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may 2011

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magazine

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# Neighbors helping neighbors

In a world so unfortunately full of mistrust, crime and meaningless actions, we can sometimes forget about all the good things that happen, especially when these efforts are performed by humble people who don't desire any recognition for their good deeds. These are people who truly put others' needs in front of their own, who listen more than they talk, and who go to bed each night knowing that their efforts that day made the world — and their neighborhood — a little bit better.



Many of the greatest contributions in life are often the smallest ones performed by people in local churches. Yes, we appreciate the work of everyone at the state and national levels, too, that positively affects our ever-changing world, but the work of the local faith community is often what we feel the most, even though we don't directly see it. These are our neighbors, the ones we trust our children with, the people we open our homes to, and the friends who care for us in times of need.

Recent economic woes have impacted nearly everyone we know, regardless of age, income or education. But those who struggled during prosperous times are even more challenged now, and this requires an even greater commitment from those in the faith community who choose to serve others in need. We share a few of these stories in this month's cover as part of our ongoing effort to encourage neighbors to help neighbors.

Thanks for reading. **AL**

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**On the cover:** Cindy Meyerdirk, Hank Ford and Autumn McGrean. Photo by Laura Billingsley.

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# Love thy neighbor

Photo by Laura Billingsley

**LOCAL CHURCHES SERVE  
THE COMMUNITY**

*Cindy Meyerdirk, Hank Ford and Autumn McGrean at Adventure-Life Church's Monday night supper. They are members of the church leadership.*

**By Laura Billingsley**

On the last Monday of every month, families show up at the doors of Adventure-Life Church in Altoona. They come rain or shine, summer or winter, for a hot meal served in the church's sanctuary, where round tables with baskets of dinner rolls

are set up. For the April meal, it was pasta with meaty marinara sauce, bread and butter, salad, pie and chocolate brownies. Each time the church hosts the free meal, approximately 75 to 100 people arrive to eat. That number has been growing during the past year.

"Last year at this time it was around 30," says Autumn McGrean, Adventure-Life Church's deacon chair. But now she says they plan for 100 people each month, "and we're usually pretty close."

While residents might not associate subur-



Susan Burris and Lyn Bradwell of Adventure-Life Church prepare brownies for a Monday night supper.

ban areas like Altoona with homelessness and hunger, McGrean says the need is there.

"People don't realize it's just as big out here. In our area there's a huge need for it. There are a lot of what you would call the homeless that you wouldn't think existed. And things are spread out farther, too, which makes it more difficult," she says.

It can be easy to overlook the need occurring in our own backyards. This is a common theme cited by faith-based groups working to meet the needs of people in the community. But numerous organizations in Altoona are trying to make sure people in the area have somewhere to turn when they need a hand.

For the past six years, various groups from within the congregation of Adventure-Life Church have taken turns preparing meals for the Monday night suppers. Some nights it's a small group, sometimes it's the church's leadership. Other churches in the

area also host on the first, second, and third Mondays of the month, ensuring every Monday people in the area will have somewhere to go.

McGrean says the number of people attending is usually highest from the beginning of fall through Christmas, and then it often declines a bit. But not this year.

"Sometimes it seems that during the summer the numbers go down, but they seem so high this time that I don't know if that's going to happen," she says. Traffic at the local food pantry in Altoona has also been higher, and McGrean believes the current economic climate has hit many families hard. "I think it's just a trickle effect," she says.

Preparing the meal is fairly simple, but it makes a big impact for the people who consume it. The church members purchase the food, then prepare it in the church kitchen and set up buffet-style serving stations. Even before the scheduled opening time, people are milling around the front doors. Church

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members mingle with guests during dinner, and if there is leftover food guests can take it home in to-go boxes. Many people in town probably don't even know the meal program exists, and McGrean says some congregants of Adventure-Life might not even be aware of it. But these simple suppers are just one of the ways Altoona is stepping up to help its neighbors.

### Forward Motion

Food and shelter come up quickly when thinking about people's basic needs, but there are other things to consider as well. Without a car, it can be difficult to provide for a family. Wheels of Faith is a group trying to meet this need for citizens in the Southeast Polk area. Made up of members from the congregation of Altoona's Lutheran Church of the Cross, the group refurbishes donated cars and gives them to people in the community.

David McDaniel is a mechanic by trade, and he also enjoys using



A family celebrates the youngest child's first birthday at Saints John and Paul Parish's Faith Development Center as part of the Interfaith Hospitality Network.

his skills to ensure families have access to cars. A founding member of Wheels of Faith, he says it's satisfying to know someone will receive a car, even if he never meets them.

"We've given cars to a hus-

band and wife. We've given them to single mothers with kids, and we've given them to whole families. We don't usually meet the people who get them. Central Place takes applications, and then we review them and try to deci-

pher who we think is best suited and has the most need for it, and then ultimately it ends up being our decision," McDaniel says.

Wheels of Faith was modeled after a program in Ames called Wheels to Work, which is part of the larger organization Beyond Welfare. Wheels of Faith is completely funded by donations and relies on Central Place Family Resource Center to screen applicants for the program. When someone is selected to receive a car they have to meet certain requirements, both now and in the future. These include going to meetings through Central Place and also completing community service. After two years of participation, they get the car free and clear.

McDaniel says programs like this are important to keep people involved in the community.

"It keeps them from isolating," he says, "which happens quite often." Though its core group of members is from Lutheran Church



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Ron Stubbs (MDiv LMFT) is a marriage, family, and individual therapist who has been in private practice for over 20 years. He is the director of First Foundations Christian Counseling Center. Ron has been married to Nancy for 25 years, and they have three children.

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of the Cross, Wheels of Faith draws in people throughout the community. McDaniel says local auto parts stores have agreed to donate parts to the cars, or to sell them to the group at cost. And people throughout the area have stepped in to donate cars. Wheels of Faith has also held classes through Central Place to educate people in how to maintain their vehicles.

With the fate of Central Place unclear right now, McDaniel says that Wheels of Faith has started to think about other ways to qualify car recipients. In April, Southeast Polk School District voters turned down a tax increase that would have funded Central Place.

"We're kind of uncertain how our program is going to move forward ... we may have to go back and find another community organization that qualifies people," McDaniel says.

Whatever the future brings for Central Place, the members of Wheels of Faith are committed to

keeping the program running to meet a need not often addressed by other organizations.

### Give Me Shelter

The stereotypical face of homelessness is probably a single person. But homeless families also need a place to stay, and the options for them can be limited. Most shelters in the area accept singles or "are mostly for mothers and children. Or the mother can stay with the kids and the dad has to go to a separate shelter," says Mary Reichter, a member of the steering committee for Saints John and Paul Parish's work with the Interfaith Hospitality Network. For one week each quarter, the Altoona church transforms its Faith Development Center into a home for families with nowhere else to go.

Since 2004, the Des Moines Area Interfaith Hospitality Network has provided shelter for families with children, along with meals and case management services. Congregations around the

Des Moines area take turns hosting families for a week at a time. Saints John and Paul Parish can accept up to three families each rotation. At the Altoona Faith Development Center, classrooms are equipped with an air mattresses, sheets, pillows and blankets.

Guests are provided with breakfast and lunch items each day, plus a hot meal at night. In the evenings kids can play games, watch TV or join in activities. Occasionally, there will be a child's birthday party. Reichter says, "For the younger kids we have four childcare rooms that are all set up for the kids to play in. Those are a big hit at our facility."

Around 6:30 a.m. each morning the families board a bus to the program's day center at Westminster Presbyterian Church in Des Moines. During the day guests have access to showers, laundry facilities, telephone, daily newspaper and the Internet. Case workers provide assistance with applying for jobs and finding per-

manent housing.

Reichter sees the program as filling an essential need to keep families together, since most shelters do not accept entire families. During her work with the Interfaith Hospitality Network, she has observed that many of the families never thought they would have to take advantage of such a service. She stresses that "in today's economy lots of people are one paycheck away from being homeless." In most cases turning to the program is not something families want to do, but it can be a way for them to get back on their feet.

"If they didn't want their kids sleeping in a car or on the street this was a last ditch effort. And that's humbling to see and be a part of, but rewarding at the same time," Reichter says.

Faith-based organizations in Altoona have shown they don't shy away from loving their neighbors, and they'll continue doing their best to meet the basic needs of the families among them. **AL**

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Altoona Ambassadors met on April 20 to assemble May Day baskets: Jennifer Headington, Diana Bowlby, Darren Huinker, Kyle Ortman, Melissa Horton, Amber Darby and Brooke Pulliam.



T-shirt sales begin at the RAGBRAI Town Hall Meeting at Altoona Campus on May 12.



Patty Whetstone and Lisa Arcaveleta at the RAGBRAI Town Hall Meeting at Altoona Campus on May 12.



Lori Slings and Mattia Hansen at the Ragbrai Town Hall Meeting at Altoona Campus on May 12..



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9

# Choosing the right senior community

Know what questions to ask when looking

**By Shelly Charter, Valley View Village**

After months of thought and discussion with your parents, they have agreed that they are open to the idea of moving to a senior community, and you have been given the green light to begin your search on their behalf.

Great news, right?

Yes, but how in the world do

you know where to begin, or once you begin, what to ask?

If you have never been down this road before, it can be a daunting task. Here are some questions that may help you as you begin your research:

- Is the community you are considering a continuum of care community, which means does it

provide all levels of care — independent, assisted, skilled and long-term care? Does it have an area specifically for memory care?

- Where is it located? Is the campus close to family, shopping, doctors, social venues, etc?

- Does the campus provide transportation to medical appointments/social outings?

- What hours are the staff onsite?

- Ask them to describe their nursing staff as to license (RN) and unlicensed staff (universal worker, CNA etc.)

- What types of social activities are available?

- Ask them to describe the communication between staff, residents and family members.

- What are the dining options? Is there a set menu, or is it restaurant-style dining?

- Notice how they inquire (or



don't inquire) about your family member's needs.

- Ask about the financial arrangements. Is there a buy-in or endowment, is it private pay or subsidized? What happens when/if funds are depleted?

Once you have your questions written down, you are ready to go make a visit.

We'll talk more about that next time. **AL**

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

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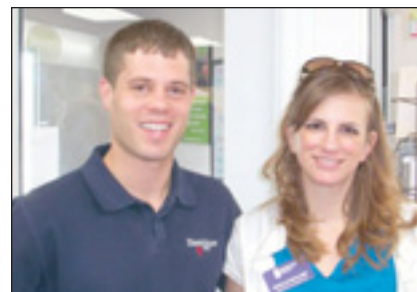
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Altoona Chamber of Commerce held a joint ribbon cutting for Altoona Smiles and Medicap Pharmacy on April 29.



Bob Eisenlauer and Nicole McClure attended the joint ribbon cutting of Medicap Pharmacy and Altoona Smiles on April 29.



Dr. Eric Forsberg, Angie Forsberg, Rita VanVeen and Kellie Akers from Altoona Smiles attended the joint ribbon cutting of Medicap Pharmacy and Altoona Smiles on April 29.



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education

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# Meet Teri Mohning

Fifth grade instructor  
has a passion for  
teaching

By Kathleen Summy



Photos by Kathleen Summy

Teri Mohning teaches fifth grade at Clay Elementary.

It's easy to tell that Teri Mohning loves her job as a fifth grade teacher at Clay Elementary.

"It's a busy place," she says with pride as the chattering students file out of the classroom. "From the minute they walk into the door until the minute they leave, it's busy. Fifth graders have a lot to share about their lives; they have a lot of spunk."

This is Mohning's second year in the Southeast Polk School District. She and husband Randy moved here from the Guthrie Center district two years ago when he became the principal at Four Mile Elementary. Teri spent 29 years teaching in Guthrie Center — five years in special education, one year in fifth grade and the balance in fourth grade. After the move, she was hired to teach kindergarten two weeks before school started. Then the fifth grade position opened, and she was asked if she wanted it.

"I loved kindergarten; I really learned a lot from the kindergartners," she says. "But this is my comfort zone."

Mohning went from teaching the youngest students to the oldest ones in the building.

"They're the leaders of the school since we don't have a sixth

grade anymore," she says. "They're the role models. I have a tendency to volunteer them for things that need to be done — activities, assemblies, you name it."

Despite the age difference, Mohning sees some similarities in the youngest and oldest students.

"They all have a desire to learn and to try new things," she says. "I have a tendency to have high expectations, and regardless of grade, they tried to reach those."

One of Mohning's goals is to help her students become good people.

"I tell them a lot to surround themselves with good people," she says. "I want to help them become lifelong learners. I want them to think they can achieve anything if they're willing to work hard."

"I get a great satisfaction from knowing I've helped these kids achieve their goals academically, but also to become good citizens, good people. **AL**

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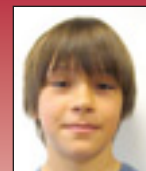
## What do you like best about Mrs. Mohning?



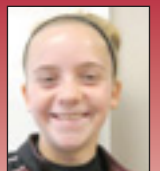
Lauren Wignall:  
"She's really nice,  
and she respects  
all of us."



Andrew Owens:  
"She's really  
great for  
teaching us, and  
with good  
manners."



Oakley Shrum:  
"That when-  
ever we don't get  
something, she  
finds another way  
to explain it."



Paige Meyer:  
"She believes in  
us, and thinks we  
can do anything  
we believe in."



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## Friday, May 27

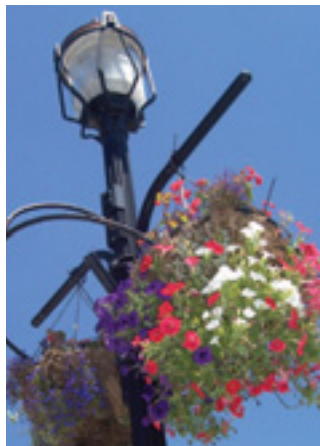
- Storytime, ages 2 - 6, Altoona Public Library, 11 a.m.
- Music on the Plaza, "Bonne Finken," Prairie Heritage Civic Plaza, 5 - 8 p.m.
- AAYP Breakfast, Hy-Vee Club Room, 7 - 8 p.m.
- Joyce Maly Dance Studio Recital, SEP Auditorium, 4:30 p.m.

## Saturday, May 28

- Altoona Public Library closed
- Altoona Aquatics Park open for the season
- Joyce Maly Dance Studio Recital, SEP Auditorium, 11 a.m.
- Runnells Alumni Association Annual meeting, Runnells Elementary gym, 5:30 p.m.

## Sunday, May 29

- Altoona Public Library closed



## Monday, May 30

- Memorial Day

## Tuesday, May 31

- SEP Schools last day of classes
- Storytime, ages 2 - 6, Altoona Public Library, 10 a.m.
- 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 JV/V softball at Roosevelt, 3 p.m.
- SEP JV/V baseball at Roosevelt, 3:30 p.m.
- SEP 9/10 baseball vs. Roosevelt, 5:30 p.m.

## Wednesday, June 1

- Movie, grades K - 6, Altoona Public Library, 3 p.m.
- Summer Reading Program begins, Altoona Public Library
- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- SEP 9/JV/V softball at DC-G, 4:45 p.m.
- SEP varsity baseball vs. East, 5:30 p.m.

## Thursday, June 2

- SEP 9 softball vs. Waukee, 5:30 p.m.

## Friday, June 3

- Music on the Plaza, "Out of the Blue," Prairie Heritage Civic Plaza, 5 - 8 p.m.
- Grace Ballet & Gymnastics Studio Dance Recital, SEP Auditorium, 3:30 p.m.


## Saturday, June 4

- Brush drop-off, entrance to Waste Water Plant, 1108 Eighth St. S.W.
- Altoona's Premier Wine Event, Toad Valley Golf Course, \$25, 6 - 9 p.m.
- I-Cubs vs. Omaha Stormchasers at Des Moines, 7:05 p.m.
- State Greco and Freestyle Wrestling Tournament, SEP gym, 7 a.m. - 5 p.m.
- Grace Ballet & Gymnastics Studio Dance Recital, SEP Auditorium, 9:30 a.m. and 4 p.m.
- SEP JV baseball vs. Mt. Pleasant at Ottumwa, 11 a.m.
- SEP varsity baseball vs. Waterloo East, 11 a.m.

## Sunday, June 5

- State Greco and Freestyle Wrestling Tournament, SEP gym, 7 a.m. - 5 p.m.
- I-Cubs vs. Omaha Stormchasers at Des Moines, 1:05 p.m.

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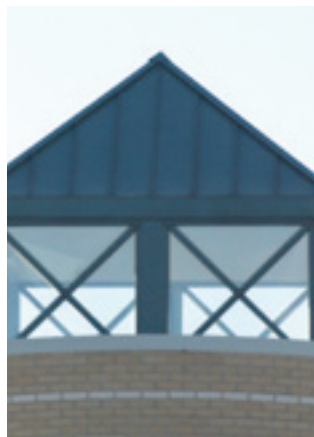
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- SEP Athletic Boosters, 6:30 p.m.

## Tuesday, June 14

- Flag Day
- RAGBRAI General meeting, Altoona City Hall, 5 p.m.
- 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 8 softball vs. Urbandale, 9 a.m.
- SEP JV/V baseball at Boone, 5:30 p.m.
- SEP PRIDE parent meeting, 7 p.m.



## Wednesday, June 15

- CAP Theatre preview of "Sleeping Beauty," grades K - 6, Altoona Public Library, 3 p.m.
- AAYP meeting, Being There Coffee House, noon
- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- William Penn College for Working Adults open house, 6000 Westown Pkwy., WDM, call 515-222-9949 ext. 1348 for info, 3 - 6 p.m.
- SEP 8 softball at Indianola, 9 a.m.
- SEP JV baseball vs. Indianola, noon

## Thursday, June 16

- SEP 9/10 baseball vs. Dowling Catholic, noon
- SEP 9/JV/V softball at Dowling Catholic, 1 p.m.
- SEP varsity baseball at Dowling Catholic, 5:30 p.m.

## Friday, June 17

- Blank Park Zoo program, Altoona Public Library, 10 and 10:30 a.m.
- Music on the Plaza, "Matt Woods & the Thunderbolts," Prairie Heritage Civic Plaza, 5 - 8 p.m.
- "Sleeping Beauty," CAP Theatre, 201 First Ave. S., 7 p.m.
- Altoona Chamber Night at the Races, Prairie Meadows, 6 p.m.
- SEP 9/10 baseball vs. Valley, noon
- SEP JV/V baseball at Valley, 5:30 p.m.

## Saturday, June 18

- "Sleeping Beauty," CAP Theatre, 201 First Ave. S., 7 p.m.
- SEP 9 baseball vs. Saydel, 10 a.m.

## Sunday, June 19

- Father's Day
- "Sleeping Beauty," CAP Theatre, 201 First Ave. S., 2:30 p.m.
- Madcap! Teen Improv, CAP Theatre, 201 First Ave. S., \$5, 7 p.m.

## Monday, June 20

- 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.
- ButterfliZ of Iowa program, Altoona Public Library, 10 a.m.
- Learn to Swim program, Altoona Campus, 5 - 8 p.m.
- Alcoholics Anonymous meeting,

Cross Creek, 1975 Eighth St. S.W., enter west door, 8 p.m.

- SEP 8 softball vs. Waukee, 9 a.m.
- SEP 9/10 baseball at Ankeny, noon
- SEP 9/JV/V softball vs. Ankeny, 1 p.m.
- SEP varsity baseball vs. Ankeny, 5:30 p.m.



## Tuesday, June 21

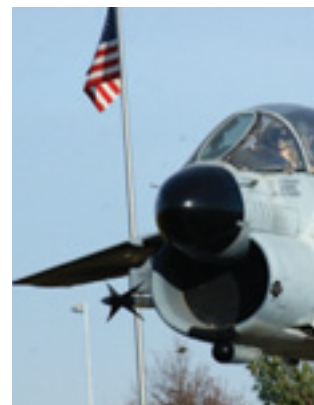
- First day of summer
- Caricature Drawings program, Altoona Public Library, 3 p.m.
- Noon Networking, Hy-Vee Club Room, 11:45 a.m. - 1 p.m.
- Weight Watchers meeting, Altoona UMC, 602 Fifth Ave. S.W., 5:30 p.m.
- Al-Anon meeting, Lutheran Church of the Cross, Room 12, 7 p.m.
- I-Cubs vs. Memphis Redbirds at Des Moines, 7:05 p.m.
- SEP 8 softball at Valley, 9 a.m.
- SEP JV baseball at Bondurant-Farrar, 1 p.m.
- SEP 9/JV/V softball vs. Ames, 1 p.m.

## Wednesday, June 22

- Movie, grades K - 6, Altoona Public Library, 3 p.m.
- Alcoholics Anonymous meeting, Old Town, use parking lot behind bar, 8 p.m.
- I-Cubs vs. Memphis Redbirds at

Des Moines, 5:05 p.m.

- SEP 8 softball at Carlisle, 9 a.m.
- SEP JV baseball vs. Ankeny, noon
- SEP JV softball at Ankeny, 10 a.m.



## Thursday, June 23

- KC & The Sunshine Band, Prairie Meadows, 7:30 p.m.
- I-Cubs vs. Memphis Redbirds at Des Moines, 7:05 p.m.
- SEP 8 softball at Ankeny, 9 a.m.
- SEP 9/JV/V softball vs. Johnston, 1 p.m.
- SEP 9/10 baseball at Johnston, noon
- SEP varsity baseball vs. Johnston, 5:30 p.m.

## Friday, June 24

- Music on the Plaza, "Hot Tamale & the Red Hots," Prairie Heritage Civic Plaza, 5 - 8 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.
- Varsity softball tournament at Urbandale Softball Classic, TBD

# It's free!

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

# Personal freedom

How accountability yields positive results

By David Charleston, owner, The Orange Planet

Sometimes the greatest challenges in life do not come from others, they come from within us. People generally avoid accountability, yet those who embrace it yield the greatest rewards.

Shortly after college I landed a job as a teacher. I loved every minute of it. The job provided me satisfaction and a respectable income. I gave it my best effort every day. As I approached my fifth year of teaching, I became discouraged by some of those who continued in the teaching profession. Several staff in the system perpetually played the victim role; they frequently held a "pity party" to air their grievances and to preach about how unfair certain things were. I noticed some put their energies into worrying about non-essentials.

I grew tired of the staff members who made it their mission to talk down to kids, screaming their authoritative position in the lunch room or hallway. I noticed some staff always complained about the kids. I never understood that one. I finally asked one teacher kindly, "Seriously, you talk down to kids, talk poorly about kids and complain every day — why are you here?"

Because my room was generally orderly and I was efficient in my job, I had a particular co-worker advise me "not to be so jazzed up and gung ho about my job, it might make the rest of us look bad." My reply to her: "But that's why I am here, to work and do the best I can!" I wasn't there

to compete with her, I was simply there to work passionately and professionally.

If you carry a sense of entitlement, you ask lousy "victim" questions like: "Why does this always happen to me?" "When is someone going to give me a break?" "When are they going to fix this problem?" You'll never be part of the solution. Instead of complaining and being excluded from the solution, what is it that you need to forge ahead on, despite the challenges?

I see it all the time in the health and fitness industry, people shift blame and make excuses on why they haven't seen the success they desire. Could it be that you need to decide right now to take the necessary steps and acquire the needed tools to increase your productivity and make positive changes in your life?

One thing I know about personal accountability is that it works. Who are you accountable to? Will you allow yourself to be accountable to someone who knows how to help you? "I should have..." "I ought to..." "I could have..." are all victim statements. "I choose to..." is empowering and demonstrates personal accountability.

As always there will be people in your life who will maliciously or intentionally try to sabotage you. Choose to get away from them if possible. Fortunately, positive people in your life can counterbalance a whole herd of pessimists and critics. **AL**

*Written by David Charleston, owner of The Orange Planet and founder and director of Hope2Offer Student Services in Pleasant Hill.*

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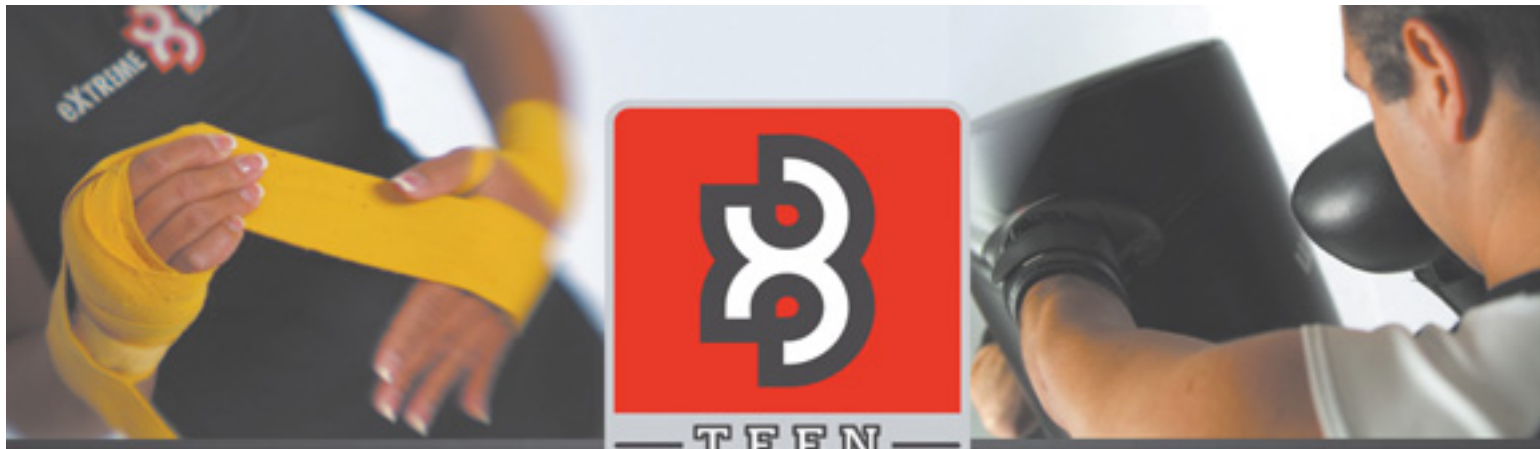
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- [T-TH] STRENGTH TRAINING
- NUTRITION ADVICE
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### Noah R. ■ Age 12

"Farrell's did so much for me. I was shocked at how much stronger I got in 10 weeks. But you have to keep with it or else you will go back to bad habits. I got stronger, faster and, most of all, skinnier. I feel better than I have ever felt. I'm not being lazy or sitting around the house. I'm being me. I can do things that I could never have done before. I'm just living my life and you can, too! Have fun, make friends, hang with the coolest instructors around, just be yourself. And remember, it's not just for adults, it's for kids, too. My name is Noah and I'm 12 years old. I hope to see you, your kids, your friends and all the people you care about. Don't go through this alone. Everybody deserves to be themselves. Join the best family of your life. Join the Farrell's family!"



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what's in your garage?



Mark, Amy, Cody and Kaitlin Anderson stand behind their work restoring a 1970 Oldsmobile Vista Cruiser W30 Wagon.

# Hot rod wagon

Mark Anderson restores unique vehicle

By Diane Mitchell

Viewing it dead on front, back to the "C" pillar, you see a Cutlass. Take a couple steps to the right or left and you see the rest of it, a 1970 Oldsmobile Vista Cruiser W30 Wagon, looking like it could house a family of eight. It was considered a mid-sized car in its day.

Wagons have been out of style for so long they, of themselves, are classics.

"When we go to shows, I tell my kids (Kaitlin and Cody) if they can find a wagon, I'll buy them ice cream," says owner Mark Anderson, a 10-year member of the Good Guys car club. "We've seen two wagons in all those years."

And this wagon was not supposed to survive its debut at the 1970 Indianapolis 500. Six were made as *Hot Rod* magazine's personal parade cars for that event, and GM wanted them all destroyed after, but two were not. They showed up in California. This one made its way to Minnesota where that owner painted it black and drag raced it. It will do 13.5 in a quarter mile using its original 455 big block engine that has only 56,000 miles on it.

Anderson has had the car for

two years and has a drop-dead, get-her-done date of July 4 when it will be trailed to the Good Guys show here.

"As we were removing the bumpers," Amy Anderson pointed out, "we found this original yellow color." The wood paneling on the lower half is actually a very large sticker.

The entire family works on it nights and weekends since they have most of the original parts, including the 14-inch factory rims.

Because it was drag raced, the interior is long gone, so Anderson is having a guy on the south side re-create that. Replacing the window felt was a bit of a head scratcher until Anderson found a company out in Pennsylvania to remake that.

And just in case, Anderson has a donor car for any miscellaneous items that might come up missing or busted, such as the roof windows. They just don't make them any more, anywhere, period.

"We have the original bill of sale listing \$5,700," Anderson says. "We'll know what it's worth now when its twin sells at auction; hopefully in the not too distant future." **AL**

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





# Summer fun

By Dave Wanamaker, Altoona Public Library

From the Summer Book Log to our large group programs, the Altoona Public Library will offer a world of adventure for all ages this summer.

## Summer Book Log

The popular Summer Book Log runs from June 1 - July 31. It's called "Passport to Adventure." Every five books that your child reads (up to 20) will earn a prize. Be sure to pick up your reading logs and begin your adventure.

There will be drawings at the conclusion of the contest for grand prizes, including a giant piñata.

## Flat Stanley contest

The ever-popular Flat Stanley character wants to tag along with you on your vacation. Our Flat Stanley contest gets underway from June 1 - July 31 for ages 2 - 12. Pick up Stanley from the library and take him with you on vacation. Take a photograph of the two of you together at a favorite vacation spot and bring the photo back to the library. We'll be putting up a map to show where he's been. There will be prizes for the farthest distance traveled, plus a random drawing for a prize. It will be a great way for kids to learn geography, too.

## Scooby Doo movie

"Scooby Doo: The Curse of the Lake Monster" will be shown at 3 p.m. Wednesday, June 1. It's free for the kids.

## Fossils and artifacts on display

The library has some outstanding fossil and artifacts on display in our lobby area on loan from area enthusiasts.

Bob Gaudette and his wife, Rosie of Altoona, make occasional trips to Myrtle Beach, S.C., where he walks the beaches searching for shells, shark teeth and fossils. His display at the library includes a prehistoric shark tooth from a Megalodon shark, regarded as one of the largest and fiercest of all sea predators, and incidentally, is one of his favorite finds.

Bob has generously donated a couple of great prizes for the young patrons this summer: one will be a jar of shells and the other is a beautifully-framed collection of starfish, sand dollars and shells. Keep watching the circulation desk for contest details.

Artifacts of the ancient people and animals which populated Iowa thousands of years ago is a focus of an adjacent display in the lobby, provided by Brooks Lofstedt of Ames.

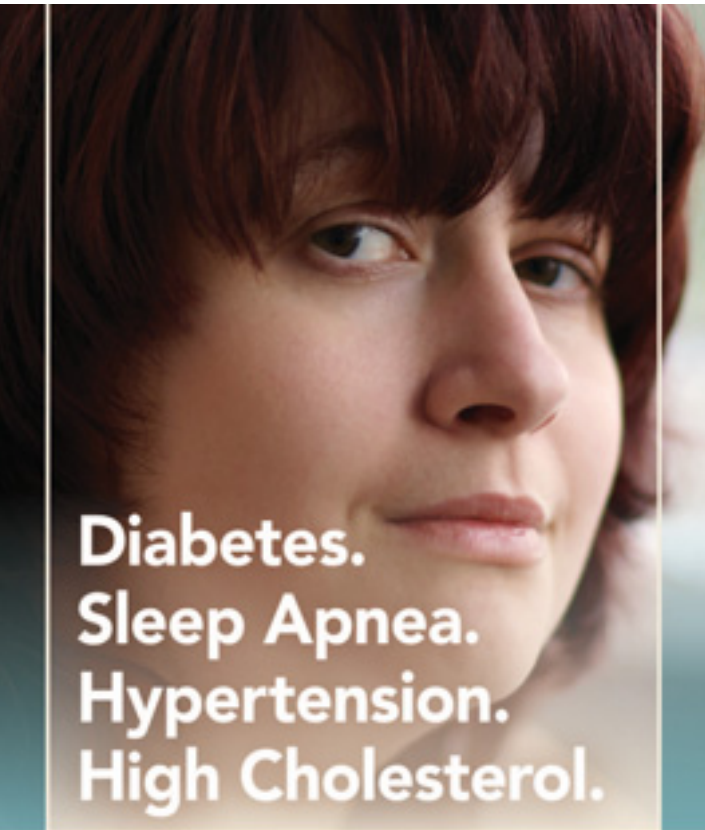
"After the floods of last summer, the water uncovered a lot. That's when a lot of old bones, skulls and antlers show up. Every time the river changes there is new stuff to be found," said Brooks.

## Dorian Michael concert

Guitarist Dorian Michael will perform at the Altoona Public Library at 7 p.m., Monday, June 13. The concert is free and open to the public.

## R.J. Hernandez program

A lively program of traditional rhythms and ballads originating from Mexico is the highlight of a program performed by R.J. Hernandez at 10 a.m., Monday, June 13. Hernandez is one of the original members and leaders of Las Guitarras de Mexico, one of Iowa's most popular guitar quartets. **AL**



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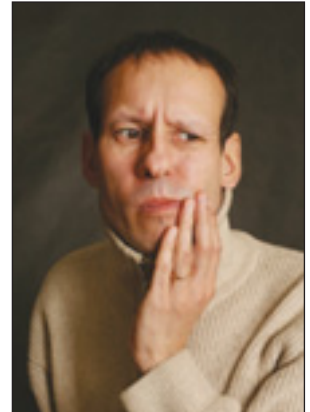
## health Q&A

### Q: What are canker sores?

**A:** Although commonly called canker sores, they are also known as aphthous ulcers.

Canker sores develop on the inside of the mouth, unlike cold sores that develop external to the mouth. Places you might typically get a canker sore are on the top surface of the tongue or tip of the tongue, inside the cheek, wet portion on the inside of the lip or underneath the tongue.

Canker sores are not contagious and the exact cause is unknown. Each individual may have his or her own unique trigger for the sores to develop. Certain foods or drinks or trauma while eating or brushing your teeth are just a couple reasons a canker sore may arise. They typically appear as a circle or oval sore bordered by red with a white or yellow center. The sore should resolve in 14 days. If it persists you should seek treatment from your dentist. **AL**



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

## Upcoming Class Naturally You!

5 Ways Local Moms Implement Natural Choices Into Their Daily Lives

**Tuesday, June 7**  
**6:15pm**

Please join us for an hour of great information and giveaways at Swain Chiropractic



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Altoona

[www.SwainChiropractic.com](http://www.SwainChiropractic.com)

### Q: What minerals are essential?

**A:** Magnesium is an essential mineral that is involved in more than 300 enzyme and metabolic reactions. In addition to maintaining normal muscle and nerve function, magnesium helps to keep your heart rhythm steady and supports a healthy immune system. Great food sources of magnesium include leafy green vegetables, avocados, nuts, beans, raw chocolate and grains such as brown rice and millet.

Calcium is the most abundant mineral in the body and is required for healthy muscle function, nerve transmission and hormonal secretion. Almost all the calcium in the body is stored in the bones and teeth, where it is vital for their support and structure. It is best to stick to non-dairy sources such as sea vegetables, Chinese cabbage, kale and broccoli.

Iron is the part of the protein hemoglobin, which carries oxygen in the body which makes oxygen available for muscle contractions. Great food sources for iron include red meats, fish and poultry, lentils, beans, black-strap molasses, dried apricots and raisins.

Zinc is another mineral that is vital to healthy living. This mineral is most widely known for preventing and shortening the duration of colds, which is due to its powerful ability to strengthen the immune system. Food sources for zinc include oysters, pumpkin and many other seeds, most meat products, beans and nuts.

Iodine strongly influences nutrient metabolism, detoxification, nerve and muscle function, nail, hair, skin and tooth condition and mental development. Food sources for iodine include most types of seafood, seaweeds such as kelp, clams, lobsters, oysters and sardines.

Selenium regulates blood sugar levels and regulates metabolic processes. Natural food sources high in selenium include cereals, Brazil nuts, legumes, beef, chicken and eggs. **AL**

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



# Knowing when to have 'the talk'

Know what your parents want as they age

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

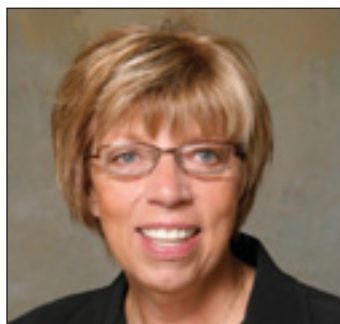
Nearly 10,000 Americans turn 65 every day; by 2030 about one in five Americans will be 65 or older. Odds are that you or someone you love is approaching this milestone. What is your family's plan for aging?

May is Older Americans Month and a good opportunity to honor the contributions your parents or grandparents have made in your life. This month I encourage you to talk to them about their wishes and goals for their future so you can help them make decisions that will promote the continued quality of life they have earned and deserve.

As a health care professional, I know the importance of having "the talk" about aging; as a daughter, I understand the difficulty of having that conversation. It isn't easy when our roles shift within the context of our families. Parents struggle with allowing their adult children to take on the caregiver role, and adult children worry about upsetting their parents by assuming an authority role. That's why it is so important to start the conversation early — before you actually need to discuss the topic — and then continue to talk about it regularly.

So, when is the right time to talk? A good indicator is the 40 - 70 rule: if you are 40, or your parents are 70, it is time. Initiating the conversation can be stressful, but if you focus less on how to start talking and more on why it is so important, your conversation can be a positive and productive experience.

The AARP Foundation offers tips for discussing future caregiving



plans with an aging parent, family member or friend.

First, prepare to talk. Know your priorities and goals and anticipate both positive and negative reactions so you can respond with respect and compassion. Form a team of family members so everyone who should be involved is. Most importantly, know your loved one's priorities and goals for how and where they want to live as they continue to age.

Each family is different, and you should approach this conversation in a way that makes sense for your family. But, for everyone, it is important to talk early and often. Too many families wait too long and find themselves making difficult decisions at the time of a crisis. Don't fear the conversation — embrace it as an opportunity. Understanding your loved one's goals will allow you to honor their wishes when it matters most.

Because I believe this conversation is so important, I will continue with this topic again next month. In the meantime, I'd like to hear your thoughts. If you have an experience you'd like to share or a question to ask, please e-mail me at [phyllis@ihs.org](mailto:phyllis@ihs.org). **AL**

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



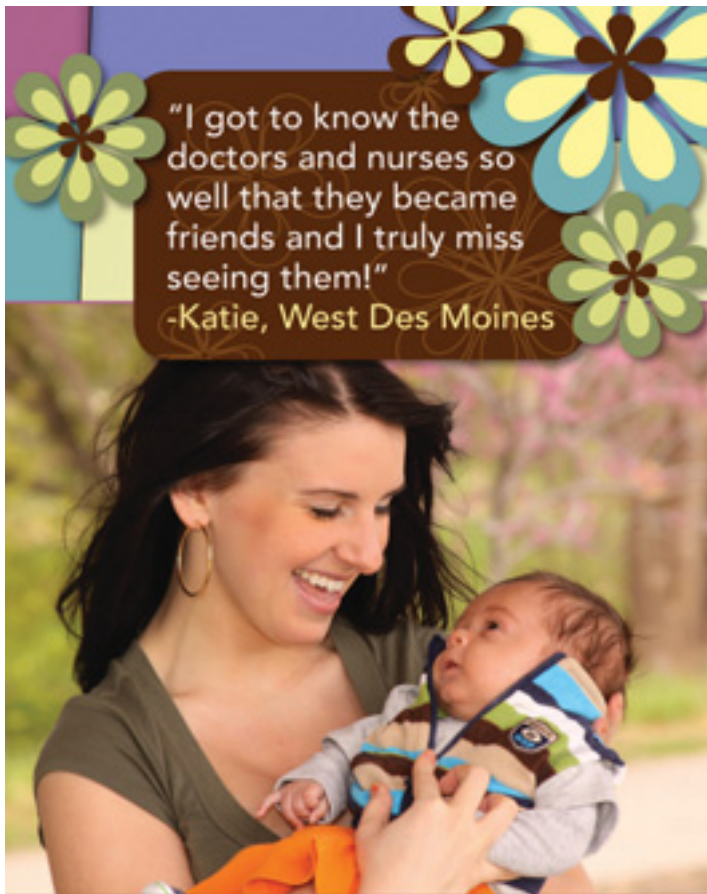
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To learn more about the Iowa Health Home Care difference, give us a call at 515-557-3100.



For Katie, her first pregnancy wasn't exactly how she'd planned. At 30 weeks she was admitted to Iowa Methodist and put on bed rest for the remainder of her pregnancy. Although it was a high-risk pregnancy, Katie felt blessed to be in the hands of the expert doctors and nurses at Penn Avenue OB/GYN and Iowa Methodist. They were there to answer her questions and help her prepare for the birth of her baby boy, Micah, at 34 weeks.

Visit [IowaPregnancy.com](http://IowaPregnancy.com) to read how Katie tells her full story including how the doctors and nurses at Penn Avenue OB/GYN and Iowa Methodist helped to get her through bed rest and deliver her new bundle of joy.



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[IowaPregnancy.com](http://IowaPregnancy.com)

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## real estate

Altoona sales from April 15 - 29



1700 17th St. S.E.

**1700 17TH ST. S.E.**, from HUBBELL HOMES, L.C. to TIMPERLEY, MICHAEL E., \$195,900

**2224 HEARTHSTONE CIRCLE S.W.**, from JAMES R. HARMMEYER, INC., to KOZAJDA, KIMBERLY C., \$382,360



405 Second St. S.E.

**405 SECOND ST. S.E.**, from SCHLERMAN, GARY F. to MEYERHOLZ, SUSAN, \$181,000



2169 Third Ave S.W.

**2169 THIRD AVE. S.W.**, from LOVELAND PROPERTIES IOWA, LLC, to HENRICH, PATRICIA, \$94,950

**1901 30TH AVE. S.W.**, from KIMBERLEY DEVELOPMENT CORP., to UTMAN, DANA E., \$199,900



933 Ninth Ave. N.W.

**933 NINTH AVE. N.W.**, from SECRETARY OF HUD, to KNUTZON, JASON, \$75,000

**303 13TH ST. S.E.**, from COONEY, CHARLES W., to LARSON, WILLIAM L., \$134,000

**1329 NINTH AVE. PLACE S.E.**,

from JEWERS, CARL P., to DIXON, DAVID L., \$173,000



603 Sixth St. Place S.E.

**603 SIXTH ST. PLACE S.E.**, from GRAY, HELEN M., ESTATE, to ELLIOTT, BRITTNI E., \$115,000

**941 ROBIN CIRCLE**, from HALL, E. KATHLEEN, ESTATE, to SCHNOEBEL, KIRK D., \$122,000

**605 12TH AVE. N.W.**, from SCOTT, WILLIAM P., to WITZENBURG, JOSHUA J., \$125,000



804 Brookview Drive

**804 BROOKVIEW DRIVE**, from BRADY REAL ESTATE TRUST, to JOHNSON, RUSSELL D., \$140,000

**726 13TH ST. S.W.**, from KASPER, SHARON L., to KING, KRIS K., \$185,000

**207 25TH AVE. S.W.**, from DIXON, DAVID, to PRUDEN, QUENTIN, \$126,900

**1908 THIRD AVE. S.W.**, from A & P INVESTMENTS, to KIMBERLEY DEVELOPMENT CORPORATION, \$300,000

**134 SEVENTH AVE. COURT N.E.**, from LAPPE, JAMES A., to ARMSTRONG, AMANDA, \$106,900

**961 EIGHTH AVE. N.W.**, from KING, STEFANIE, to RICHARDS, KENNY, \$120,000



2706 10th St. S.W.

**2706 10TH ST. S.W.**, from FEDERAL HOME LOAN MORTGAGE CORP., to SIMPSON, LISA J., \$165,900



## Children and Caffeine

Caffeine is a stimulant and a drug that is naturally produced in the leaves and seeds of many plants or can be made artificially. Caffeine is considered a drug because it stimulates the central nervous system. Children today are drinking twice as much soda as they did 20 years ago, averaging as much as 20 ounces per day. A large soda is not only adding non-nutritional calories and sugar, but also a big dose of caffeine. In a recent study surveying 228 families, parents reported that their 5-7 year old children consumed approximately 52 mg of caffeine daily and their 8-12 year old children drank 109 mg daily (the equivalent of almost 3 cans of soda). **Large, regular doses of caffeine can have negative side effects in youth** including: headaches; nervousness and jitteriness; upset stomach, nausea and diarrhea; difficulty concentrating and sleeping; anxiety and irritability. Because caffeine's effects are dependent on body weight, it does not take a lot of caffeine to produce side effects, especially for younger children. Additional reasons to limit your child's caffeine consumption include: **RISK FOR OBESITY.** Kids who consume one or more 12-ounce soft drinks per day are 60 percent more likely to be obese. **LACK OF NUTRIENTS.** Most caffeinated beverages are loaded with empty calories and are high in sugar, lacking the nutrients kids need for healthy growth. Soda is beginning to replace nutritious drinks such as milk and, therefore, children are missing out on the calcium needed for strong bone growth. Frequent consumption also fills a child up, reducing their appetite for nutritious foods. **TOOTH DECAY.** Drinking sweetened beverages can lead to dental cavities from the high sugar content and can lead to erosion of the tooth enamel from the high acidity content. The United States has not developed guidelines for caffeine intake, but the Canadian guidelines recommend that children 6 and under have no more than 45 mg of caffeine per day; 10 to 12 year olds have no more than no more than 300 mg per day.

### Here are some HEALTHY ALTERNATIVES:

**HEALTHY RECIPE:** Peanut Butter Pinwheels. Spread peanut butter (creamy or chunky) and a small amount of honey on a whole wheat tortilla. Sprinkle with granola of choice, roll and then slice into bite-sized pinwheels.

**ACTIVITY:** STRETCH! Get moving in the morning without caffeine! One great way to get your body going in the morning is by stretching. Stretching naturally stimulates the nervous system and, by taking slow deep breaths throughout this light exercise, increased oxygen is taken in, gently awaking the body. One stretch to try is "Downward Dog" (stretching the hamstrings, calves, lower and upper spine): Get on all fours placing your hands shoulder-width apart, knees under hips and toes curled under. Exhale and draw your hips toward the sky. Press your heels down to the floor and work toward reaching your chest towards your knees. Hold up to 1 minute.

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- Acute illness treatment
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- Sports physicals

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



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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  
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## JOIN US

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- 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

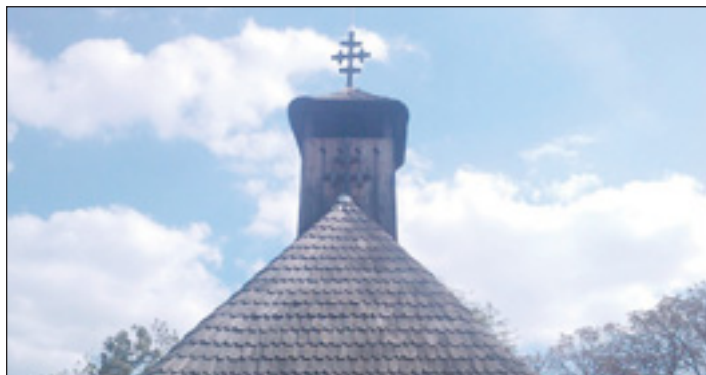
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faith

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



Summer kicks off with lots of things to do at Altoona churches, including mission trips, picnics, book clubs and more. Check any one the churches below to find a fit for you.

# Summer events

## Adventure Life Church plans mission camp

By Aric Bishop

A Mission Camp is planned at **Adventure Life Reformed Church**, 1700 80<sup>th</sup> St. S.W., June 14-16. At the camp, youths will learn about missionaries and the work they do throughout the world. For more information about this event and others check out the church website at [www.adventurelife.org](http://www.adventurelife.org).

**Lutheran Church of the Cross**, 1701 Eight St., book club will be meeting May 27, from 6:30 - 9 p.m. to discuss "The Good Confession," by Jim Van Yperen. The church will also be holding meetings in the Cross Creek Meeting Room for CrossOut Hunger June 16 - 19. For more information visit the church website at [www.churchofthecrossonline.org](http://www.churchofthecrossonline.org).

## 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).

**St. John and Paul Catholic Church**, 1401 First Ave. S., will hold a movie night Saturday, June 11 at 9 p.m. The event will be held outdoors, weather permitting. If the chance of rain is prominent the location will be moved to the Parish Hall. The church's vacation Bible school will begin June 19 at 5:30 p.m. and will continue until

June 23. For a complete listing of these events and others at the church go to [www.parishesonline.com](http://www.parishesonline.com) online.

It's prime time for picnicking at **Ivy Centennial United Methodist Church**, 9150 N.E. 12<sup>th</sup> Ave. The United Methodist Women — who might just be some of the best chefs in town — are having their picnic on Thursday, June 2, and the Church Picnic is on Saturday, June 25. Summer church services will begin on June 5.

On July 18 the **Altoona Christian Church** youth will head to St. Louis, Mo., for a week-long service trip working alongside the Urban Mission Inn, a ministry of Union Avenue Christian Church. Missionaries will serve at a battered women's shelter, in several community gardens and in an organization founded on building up inner city youth. Shares of stock can be purchased for \$25 each to help fund the mission. Shareholders get exclusive emails, letters and photos as events unfold on the mission. They also will have the elite privilege of attending a shareholders meeting with a meal and a program highlighting the mission events. Visit the church at 2890 First Ave. S., or visit the website at [www.altoonachristian-church.org](http://www.altoonachristian-church.org) to learn more. **AL**



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## Radiant Kids ROCKS!

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**[www.radiantonline.org](http://www.radiantonline.org)**



# BLT Bites

For all of you who take pride in preparing a great dish or dessert for your family and friends to enjoy and admire, there is a big event creeping up on us and it will be here before you know it — it's the Iowa State Fair.

I'm not talking about the deep-fried concoctions or the other foods on a stick that you can find throughout the fairgrounds. I am talking about all the fabulous food competitions heating up over on the west side of the fairgrounds at the Elwell Family Food Center.

The Elwell Family Food Center is recently renovated and is a great place to visit, cool down in the air conditioning, sample some great food, watch judging competitions and check out all the winners from a large variety of contests. It seems like there is a contest suited for everyone, and there are even cash prizes involved. So check out the fair's website to learn more about the competitions that catch your eye: <http://www.iowastatefair.org/competition/categories/#iowa-family-living/>.

Make the fair more for you this year than just eating, entertainment, arts, amusement rides and catching some of the best livestock the state has to offer. You, too, can bring home some bragging rights.

To give you an idea of some of the competitions out there, here are a few that Mrs. Clark's Foods will sponsor in 2011: For Starters with Mrs. Clark's Foods, Desserts with Mrs. Clark's Mayonnaise or Salad Dressing, Desserts with Mrs. Clark's Juice, Mix It Up with Mrs. Clark's Juice, Dinners with Mrs. Clark's Juice, and Soups, Stews, and Chilis with Mrs. Clark's Foods.

The recipe for BLT Bites is a second place winner from the 2010 Iowa State Fair and features Mrs. Clark's Mayonnaise or Salad Dressing. Enjoy and hope to see you at the Iowa State Fair this year. **AL**



## BLT Bites

### Ingredients

16 cherry tomatoes  
1 lb. bacon — cooked & crumbled  
½ cup Mrs. Clark's Mayonnaise or Salad Dressing  
1/3 cup chopped green onions  
3 tablespoons grated Parmesan cheese  
2 tablespoons fresh parsley

### Directions

1. Cut a thin slice off the top of

each tomato.

2. Scoop out the inside of the tomatoes.

3. Turn tomatoes upside down on a paper towel to drain

4. In a small bowl mix the remaining ingredients together.

5. Spoon mixture into each tomato.

6. Refrigerate for 2 hours before serving.

Serves 4 to 8 persons as an appetizer.

Invite us to your celebration!



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967-1628

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## SUMMER HORSE CAMP AT



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May 30 - August 19

For all camp details and  
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**1 winner**  
selected  
in June!

Do you know someone  
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complete makeover?

## MONTHLY MAKEOVER GIVEAWAYS!



**Nominate your special someone today!**

Send us [via fax, email or regular mail] your nomination  
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out & about

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



Rachelle O'Leary and Craig Nuderheiser attended the joint ribbon cutting of Medicap Pharmacy and Altoona Smiles on April 29.



Tracy Adams, Sandi Brown, Jennifer Clodfelter and Greg Johansen at the joint ribbon cutting of Medicap Pharmacy and Altoona Smiles on April 29.



Chris and Debbie Brennick of ROCKSTAR satellite recently traveled to New Orleans to assist in a volunteer effort to build a new community playground. The new Oakdale Park is located in Gretna, La., in the Jefferson Parish. The park build took place on April 11 and included more than 600 volunteers from DIRECTV and organizers from KaBoom. KaBoom is a national non-profit dedicated to ensuring that every child in America has a great place to play within walking distance. The new playground will provide a safe place to play for more than 2,000 children in the Gretna community. Funded by DIRECTV, the playground is the largest ever constructed by KaBoom, which has led the building of nearly 2,000 playgrounds across North America. ROCKSTAR satellite is an Altoona-based company involved in the design, sales and installation of DIRECTV satellite systems. ROCKSTAR satellite recently opened its first stand-alone store across from the A.E. Dairy on E. University in Des Moines.



# 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

## HELP KEEP ALTOONA BEAUTIFUL!

Greenstar hosts DOCUMENT DESTRUCTION in Altoona! The fastest growing crime in America is identity theft. Greenstar will be providing free document destruction on Saturday, June 11 from 8:00am – 12:00pm. You can bring your documents to be destroyed to the Altoona Public Library parking lot. Some documents you may want to destroy are: bank statements, invoices, credit card statements, cancelled checks, legal files, medical records, tax return paperwork, contracts, payroll records, personnel files, etc. Greenstar Security Destruction offers confidential and secure destruction for all documents and multi-media materials.



Saturday, June 11 is the same day that the City of Altoona is providing City Wide Cleanup. Please remember to have your items on your curb at 6:00am. All loose items must be bagged, bundled or boxed. The weight limit is 45 pounds.

However, **SAVE THOSE APPLIANCES!** Midwest Recovery will be in Altoona on Saturday, August 13, 2011, from 8am – 12pm. This will NOT be a curbside pickup. A drop-off site will be announced at a later date.

Please contact City Hall if you have any questions or concerns at 967-5136.

## BRUSH DROP OFF

City of Altoona allows residents to drop brush off the first Saturday of each month from March through November. Only woody brush is allowed. We do not accept grass clippings and leaves. The brush drop off is located at the Waste Water Facility at 1108 8th St. SW. Mark your calendars for the following dates:

June 4	September 10
July 9	October 1
August 6	November 5

# 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\* | Non-members \$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 and Wednesday evenings for five weeks, between 5:00pm and 8:00pm. 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 6 – July 13

There will be no lessons the week of July 4 – 9

##### Register at Altoona Campus:

Wednesday, May 25 • 5:00pm – 8:00pm

Wednesday, June 1 • 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-minute time periods, between 8:30am–11:30am.

Pre-registration is required and will take place at Altoona Campus. No phone registrations.

#### SESSION I: June 6 – June 17

##### Register at Altoona Campus:

Wednesday, May 25 • 5:00pm – 8:00pm

Wednesday, June 1 • 5:00pm – 8:00pm

#### SESSION II: June 20 – July 1

##### Register at Altoona Campus:

Monday, June 13 • 5:00pm – 8:00pm

Tuesday, June 14 • 5:00pm – 8:00pm

Wednesday, June 15 • 5:00pm – 8:00pm

#### SESSION III: July 11 – July 22

##### Register at Altoona Campus:

Tuesday, July 5 • 5:00pm – 8:00pm

Wednesday, July 6 • 5:00pm – 8:00pm

Thursday, July 7 • 5:00pm – 8:00pm

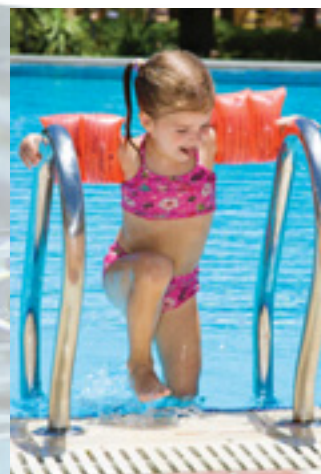
#### SESSION IV: July 25 – August 5

##### Register at Altoona Campus:

Monday, July 18 • 5:00pm – 8:00pm

Tuesday, July 19 • 5:00pm – 8:00pm

Wednesday, July 20 • 5:00pm – 8:00pm



## SEASON PASSES – GET 'EM WHILE THEY'RE HOT!

Season passes can be purchased at the Altoona Campus front desk until opening day of the park. After May 28, season passes can be purchased at the Altoona Aquatics 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)

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AQUATICS  
PARK  
OPENS  
MAY 28**

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**Dates:** June 6 – July 21

#### Class Days and Times:

Monday – Thursday: 5:15am – 6:15am

Monday – Thursday: 6:30am – 7:30am

Monday – Thursday: 9:30am – 10:30am

Monday – Thursday: 6:00pm – 7:00pm

**Cost:** Members \$125 | Non-members \$200

**Location:** Southeast Polk High School  
Football Field and Altoona Campus

**Register at the Altoona Campus Front Desk**



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](mailto:MHansen@altoonacampus.com) or Amy McCallister, Director of Programming at [AMcCallister@altoonacampus.com](mailto:AMcCallister@altoonacampus.com)

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# Brynwood



Soaring arches blend with custom stone masonry in the Brynwood, creating a visually intriguing front facade. Decorative gable supports and Craftsman-style windows add to the allure.

Bright and spacious gathering spaces fill most of the ground floor in this estate-size, three-level plan. Bedrooms are upstairs, and a three-car garage, plus a wealth of extra storage space, are below, accessed via a down-sloping driveway on the left.

Natural light washes into the lofty foyer through sidelights and an elliptical arched transom. Straight ahead is a vaulted, richly glassed great room. On the foyer's left side, a wide opening leads into a large dining room. To the right, an alcove holds a large walk-in coat closet and convenient powder room, which is linked to a larger bathroom, and a hobby or

guest room.

Pocket doors at the rear of the dining room can reveal or conceal a passageway to the naturally sunny kitchen. The bayed nook is more window than wall, and additional glass in front of the sink offers views of the patio and rear yard.

Upstairs, skylights brighten the Brynwood's luxurious vaulted owners' suite. Amenities here include: a huge walk-in closet, posh bathroom, a private balcony deck with hot tub, and a study.

Two more bedrooms share a two-section bathroom. A vaulted loft with a balcony provides ample separation between the owners' suite and secondary bedrooms. It could be outfitted as a study.

For a review plan, send \$25 to Associated Designs, 1100 Jacobs Dr., Eugene, OR 97402. Please specify the Brynwood 30-430 and include a return address. **AL**



## BOONE BASH

June 18<sup>th</sup> 2011 **RIVER DASH**  
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Event benefits WDM Human Services; we encourage you to bring a personal care item for donation and place in the designated barrels on-site.

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### Smokin' in the Junction

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Saturday, May 28 Noon to 10pm	Sunday, May 29 Noon to 9pm
<b>Mickel Williams</b> Noon - 2:00pm	<b>Vince Cline Trio</b> Noon - 2:00pm
<b>The Blue Band</b> 2:00 - 5:00pm	<b>El Dorados</b> 2:00 - 4:00pm
<b>Comfort Zone</b> 5:30 - 7:30pm	<b>Awards Ceremony</b> 4:00 - 5:00pm
<b>Matt Woods &amp; The Thunderbolts</b> 8:00 - 10:00pm	<b>Brother Trucker</b> 5:00 - 9:00pm

[www.amazingdays.com](http://www.amazingdays.com)

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## Altoona's Premier Wine Event

Featuring the Rose Colella Quartet

*Saturday, June 4th*  
*6:00 p.m. – 9:00 p.m.*  
*Toad Valley Golf Course*

**Tickets on sale NOW!**

Altoona Area Chamber of Commerce Office

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[www.altoonachamber.org](http://www.altoonachamber.org)



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# Let the games begin

Annual golf outing to have Olympics theme

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

At the Altoona Chamber of Commerce, we believe four years is too long a delay between Summer Olympic Games.

So even though the rest of the world will have to wait for 2012, the Chamber is delighted to announce that its annual golf outing on July 8 will bring the spirit of the Summer Olympics to Altoona a year early. We are inviting all those participating in the tournament to don the uniform or gear worn by Summer Olympians in any sport, from any country, as they take to the fairways and greens for our own competition. Even if we don't quite possess the elite talent of Olympians, we will more than make up for it in international spirit.

The event will be a "best shot" format, kicking off with a shotgun start at 1:30 p.m. at the beautiful, rolling Terrace Hills Golf Course, 8700 N.E. 46th Ave. Come out and enjoy the hospitality of our generous sponsors from the community, and take advantage of all the amenities the course has to offer. At the conclu-



sion of the contest, hungry golfers will sit down to a delicious steak dinner and an awards ceremony to honor the best performers of the day, and also some of those whose efforts fell short of Olympic standards.

So whether you are an ace or a duffer of the highest order, you are sure to enjoy the "international" competition and community pride of this fantastic event. Come out and join us at Terrace Hills on July 8 for some Olympic-sized fun. Register your foursome today. **AL**

## chamber calendar

### June

**4:** Premier Wine Event, Toad Valley Golf Course, 6 - 9 p.m.

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

**9:** Breakfast B4 Business, Prairie Meadows Triple Crown Buffet, 7:30 a.m.

**15:** Altoona Area Young Professionals meeting, Being There Coffee House,

### noon

**17:** Chamber Night at the Races, Prairie Meadows, 6 p.m.

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

**29:** Business Tune-Up: Brand Warrior, Mark True – Vision, Strategy & Implementation; Holiday Inn Express. Cost \$10, lunch included, 11:30 a.m. - 1 p.m.





Ari Gordon, Cubmaster of Pack 463, and his son, Jerod Gordon, at the Pack 463 Annual Blue and Gold Banquet at LCC on March 4. Jerod earned his Arrow of Light award.



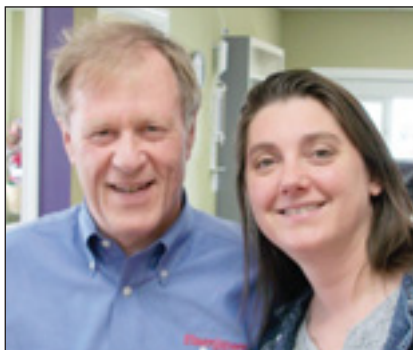
Chris Brennick emcees the RAGBRAI Town Hall Meeting at Altoona Campus on May 12.



Deb Stearns and Bill Stearns at the RAGBRAI Town Hall Meeting at Altoona Campus on May 12.



Alma Reed and Gary Garvis at the joint ribbon cutting of Medicap Pharmacy and Altoona Smiles on April 29.



Bill Eisenlauer and Amber Darby at the joint ribbon cutting of Medicap Pharmacy and Altoona Smiles on April 29.



Sara Drier and Diane Burgett sell RAGBRAI T-shirts at the Town Hall Meeting at Altoona Campus on May 12.

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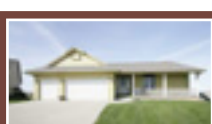



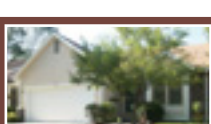

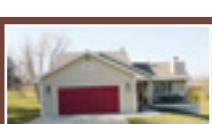




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