

# Altoona Living

june 2011

50009

magazine

## a parent's CHOICE

ALTOONA PARENTS SHARE THEIR  
THOUGHTS ON THE DECISION  
TO WORK OR STAY HOME

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# The most important job in the world

Being a parent can be one of the most difficult jobs a man or woman will ever have. And based on what is at stake, it should be.

Before my wife Jolene and I had children, we were both working demanding jobs. She was a sales manager at *The Des Moines Register* in downtown Des Moines, and I was managing an automotive photo magazine, traveling Iowa, Nebraska and South Dakota. We bought a home and incurred the many expenses that homeowners are faced with, including a new furnace, AC unit and shingles. We saved money for future needs like appliance replacements, and we seemed to have our finances in order. With two incomes, we were able to handle what life threw at us and have some spare change for a bit of entertainment, too.



Then along came daughter No. 1, and life most definitely changed. Our priorities now centered on our child, and most of the other things we spent money on were now insignificant compared to her.

Neither one of us had any intention of giving up a career, but our thoughts changed once that little girl was in our arms. Jolene went back to work for a few weeks, but she quickly knew where she felt she needed to be. Fortunately, we were able to cut back our expenses and survive on one income while each of our three children was in early childhood. Jolene picked up a few odd jobs that she could do from home to help out our finances, and although it wasn't easy, we made it work. As the kids grew older and were enrolled in school, she started the challenging process of working outside the home again.

This proved to be the right decision for us, but we know it isn't for everyone. Even so, we all face the internal struggles of wanting to do what we feel is best for our families, and that's what makes the decision so difficult.

In this month's cover story, we share the personal stories of local parents, the choices they made and how they adjusted to being moms and dads. **AL**

Shane Goodman  
Publisher



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

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



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**On the cover:** Mindy, Marissa and Addison Shrum. Photo by Laura Billingsley.

**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:**

**EDITORIAL ASSISTANT:**  
**CONTRIBUTORS:**

**BUSINESS OFFICE MGR:**  
**DISTRIBUTION:**  
**CALENDAR:**

Celeste Jones  
Karen Ericson  
Lindy Mogren  
Kathleen Summy  
Laura Billingsley  
Marci Clark  
Brent Antisdell  
Brent Antisdell  
Kathleen Summy

**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](http://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).

# a parent's CHOICE

## ALTOONA PARENTS SHARE THEIR THOUGHTS ON THE DECISION TO WORK OR STAY HOME

By Laura Billingsley

Ever since high school, Mindy Shrum knew she wanted to be a stay-at-home mom. She had “no career ambitions.” Instead, she “just wanted to have kids.”

Mindy married her high-school sweetheart, Brian, two years after graduation. The couple didn't waste time before starting a family. Mindy had her first child at age 20 and is now the mother of four kids ages 6, 11, 14 and 17.

Her decision was easy, but staying at home with your kids or leaving and going to work is a tough one for most parents. And although times have changed from the days when women were expected to be “homemakers,” the reality is that the choice is still difficult.

### Should I stay or should I go?

For many parents, the question of whether to stay at home or work elsewhere often comes down to money, and it seems the economic downturn may have pushed more mothers into the workforce. According to the U.S. Census Bureau, the number of stay-at-home moms dropped from 5.3 million in 2008 to 5.1 million in 2009, and then to 5 million in 2010.

For Mindy, staying home was never a hard decision. She and Brian both wanted the same things, such as for her to be there when her kids left for school and when they came home in the afternoons. However, she does think moms face more pressure regarding their choice.

“I know things are supposed to be equal now, but I think that decision still falls to the mom. And if they're both working, I think that guilt carries more with women,” she says.

The Shrums sacrificed a lot to keep one parent at home, especially in the beginning.

“We only had one car; we lived in a smaller



Photo by Laura Billingsley

After 13 years as a stay-at-home mother, Mindy Shrum (back right) opened her own in-home daycare service, allowing her to be with her children, Addison and Marissa, and also have an income.





Abby Van Wyk (third from left) says that finding a quality daycare provider that the family could trust was an important part in her decision to return to work. From left: Addison, Shane, Abby and Jenna Van Wyk.

house, and we did all those things to make sure I was there," she says.

But as their family grew, they found they needed more than one income, so after being a stay-at-home mom for 13 years, Mindy opened up her house to other kids as an in-home daycare provider.

"It was a big shift because we shared our home, my time, everything with these kids," Mindy says. "And they become part of your family. But as we presented it to our own children, we said, 'it's either this or I'm gone all the time.' This was the best option to keep me closer to my kids."

Although being a stay-at-home mom is Mindy's life passion, she understands that not every mother wants to stay home or has the resources to do so. She says all her daycare clients are dedicated parents.

"I think it just comes down to knowing yourself," she says. "My husband and I are both on the same page, so it's an easy thing for us. But for some people it will take over your life and you'll lose yourself."

She concedes that she's given up a lot to remain at home, saying it's harder to maintain friendships when she doesn't spend much time with adults.

"I felt very uninteresting to other people because I didn't have anything to talk about. My life was about kids," Mindy says of the years when

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The Altoona Campus will offer a Fall T-ball League for 3-5 year olds. 2 divisions: 4 & Under and 5 & Under.

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To play in the 5 & Under division, players must be at least 4 years old by 8/1/11. All practices and games will be held at Lions Park.

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The league will run between 8/15 - 9/16.

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her children were young. But as the kids grow older, she says they can now help keep her more "with the times."

### Many factors

When Abby Van Wyk had her first child in 2008, she considered a number of factors when deciding if she should return to work. With childcare costs in the budget, would the financial benefit of working be substantial? If she stayed home, would she miss her job? And most importantly, would she and her husband be able to find a childcare provider they felt comfortable with?

Abby greatly enjoyed her job with Allied Insurance as an underwriter, and the decision to go back to work after her child's birth was ultimately an easy one. After crunching the numbers, she and her husband knew they would come out ahead after childcare costs, and they also found a childcare provider who met all their needs.

"I wanted my children to be around other kids as well and get that experience," Abby says. "It was the best of both worlds for me to be able to go back and have the kids go to daycare as well."

But finding that great childcare provider was her main concern, as it is for many parents.

Abby talked to friends and found a provider through word of mouth, and she says having that personal recommendation makes all the difference.

"Honestly, if I didn't feel comfortable with where my kids were going, I think I probably would have stayed home," she says.

Even when you know returning to work is the best option for you and your family, it can still be hard at first.

"I think as a parent, no one really wants to leave their child," Abby says.

Her first few weeks back at work after her first child, following three months off, were especially hard. She brought a photo of her daughter to set on her desk, and looking at it sometimes brought on a sense of sadness.

"That was the hardest thing for me was to see that little face right in front of me. I missed her more at that point," Abby says.

It was much the same when she resumed working after having her second child, but Abby says things soon resumed a feeling of normalcy.

"That first week is really tough, but then you get in the groove of things again and you both feel comfortable about where you're going and it's a lot easier," she says.

It also helps that her kids enjoy going to

daycare where they can play with friends, "especially our youngest one who's really attached to us, so it's good for her to be away from us for a little while so she is getting used to being with other people," Abby says.

The decision of whether to return to work and who would care for their kids was very much a joint effort between Abby and her husband, and she says people need to talk it over and see what works best for them because there's no one right answer.

"You need to see what works out for you and what you feel comfortable with," she says.

Abby also feels the decision to return to work was equally as challenging for her husband as it was for her.

"I know for my husband, it's our little girl, especially with the first one," she says. "So I think it was equally hard for both of us and the same type of decision because you really are concerned about where your kids are going."

### Leading the way

While both moms and dads will undoubtedly have concerns about going back to work or deciding to stay home, some issues are unique to women, such as breastfeeding. Employers vary on how accommodating they are toward new mothers.

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Dr. Kari Swain was committed to breastfeeding her children, and she feels lucky that she was able to have the flexibility in her work schedule to make that an easy choice. As both a mother and a business owner, Kari learned to juggle parenting with running her own chiropractic practice in Altoona.

Two things were always clear to Kari: "The things I knew for sure were that I was going to be a chiropractor, and I was going to be a mom. And those two things really go hand in hand for me."

She says the healthy lifestyle she encourages in her patients is the same one she tries to instill in her children.

Kari has been practicing in Altoona since 1995. She had her first child in 2001, and a second in 2006. She always planned to continue with her practice. She and her husband both have flexibility in their work schedules, so they take turns being with the children. And her flexible hours also allowed patient scheduling that ensured she would be able to breastfeed.

Kari knows this flexibility is one of the luxuries that come with running your own business, so she makes sure she provides those options to her staff as well.

"I think in our society, it's easier for a dad to go back to work," she says. "I think a lot of



Photo by Laura Billingsley

*Dr. Kari Swain says that one of the benefits to having her own practice is the flexibility it allows, something she in turn provides to her staff.*

women go back to work because they have to. I feel blessed that I went back to work because I love this. It doesn't mean that I don't love my children. It just means I also love my career."

For many women, financial needs are the main considerations, and the choice of whether

to work or not may be a foregone conclusion based on economic factors. Kari wishes more employers were accommodating of new parents, and she tries to lead by example.

"I have five women who work for me, and we've tried to make it so having a baby is a celebration and not a crisis," she says. "And that makes it easier for the women to be able to have their children and maintain their career and not make it a stressful event."

"My advice to other women is seek that out in a work situation," she says. "And if they don't already have that, the best way is to establish a relationship with their colleagues or their boss and have an open dialogue about what they anticipate or expect from being a parent and being employed."

Whatever their individual situation, parents acknowledge that having kids changes things, which sometimes requires compromise. But whether a mom stays at home or works outside of it, the kids will influence how you conduct your life.

"Being a parent made me a better chiropractor, and having the tools of my trade of chiropractic has made me a better parent," says Kari. "Having children was the best decision we ever made. There's nothing else that's like it." **AL**

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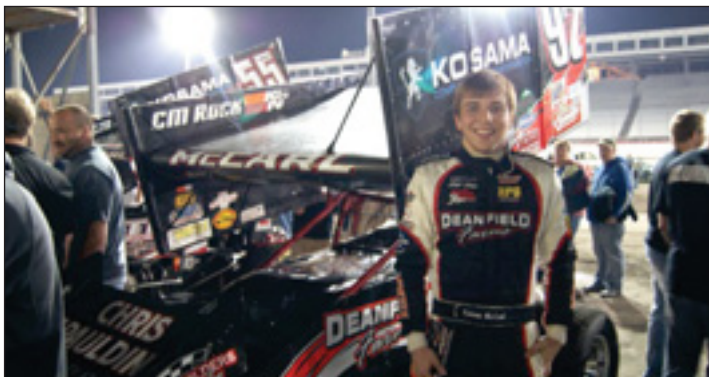

Fifth graders from Clay Elementary enjoyed an afternoon at the Altoona Campus to celebrate their graduation from elementary school. These Rams will be attending Spring Creek sixth grade center in the fall. Students participated in swimming events, basketball, soccer, scooter relays and were also able to enjoy their packed lunches on site.



Kevin Boyle, Rose Boyle and Kevin Riro at Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.



Owner Shelley Rusch with her team at Farrell's for testing day on June 4.



Carson McCarl with his Kosama of Altoona #97 sprint car after finishing fourth in the feature race at Knoxville Raceway on May 28.



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# Touring adult communities

What to consider when making your choice

By Shelly Carter, Valley View Village

**D**orothy may have said it best in “The Wizard of Oz” — “There’s no place like home.”

While that is true, sometimes this may not be an option for older adults. There are many senior communities, and finding that special place for your parents is one of the most important decisions you will make.

Below are some tips that may help as you tour adult communi-

ties:

- **Use the Internet.** You can learn so much by researching communities online. Request information prior to your visit, review it and write down your questions.

- **Location, location, location.** Is the campus conveniently located to doctors, shopping, family and friends? Is it on a bus line? Is there plenty of parking?

- **Cleanliness.** Is the com-

munity fresh and clean? Ask how often housekeeping is provided in the apartment. What services does maintenance provide?

- What are the residents doing? Ask to watch activities. Are they well attended? View the community events calendar. Is there a variety of events? Are there church/chapel services?

- What is the staff’s attitude? Attitude and friendly faces are key. Observe the staff interacting with current residents. Do they listen and make eye contact? Are they respectful? If you feel welcomed while you tour, so will your loved one.

- Are there outdoor areas? Everyone wants to go outside on beautiful days. Do the outdoor areas feel safe and secure?

As I said, this is a huge deci-



sion, so next month we’ll cover some additional tips that may be helpful on this journey. **AL**

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

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*Lisa Putz and Tony Putz at Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.*



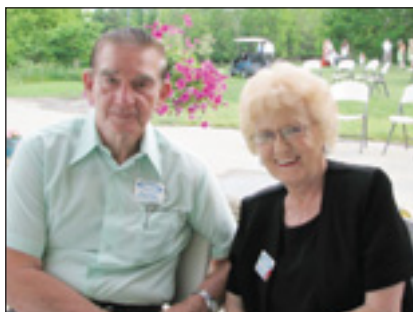
*Melissa Horton and Jill Meyer at the Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.*



*Julie West and Kim Kietzman at the Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.*



*Hilary Dunn and Amy Foust at the Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.*



*Doug Teuber and Norma Teuber at the Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.*



*Dixie Christanson and Gerald Christanson at the Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.*

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dining

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Yanni's Trio — mosticcolli with marinara sauce and a meatball, fettuccini alfredo and chicken souvlaki.

## On the move

Yanni's brings its excellent menu to Altoona

By Kathleen Summy

I was dismayed when I saw that Yanni's Grill and Vineyard had vacated its location on 22nd Street in West Des Moines. I really liked the cozy little restaurant with its tasty Greek and Italian menu.

But then I learned that Yanni's had reopened in the space formerly used by Kin Folks BBQ on Eighth Street. My husband and I took advantage of a pretty Saturday evening to check out the new location.

**Yanni's Grill and Vineyard**  
3160 Eighth St. S.W.  
957-9391

Hours: Saturday 4 - 10 p.m.  
Sunday brunch 11 a.m. - 2 p.m.  
Tues. - Fri. 11 a.m. - 9 p.m.  
Lunch buffet 11 a.m. - 2 p.m.  
Closed Mondays

I was amazed when I walked in the door. It was as if the interior of the West Des Moines location had been transported to Altoona. The color scheme was the same, and the artificial grapevines were in place. The wide open space had been partitioned off to create a number of cozy smaller dining rooms. I was enchanted.

When we were seated, a basket of Yanni's garlic knots was brought to the table; wonderful little nuggets of hot bread that were buttery, crispy on the outside and seasoned

with Parmesan cheese, garlic and minced parsley. Our waiter, Josh, brought a second basket when we had devoured the first one.

Kelly has been curious about the potato pasta he's seen on cooking shows and ordered the gnocchi ala sorentina (\$11.95). I wanted to try a bit of everything, so I ordered Yanni's trio (\$15.95).

With the first bite of his dinner, Kelly was in pasta heaven.

"The gnocchi are so soft and tender, they melt in your mouth," he said. The gnocchi were covered in tomato sauce and melted cheese, and he liked the way the cheese melted into the sauce and combined with the pasta.

I was equally pleased with my meal. The alfredo sauce on the fettuccini was creamy, perfect and accented with just a pinch of nutmeg. The chicken souvlaki — chunks of grilled white meat in a creamy sauce — was tasty. The meatball served with the mosticcolli had a good beefy flavor and an excellent meat-to-binder ratio. It was more than I could finish.

And that's when our wonderful waiter really endeared himself to me. When he brought my leftovers, there was a second box that he said contained a surprise so I could have the Yanni's experience at home. It was four garlic knots.

He got a great tip. **AL**



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## Friday, June 24

- Music on the Plaza, "Hot Tamale & the Red Hots," Prairie Heritage Civic Plaza, 5 - 8 p.m.
- Wee Wonders, Altoona Public Library, 10 a.m.
- Shakers Story Time, Altoona Public Library, 11 a.m.
- Festival of Racing, Prairie Meadows, 5 p.m.
- FITPlay Summer Day Camp, ages 6 - 12, The Orange Planet, 7 a.m. - 5:30 p.m.
- "Sleeping Beauty," CAP Theatre, 201 First Ave. S., 7 p.m.
- I-Cubs vs. Memphis Redbirds at Des Moines, 7:05 p.m.
- Urbandale Softball Classic



## Saturday, June 25

- Summer Cooking Class with John

Kirkpatrick, Altoona Public Library, 1 - 2:30 p.m.

- Morning at the Meadows, Prairie Meadows, 8 a.m.
- HealthMarket Extravaganza, Altoona HyVee, 11 a.m. - 3 p.m.
- "Sleeping Beauty," CAP Theatre, 201 First Ave. S., 7 p.m.
- I-Cubs vs. Albuquerque Isotopes at Des Moines, 7:05 p.m.
- Urbandale Softball Classic

## Sunday, June 26

- Music in the Park: Jericho Down, Haines Park, free, 7 p.m.
- "Sleeping Beauty," CAP Theatre, 201 First Ave. S., 2:30 p.m.
- Vacation Bible School begins, ages 2 - grade 6, Altoona Regular Baptist Church, 803 Third Ave. S.W., 6:30 - 8:45 p.m.
- I-Cubs vs. Albuquerque Isotopes at Des Moines, 1:05 p.m.

## Monday, June 27

- Creations with a Twist, Altoona Public Library, 10 a.m.
- Altoona Area Historical Society meeting, Historical Center, 7 p.m.
- KOSAMA Sport Camp, ages 12 - 15, 10:30 - 11:30 a.m.
- FITPlay Summer Day Camp, ages 6 - 12, The Orange Planet, 7 a.m. - 5:30 p.m.
- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.

- I-Cubs vs. Albuquerque Isotopes at Des Moines, 7:05 p.m.
- SEP 9/10 baseball vs. Urbandale, noon
- SEP 9/JV/V softball vs. Urbandale, 1 p.m.
- SEP varsity baseball at urbandale, 5:30 p.m.



## Tuesday, June 28

- Movers Story Time, Altoona Public Library, 10 a.m.
- Classic Car Cruise, 5 & Diner, Pleasant Hill
- 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.
- I-Cubs vs. Albuquerque Isotopes at Des Moines, 12:05 p.m.

- SEP 9/10 baseball vs. Lincoln, noon
- SEP 9/JV/V softball at Lincoln, 1 p.m.
- SEP varsity baseball at Lincoln, 3:30 p.m.

## Wednesday, June 29

- Altoona Chamber Business Tune Up #2, 9 - 10 a.m.
- Passport to Adventure, ages 7 - 12, Altoona Public Library, 1:30 - 2:30 p.m.
- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- SEP 9/10 baseball at Waukee, noon
- SEP JV baseball at Urbandale, noon

## Thursday, June 30

- Moonbeams Story Time, Altoona Public Library, 6:30 p.m.
- Altoona Chamber Ribbon Cutting, Bailey Law Firm, Mitchellville, 5:30 p.m.
- I-Cubs vs. New Orleans Zephyrs at Des Moines, 7:05 p.m.
- SEP 9/10 baseball vs. Indianola, noon
- SEP 9/JV/V softball at Indianola, 1 p.m.
- SEP varsity baseball at Indianola, 5:30 p.m.

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## Friday, July 1

- I-Cubs vs. New Orleans Zephyrs at Des Moines, 7:05 p.m.
- SEP 9/10 baseball vs. Ankeny, 8 a.m.
- SEP varsity baseball tournament, 12:15 p.m.



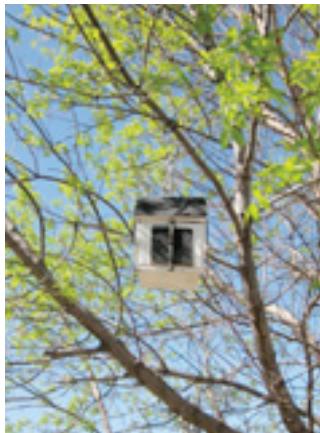
## Saturday, July 2

- Benefit for Chad Wells Family, Sleepy Hollow Sports Park, TBA
- I-Cubs vs. New Orleans Zephyrs at Des Moines, 7:05 p.m.
- SEP varsity baseball tournament, 10 a.m.

## Sunday, July 3

- Fireworks at dusk, Prairie Meadows
- I-Cubs vs. New Orleans Zephyrs

at Des Moines, 7:05 p.m.



## Monday, July 4

- Independence Day

## Tuesday, July 5

- KOSAMA Sport Camp, ages 12 - 15, 10:30 - 11:30 a.m.
- Classic Car Cruise, 5 & Diner, Pleasant Hill
- 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 9/10 baseball at Dowling Catholic, noon
- SEP 9/JV/V softball vs. Dowling Catholic, 1 p.m.
- SEP varsity baseball vs. Dowling

Catholic, 5:30 p.m.

## Wednesday, July 6

- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- SEP JV baseball vs. Dowling Catholic, noon
- SEP 9 softball at Valley, 1 p.m.

## Thursday, July 7

- Altoona Pride Days, wear your RAGBRAI Y-shirt
- Moonbeams Story Time, Altoona Public Library, 6:30 p.m.
- SEP 9/10 baseball vs. Ankeny, noon
- SEP 9/JV/V softball at Ankeny, 1 p.m.
- SEP varsity baseball at Ankeny, 5:30 p.m.

## Friday, July 8

- Altoona Chamber Annual Golf Outing, Terrace Hills, 1:30 p.m.
- Wee Wonders, Altoona Public Library, 10 a.m.
- SEP 9 baseball at Boone, 1 p.m.
- Altoona Pride Day, wear your RAGBRAI T-shirt

## Saturday, July 9

- Brush drop-off, 1108 Eighth St.

S.W., 8 a.m. - noon

- Cityview Brewfest, 3 - 7 p.m., Principal Park, Des Moines. Tickets at Des Moines area Hy-Vee stores or Principal Park. More information online at [www.brewfestdsm.com](http://www.brewfestdsm.com)



## Monday, July 11

- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.
- SEP Athletic Booster Club meeting, Room S140, 6:30 p.m.
- SEP 9/10 baseball at Ames, noon
- SEP varsity baseball vs. Ames, 5:30 p.m.

## Tuesday, July 12

- Classic Car Cruise, 5 & Diner, Pleasant Hill
- Weight Watchers meeting, Altoona UMC, 602 Fifth Ave. S.W.,

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- SATURDAY, JUNE 25** vs. Albuquerque Isotopes • 7:05 p.m. DAIRY NIGHT / GREAT CLIPS CHARITY CLIPS
- SUNDAY, JUNE 26** vs. Albuquerque Isotopes • 1:05 p.m. CASEY'S / KCWI FAMILY DAY
- MONDAY, JUNE 27** vs. Albuquerque Isotopes • 7:05 p.m. DOLLAR DOGS: \$1 HOT DOGS
- TUESDAY, JUNE 28** vs. Albuquerque Isotopes • 12:05 p.m. KRAFT SINGLES 2-FOR-1 TICKETS
- THURSDAY, JUNE 30** vs. New Orleans Zephyrs • 7:05 p.m. KNOTHOLE GANG
- FRIDAY, JULY 1** vs. New Orleans Zephyrs • 7:05 p.m. FIREWORKS / FRITOS FAMILY FRIDAY

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30 New Orleans Zephyrs

JULY

1-3 New Orleans Zephyrs  
14-17 Oklahoma City RedHawks  
18-21 Nashville Sounds  
22-30 HS State Tournament

5:30 p.m.

- Al-Anon meeting, Lutheran Church of the Cross, Room 12, 7 p.m.
- SEP 9/10 baseball vs. Hoover, noon
- SEP varsity baseball at Hoover, 5:30 p.m.



## Wednesday, July 13

- Coleus Program at the Polk Co. Master Gardeners Discovery Garden, Iowa State Fairgrounds, south of Agriculture Building, free, 7 p.m.
- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.

## Thursday, July 14

- Moonbeams Story Time, Altoona Public Library, 6:30 p.m.

- I-Cubs vs. Oklahoma City RedHawks at Des Moines, 7:05 p.m.

## Friday, July 15

- Altoona Pride Days, wear your RAGBRAI T-shirt
- Camel & Ostrich Races, Prairie Meadows
- I-Cubs vs. Oklahoma City RedHawks at Des Moines, 7:05 p.m.

## Saturday, July 16

- Madcap Teen Improv, grades 7 - 12, CAP Theatre, 201 First Ave. S., \$5, 7 - 9 p.m.
- I-Cubs vs. Oklahoma City RedHawks at Des Moines, 7:05 p.m.

## Sunday, July 17

- I-Cubs vs. Oklahoma City RedHawks at Des Moines, 1:05 p.m.

## Monday, July 18

- 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 8th St. S.W., 7 p.m.
- Alcoholics Anonymous meeting, Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.
- I-Cubs vs. Nashville Sounds at Des Moines, 7:05 p.m.

## Tuesday, July 19

- Classic Car Cruise, 5 & Diner, Pleasant Hill
- 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.
- I-Cubs vs. Nashville Sounds at Des Moines, 7:05 p.m.



## Wednesday, July 20

- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- I-Cubs vs. Nashville Sounds at Des Moines, 7:05 p.m.

## Thursday, July 21

- Home Show Expo 2011 begins,

Ironwood, dmhomeshow.com

- William Penn College for Working Adults open house, 6000 Westown Pkwy., WDM, call 515-222-9949 ext. 1348 for info, 3 - 6 p.m.
- I-Cubs vs. Nashville Sounds at Des Moines, 7:05 p.m.



## Friday, July 22

- Wee Wonders, Altoona Public Library, 10 a.m.
- Home Show Expo 2011, Ironwood, dmhomeshow.com
- Altoona Pride Day, wear your RAGBRAI T-shirt

# It's free!

Submit calendar items for your school, church, business, organization or family to [kathy@dmcityview.com](mailto:kathy@dmcityview.com).

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# Lurking inside your food

Why you should care about sodium

By David Charleston, owner, The Orange Planet

**Y**ou have heard it before: salt reduction is a good idea. We know this but are not doing it. Perhaps a clear understanding about sodium will help you make changes.

The body uses sodium to regulate blood pressure and blood volume. Sodium is vital component of nerves as it stimulates muscle contraction. Sodium also helps to keep calcium and other minerals soluble in the blood as well as stimulating the adrenal glands. Adrenal glands help in producing epinephrine and norepinephrine (adrenaline). Sodium aids in preventing heat prostration or sunstroke.

Too little sodium in the diet disturbs the tissue-water and acid-base balance that is important to good nutritional status. Sodium mineral is readily absorbed from the small intestine, and normal storage is accomplished by muscle and cartilage tissue. The hormone aldosterone controls the balance of sodium and water in the body.

Sodium occurs naturally in most foods. The most common form of sodium is sodium chloride, which is table salt. Milk, beets and celery also naturally contain sodium, as does drinking water.

Sodium is also added to various food products. Some of these added forms are monosodium glutamate, sodium nitrite, sodium saccharin, baking soda (sodium bicarbonate) and sodium benzoate. These are ingredients in condiments and seasonings such as

Worcestershire sauce, soy sauce, onion salt, garlic salt and bouillon cubes. Deli meats, cereal, packaged foods, bacon, sausage, canned soups and frozen foods are typically laced in added sodium. Fast foods and processed foods are generally very high in sodium, making it hard to regulate how much sodium you are actually consuming. Read labels carefully to determine the total sodium content.

Excess of sodium may lead to a serious buildup of fluid in people with congestive heart failure, cirrhosis (liver issues) or kidney disease. High sodium levels can cause high blood pressure.

Dietary sodium is measured in milligrams (mg). Table salt is 40 percent sodium. One teaspoon of table salt contains 2,300 mg of sodium. According to the Institute of Medicine, the average American consumes some 3,400 mg of sodium a day, which is some 1.5 teaspoons and well above the 2,300 mg a day that are the maximum healthy daily intake as defined by current dietary guidelines. We could get by with only 1,500 mg per day. Those with congestive heart failure, liver cirrhosis and kidney disease need much lower amounts.

Eating habits and attitudes about food formed during childhood are likely to influence eating habits for life. I know taste is very important and is the most overriding factor in food consumption, but keep in mind, heart attacks hardly taste good. **AL**

*Information from American Heart Association Nutrition Committee. U.S. Department of Health and Human Services, U.S. Department of Agriculture. Dietary and The Institute of Medicine, written by David Charleston, owner of The Orange Planet and founder and director of Hope2Offer Student Services in Pleasant Hill.*

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auto By Adam McRoberts

## How to choose a collision repair shop

By Adam McRoberts,  
Ted's Body Shop Inc.



If you don't currently have a repair shop you use, how would you go about finding a good one?

The answer is ask, ask, ask. Ask everybody you know who they use. Ask your friends, neighbors, your insurance agent, co-workers and relatives — then ask them why they use that shop.

The key here is to gather information. If the same name keeps popping up, then that is a really good indication that would be a good choice for you. You can also use the Internet to research a company and look for reviews and ratings on how well that shop performs. Remember, in Iowa you have the legal choice to have the repairs made at any shop you choose. Your car, your choice.

I believe there are still many things in life that qualify for the old adage "quality has a price." If you are looking for the cheapest price when it comes to car repair, chances are you are going to get just that, a cheap repair.

This doesn't make sense to me on a couple of different levels. First off, for most people their car is their second largest investment. Why would you want to devalue it with cheap repairs?

Secondly and most importantly, you put your life and the lives of your family, friends and co-workers in that same vehicle every day. Would you want to be doing 65 to 70 mph and have to wonder if that cheap repair on your front suspension and steering is good enough?

How about wondering if your airbag will deploy in the event you have another accident because you were trying to save your deductible? Please don't misunderstand me; I am not saying you have to spend more than you need. I just want you to understand there are different levels of repair shops, and the cheapest isn't always the best choice for you. This, again, is where I will stress it is important to do your homework for a quality shop.

Don't hesitate to look into the shop. Is it clean? Do the technicians look busy? A bunch of wrecked cars out front doesn't mean the shop is busy. Good shops don't let cars sit around; they get them repaired and back to their customers. Don't be afraid to ask them to show you a finished job or two, and above all, ask if they have a written warranty.

Get everything in writing up front. Get a written repair and price estimate of the work to be performed, as well as an explanation of why specific recommendations are necessary to correct the collision damage, before the job begins. Professional, reputable repair shops will stand behind their repair work by offering a warranty. **AL**

Information provided by Adam McRoberts, Ted's Body Shop Inc., 5571 N.W. Second St., Des Moines, 280-6500.



# Are YOU ready for some EPIC Fun?



## Main Entertainment Venue Schedule

4:30 - Beverage Garden opens

5:00-7:00 - Pirate over 50/Mississippi Band

8:00-9:30 - Grand Funk Railroad

10:00-11:30 - Cowboy Mouth



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Hey - where do I get more info?

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what's in your garage?



Photo by Marci Clark

Greg Gaul bought his 1987 Buick LeSabre, two-door, T-type, back in 2002.

## Buick beauty

Gaul's 1987 LeSabre is his pride and joy

By Marci Clark

It was just sitting there, says Greg Gaul of a 1987 Buick LeSabre. "I drive through (car) lots to look around, and it was just sitting there. I had to look at it."

It was New Year's Eve 2002, and the maroon two-door, T-type, with a factory sunroof was the perfect way for Gaul to celebrate.

"They were unloading inventory, so I got it for cost," he says. "It was a great deal."

This particular model of LeSabre was only produced for three years, and Gaul's is one of only 4,123 made in that year. The two-tone, black and gray, cloth interior is all original, as is the rest of the car, right down to the 3.8-liter engine.

"It's exactly how it rolled off the factory floor," Gaul says.

With only 71,000 miles on it, he is proud of the immaculate condition of his vehicle. The car has never been in an accident — technically.

In January 2010, a tot-sized teeter-totter that had been stored for the winter in the loft above the garage somehow broke free and landed on the hood of Gaul's prized possession. It dented the hood and left hairline scratches where it slid off.

"I cringe every time I think about it," Gaul laughs. "It gets more beat up in the garage than on the road." But Gaul took the LeSabre to a shop and had it fixed so "you can't even tell."

Though he does take it to an occasional show, Gaul says he really only drives it enough to keep the battery charged and the engine running in perfect condition.

"In a year's time, I probably only put about 300 miles on it," he says.

Even in that little amount of time, his car draws attention. "People look at it a little differently," he says. "I'm really proud to have it."

However, it's not just his LeSabre that holds a special place in Gaul's heart. He has a soft spot for any type of Buick.

"My grandpa always drove Buicks," he reminisces. "He's passed away now, but I remember he always had a Buick."

Gaul hopes to eventually add a Buick Grand National to his garage as well, but before then, he should probably consider adding a bit more security to the loft to ensure nothing else crashes down on his dreams. **AL**

Contact Darren at 953-4822 ext. 304 or [Darren@dmciview.com](mailto:Darren@dmciview.com) to recommend someone for an upcoming issue of "What's In Your Garage?"





# The place to be this summer

By Dave Wanamaker, Altoona Public Library

Summer is in full gear at the Altoona Public Library this month with all kinds of programs that you're sure to find both fun and educational.

There is still plenty of time for children to take part in the Summer Book Log. Pick up a log from the circulation desk or the children's room. For every five books children ages 2 - 12 read, bring in the book log. The library person will initial it and children will earn all kinds of prizes like Iowa Cubs baseball tickets, Blank Park Zoo passes and mini-stuffed animals. The book log ends July 31.

## Hey there, Yogi Bear

The library will offer a free, fun movie coming up on Wednesday, July 13. Put this one on the your calendar — "Yogi Bear." The antics of everyone's favorite mischievous bear will cause no end of problems for Ranger Smith in Jellystone Park. Showtime begins at 1:30 p.m. in the community room.

## Book reviews

More book reviews have been posted on YouTube recently. "Every Last One," by Anna Quindlen, is best described as an everyday family dealing with "extraordinary pain." The other is "Bloodshot," by Cherie Priest, in which the main character, "Cheshire Red," is a world-class thief and cat burglar and a vampire. Be sure to watch them both. The "Bloodshot" book review is hosted by a surprise guest. We won't say who it is, but beware

and watch if you dare.

To watch our video book reviews, go to YouTube and enter Altoona Public Library book reviews. "Every Last One" or "Bloodshot" will pop up right away. Under the video screen click on "uploaded by altoonalibrary-iowa." More video reviews will then appear for you to watch.

## Summer cooking program

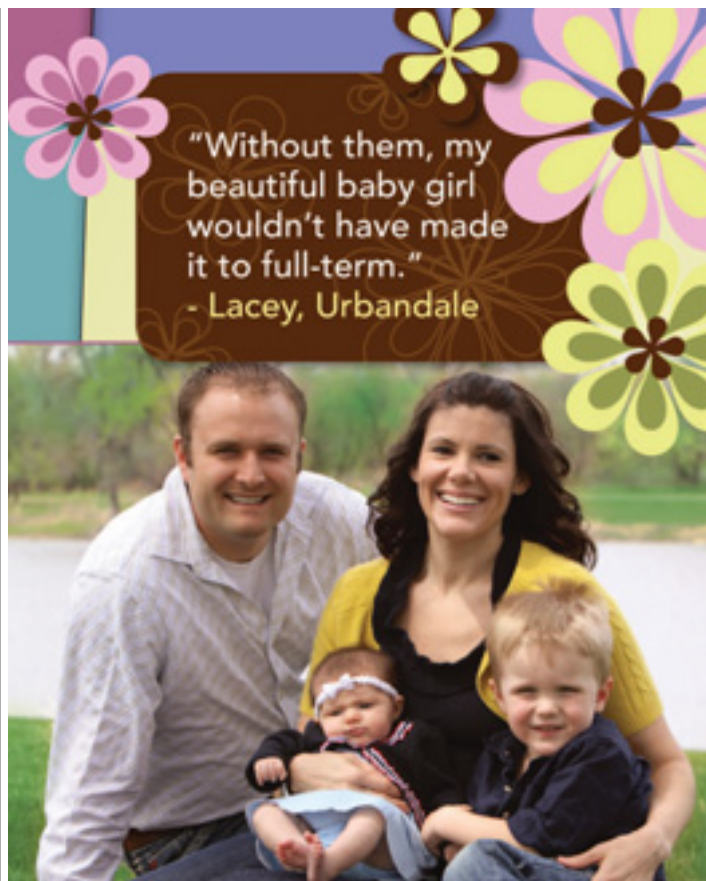
If you're tired of preparing the same old meals for your family during these hot summer months, come to the library at 1 p.m., Saturday, June 25. Learn new twists on summer cooking from John Kirkpatrick, test kitchen manager, chief food stylist and associate editor at *Cuisine at Home* magazine.

The program is free and open to the public.

## Flat Stanley

Are you just about ready to go on vacation this summer? Remember to take Flat Stanley along. He loves to have his picture taken with you. Stop by, pick him up, color him and take him with you during your vacation, whether it's near or far. When you return, bring a photo of you and Flat Stanley to the library and we'll pin it on our maps. It will be fun to see where everyone went on vacation, and we'll draw for prizes from among the entries.

Remember to keep checking our website for more up-to-the-minute library news and events. The Altoona Public Library is the place to be this summer. **AL**



"Without them, my beautiful baby girl wouldn't have made it to full-term."

- Lacey, Urbandale

For Lacey, her second pregnancy was much different than her first. Complications at 22 weeks led to a scary experience that she wasn't prepared for. Lacey's initial physician predicted a miscarriage and refused to help her — but Lacey wasn't giving up on her baby. She was referred by friends to the providers and staff at Lakeview OB/GYN and was so happy to find the care that she had been looking for. Lacey, Chet and big brother Max now have healthy, happy baby girl Sawyer as an addition to their family.

Visit [IowaPregnancy.com](http://IowaPregnancy.com) to read how Lacey tells her full story, including how the providers and staff at Lakeview OB/GYN and Methodist West Hospital gave her the care she deserved during such a scary time in her pregnancy.



Lakeview OB/GYN

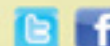
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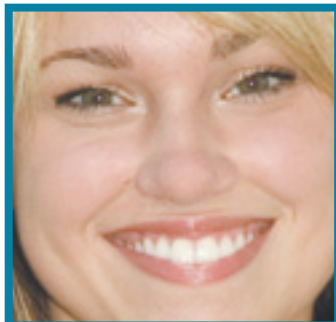
515.967.9300  
410 Center Place SW  
Altoona  
www.SwainChiropractic.com

## A Mom's Testimonial

"We can't begin to thank you enough for your help with our son.

Before we started seeing you, his doctors were convinced he needed tubes. He had seven ear infections in under four months and the last one required antibiotic injections. As a parent, you want to protect your child from every hurt possible.

Seeing my son crying and tugging at his ears and feeling so miserable he didn't want to play broke our hearts. We prayed for guidance and were led to you! Our son has done a complete turn around. He hasn't had an ear infection since the beginning of February! At his last visit with the ENT his ears looked great and he doesn't need tubes. We truly appreciate the individualized care and attention we receive from you and your dedication and devotion to your patients (after hour phone calls because of a high fever and coming in on Saturday mornings when he needed adjusted)! THANK YOU! You have helped us get our happy, healthy little boy back!"



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## health Q&A

### Q: Can chiropractic care help ear infections in children?

**A:** Ear infections often start as a dull ache or an itching sensation inside the ear canal, leading little ones to tug and pull on their ears. The next thing you know, excruciating pain suddenly turns your child's sunny disposition stormy. In addition to tears and crankiness, children may exhibit an impaired sense of balance and run a fever.

Ear infections and related problems affect children young and old. Traditional treatment involves antibiotics or (in more nonresponsive cases) surgery to place tubes in the ears. However, antibiotics or surgery may not be the answer. According to an article in the *Journal of Clinical Chiropractic Pediatrics*, nearly 80 percent of children were free of ear infections for the following six months after receiving chiropractic care. The lead researcher explained, "Chiropractic care mobilizes drainage of the ear in children, and if they can continue to drain without buildup of fluid and subsequent infection, they build up antibodies and recover more quickly."

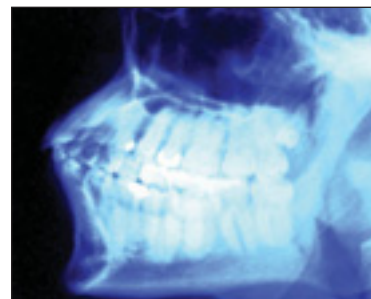
Adopting the chiropractic lifestyle, a non-drug way of life that focuses on preventing health problems — such as ear infections — rather than merely masking symptoms with medication.

Pediatric adjustments are as safe as they are effective. Doctors of chiropractic adjust the amount of pressure and technique to match the age and weight of each child. Before you begin a regimen of drug therapy or tubes, for your child, you should carefully consider chiropractic care. **AL**

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

### Q: Why would a dentist make an impression of my teeth and mouth?

**A:** At the very beginning of your relationship with a dentist, he or she may want to make a model of your dental structure to have a baseline against which to measure future development and treatment. Normally, the dentist will create an impression of each jaw separately by pressing a curved tray filled with a special paste over your upper and lower teeth. The past will begin to set into a firm but rubbery consistency within minutes and the dentist will remove the tray.



Those impressions are sent to a dental lab that will make plaster models of your teeth from the impressions. The lab will mount the two cast impressions on a hinge called an articulator, so the model of your jaws can open and close just like the real thing. Your dentist can use the model to show you areas of concern.

The creation of a model of your mouth is absolutely essential if you are going to have extensive restorative work or are going to have orthodontic work. Talk with your dentist about the uses of models and impressions. **AL**

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



# Honoring end-of-life wishes

A crucial conversation for every family

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

Every life comes to an end. Yet many people avoid talking about it or planning for it, even when it becomes a reality in their own families.

Death is a sensitive subject, but avoiding it out of fear could prevent you from honoring your loved one's wishes when it matters most. The purpose of having this crucial conversation is not to ask someone how they want to die—it's about understanding how they wish to live.

The National Hospice and Palliative Care Organization (NHPCO) recommends asking permission to discuss end-of-life wishes. This approach assures people that you want to respect their choices. Consider saying, "If you ever got sick, I'm concerned that I might not know the kind of care you would want. Can we talk about this? I would feel better if we did."

Allow your loved one to set the pace of the conversation. Your role is to be a good listener. Encourage them to share their thoughts by responding positively. Nod your head in agreement or offer a comforting touch.

Sharing personal concerns and values, spiritual beliefs or thoughts about what makes life worth living is as helpful as talking about specific circumstances. Ask your loved one about the aspects of his or her life that give it the most meaning; religious or spiritual beliefs and general attitude about dying and death.

Talking openly about specific goals will ensure you know what to do when the time comes. How important is it to your loved one to be physically independent and stay in his or her own home? Would he or she prefer to die at



home if possible?

You should also discuss what to do if your loved one is diagnosed with a life-limiting illness. What procedures and treatments would be wanted or not wanted? If curative treatment is not an option, is hospice care desired? If your loved one was eventually unable to make decisions, who would serve as his or her care advocate?

Preparing an advance directive is the best way to ensure your wishes are respected. An advance directive is either a living will, which outlines your wishes in writing or a health care power of attorney, which appoints the person responsible for making decisions on your behalf. Each legal document offers something the other does not, and having both is best.

Conversations about end-of-life care are best started before they are necessary. Too often, important decisions must be made at the time of crisis, when it may be too late to ask loved ones about their wishes.

I hope this article might be what your family needs to start talking about how to live life fully in all its stages. To learn more about advance care planning, visit the NHPCO's website at [www.caringinfo.org](http://www.caringinfo.org). **AL**

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



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Iowa Health Hospice cares for patients in the comfort of their own homes, including assisted living facilities and nursing homes, or at Taylor House in Des Moines.



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To learn more about Iowa Health Hospice and hospice care in general, please call us at 515-557-3100.

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### ALTOONA 2110 3RD AVENUE SW



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real estate

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**2209 HEARTHSTONE CIRCLE S.W.**, from VISTA REAL ESTATE AND INVESTMENT CORPORATION, to STAR HOMES OF IOWA, INC., \$50,900



845 Red Hawk Way S.E.

**845 RED HAWK WAY S.E.**, from NATIONWIDE ADVANTAGE MORTGAGE COMPANY, to FEDERAL NATIONAL MORTGAGE ASSOC., \$148,730

**217 NINTH ST. N.W.**, from WATLEY, LINDA, to CHENG, XINGANG, \$224,000



605 22nd Ave. S.W.

**605 22ND AVE. S.W.**, from WALLINGFORD, PAMELA JUNE, to WESTBROOK, MICHAEL E., \$139,000

**705 THIRD ST. S.E.**, from DAYTON, KIMBERLY, to ROBERTS, FRANCES, \$91,700

**705 THIRD ST. S.E.**, from ROBERTS, FRANCES, to DAYTON, KIMBERLY, \$91,700



133 Seventh Ave. Court N.E.

**133 SEVENTH AVE. COURT N.E.**, from GRAY, WILEY D., to MALLICOAT, JORDAN R., \$88,000

**1937 30TH AVE. S.W.**, from THE VILLAGE AT BRIARWOOD PARK, LLC, to GREYSTONE HOMES, L.C., \$30,000

**906 12TH AVE. S.E.**, from REVOLUTION HOMES, LLC, to TMI HOLDINGS, LLC, \$173,740

**2232 HEARTHSTONE CIRCLE S.W.**, from VISTA REAL ESTATE AND INVESTMENT CORPORATION, to MJ CUSTOM HOMES, LLC, \$57,000

**2727 SIXTH AVE. S.E.**, from NORTHWOOD CONSTRUCTION LLC, to FISCHER, AIMEE R., \$184,400

**1606 12TH ST. S.E.**, from TUSCANY RESERVE, LLC, to HUBBELL HOMES, L.C., \$50,000

**2810 SENECA COURT S.W.**, from MEADOW VISTA, LLC, to ANDEBERG, LOWELL, \$141,250

**2806 ITHICA COURT**, from SPARKS, TERESA A., to MCDONALD, DEBORAH, \$121,000



1021 Sixth St. N.W.

**1021 SIXTH ST. N.W.**, from SECRETARY OF HUD, to FULLER, RICHARD, \$80,900



607 Ninth St. N.W.

**607 NINTH ST. N.W.**, from FIRST AMERICAN BANK, to WE CAN BUILD IT, L.C., \$750,000



927 Meadow Court

**927 MEADOW COURT**, from ROONEY, ELIZABETH A., to CHESNUT, EDWARD V., \$110,000 AL



**Q**

## Why does my child need to be immunized?

**A**

Immunizations have helped children stay healthy for more than 50 years. They are safe and they work. In fact, serious side effects are no more common than those from other types of medication.

Vaccinations have reduced the number of infections from vaccine-preventable diseases by more than 90%! Yet many parents still question their safety because of misinformation they've received. That's why it's important to turn to a reliable and trusted source, including your pediatrician, for information.

***It is important to schedule early to get your child's immunizations and physicals for school and sports now.***

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.

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### **WEST**

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Clive ■ (515) 222-7337



### **JOHNSTON**

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faith

Submit story ideas to [darren@dmcityview.com](mailto:darren@dmcityview.com)



Lutheran Church of the Cross will hold its vacation Bible school on June 27 - 30.

# Joys of summer

Churches schedule vacation Bible schools

By Marci Clark

Vacation Bible school (VBS) is as much a part of summer for some kids as lighting bugs, hitting the beach and sunburns. A long standing tradition, VBS gives kids a chance to have fun while making memories, hanging out with friends and creating the building blocks of life-long faith.

With crafts, a variety of fun themes and musical events, this summer's vacation Bible school schedule is full of options, opportunities and plenty of excitement.

## Spread the Word

Have an upcoming event or church news you would like to announce? Send information to [darren@dmcityview.com](mailto:darren@dmcityview.com).

**Lutheran Church of the Cross**, 1701 Eighth St. S.W., will hold VBS from 6 - 8 p.m. on June 27 - 30 for kids 3 years old to sixth grade. Families are invited to bring chairs and a picnic supper to help kick off the week at "Music in the Park" with Jericho Down Sunday at Haines Park. For more information call 967-4818, or visit [www.churchofthecrossonline.org](http://www.churchofthecrossonline.org).

**Adventure Life Reformed Church**, 1700 Eighth St. S.W., will sail into vacation Bible school with a SonSurf Beach Bash from 6:15 - 8:30 p.m. July 17 - 21. Kids 3 years old to sixth grade are invited

to join in for crafts, snacks, worship and a special project for the Caring Hands Food Pantry. The office can be reached at 967-6567. Information can also be found by visiting [www.adventurelife.org](http://www.adventurelife.org).

**Altoona United Methodist Church**, 602 Fifth Ave. S.W., is inviting children 4 years old through fifth grade to vacation Bible school June 26 - 30 from 6 - 8:30 p.m. This year's theme: "Panda-mania: Where God is Wild About You!" Bible school registration is \$5 and includes a free Panda-mania worship CD. Scholarships are available for those who may need it. Visit the website at [www.altoonaumc.org](http://www.altoonaumc.org), or contact the office at 967-2991.

The **Ivy Centennial United Methodist Church**, 9150 University Ave., will hold its VBS from 6 - 8 p.m. July 10 - 14 for all kids age preschool to sixth grade. Summer worship times are at 9 a.m. every Sunday through Labor Day. More information is available by calling 967-5468.

**Christ The King Lutheran Church**, 600 First Ave. N., will hold a vacation Bible school from 9 - 11:45 a.m. June 27 - July 1. Preschool is also available. Registration forms can be found on the church website, [www.christthekingaltoona.com](http://www.christthekingaltoona.com), or call 967-3349. **AL**



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**Time:** 6:30-8:30 pm

**Cost:** FREE!!

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**Where:** 717 E.26th St. DSM



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# Oakshire

Linked gathering spaces, awash with natural light, fill the core of the Oakshire, a single-level shingle-style home with plenty of room to spread out. Three bedrooms and two bathrooms, including the luxurious owners' suite, fill the left wing.

This plan is ideal for families that like to entertain. The large great room flows into the dining room, with only a change in ceiling height to mark the transition. Then the kitchen is open to the dining room across a gracefully curved and raised eating/sitting bar.

When the weather is mellow, meals can move out onto the partially covered patio. It could be easily screened, to keep out pesty insects.

Chilly days allow appreciation of another notable feature: a two-sided fire-place. The warmth and color of its flames can be enjoyed from either the den or the great room. The den, immediately to the right of the front door, is also in an ideal location for use as a home office.

Both the great room and dining room are richly windowed at the rear. Standing at the kitchen sink or cook-top range, you can keep an eye on the gathering areas, both inside and out. The cook top is built into a long work island, rimmed on the dining room side by the eating bar.

A large utility room and a small bathroom are right around the corner, along with a mud hall that links with the garage. The hall's bench is ideal for shucking off muddy foot gear. Storage cabinets or shelves fill the walls to the left and right of the bench. A workbench could be built into the extra space at the rear of the Oakshire's garage, or it could be used for storage.

For a review plan, including scaled floor plans, elevations, section and artist's conception, send \$25 to Associated Designs, 1100 Jacobs Dr., Eugene, OR 97402. Please specify the Oakshire 30-770 and include a return address when ordering. A catalog featuring more than 550 home plans is available for \$15. For more information, call (800) 634-0123 or visit [www.AssociatedDesigns.com](http://www.AssociatedDesigns.com). **AL**



**Oakshire**  
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Alma Reed and Chad Snyder at the Snyder Landscaping and Lawn Care ribbon cutting and open house at its new location on May 27.



Kay Williams, T-shirt winner from KIOA at the Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



Corben Seley at the Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



Bruce Mason, Tina Hadden, and Julie West at the Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



Sheila and Isabelle Juhler, Winner of the RAGBRAI Art Contest, at the Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



The Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



Isabelle Juhler, winner of the RAGBRAI Art Contest, at the Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



Kai Brennick and Benson Brennick at the Altoona community RAGBRAI entertainment unveiling at the Za-Ga-Zig Shrine Center on June 7.



Kevin Goldsberry and his '64 Nova at Ted's Body Shop on June 2.



Jim Kinney with his '57 Chevy at Ted's Body Shop on June 2.



Bakeris Roofing held a Business After Hours and ribbon cutting on May 24.



Altoona Floral and Gifts held a ribbon cutting on May 19.



# ALTOONA



## CITY HALL

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Randy Pierce  
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Jerry Whetstone  
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Fax: 515-967-6934

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Cindy Thurman  
515-967-5136

### Building Department/ Code Enforcement

Susi Hoots  
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### 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

## AN EPIC EVENT!

As the summer heats up, so do Altoona's plans to for its first-ever RAGBRAI overnight. With thousands of riders, support vehicles and guests slated to hit town July 27, there's a lot that needs to be done. Even if you don't volunteer to help or to host a rider, the ride will probably impact you. To find out how, make sure you are checking the [www.RAGBRAI-altoona.com](http://www.RAGBRAI-altoona.com) web site frequently to get the latest updates.

Here are a few details that have been finalized in the last few weeks and things you need to know to roll through RAGBRAI.

### WHAT ARE YOU DOING ON JULY 27?

If you're not sure, it's time to put your name on the dotted line and sign up to volunteer for one of the many committees that will make RAGBRAI happen in Altoona.

Can't decide where you want to help? What sounds like more fun — serving beverages at the beverage garden or helping put up signs the evening before riders roll into town? Your first best step is going to [www.RAGBRAI-altoona.com](http://www.RAGBRAI-altoona.com). This will be the best resource to learn about all your options for volunteering — from times that you could commit to committees that sound most appealing. Volunteers are still needed in almost all areas, so go to the web site today to sign up!

### ALTOONA TUNE-UP

This no frills, free ride on Saturday, July 9, is a great way to get a little taste of what RAGBRAI is like or to get warmed up for the big event itself! You won't get a t-shirt, a water bottle or food, but the ride is absolutely free! This 42.5-mile ride will take you from Altoona through eastern Polk County, including Runnells, Mitchellville and Bondurant. Registration begins at 8 a.m. at Altoona City Hall, 407 8th Street SE. The ride will begin at 9 a.m.

If you need to replenish or refresh along the way, bars and Casey's in the various communities will be there to serve you. Lunch will be served at the *Fireside*, beginning at noon, with a \$5 meal including a hamburger or brat, chips and a non-alcoholic beverage. The lunch will be open to the public.

So come along for more than 42 miles of PURE pedaling pleasure!

### YOUR T-SHIRT IS YOUR TICKET! BUY ONE TODAY!

All aboard for Altoona's EPIC ride with *Grand Funk Railroad* as they roll into Altoona along with 40,000 bikers, friends and visitors to rock out on July 27.

This classic act will headline FIVE EPIC HOURS OF MUSIC at Altoona's RAGBRAI beverage garden. The lineup also will include *A Pirate Over 50* and the *Mississippi Band* — a Jimmy Buffet and classic rock cover band, along with *Cowboy Mouth*, a New Orleans-based rock band.

The train will leave the station when the beverage garden opens at 4:30 p.m. *Pirate Over 50* and the *Mississippi Band* will kick things off from 5 p.m. to 7:30 p.m., followed by *Grand Funk Railroad* from 8 to 9:30 p.m. and *Cowboy Mouth* wrapping up an EPIC evening from 10 to 11:30.

Your Altoona RAGBRAI community t-shirt is your ticket to the event. For \$15, you receive admission to the beverage garden with all three bands, plus half off an admission to Adventureland on July 27 and many other community specials and offers.

To purchase your t-shirt — and get first admission to the beverage garden with its FIVE EPIC HOURS of entertainment, go to [www.RAGBRAI-altoona.com](http://www.RAGBRAI-altoona.com) or stop by Rasmussen Bike Shop or Hy-Vee in Altoona.

### HOUSING OFFERING THE RIGHT RIDER FOR EVERY HOUSEHOLD!

Most of the 15,000 RAGBRAI riders will kick back in campgrounds around Altoona after completing the relatively short jaunt from Boone to Altoona, but almost 600 are hoping to find housing in — well, a house. Or at least a yard.

Housing chair Bruce Mason said individuals requesting housing range "all the way from a 74-year-old retired electrical engineer to a husband and wife in their 60s, a group of 10 professionals that want camping space, a family of 3, parents and son, a family of five," he said. "A lot of them just want shower and toilet facilities."

Right now, he is running short on hosts. "We probably have space for about 100 of those 600," he said. He is compiling the requests for housing into a notebook. Anyone who is interested in housing a rider or group of riders can contact Bruce at the Campus and make arrangements to come in and go through the book to select the people they want to host.

For more information or to contact Bruce, go to [www.RAGBRAI-altoona.com](http://www.RAGBRAI-altoona.com) or call him at the Campus at 967-0788.



## BENEFIT FOR THE FAMILY OF CHAD WELLS

**Saturday, July 2 • Noon - 9pm**  
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**Parking: \$1.00 Per Vehicle**

*(All Proceeds To Go To Family Of Chad Wells)*

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*(There will be a charge for the activities with  
 a portion going to benefit the family)*

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**Raffle** (Several Great Prizes)

**If you are unable to attend and would like to make a  
 donation or if you have something to donate to the silent  
 auction or raffle please contact the Pleasant Hill Chamber  
 office at 515-261-0466.**



Rain Date: August 6, 2011

recipe

Submit ideas to [darren@dmcityview.com](mailto:darren@dmcityview.com)

# Fire and ice raspberry lemonade

June is traditionally a popular month for weddings. This summer's wedding season had a royal kick-off across the pond just a few short weeks ago. And many of us will be planning or attending bridal showers, weddings and even special anniversaries closer to home soon.

Any special occasion, shower, family birthday or even Sunday brunch is a great opportunity to serve the two great beverage recipes included with this article. The Fire and Ice Raspberry Lemonade and the Lavender Punch are both fabulously refreshing non-alcoholic drinks that are crowd pleasers, especially on those warm summer days.

Think of this beverage as romance in a punch cup. Mrs. Clark's grape juice makes a lasting impression, while mint, lavender and ginger ale add subtle but memorable flavor notes that your party guests will love.

#### Lavender Punch

4 cups Mrs. Clark's grape juice  
 1 cup mint tea  
 ½ cup lavender tea  
 Ginger ale

Combine Mrs. Clark's grape juice, mint tea and lavender tea. Pour into individual ice-filled glasses until about two-thirds full. Top off each serving with ginger ale.

Mint Tea: Loosely fill a 2-cup measure with fresh mint leaves on stems. Pour a generous cup of boiling water over mint and let steep 2 hours. Strain and chill.

Lavender Tea: Place ¼ cup dried lavender in a 2-cup measure. Pour a cup of boiling water over flowers and steep for 2 hours. Strain and chill. Yields 10-12 servings. **AL**



## Fire and ice raspberry lemonade

#### Ingredients

5 cups Mrs. Clark's cranberry raspberry juice cocktail  
 2 cups granulated sugar  
 1 ¼ cups Mrs. Clark's lemon juice  
 3 to 4 small dried chile peppers, broken in half  
 6 cups cold water  
 1 lemon for lemon slices

#### Directions

1. Combine 3 cups Mrs. Clark's cranberry raspberry juice, 1 2/3 cups sugar, ¼ cup Mrs. Clark's lemon juice and peppers in a large saucepan. Bring to a boil, stirring occasionally. Reduce the heat and simmer 20 to 30 minutes or until

reduced to about 2 ½ cups. Cool and remove peppers.

2. Pour the remaining 2 cups Mrs. Clark's cranberry raspberry juice into ice cube trays. Add about a teaspoon of the spiced syrup to each cube. Freeze.

3. Stir cold water and the remaining 1 cup lemon juice and 1/3 cups sugar until sugar is dissolved. Chill.

4. For each serving pour about 1 cup lemonade into a large glass. Add several of the spiced ice cubes. Gently pour about 1/3 cup of the spiced syrup into the glass. The syrup will sink to the bottom forming a red layer. Garnish with lemon slices.

Yields 6 servings





*Jerry Whetstone, Jerry Brubaker, Tony Crabb and David Williams at Music on the Plaza on May 27.*



*Gail Norber and Jim Raes at Music on the Plaza on May 27.*



*Amanda Pals and Meagan Thompson at Music on the Plaza on May 27.*



*Brooke Winton, Jason Bernstein, Kerrie Bernstein and Whitney McIntosh at Music on the Plaza on May 27.*



*Missy Cory and Nina Cory at Music on the Plaza on May 27.*



*Tony Greco and Jesus Lopez at Music on the Plaza on May 27.*



*Ben Hall and Hilary Dunn at Music on the Plaza on May 27.*



*Dean Townsend and Kellie Snyder-Townsend at Music on the Plaza on May 27.*



*Kelly Crosby and Chris Stambach at Music on the Plaza on May 27.*



*Shelly Rusch and Amanda Bailey practice kick boxing at Music on the Plaza on May 27.*



*Rick, Noah and Shelly Rusch at Music on the Plaza on May 27.*



*Adam Sondag, Brodi Applebee, Amanda Leo, and Jake Westerhof at Music on the Plaza on May 27.*

## Altoona Area Chamber of Commerce Golf Outing

Summer Olympics:  
Go for the **GOLD** on the **GREEN!**

**Friday, July 8th**



**Teams fill quickly, register today!**  
**967.3366 or altoona@netins.net**

# HomeShowExpo set for July 23-31

Ironwood neighborhood to showcase event

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

The Home Builders Association of Greater Des Moines kicked off the HomeShowExpo showcase in 1976 at the Karp Plaza in Clive.

From there people have experienced spectacular works of "art" in homebuilding throughout the communities of Urbandale, Waukee, West Des Moines, Johnston and Ankeny. Altoona will finally have its day(s) in the spotlight July 22 – 31 in the Ironwood Development of Vista Real Estate and Development.

Tucked away in a quiet area of Altoona, the residential neighborhood of Ironwood feels like home. From the moment you enter, beautifully constructed homes built by many of Des Moines' most notable builders have laid the foundation for Ironwood to be recognized as Altoona's premier residential community. Conveniently located just a half mile north of the newly-constructed Clay Elementary School and minutes from the newly-built SE Polk High School, Ironwood has much to offer families and all who have chosen to make Ironwood their home.

True to the HBA of Greater Des Moines's vision, all Americans have access to the housing of their choice and the opportunity to realize the American dream of home ownership. The HomeShowExpo2011 showcases the craftsmanship of nine homebuilders with 10 beautiful homes that will inspire all who enter. Those seeking to build or just make changes to their existing home will find a plethora of ideas and decorating tips to help them finalize their plans.

Altoona welcomes Covenant



Homes, Iron Crest Homes, Clarity Construction, Classic Builders, Tyler Homes, Jerry Bussanmas Builders, Trueview Enterprises, Ron's Homes and Grand Homes & Renovations — some of the most respected businesses in the trade and invite all to our first ever HomeShowExpo experience.

Come visit our community and tour 10 fully furnished and landscaped homes featuring the latest in technology, products and features. All visitors need to stop by Prairie Meadows after the show to enter a drawing to win a free room makeover. We thank our partners in sponsorship for this event: KCCI-TV, Willis Automotive, Prairie Meadows Racetrack and Casino and the Home Builders Association of Greater Des Moines.

We have enjoyed working with Vista Real Estate and Development and the Home Builders Association of Greater Des Moines to bring central Iowa's largest and most revered home show of the year to our community. Come take a look, stay and make friends. **AL**

## Chamber Night! HOMESHOWEXPO2011

**ALTOONA**  
AREA CHAMBER OF COMMERCE

Join the Chamber in  
welcoming the  
HomeShowExpo2011  
to Altoona for  
the 1st time!

**Monday, July 25th**  
**4:00-9:00 p.m.**  
**Ironwood**  
**Development**  
**Altoona**

**1/2**  
**Price**  
**Tickets!**  
**\$5.00**



Contact the Chamber at 515.967.3366 with any questions!

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President Roger Reiser addresses the group for the Community Choice Credit Union ribbon cutting on June 10.



Jeff Mark welcomes Community Choice Credit Union to their new space at their ribbon cutting on June 10.



Pennie Carroll and Jill Meyer at the Community Choice Credit Union ribbon cutting on June 10.



Dustin Skahill and Joe Skahill at Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.



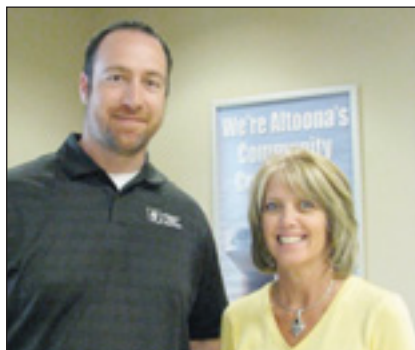
Community Choice Credit Union ribbon cutting on June 10.



Clair Cramer and Mark Edler at the Community Choice Credit Union ribbon cutting on June 10.



Amy Foust and Mary Simon at the Community Choice Credit Union ribbon cutting on June 10.



Brian Curtin and Shelly Bierman at the Community Choice Credit Union ribbon cutting on June 10.



Mike Koschmeyer, Jeff Metge, and Dean Austin at the Community Choice Credit Union ribbon cutting on June 10.



Tom and Karen Diltz at Altoona Chamber's Premier Wine Event at Toad Valley Golf Course on June 4.



Tyler Henry and Rick Rusch at Farrell's for testing day on June 4.

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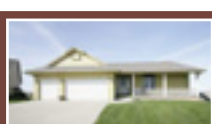
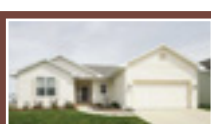
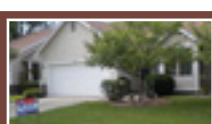



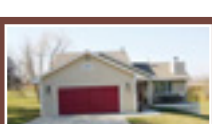


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