4:45 p.m.

Sunday, May 15

- High School Hoop Night, The Orange Planet, Pleasant Hill, 2 - 6 p.m.

Monday, May 16

- Altoona City Council meeting, City Hall, 407 Eighth St. S.E., 6:30 p.m.
- Eastern Polk Quilt Guild meeting, Lutheran Church of the Cross, 1701 Eighth St. S.W., 7 p.m.
- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.
- SEP 9/JV girls soccer at Ankeny, 4:45 p.m.
- SEP 9/JV boys soccer vs. Ankeny, 4:45 p.m.

Tuesday, May 17

- Storytime, ages 2 - 6, Altoona Public Library, 10 a.m.
- RAGBRAI general meeting, Altoona City Hall, noon
- Weight Watchers meeting, Altoona UMC, 602 Fifth Ave. S.W., 5:30 p.m.
- Al-Anon meeting, Lutheran Church of the Cross, Room 12, 7 p.m.
- SEP 9 girls soccer at Urbandale, 5 p.m.

Wednesday, May 18

- William Penn College for Working Adults open house, 6000 Westown Pkwy., WDM, call 515-222-9949 ext. 1348 for info, 3 - 6 p.m.

- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- SEP varsity girls golf at Jester Park, 9 a.m.

Thursday, May 19

- Nighty night stories, ages 2 - 8, Altoona Public Library, 6:30 p.m.
- I-Cubs vs. Tucson Padres at Des Moines, 6:35 p.m.
- SEP 9/JV girls soccer vs. Johnston, 4:45 p.m.
- SEP Vocal Boosters meeting, 5:45 p.m.

Friday, May 20

- Elementary breakfast for graduating seniors, all elementaries, 7:30 a.m.
- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Music on the Plaza, Prairie Heritage Civic Plaza, 5 - 8 p.m.
- I-Cubs vs. Tucson Padres at Des Moines, 7:05 p.m.
- SEP JV girls soccer at Urbandale, 5 p.m.

Saturday, May 21

- Armed Forces Day
- I-Cubs vs. Tucson Padres at Des Moines, 7:05 p.m.

Sunday, May 22

- SEP Commencement, Knapp Center, 5 p.m.
- High School Hoop Night, The Orange Planet, Pleasant Hill, 2 - 6 p.m.
- I-Cubs vs. Tucson Padres at Des Moines, 1:05 p.m.

Monday, May 23

- Altoona Area Historical Society meeting, 1060 14th St. S.E., 7 p.m.
- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.
- I-Cubs vs. Las Vegas 51s at Des Moines, 6:35 p.m.
- SEP varsity baseball vs. Carlisle, 5:30 p.m.

Tuesday, May 24

- Altoona Kiwanis Blood Drive, Lutz Pharmacy parking lot, 1 - 6 p.m.
- Storytime, ages 2 - 6, Altoona Public Library, 10 a.m.
- Weight Watchers meeting, Altoona UMC, 602 Fifth Ave. S.W., 5:30 p.m.
- RAGBRAI general meeting, Altoona City Hall, 5 p.m.
- Al-Anon meeting, Lutheran Church of the Cross, Room 12, 7 p.m.

**GRAB
A GAME
AND HAVE A BALL!**



**CELEBRATE MOTHER'S DAY WITH THE IOWA CUBS
PLAY CATCH WITH MOM ON THE FIELD BEFORE THE GAME**

- MONDAY, MAY 2** vs Round Rock Express • 6:35pm
- TUESDAY, MAY 3** vs Round Rock Express • 12:05pm
- WEDNESDAY, MAY 4** vs Round Rock Express • 6:35pm
- THURSDAY, MAY 5** vs Round Rock Express • 12:05pm
- FRIDAY, MAY 6** vs New Orleans Zephyrs • 7:05pm
- SATURDAY, MAY 7** vs New Orleans Zephyrs • 7:05pm
- SUNDAY, MAY 8** vs New Orleans Zephyrs • 1:05pm
- MONDAY, MAY 9** vs New Orleans Zephyrs • 12:05pm

- DOLLAR DAY: \$1 GA TICKETS & MORE
- TAKE A LONG LUNCH BREAK!
- FUNGO! PLAY BASEBALL BINGO
- JOIN THE IOWA CUBS MUG CLUB
- FIREWORKS • SCHEDULE MAGNETS
- SCHEDULE MAGNETS
- PRE-GAME ON-FIELD CATCH WITH MOM
- CHARACTER COUNTS IN IOWA DAY

Complete schedule online at iowacubs.com

twitter.com/iowaCubs • facebook.com/icubs

UPCOMING HOME GAMES

MAY
19-22 Tucson Padres
23-26 Las Vegas 51s

JUNE
4-7 Omaha Storm Chasers
9-12 Round Rock Express
21-24 Memphis Redbirds
25-28 Albuquerque Isotopes

CALL 515.243.6111 OR VISIT IOWACUBS.COM TO ORDER YOUR TICKETS TODAY!

- I-Cubs vs. Las Vegas 51s at Des Moines, 6:35 p.m.
- SEP JV/V girls soccer at Lincoln, 6 p.m.
- SEP JV/V softball at Oskaloosa, 6 p.m.

Wednesday, May 25

- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- I-Cubs vs. Las Vegas 51s at Des Moines, 6:35 p.m.
- SEP JV/V softball vs. Boone, 6 p.m.

Thursday, May 26

- SEP last day of classes
- Nighty night stories, ages 2 - 8, Altoona Public Library, 6:30 p.m.
- I-Cubs vs. Las Vegas 51s at Des

- Moines, 12:05 p.m.
- SEP JV/V softball vs. Waukee, 4:30 p.m.
 - SEP 9JV/V girls soccer vs. Marshalltown, 4:45 p.m.
 - SEP 10/V baseball vs. Waukee, 5:30 p.m.

Friday, May 27

- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Music on the Plaza, Prairie Heritage Civic Plaza, 5 - 8 p.m.

It's free!
 Submit calendar items for your school, church, business, organization or family to kathy@dmcityview.com.

Health • Wellness • Relaxation • Rejuvenation
Special Kneads Massage Therapy
Add a Special Touch to this Mother's Day and other special occasions!
 Now Through May 31st

1 hour massage gift certificate { **\$45** (\$55 value)
 2 - 1 hour massage gift certificates { **\$80** (\$110 value)
 3 - 1 hour massage gift certificates { **\$110** (\$165 value)

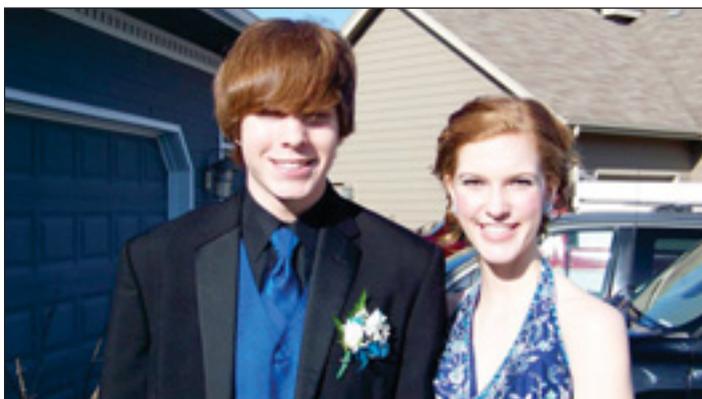
Jennifer Schweers, LMT
 515.419.5188 • 3160 8th St. SW, Suite M • Altoona
 West of Kin Folks inside Custom Image Salon



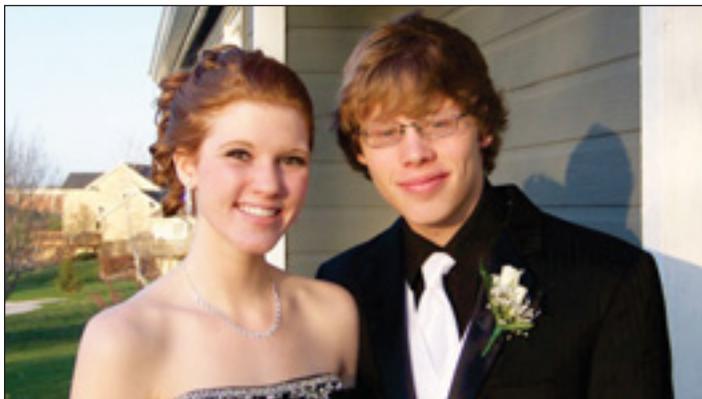
Brad Johnson and Whitney Blakemore at the SEP High School prom on April 16.



Twins Sarah and Valerie Hermann at the SEP High School prom on April 16.



Alex Dana and Corrina Slings ready for the SEP High School prom on April 16.



Grace Slings and Brad Beckett ready for the SEP High School prom on April 16.

SE POLK HIGH SCHOOL VARSITY SPORT SCHEDULES ~ SUMMER 2011



Baseball



Date	Home/Away	Opponent	Time
Monday, May 23	Home	Carlisle	5:30pm
Thursday, May 26	Home	Waukee	5:30pm
Tuesday, May 31	Away	Roosevelt	5:30pm
Saturday, June 4	Away	Tournament	10:00am
Monday, June 6	Away	Johnston	5:30pm
Tuesday, June 7	Home	East	5:30pm
Thursday, June 9	Away	Urbandale	5:30pm
Friday, June 10	Home	North	5:30pm
Monday, June 13	Home	Indianola	5:30pm
Tuesday, June 14	Away	Boone	7:30pm
Thursday, June 16	Away	Dowling Catholic	5:30pm
Friday, June 17	Away	WDM Valley	5:30pm
Monday, June 20	Home	Ankeny	5:30pm
Thursday, June 23	Home	Johnston	5:30pm
Monday, June 27	Home	Urbandale	5:30pm
Tuesday, June 28	Away	Lincoln	3:30pm
Thursday, June 30	Away	Indianola	5:30pm
Tuesday, July 5	Home	Dowling Catholic	5:30pm
Thursday, July 7	Away	Ankeny	5:30pm
Monday, July 11	Home	Ames	5:30pm
Tuesday, July 12	Away	Hoover	5:30pm

Softball



Date	Home/Away	Opponent	Time
Tuesday, May 24	Away	Oskaloosa	7:30pm
Wednesday, May 25	Home	Boone	7:30pm
Thursday, May 26	Home	Waukee	6:15pm
Tuesday, May 31	Away	Roosevelt	4:45pm
Saturday, June 4	Away	WDM Valley	TBD
Monday, June 6	Away	Johnston	6:15pm
Tuesday, June 7	Home	East	7:30pm
Thursday, June 9	Away	Urbandale	6:15pm
Friday, June 10	Away	CR Jefferson	TBD
Saturday, June 11	Away	Tournament	TBD
Monday, June 13	Home	Indianola	6:15pm
Thursday, June 16	Away	Dowling Catholic	6:15pm
Monday, June 20	Home	Ankeny	6:15pm
Tuesday, June 21	Home	Ames	7:30pm
Thursday, June 23	Home	Johnston	6:15pm
Friday, June 24	Away	Urbandale	TBD
Monday, June 27	Home	Urbandale	6:15pm
Thursday, June 30	Away	Indianola	6:15pm
Friday, July 1	Away	Tournament	TBD
Tuesday, July 5	Home	Dowling Catholic	6:15pm
Thursday, July 7	Away	Ankeny	6:15pm

STOP IN FOR A SWEET DEAL TODAY!

\$3 OFF ANY DQ CAKE

Not valid with any other offer. Expires 6/28/11.

736 8th St. SE Altoona
957-0557

CHEER THE RAMS ON TO VICTORY!

SE Polk HS is located at 7945 NE University Ave. in Pleasant Hill

CONGRATULATIONS CLASS OF 2011!

For more information and to see all sport schedules, call 641.357.5235 or visit www.se-polk.k12.ia.us

We are SE Polk Ram fans!

Sugar Shack

100 8th St. SE • Ste. E Altoona • 967-2527

COLLISION REPAIR AND UNIBODY SPECIALIST
ALL MAKES AND MODELS

TED'S BODY SHOP, INC.

DUZMOR PRECISION BODY SQUARING & ALIGNMENT

515-280-6500

5571 N.W. 2ND ST. • DES MOINES • WWW.TEDSBODYSHOP.COM

SALON & SPA

The staff at Hair FX is ready to help you look your best!

618 - 8th STREET SW ALTOONA
967-4787

Capture a Victory!

Sherry Lynn Photography

11961 SE 36th Ave. • Runnells
515-966-2490
www.sherrylynnphoto.com

Bianchi Boys Pizza & Pasta

That's homemade Italian!

104 - 3rd Street SE • Altoona
957-0807

Your trusted mortgage lender.

In Altoona, call **Lori Slings**
160 Adventureland Dr.
515-967-4700 or 515-975-8240

In Pleasant Hill, call **Bruce Zimmerman**
1290 Copper Creek Dr.
515-265-4880 or 515-577-3680

SHELTER INSURANCE

Auto • Home • Life

We're your Shield. We're your Shelter.
www.ShelterInsurance.com

Darren Huinker
Altoona
515-967-9290

Nicole Williams
Pleasant Hill
515-282-7995



DOZENS OF IMPLEMENTS AND NOW
1,000 REASONS TO BUY THEM.



2520 COMPACT UTILITY TRACTOR

- 26.4 gross engine hp/20.5 PTO hp*
- Twin Touch™ hydrostatic transmission
- Cruise control and power steering



2320 COMPACT UTILITY TRACTOR

- 24 gross engine/18 PTO hp*
- Twin Touch hydrostatic transmission
- iMatch™ AutoHitch™ compatible

\$1,000 off
with purchase
of two or more
implements¹

0%
FINANCING
FOR 48 MONTHS²



JOHN DEERE

VanWall EQUIPMENT

Ames, Ankeny, Colfax, Des Moines, Madrid,
Nevada, Perry, Story City, Urbandale
(800).568.2381 **www.vanwall.com**

¹Offer valid from 2/1/2011 to 5/31/2011. \$1,000 off any 2000 Series. Offer not available at all locations; see your local John Deere dealer for details. All attachments and/or implements included in offer are John Deere- and/or Frontier-branded. ²Offer valid from 2/1/2011 until 5/2/2011. Subject to approved credit on John Deere Financial Installment Plan. Some restrictions apply, so see your dealer for complete details and other financing options. *Manufacturer's estimate of power (ISO) per 97/68/ED. John Deere's green and yellow color scheme, the leaping deer symbol and JOHN DEERE are trademarks of Deere & Company.

what's in your garage?



Rick Beenen stands beside his 1963 Thunderbird

Rocket Bird

Beenen trades Chevy for '63 Thunderbird

By Jared Curtis

Rick Beenen is a classic car lover. He has owned more than 50 classic cars in his lifetime and continues to get joy out of cruising in the classics.

His current car, a 1963 Thunderbird, also known as a "Rocket Bird," is a thing of beauty as it cruises down the streets of Altoona.

"I was looking around and found this car for sale north of Chicago," he says. "I liked it that much, I drove through a snowstorm to get it."

Beenen took his last classic, a 1962 Chevy II, along for the ride.

"I traded them straight up," he says. "Although I really enjoyed the Chevy II, I was looking for something different."

There were a couple of reasons Beenen was ready to get rid of the Chevy II.

"It was a fast car, but I was tired of going through the gas fast because it only got four miles to the gallon," he laughs. "Plus, my wife didn't like it because it was too loud. Now that I got the Thunderbird, she is happy. And when she is happy, then I'm happy."

Beenen likes that the Thunderbird will allow him to go to more car shows than before.

"I didn't take the Chevy II to a lot of shows because it was

too expensive," he says. "But the Thunderbird is more of a cruising vehicle, so I imagine we'll take it out to 20 - 25 shows this summer."

Beenen has already hit a new show, and the Thunderbird got plenty of attention.

"We went to the new show, 'The Gathering on the Grounds,' out of the Iowa State Fairgrounds on the first night, and there was more than 300 people. We were amazed how good of a turnout it was," he says. "There were plenty of cars to look at, but the swing-away steering wheel in the Thunderbird got a lot of attention."

Beenen has owned a few Chevys that were yellow in the past, but with the Thunderbird he has shifted the balance in his group of car buddies.

"The guys razzed me a little bit when I got the Thunderbird because it wasn't a Chevy and it wasn't yellow," he laughs. "Out of the eight guys I cruise with, only one has a Ford, so I'm in his good graces now."

Although Beenen has owned plenty of cars in his time, he's still got his eyes open.

"I always liked the Roadrunners, but they are out of my price range," he says. "I wish I had kept the cars I had when I was younger, because if I did, I'd be a millionaire." **AL**

Contact Jared at 953-4822 ext. 306 or jared@dmcityview.com to recommend someone for an upcoming issue of "What's In Your Garage?"



Summer fun

By Dave Wanamaker, Altoona Public Library

The Altoona Public Library is gearing up for summer programs. Soon we'll have programs about the Blank Park Zoo, the CAP Theater group, guitars and wild animals.

More information will be forthcoming in the next few weeks.

The Elim Children's Home

An area library patron-turned-author will present a program on an important link to our past on Wednesday, May 4 at 3 p.m.

Marilyn Juhl of Mitchellville lived at the Elim Children's Home in Elk Horn for about nine years in the 1940s. She recently had a book published about the home and will discuss it at the library.

The Elim Children's Home was for children whose homes were broken by death, divorce or financial situation. Basically, it was for families who were no longer able to care for their children, Juhl says. It was operated by the Lutheran Church, and there were usually about 30 children there. The home itself was founded about 1890 and closed in 1961.

Writing the book has been a labor of love for Juhl. She has re-established old friendships with people she hasn't seen since she was a child.

Anyone is welcome to attend and visit with Juhl about their memories of the home and to learn more about its history. No pre-registration is required. Children, as well as adults, are welcome to attend.

If you are interested in obtaining the book "Elim Children's Home," from Juhl you may reach her at 967-2845 or e-mail mebj4@yahoo.com for more information.

Flat Stanley

A sure-fire fun activity for the kids this summer will be the Flat Stanley contest. Pick up Stanley from the children's room. Color him, and then take him with you on your vacation (He doesn't take up much room.) During vacation, pose with him at interesting sites and take a picture. Bring us your favorite picture of Stanley and you together. Prizes will be awarded for the greatest distance traveled and a random drawing will be held.

The contest runs from June 1 through July 31 and is for ages 2 - 12.

Hula hoop class

A hula hoop class will be offered on Wednesday, June 29, at 1:30 p.m. for ages 7 - 12. Pre-registration is required due to limited space. Sign-up begins as of May 15.

Summer Book Log

If your child is in pre-kindergarten through sixth grade, encourage him or her to take part in our Summer Book Log. The book log runs from June 1 - July 31.

Movies and crafts

Wednesdays during May and June are full of activities. There will be a "Craft Sweet Treats" activity on May 18 at 3 p.m.

June starts off with "Scooby Doo, Curse of the Lake Monster" on June 1 at 3 p.m.

The following Wednesday, June 8, will be a craft day at 1:30 p.m. Pre-registration is required. You may sign up beginning May 15.

Information about the library's activities is available at www.altoona.lib.ia.us or on www.facebook.com/AltoonaPublicLibrary. **AL**

Because every child is one of a kind... We have more specialists of every kind.

Dr. Luis Castagnini, a specialist in pediatric infectious diseases and dinosaurs.

With the most pediatric specialists in central Iowa, Blank Children's Hospital is your hospital for kids. For more than 65 years, we've been committed to providing the highest-quality healthcare in the most compassionate, family-centered environment. Our comprehensive healthcare services and leading-edge technology enable us to treat even the most seriously-ill and injured children and adolescents.

BLANK CHILDREN'S HOSPITAL
IOWA HEALTH - DES MOINES
blankchildrens.org

the better choice.



Providing exceptional chiropractic care for the entire family.



515.967.9300
410 Center Place SW
Altoona

www.SwainChiropractic.com

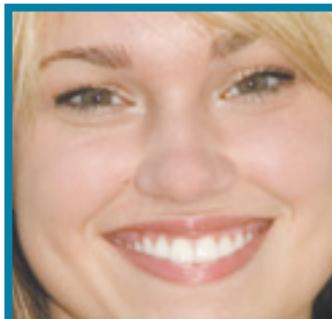
health Q&A

Q: What are some tips on living life to the fullest?

A: Your body already knows how to heal itself; you just have to get out of its way and get adjusted.

- Go ahead, vent a little. Think of it as a detox for the soul.
- Good posture isn't about rigidity, but fluidity.
- When you can appreciate being alone, you're rarely lonely.
- Clutter is the by-product of indecision. Make sure everything in your space is there because you choose to keep it.
- You may not be in school anymore, but there's always more to learn.
- True sufficiency doesn't mean having plenty; it means having enough.
- Transform anxiety into excitement. Focus not on the fear of what lies ahead but the possibilities you might create.
- Lead with your heart, not your ego.
- Get adjusted. People under regular chiropractic care live amazingly healthy lives. Chiropractic can be your first step toward improving all facets of your life. Specific spinal adjustments improve motion, strength and boost your immune system. Start or jump start your healing journey with chiropractic to begin a healthier life. **AL**

Information provided by Swain Chiropractic, 410 Center Place S.W., 967-9300.



Des Moines Dental Group

is a full service dental facility offering the finest in preventative and restoration services for *the entire family!*

We offer...

- Preventative Dentistry
- Root Canals
- Dentures – partial and complete
- Crowns and Bridges
- Treatment of Gum Disease
- Cosmetic Dentistry



Dr. Robert Cram
708–1st Ave. S.
(behind Kum & Go)
967-6611



www.dmdentalgroup.com

New patients are always welcome!

Q: Do I need to clean my tongue when I brush my teeth?

A: Cleaning your tongue is highly recommended by dental professionals as an essential step in oral hygiene.

The tongue is where a large percentage of the bacteria in the mouth are found, even after brushing and flossing. Studies indicate that brushing the tongue is effective in removing bacteria. Using a tongue cleaner, specifically designed with a ripple edge and shape to conform to the surface of the tongue, is the most effective means for cleaning the tongue. Start as far back as possible on your tongue, and make a forward motion out of your mouth. This motion removes a filmy layer of food particles and bacteria that can contribute to bad breath and tooth decay.



Cleaning your tongue is an essential step in preventing bad breath or halitosis. Cleaning your tongue daily will help rid your mouth of odor-causing bacteria. Just remember, every time you brush your teeth, don't forget your tongue. With a clean tongue, you'll enjoy a mouth that feels cleaner, tastes better and is definitely fresher than ever before. **AL**

Information provided by Des Moines Dental Group, 708 First Ave S., 967-6611.

With spring comes fall prevention

By Phyllis Stadlander, RN, CEO, Iowa Health Home Care

As winter retreats and warmer weather approaches, many of us like to do spring cleaning in our homes.

It's also a great time to do a safety check for fall prevention, especially if you are older or care for elderly family members. A study done by the Home Safety Council found that more than one-third of adults 65 and older experience a fall annually. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year.

There are simple ways to check your home and make improvements to decrease the risk of falls:

- **In the bathroom**, place guardrails in the shower and bath and near the toilet. For additional safety and comfort, consider getting a shower stool, which can ease getting in and out.

- **Stair safety** can greatly reduce the risk of falls. Have handrails installed on both sides of staircases that run from the top to the bottom. Place light switches at both the top and bottom of stairs, so they are easily accessible. Keep stairs clear of objects, and never try to carry too many objects up the stairs at once, as it can obstruct your vision. Make sure small rugs are taped to the floor to prevent slipping.

- **Home lighting** is another way to prevent accidents. Install nightlights in the bedrooms, hallways and bathrooms. Place lamps



in dark corners, and cut down on the glare from windows with curtains and blinds.

- **For outside**, install bright lights all over porches and walkways. Keep sidewalks and paths clear, and repair broken or chipped steps.

Simple health steps can also reduce the chance of falls. Consistently take medications, get an annual vision check, and incorporate exercise that can improve balance and stability, such as water aerobics and Tai Chi.

A fall can still happen in the safest home. For seniors living independently, a Lifeline emergency response device can bring additional reassurance. The lightweight, waterproof device can be worn around the neck or wrist and can be activated with one push of the button in the event of an accident or fall. Technicians install the system in the home and provide training on how to properly use it. For more information about Lifeline in your community, call 515-557-3167. **AL**

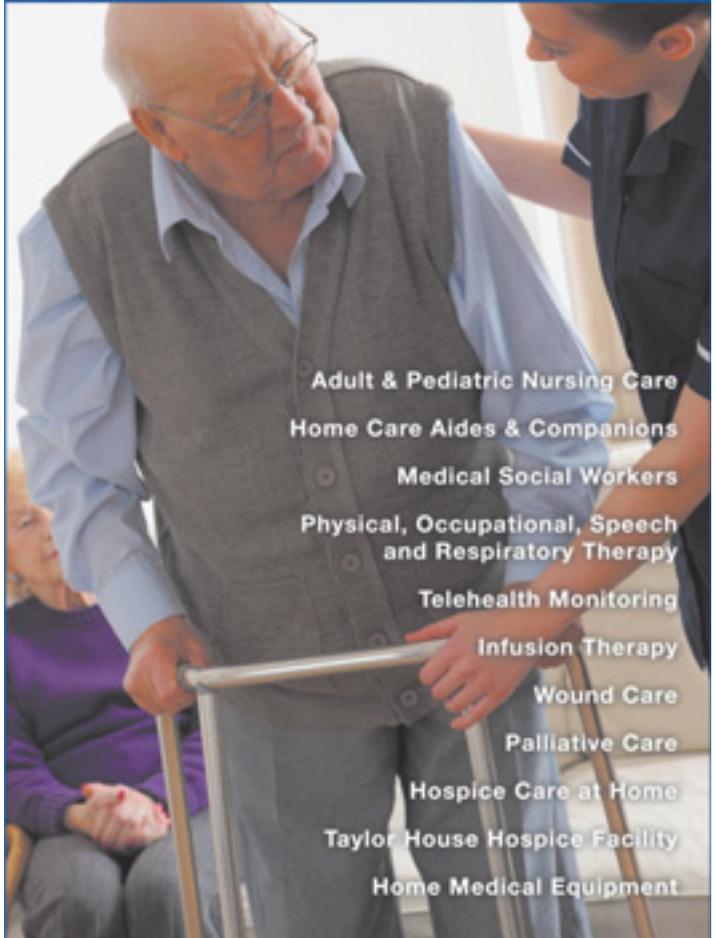
Information provided by Phyllis Stadlander, RN, CEO, Iowa Health Home Care, 11333 Aurora Ave., Urbandale, (515) 557-3100.



**IOWA HEALTH
HOME CARE**
IOWA HEALTH SYSTEM

EXCEPTIONAL HEALTH CARE

In Your Home



Adult & Pediatric Nursing Care

Home Care Aides & Companions

Medical Social Workers

Physical, Occupational, Speech
and Respiratory Therapy

Telehealth Monitoring

Infusion Therapy

Wound Care

Palliative Care

Hospice Care at Home

Taylor House Hospice Facility

Home Medical Equipment

Iowa Health Home Care delivers high quality,
interventional care in the comfort of your home.

(515) 557-3100

www.iowahealthhomecare.org



**IOWA HEALTH
HOME CARE**
IOWA HEALTH SYSTEM

Best Outcome for Every Patient Every Time

Eisenlauer

TEAM

Call Today!

Tel: 515.979.2883

Fax: 515.262.3639

Easy to work with...hard to beat!

Look at our current Listings!

PLEASANT HILL

420 RIDGEWOOD BLVD



3 BED
2.5 BATH
1,434 SQ FT
\$160,000

ALTOONA

1305 10TH AVENUE SE



3 BED
2.5 BATH
1,760 SQ FT
\$210,000

ALTOONA

1610 PINEWOOD CT SW



4 BED
3 BATH
2,449 SQ FT
\$320,000

ALTOONA

713 3RD ST SE



4 BED
2.5 BATH
2,016 SQ FT
\$205,000

ALTOONA

515 10TH AVE NW



3 BED
2 BATH
1,534 SQ FT
\$145,000

ALTOONA

2100 9TH ST SW



5 BED
3 BATH
2,538 SQ FT
\$230,000

BONDURANT

407 LINCOLN ST NE



3 BED
2.5 BATH
1,928 SQ FT
\$229,000

BONDURANT

135 PATTERSON ST SE



3 BED
2 BATH
1,460 SQ FT
\$152,500

EAST DES MOINES

2611 E 29TH ST



3 BED
2 BATH
1,703 SQ FT
\$120,000

EAST DES MOINES

2401 E 28TH ST



2 BED
1 BATH
1,013 SQ FT
\$93,000

SOUTH DES MOINES

10959 SOUTHWOLD RD



3 BED
2 BATH
1,516 SQ FT
\$138,900

SOUTH DES MOINES

2309 E SOUTHDALE DR



4 BED
2.5 BATH
2,013 SQ FT
\$215,000

When you buy or sell with us...
Use our moving truck

FREE!

*Go to our website for more details!



www.EisenlauerTeam.com

real estate

Altoona sales from March 10 - April 14



1501 Third St. S.W.

1501 THIRD ST S.W., from CRAWFORD, DAVID M., to JOHNSON, DOROTHY A., \$142,500

2233 HEARTHSTONE CIRCLE S.W., from VISTA REAL ESTATE AND INVESTMENT CORPORATION, to LETO CUSTOM HOMES, INC., \$50,900

208 35TH ST. S.W., from BERKEY HOMEBUILDERS, INC., to GABRIELSON, GARY E., \$195,000

1732 30TH AVE. S.W., from FARMER BOY HOMES, LLC, to KRUSE, MELISSA, \$200,000



212 15th Ave. S.W.

212 15TH AVE. S.W., from HSBC MORTGAGE SERVICES, INC., to CHARBONNEAU, RENEE' M., \$175,000



1409 Fifth Ave. S.E.

1409 FIFTH AVE. S.E., from KRUSE, MELISSA M., to EBERT, BLAKE, \$138,500

2725 EIGHTH AVE. S.E., from AGR HOLDINGS, LC, to SIRK, NANCY, \$197,900

2273 HEARTHSTONE CIRCLE S.W., from VISTA REAL ESTATE AND INVESTMENT CORPORATION, to SCHLERMAN, GARY F., SR., \$55,400

1608 ASHWOOD DRIVE, from FEDERAL NATIONAL MORTGAGE ASSOCIATION, to LACEY, TRICIA A., \$137,900

1307 EIGHTH AVE. S.E., from SECRETARY OF HUD, to BOKA, MARY, \$124,000

2741 EIGHTH AVE. S.E., from

VISTA REAL ESTATE INVESTMENT CORP., to ADAM J. GRUBB HOMES, LLC, \$42,000



1612 Dogwood Court

1612 DOGWOOD COURT S.W., from MILLS, TIMOTHY, to KNICHEL, JOSHUA, \$256,900

409 33RD ST. S.W., from BERKEY HOMEBUILDERS, INC., to SCOTT, RICHARD, \$225,250

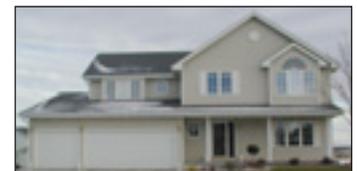
308 13TH AVE. S.W. #5, from HER-SHEY, RONALD D., to RICHARDS, CHAD J., \$85,000

714 SIXTH ST. S.E., from DILKS, JANA M., to KJ PROPERTY MANAGEMENT, LLC, \$86,500

1018 EAGLE CREEK BLVD. S.W., from EAGLE CREEK ESTATES LLC, to VAN ZEE, KENNETH, \$318,000

1308 SIXTH AVE. S.E., from KNICHEL, JOSHUA A., to COLOSKY, ANDREW M., \$138,500

2804 ORINOCO COURT S.W., from MEADOW VISTA, LLC, to RUSSELL, ROSEMARY J., \$151,900



1513 Ashwood Drive

1513 ASHWOOD DRIVE, from AR-END, KEVIN E., to VAN GENDEREN, JEFFREY L., \$221,000

2811 ASHLAND COURT, from TEWELL, WILLIAM J., to GUMM, THOMAS R., \$98,000



706 15th St. S.E.

706 15TH ST. S.E., from MOO-ERS, WILLIAM D., to NOLIN, BETH, \$174,900 AL

Q

How can I help my child with their headache?

A

Headaches are common among children, and because they can have a wide range of causes and varying levels of severity, it is important to understand how to recognize when a headache is just a temporary pain versus something more requiring a call into your child's doctor. **HEADACHE CAUSES.** Changes in chemicals, nerves, or blood vessels in the area are thought to send pain messages to the brain, bringing on headaches. Some headaches are caused by certain infections (such as ear infections, sinus infections, or viral infections like the common cold). Others can be brought on by these triggers:

- Too little sleep or sudden changes in sleep patterns
- Skipping meals or not drinking enough water becoming dehydrated)
- Experiencing stress
- Extended computer or TV "screen" time
- Vision problems
- Changing hormone levels
- Listening to really loud music
- Drinking or eating too much caffeine
- Eating certain foods (such as cheese, nuts, pizza, chocolate, ice cream, fatty or fried food, lunchmeats or anything with aspartame or MSG additives)

WHEN TO CALL THE DOCTOR. It can be worrisome when your child has a major headache, but knowing that only rarely is it a symptom of something serious should help put you at ease. However, you should put a call into the doctor if your child has recurring headaches (once a month or more), if they do not go away easily, or are causing significant pain. Headaches accompanied by any of the following symptoms would be additional reasons to seek medical attention: • Vomiting • Vision changes • Clumsiness, weakness, and/or difficulty walking or standing • Difficulty speaking • Neck pain or stiffness • Fever or other signs of infection • Decreased level of alertness • Headache upon waking or one that wakes your child • Changes in ability to participate in everyday routines and activities. To help your child's doctor in finding a cause, keep a headache diary including a listing of all headaches, when they happen, how long they last, and a few notes about what might have brought them on.

HOW TO HELP. Most headaches can be cared for at home with little medical intervention. Have your child lie down in a cool, dark, quiet room; relax; breathe easily and deeply; and place a cool, moist cloth across their forehead or eyes. Also, ensure your child has had something to eat and drink. In addition, you can give an over-the-counter pain reliever after checking with your child's doctor for recommended dosing based on their weight (never giving aspirin to children because it can cause a potentially life-threatening condition called Reye syndrome). Ensure your child stays hydrated (drinking plenty of non-caffeinated beverages, mainly water) and sticks to a scheduled sleep pattern with the same bed and wake times that accommodate the recommended hours of sleep for his or her age (between 8.5 hours minimum for preteens and teens up to 13 hours for preschoolers).

PEDIATRIC EXCELLENCE

RIGHT IN YOUR NEIGHBORHOOD

At Mercy Pediatric Clinics, your child's health is a priority. The physicians and staff provide convenient, caring healthcare services for your child's needs.



We offer a wide range of services, including:

- Well Child exams
- Immunizations
- Acute illness treatment
- School physicals
- Sports physicals

Our Central Pediatric Clinic location also offers convenient evening and weekend hours. Extended hours at Central, call (515) 643-8611.



EAST

Mercy East Pediatric Clinic
5900 East University Avenue, Suite 300
Pleasant Hill ■ (515) 643-2600



NORTH

Mercy North Pediatric Clinic
800 East 1st Street, Suite 1200
Ankeny ■ (515) 643-9000



CENTRAL

Mercy Central Pediatric Clinic
330 Laurel Street, Suite 2100
Des Moines ■ (515) 643-8611



WEST

Mercy West Pediatric Clinic
1601 NW 114th Street, Suite 345
Clive ■ (515) 222-7337



JOHNSTON

Mercy Johnston Pediatric Clinic
5615 NW 86th Street
Johnston ■ (515) 643-6090



JORDAN CREEK

Mercy Jordan Creek Pediatric Clinic
1055 Jordan Creek Pkwy., Suite 102
West Des Moines ■ (515) 643-9550

JOIN US

- Children, youth & family activities
- Music opportunities
- Support & care ministries
- Adult education & small groups
- Weekday preschool

WEEKEND SERVICES

SATURDAY – 5:30PM (casual)

SUNDAY – 8:00AM (traditional)

9:15AM & 11:00AM (contemporary)

ASL interpretation
at 11:00am

Childcare available
at all services



1701 8TH STREET SW • ALTOONA
515-967-4818 • www.lccaltoona.org



Since 1974

Come in to see our
great selection of
Mothers Day and
Graduation Gifts.



120 - 8th Street SE • Altoona

515.967.4213 • toll-free 800.350.4213 • www.healingtouchbookbible.com

HOURS: M-F 8:30am-7pm • Sat. 9am-4pm • Sun. Closed

Every Sunday at 10:00 am

Radiant church

Now meeting at...

The Orange Planet

5650 Metro E. Dr.

Pleasant Hill, IA

515-689-7145



HAPPY MOTHER'S DAY TO SUPERMOMS EVERYWHERE

Join Us Mother's Day, May 8th

faith

Submit story ideas to darren@dmcityview.com



Volunteers for the Rebuilding Together project work to renovate and repair homes.

Rebuilding Together

Volunteers will serve their own community

By Amber Williams

Rebuilding Together is returning to the **Altoona Christian Church**, 2890 First Ave. S., this year, with a new project starting on May 7. But this time, the volunteers get to serve a member of their own community for the first time since the church partnered with the national organization.

"I think people are pleased about that," says Carol Genovese, chairperson of outreach committee.

As in the past, the Altoona Christian Church is partnering with the Holy Trinity Lutheran Church in Ankeny to "rebuild together," this time renovating a woman's home that needs a few repairs, Genovese says.

Spread the Word

Have an upcoming event or church news you would like to announce? Send information to darren@dmcityview.com.

"Our church is so small; they're going to be the lead church for us," she says. "We've worked with them in past."

In years past, the Rebuilding Together project renovated and repaired homes in Bondurant, Des Moines' east side and other places throughout the metro, painting, mowing, planting bushes, rebuilding decks and whatever else the

client needs within the guidelines of the organization.

Rebuilding Together is the nation's leading nonprofit group that works to preserve affordable homeownership and revitalize communities. The network of more than 200 affiliates provides free rehabilitation and critical repairs to the homes of low-income Americans with the goal of making the home safer, more energy efficient and more accessible for those who live there. It offers an easier living space for the disabled, the busy and overworked and the ill. It also makes it possible for elderly residents to remain in their homes for longer periods of their lives while they age.

"The reason we do is because it's on a Saturday, and in the past too many of our people could not take off work during the week to help," Genovese says. "The Habitat projects go to the large companies anymore, too, so this project is easier for us to do."

Rebuilding Together takes place on the first Saturday of May, according to Genovese. Between the two churches, there are about 14 volunteers who will be working on the Altoona home replacing windows, repairing siding and painting the house.

"Our people seem to really like doing it," Genovese says. **AL**

Spring cleaning

Caring for your car after a rough winter

By Mike Kossack, Bob Brown Auto

Winter can be tough on lots of things, including cars and trucks. Cold temperatures, snow and ice, road salt and potholes. Not only is the maintenance of your vehicle important, but the interior and exterior are just as important.

The interior

Do you carry a sandbag or other heavy objects in your trunk to improve how your rear-wheel-drive vehicle handles in the snow? If so, when the snow and ice melt, it's time to clean out your trunk. Doing so will improve your gas mileage because you lighten your car's load and this can mean considerable savings at the gas station.

You might also want to prepare the interior surfaces and upholstery of your car for more sun exposure. If you have leather seats, use a good leather protector to avoid any cracking. If you have cloth interiors, invest in a product that will help avoid fading from sun exposure.

The exterior

The exterior of your car is exposed to different elements during different seasons. During the winter, it can be easy to let washing your car fall by the wayside. Your paint job and windshield may accumulate debris from the snow, as well as from the salt used on the streets to melt the snow. This could cause your car to have a cloudy appearance which is not only unattractive, but could also impair your vision. Take your car in for a professional wash so that you can rid your car's exterior of any residue left over from the winter months. Pay close attention to your tires, which can also suffer from buildup



during the snowy season.

Also remember that spring is allergy season. This means that your car will probably be covered in pollen at some point. Pollen build up on your car can not only worsen your allergy symptoms, but impair your vision on the road, so be vigilant about keeping your car washed. Another thing to consider, is to have your cabin air filter changed in the spring to help reduce the allergens that enter your vehicle.

Give your car a thorough inspection. This means taking a good look at the underside of your car and inspecting it for any rust or other corrosion caused by the winter months. Winter's salt and snow can wreak havoc on the seldom seen parts of your car, and the longer they go undiscovered, the more dangerous and expensive they get. Also pay close attention to your fluid levels. See if you need to change or refill your oil, wiper fluid, coolant and other lubricants to help prepare your car for the warmer months. If you aren't comfortable evaluating the condition of your car yourself, take it in to a mechanic who you trust. **AL**

Information provided by Mike Kossack, Bob Brown Chevrolet, 4224 Merle Hay Road, Des Moines, 278-8744.

WE'VE GOT TIRES!
 Purchase and install four tires and receive:
FREE Tire rotations for the life of those tires
 (recommended every 5000 miles)
FREE Road hazard warranty
 (up to 2 years on applicable tires)
 We offer **LIFETIME WARRANTIES**
 on shocks & struts, exhaust components, and now brake pads & shoes! Ask for details.
 Schedule your appointment 24 hours a day at www.toyotadm.com
 **TOYOTA OF DES MOINES** Mon.-Fri. 7:30am-6:00pm
 4475 Merle Hay Road Sat. 7:30am-4:30pm
www.toyotaofdesmoines.com 800-779-6578

SUMMER HORSE CAMP AT  **PINE HOLLOW STABLES**

A Once in a Lifetime Experience!
 Embark on a week long Adventure that will be remembered for a lifetime.
 May 30 - August 19

For all camp details and enrollment form, go to www.pinehollowaltoona.com
 All campers will be enrolled in our raffle!
 We'll be giving away a horse at the end of camp!

5055 NE 96th St. • Altoona • 401-2526

Providing the best in parts, body & service for
50 YEARS!



DES MOINES 4224 Merle Hay Rd. • 278-7844
 bobbrownauto.com
 M-F 7-6 • SAT. 8-6

ANKENY 1405 SE Oralabor Rd. • 289-5950
 bobbrownauto.com
 M-F 7-6 • SAT. 8-1

1 winner
selected
each month!
May • June • July

MONTHLY MAKEOVER GIVEAWAYS!



Do you know
someone who
deserves a
complete
makeover?

Do you know someone that never takes time for herself...
is always doing for others...
works hard but should enjoy more time for herself?

**Nominate your special someone for
Beauty and Soul's Complete Makeover Package**

Send us [via fax, email or regular mail] your nomination
with reasons why your special someone is deserving!
Winners will be selected on May 20.

Complete Makeover Package includes:

- One hour massage
- Pedicure and manicure
- Facial
- Highlight or color with haircut
- Makeup application

**\$350
value!**

Beauty and Soul

The Area's Premiere Full Service Salon

160 Adventureland Drive
Suite G in Altoona

967.9100 • Fax 967.9104

www.beautyandsoulsalon.com

**1st winner
selected on
May 20**

dining

Submit ideas to darren@dmcityview.com



Photo by Kathleen Summy

An attractive presentation of Drunken Noodles at Jasmine Thai.

Feast for the eyes

Jasmine Thai's fare is both tasty and attractive

By Kathleen Summy

Lunch during the work week often means fast food served on plastic or leftovers from home toted in battered plastic containers. Surely there must be a better alternative.

My dining companion and I found a more elegant dining spot at Jasmine Thai Cuisine on Eighth Street Southwest. I was impressed from the moment we walked in and were greeted by tempting aromas from the kitchen. The lighting was soft, creating an intimate atmosphere in the diminutive restaurant. Black tablecloths and black leather-covered chairs and booths gave an air of sophistication.

I was determined to order something other than my usual pad thai, so I studied the selection of rice dishes, noodle dishes and specialties and decided on the Drunken Noodles with beef (\$7.50). My companion, a fan of sweet and sour chicken, also went off the beaten path and ordered pineapple fried rice (\$8.50).

We started our lunch with an order of egg rolls (\$4.95). The four slender rolls were served steaming hot and crackly crisp. They were filled with chicken, shrimp, bean curd noodles, carrots and cabbage; much lighter on the cabbage than many egg rolls. They were accom-

panied by a dish of tasty sweet and sour sauce that was spiked with red pepper flakes.

Our lunches were served on sleek, square white china platters, a touch my dining companion appreciated.

Jasmine Thai Cuisine

3160 Eighth St. S.W. Suite L
967-5744 • Fax: 967-7104

Hours:

Mon. -Thur. 11 a.m. - 9 p.m.

Fri. - Sat. 11 a.m. - 10 p.m.

Closed Sundays

My lunch was almost too pretty to eat. Thin rice noodles were stir-fried with carrots, snow peas, broccoli, tomatoes, thinly-sliced beef and red, green and yellow bell peppers. Seasonings included garlic and Thai basil. It was a light, tasty, aromatic dish.

My companion had a mound of excellent stir-fried jasmine rice studded with shrimp, chicken, egg, pineapple, peas, onions, carrots and cashews.

Portions were generous, and my companion and I each took home enough food for a light supper. The menu includes an assortment of Thai desserts that sound intriguing. I'll have to save room on my next visit. **AL**

ALTOONA



CITY HALL

407 8th Street SE
Altoona, IA 50009
Phone: 515-967-5136
FAX: 515-967-0842
Open 8:00am – 4:30pm
Monday – Friday

City Administrator

Jeff Mark
515-967-5136

City Clerk

Randy Pierce
515-967-5136

Police Chief

John Gray
515-967-5132

Fire Chief

Jerry Whetstone
515-967-2216

Library Director

Kim Kietzman
Phone: 515-967-3881
Fax: 515-967-6934

Community Services Director

Vern Willey
515-967-5136

Water Billing

Cindy Thurman
515-967-5136

Building Department/ Code Enforcement

Susi Hoots
515-967-5138

Building Official

Jeff Harden
515-967-5138

Planning & Zoning Department

John Shaw
515-967-5136

Utilities Superintendent

Karen Oppelt
515-967-5136

Public Works Superintendent

Aaron Putnam
515-967-5136

CITY WIDE CLEAN UP

City Wide Cleanup is scheduled for Saturday, June 11, 2011. This is the only cleanup scheduled for this year. All items must be put out on your curb no later than 6:00am on your assigned Saturday morning. All loose items must be bagged, bundled or boxed. The weight limit 45 pounds.

Common items included: bagged clothing, charcoal grills, televisions, chairs, tables, mattresses, carpet.

Common items NOT included: tires, concrete chunks, major building parts, large piles of building materials, asphalt shingles, ALL APPLIANCES (microwaves, stoves, washer, dryer, dishwasher, water heaters, etc.).

PREMIUM CART SERVICE

Our residents have the convenience of a 96-gallon wheeled cart for weekly collection of yard and garden waste. Renewal is made simple through a sticker to attach to the cart, confirming service for the annual yard and garden waste collection season.

Collection & Placement: Yard and garden waste is collected weekly on your regular garbage collection day. Carts are placed at the curb (please set them three feet apart at minimum).

To sign up, call City of Altoona at 515-967-5136. First-time participants must sign up through city hall to purchase containers, along with annual sticker fee of \$100. STARTING JULY 1: THE STICKER PRICE IS \$103.



Don't Forget to Sign the Kids up for Summer Swim Lessons!

ALTOONA CAMPUS INDOOR LEARN TO SWIM PROGRAM

Our Swim Instructors are American Red Cross W.S.I. certified

FEES: Members \$37* / Nonmembers \$74

*The person enrolling in swim lessons must be an Altoona Campus member to be eligible for the member discount.

Indoor Youth Swim Lessons

Indoor lessons are conducted in 30 minute sessions on Monday & Wednesday evenings for five weeks, between 5:00 and 8:00 p.m. Pre-registration is required. Our certified aquatics staff will assist parents in determining the appropriate swim lesson level for each child. Payment is due at registration, and registrations are not available via phone.

SESSION I: June 6th - July 13th

There will be no lessons the week of July 4th -9th

Register at Altoona Campus:

Mon., May 16th • 5:00pm – 8:00pm

Wed., May 18th • 5:00pm – 8:00pm

Mon., May 23rd • 5:00pm – 8:00pm

Wed., May 25th • 5:00pm – 8:00pm

Wed., June 1st • 5:00pm – 8:00pm



ALTOONA AQUATICS PARK OUTDOOR LEARN TO SWIM PROGRAM

Our Swim Instructors are American Red Cross W.S.I. certified

FEES: \$52 Per Student, Per Session

Outdoor Aquatics Park Youth Swim Lessons

Four sessions of daytime swim lessons will be offered during the Summer months. All lessons are offered Monday through Friday, for a 2 week period. As many as 13 lessons will be offered during the 30 min. time periods, between 8:30-11:30a.m. Pre-registration is required and will take place at Altoona Campus, no phone registrations.

SESSION I: June 6th - June 17th

Register at Altoona Campus:

Mon., May 16th • 5:00pm – 8:00pm

Wed., May 18th • 5:00pm – 8:00pm

Mon., May 23rd • 5:00pm – 8:00pm

Wed., May 25th • 5:00pm – 8:00pm

Wed., June 1st • 5:00pm – 8:00pm

SESSION III: July 11th - July 22nd

Register at Altoona Campus:

Tues., July 5th • 5:00pm – 8:00pm

Wed., July 6th • 5:00pm – 8:00pm

Thurs., July 7th • 5:00pm – 8:00pm

SESSION IV: July 25th - August 5th

Register at Altoona Campus:

Mon., July 18th • 5:00pm – 8:00pm

Tues., July 19th • 5:00pm – 8:00pm

Wed., July 20th • 5:00pm – 8:00pm



Get Your Season Pass While They're HOT!

ALTOONA AQUATICS PARK OPENS MAY 28TH!

Pre-purchase your season pass through your local PTA by May 13th and Altoona Campus will give \$6.00 per pass sold through your school back to the PTA! Season passes can be purchased at the Altoona Campus front desk until opening day of the park.

2011 Season Pass Rates

SEP Resident Individual Pass: \$80.00

SEP Resident Family Pass: \$130.00

SEP Resident Punch Card: \$50.00 (12 punches)

altoona
campus

Interested in learning more about becoming a Campus member and our programs for all ages? Contact Mattia Hansen Director of Membership and Marketing at MHansen@altoonacampus.com or our Director of Programming Amy McAllister at AMcAllister@altoonacampus.com.

1500 8th Street S.W. • Altoona • 515-967-0788 • www.altoonacampus.com



Bree, Aylssa and Luke Bartlett enjoy DQ Customer Appreciation Day on March 31.



DQ Cone greets customers for DQ Customer Appreciation Day on March 31



Dong Banh enjoys the rush on DQ Customer Appreciation Day on March 31.



Donovan, Erin and Drew Hill enjoy DQ Customer Appreciation Day on March 31.



Come Grow with Us!

Attend Our Grand Opening Celebration

SATURDAY, APRIL 30TH 11:00 - 1:30

950 28th Avenue SW • Altoona

Meet the **Medicap, Altoona Smiles, and Lite for Life** staff and enjoy:

- **FREE** BBQ Sandwiches Provided by **Jethro 'n Jake's Smokehouse Steaks**
- **FREE** Goodie Bag to the 1st 100 people
- **Save 15%** on Health Foods & OTC Products at Medicap (Valid April 25-30)
- **Register to Win Prizes All Week** - including 4 Season Passes to Adventureland!

We Hope to See You There!

Lite for Life April Specials:
 \$50 OFF Program Fees*
 Schedule a **FREE** Consultation for a Chance to Win a \$100 Certificate**



*with the purchase of 8-weeks or longer. ** Certificate valid toward weight loss program or Health Food market purchases. Drawing to be held April 30.

Congressman Boswell Luncheon

Monday, May 16th

11:30– 1:00 p.m.

HyVee Conference Room

\$10.00 AACC Members

\$15.00 Non- AACC Members

*lunch included



RSVP to the chamber by Monday, May 9th

*reservations not kept will be billed

Call us!

515-967-3366

Email us!

altoona@netins.net




Providing Opportunity. Encouraging Growth.

Altoona's Premier Wine Event

Saturday, June 4th, 2011

6:00—9:00 p.m.

Toad Valley Golf Course

Tickets on sale May 4th!

Available at the following locations:

Altoona Area Chamber of Commerce

Toad Valley Golf Course

Sam's Bar and Grill

Online at www.altoonachamber.org



\$15.00 pre-sale

\$25.00 day of event

Featuring the Rose Colella Quartet out of Chicago!

www.rosecolella.com

Brought to you by:






• Bankers Trust • Prepaid Legal Services Inc. • Altoona Chiropractic Center •

• The Sage Tree Aveda Salon and Day Spa • Chris Brooks for Altoona City Council •

The benefits of the Chamber

Membership aids your business, community

By **Melissa Horton**, executive director,
Altoona Area Chamber of Commerce

What is the Altoona Chamber of Commerce doing for my business and our community?

Well, that is an excellent question. It's absolutely appropriate for a business to know where its money is going and how it benefits the business' objectives.

The Altoona Area Chamber of Commerce is a membership organization that provides opportunity and encourages growth. What does that mean?

Here it is in a nutshell: We develop opportunities for you to network yourself and your business each month with our Noon Networking Luncheons, ribbon cutting events and open houses. Quarterly we invite you to participate in our Business Tune-Up series that cover such topics as business financing, vision, strategy and implementation and crisis management.

We offer spring and fall membership luncheons sharing information about the growth plans of our area or special event news and introduce you to new resources available to all of us from the metro. We've developed a much needed Young Professionals group that is brimming with ideas and energy for the next level of leadership and another benefit to attract up and comers to town.

The Altoona Area Chamber of Commerce works in partner-



ship with the City of Altoona to develop community projects that benefit our entire area and bring thousands/millions of visitors to Altoona each year — building awareness of your business and our community. Projects like the Premier Wine Event (June 4), the HomeShowExpo2011 (July 21 - 31), a RAGBRAI overnight (July 27) and Altoona Palooza (August 26-27) are just a handful of the many opportunities there are for you to get involved and showcase your business.

Altoona is on the move, and we couldn't be more excited to bring you along. Your business, your employees and you are what make us so great, and it's time to share all of this with the rest of the metro. We'll provide the opportunity — it's up to you to take advantage. **AL**

chamber calendar

May

3: Noon Networking, Hy-Vee Club Room, 11:45 a.m.

5: Altoona Floral Ribbon Cutting, 5:15 p.m., ribbon cutting at 5:30 p.m.

10: Altoona Area Young Professionals Luncheon, Altoona Library, Featuring Lori Day, president of Focus First, Inc., 11:30 a.m. – 1 p.m., \$10 (includes lunch) **AL**



A ribbon cutting ceremony was held on April 8 for Iowa Realty's location at the Altoona Hy-Vee.



Adam McRoberts, president of the Altoona Chamber; Mayor Timothy Burget; and Josh Finch, who created the Altoona RAGBRAI logo.



Rhonda OConnor and Norm Wrigley at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.



Deb Grimes, Patty Whetstone and Diane McKim at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.



Dan Schultz at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.



Kim Kietzman and Craig Long at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.



Deanne Rummans and Chris Brennick at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.



Adam McRoberts and Blake Wenzel Altoona Area Chamber of Commerce Membership Luncheon at Adventureland Inn and Resort on March 23.



Melissa Horton and Pennie Carroll at the Altoona Area Chamber of Commerce Membership Luncheon at Adventureland Inn and Resort on March 23.



Chris Aubert and Brenda Burgett at the Altoona Area Chamber of Commerce Membership Luncheon at Adventureland Inn and Resort on March 23.



Brett Bize and Mike Silver Altoona Area Chamber of Commerce Membership Luncheon at Adventureland Inn and Resort on March 23.



Jennifer Headington and Jill Meyer at the Altoona Area Chamber of Commerce Membership Luncheon at Adventureland Inn and Resort on March 23.



Haley Ruden, Allison Rogers and Megan White ready for the SEP High School prom on April 16.



Chantell Hanke and Emma Negrete playing in a texting competition at the SEP Post Prom on April 16.



Julie West keeps the live feed going on Twitter and Facebook at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.



Kay Anderson, Erma McKinney, Joni Bell and Melissa Horton at the RAGBRAI Volunteer Fair on March 29 at the Altoona Campus.

LOOKING FOR TENTS to rent from 20 to 100 ft. long. Great for weddings & graduations, also tables, chairs & linens. Theatrical costumes & props for rent. Parade items for sale. 515-576-5544 WWW.partyproiowa.com

DISH NETWORK'S LOWEST ALL-DIGITAL PRICE! As low as \$24.99/mo plus FREE HD FOR LIFE! Call for limited time BONUS! Call Now. 1-877-805-7991

ALLSTATE AUTO INSURANCE. So Many Ways to SAVE. Switch Today & Save Hundreds! You're In Good Hands, ALLSTATE. Call for Your FREE Quote. 1-888-656-0744

CANADA DRUG CENTER is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90% on all your medication needs. Call Today 866-694-2028 use Promo code save134 for \$25.00 off your first prescription and free shipping.

DISH NETWORK'S LOWEST ALL-DIGITAL PRICE! As low as \$24.99/mo plus FREE HD FOR LIFE! Call for limited time BONUS! Call Now. 1-888-430-6211

DONATE YOUR CAR! Breast Cancer Research Foundation. Most highly rated breast cancer charity in America! Tax deductible/Fast, Free Pick-up! 1-888-380-7845

100% GUARANTEED OMAHA STEAKS - SAVE 64% on the Family Value Collection. NOW ONLY \$49.99 Plus 3 FREE GIFTS & right-to-the-door delivery in a reusable cooler. ORDER Today. 1-866-505-1380 mention code 45069SVH or www.OmahaSteaks.com/family27

ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-705-4795

ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Paralegal, *Accounting, *Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-401-2385 www.CenturaOnline.com

ADVANCE NOTICE: RV, SPORT & REC CONSIGNMENT SALE, Sat., May 7th, 2011 at 9:00 A.M. Consign by April 25, 2011 for Advertising. GILBERT'S SALE YARD, LLC, 641-398-2218. 2 Miles N. of Floyd, IA On Hwy. 218. www.gilbert-saleyard.com

***REDUCE YOUR CABLE BILL!** * Get a 4-Room All-Digital Satellite system installed for FREE and programming starting at \$19.99/mo. FREE HD/DVR upgrade for new callers, SO CALL NOW. 1-800-795-8649

ADOPTION - Birthmother - Your concerns will be supported by us...open-minded, creative married couple hoping to become adoptive parents. Legal. Confidential. Expenses Paid. Please text or call Mary & Matt 1-973-820-5261

HEARTLAND MUSIC: Check out the MYSTIC COWBOYS original songs @ www.TheMysticCowboys.com - One part Johnny Cash, one part John Lennon and one part divine guidance or cosmic interference.

MANTIS TILLER. Buy DIRECT from Mantis and we'll include Border Edger attachment & kickstand! Lightweight, Powerful! Call for a FREE DVD and Information Kit 888-443-6671

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-757-6941

AIRLINES ARE HIRING - Train for high paying Aviation Career. FAA approved program. Financial aid if qualified - Job placement assistance. CALL Aviation Institute of Maintenance 866-231-7177.

LOTTERY RESULTS for Iowa and the U.S. available at WWW.MW-ADS.COM! Check it out!

HELP WANTED! Make \$1000 a Week mailing brochures from home! Guaranteed Income! FREE Supplies! No experience required. Start Immediately! www.homemailerprogram.net

STEEL BUILDINGS: 6 ONLY 20x20, 25x30, 30x38, 40x54, 45x74, 60x140. Must Move Now! Selling for Balance Owed! Still Crated/ Free Delivery 1-800-211-9593 x243

A CHILDLESS FLORIDA COUPLE (In Our 30s) Seeks To Adopt. FT Parent. Financial Security. Expenses PAID. Joe & Frank. 1-888-525-5845 FL Bar# 0150789

REAL ESTATE: ***FREE Foreclosure Listings*** Over 400,000 properties nationwide. LOW Down Payment. Call NOW! 1-800-785-4121

EMPLOYMENT: CASH DAILY! Are You Motivated? Positive? Live, Work, And Play The USA. Transportation Provided. Call Now! Ashley! 1-877-419-0711

DRIVERS/OWNERS/LEASE PURCHASE: Up to \$4k Weekly, Weekends Off, Money/ Miles, Midwest/ Texas Runs, 100% Fuel, Up To \$1.50 To The Truck. 1-877-290-9492; www.psjms.com

FREE HEALTH INSURANCE QUOTES! Fits All Budgets Pre-Existing Conditions Or Not A-Rated Companies. No Turn Downs. Call Now For Free Quote! 1-877-883-9404

TRAILER SALE! Alumina trailers \$0 down 48 months: MCT Motorcycle trailers, \$41/month, AE 6' x 12' Sport Package \$148/month, 77' x 12' utility \$77/month, 6' x 10' Carry-On Cargo \$2056.00, 500 gallon tank trailer \$3859, 18' Electric tilt bed 14,000# w/removable fenders \$4352.00. www.fordtdogtrailerworld.com 515-972-4554

STEADY PAYCHECK REWARDING JOB DRIVING AMERICA Become an over the road semi driver with Roehl. We can provide you the training you need to start a great truck driving career. 800-535-8177 GoRoehl.com AA/OOE

MINNESOTA'S BEST FISHING located on Lake Osakis. Choose from 8 Family Friendly Resorts. Over 6,200 acres of water enjoyment. Free brochure www.PlayAtOsakisMN.com, 1-800-422-0785. "Explore Minnesota"

PREGNANT? CONSIDERING ADOPTION? We can help you! Housing, Financial, & Medical Assistance available. Choose Adoptive family involved in adoption plans. Call 24/7. Forever Blessed Adoptions. 1-800-568-4594

TRUCK DRIVERS WANTED - Best Pay and Home Time! Apply Online Today over 750 Companies! One Application, Hundreds of Offers! http://hammerlanejobs.com

UNIQUE ADOPTIONS, LET US HELP! Personalized Adoption Plans. Financial Assistance, Housing, Relocation and More. Giving the Gift of Life? You Deserve the Best. Call Us First! 1-888-637-8200. 24-HR Hotline.

PREGNANT? CONSIDERING ADOPTION? Call Us First! Living expenses, Housing, Medical and continued support afterwards. Choose Adoptive Family of Your Choice. Call 24/7. ADOPT CONNECT 1-866-743-9212

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (KZ900) 1972-1976, KZ1000 (1976-1980), KZ1000R (1982,1983), Z1R, S1-250, S2-350, S3-400, H1-500, H2-750, HONDA CB750 (1969-1975), SUZUKI GS400, GT380, CASH PAID, FREE NATIONWIDE PICKUP. 1-800-772-1142, 310-721-0726, usa@classicrunners.com

\$8000+ FOR ENVELOPES! Receive \$6-\$8 for every envelope stuffed with our sales brochures: Guaranteed! Postage, supplies furnished. 1-800-778-7617

LIVE-WORK-PARTY-PLAY! Play in Vegas, Hang in LA, Jet to New York! Hiring 18-24 girls/ guys. \$400-\$800 wkly. Paid expenses. Are you energetic & fun?

Linda's Gift of Touch Massage

Massage is not a luxury.
It is an investment in good health.

Massage is a:

- Pain Eraser
- Skin Enhancer
- Mood Booster
- Depression Buster
- Immune System Booster
- Stress Reducer
- Emotion Balancer
- Range of Motion Restorer



4070 NE 64th St. • Altoona
515-967-4126 • 515-423-4861



KOSAMA

COMPLETE BODY TRANSFORMATION

ARE **YOU** READY FOR YOUR
SUMMER **BEACH BODY?**



GIVE **KOSAMA 60 DAYS**
AND WE'LL GIVE YOU **RESULTS.**

Are you ready for a revolutionary program that changes your mind, body, and lifestyle? **KOSAMA** complete body transformation is a **8-WEEK** complete program, designed to increase lean muscle mass and transform the body from the core out.

ENROLL NOW FOR OUR MAY 23 SESSION! **KOSAMA.COM**

ALTOONA 3160 8th St SW Suites J & K
Altoona, IA 50009 515-689-5900 altoona@kosama.com

 1709 - 34th Avenue SW #8 ALTOONA \$79,900	 242 - 19th Street SW ALTOONA \$239,900	 202 11th Avenue SW ALTOONA \$149,900	 SOLD 726 13th Street SW ALTOONA \$199,500	 SOLD 2811 Ashland Court ALTOONA \$119,000	 942 Sunburst Lane ALTOONA \$108,000
 517 Stonegate Court SW ALTOONA \$319,000	 943 Robin Circle ALTOONA \$129,900	 907 Scenic Valley Blvd. ALTOONA \$285,000	 HOME SHOW 2335 Hearsthone ALTOONA \$550,000	 909 - 7th Avenue SE ALTOONA \$95,900	 SOLD 108 13th Avenue SE ALTOONA \$149,000
 1223 Sandalwood Court SW ALTOONA \$205,000	 LEASE 408 8th Street SW ALTOONA	 510 - 19th Street SW ALTOONA \$269,500	 SOLD 1409 - 5th Avenue SE ALTOONA \$139,900	 603 - 17th Avenue SW ALTOONA \$39,000	 3301 E. 56th Street ALTOONA \$499,900
 929 - 10th Street SE ALTOONA \$124,500	 508 - 5th Avenue NE ALTOONA \$135,000	 520 - 20th Court SW ALTOONA \$185,000	 2306 - 2nd Avenue SE ALTOONA \$229,000	 1553 - 5th Avenue SW ALTOONA \$235,000	 1709 - 34th Avenue #12 ALTOONA \$84,000
 100 Tailfeather Drive BONDURANT \$185,900	 10817 NE 78th BONDURANT \$137,000	 118 - 5th Street NE BONDURANT \$197,500	 2514 SE 83rd Court RUNNELS \$269,900	 104 - 4th Street NE MITCHELLVILLE \$200,000	 204 Park Avenue NE MITCHELLVILLE \$69,900





PENNIE CARROLL & ASSOCIATES

490-8025

www.PennieCarroll.com



The above information, although believed to be correct, is not warranted or guaranteed by the owner, listing firm, or listing agent.

RE/MAX Opportunities, Inc. Each Office Independently Owned and Operated



