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LEGACY

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WELCOME

BULLHEADS and bruised egos

I was introduced to fishing as a kid by my brother Steve along the riverbanks. At least we called it fishing. We eventually caught some fish — mostly bullheads — but I will get to those aquatic gremlins in a moment.

Our first fishing gear consisted of cane poles strapped to our bicycles as we bumped our way to the river. Later, we upgraded to some of Dad's old rods and reels. To my brother's everlasting frustration, I became remarkably skilled at snagging lines.

We spent hot summer days dreaming about perch, bluegills and sunfish. Instead, we hauled in bullheads. Most fish would not win beauty contests, but bullheads look like they already lost one.

If you have never encountered a bullhead, consider yourself fortunate. The black bullhead is a North American catfish with a square tail and the survival instincts of a cockroach. Also known as fiddleheads, yellowbellies, chuckleheads, mud cats or hornpouts, they will eat practically anything. They thrive in warm, muddy, low-oxygen water that would make other fish file for relocation.

Apparently, there are three types of bullheads — black, brown and yellow. I think we mostly caught black bullheads, the largest and most common species. They live everywhere from muddy rivers to weed-choked ponds.

What I remember most is getting stung repeatedly by their fins while trying to unhook them. Years later, while fishing with my brother Brian, I started using a leather glove to handle bullheads. He still mocks me for it.

For fans of quirky Iowa landmarks, the world's largest bullhead sits in Crystal Lake. The giant fish statue, built in 1958 by Carl Frick and Rush Gabrilson and restored in 2007, stretches 12 feet long atop a pile of rocks. It may be the only bullhead in history people intentionally travel to see.

Thankfully, fishing is about more than bullheads. It is about some great fish and is a fun activity, certainly, but it is also about slowing down, enjoying nature and spending time with family and friends — even if the fish are ugly and occasionally sting you. ■

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Kirk Norris is an avid fisherman, and he and his wife, Annette, share that passion with women affected by breast cancer.

Hook, line and

LEGACY

Passion for fishing connects generations of residents.

By Sean Dengler

A tug on the line, the splash of water and the anticipation of the unknown keep anglers coming back. But, for many local families, fishing means more than the catch, stories and memories. It has become a passion that spans generations.



Jason Stofer has enjoyed fishing for more than 30 years.

Respecting nature

For Jason Stofer, who has fished for at least 30 years, fishing provides relaxation.

“Peace and quiet. Time away, things like that. You know, a little me time,” he says.

Stofer is only able to fish three to four times a week due to his job, and the biggest fish he has caught was an 11-pound channel catfish out of the South Skunk River in Carlisle.

“It was pretty tough,” he remarks about him and a couple buddies fishing from a bridge, “because you obviously can’t pull it up to the top of the bridge. I reeled it in and had one person hold the pole while I ran around. Ran down to the bottom, under the bridge, grabbed the net, and got him back in. Doing all that in the dark and running down tall grass. It was worth it in the end.”

In addition to fishing, Stofer says it is important to keep these areas clean.

“I went out one morning to a pond out here, kind of by the freeway behind the Casey’s and Kwik Star area,” he says. “Where I would usually fish, it was just full of garbage. I picked it up, and then I just decided to put something (on social media).”

Stofer posted a message about getting a group of volunteers together to pick up trash. He managed to gather 11 people for the effort.

“We went to Greenway Park, did that pond. There were a couple of other ones,” he says. “We went out behind Casey’s and QuikTrip by the RV Center. Then just some of the other small ones in town. That was cool to get everybody to come together as a community and take care of that.”



Blaine Overton fondly recalls fishing at local private ponds, including the one at their family home.

Stofer wants to help keep the world clean. “Pick up the trash. Let’s keep the spots clean. It’s not a garbage can. Other people want to be there. We want to be in clean spots. Most people are coming down with stuff in their grocery bag. You just put the garbage back in the grocery bag. Another thing I like to tell people is, like my dad told me, leave the pond cleaner than it was when you got there. If you can take a bag with you when you go to pick some garbage up, that’s perfect.”

Generational fishing

Fishing is wonderful, and it is even better when enjoyed across generations like it has for Blaine Overton’s family.

He shares a memory of fishing with his grandfather, Lonnie; his father, Danny; and his son, Rivers.

“It was early spring, and the fish had just moved into prespawn,” Overton says. “This is when they leave their deep winter water and become aggressive, feeding heavily and moving into the shallows to prepare their spawn beds. It’s one of the best times of year to be on the water, when everything just seems to line up perfectly.”

It helped this family to be in a specific location.

“We were fishing a local private pond that we had permission to fish,” Overton says. “It was overpopulated, and the owner told us to remove as many fish as we could. We set up on a dock, all of us using small chartreuse-colored fish jigs, talking and laughing as we got settled in.”



Lonnie David Overton with a big catch.

It didn’t take long to realize the fish were on. They were exactly how they should be this time of year — aggressive and protective. Almost every cast brought a bite. You could feel the thump as soon as the jig dropped near them, and it seemed like no sooner had one fish come off the hook that another line was going tight.”

It became an endless supply of fish, according to Overton.

“Not one of the fish were small; every one was a keeper. Most were palm-size and bigger, ranging from about 8 inches to 13-plus inches. We caught fish one after another, quickly filling buckets with healthy fish. We took buckets of fish out of the pond that day — some to put back into our family pond, lovingly known as The Lon Pond, and some to clean for a family fish fry. We filled every 5-gallon bucket we had brought with us. Luckily, our family pond was only about five minutes away, and we made a couple quick trips to transfer as many fish as we could to help rebuild the population after a tough winter kill.”

The day was about more than the fish they caught.

“We shared time together across generations, all standing on that same dock, doing the same thing, learning from each other without even realizing it,” he says. “After the day was over came the fun part, cleaning all of what we decided to keep for the family fish fry. It took some time, but it was worth every minute. It was simple fishing, but it meant more than just catching fish. It was time spent with family, passing something down, and making memories that will stick long after the day was over.”



Annette Norris and her husband, Kirk, organized a fishing retreat for women with breast cancer.

A perfect getaway

Sometimes fishing means more for Annette Norris and her husband, Kirk. The couple started their first fly fishing retreat for women with breast cancer through Casting for Recovery in 2014. Fourteen women are chosen from across Iowa for this retreat located in Strawberry Point.

“We fish at Backbone,” Norris says. “We provide them a weekend of relaxation, getaway, nature, just to tune out their cancer. We’ve had women come from small towns that have never met another person with breast cancer before.”

Coming to this retreat is big.

“To get there is a big step for them, and they walk in not knowing what to expect,” Norris says. “Fly fishing is all about getting your feet in the water. We’ve gone out days where we haven’t caught a fish, but it’s so amazing just being out in nature.”

Those who have breast cancer or are interested in volunteering or donating can visit castingforrecovery.org. This retreat is open to women of all ages. They have had women in their 30s to 80-year-olds.

“They can learn from each other,” Norris says. “They talk, and they celebrate. There’s lots of tears, lots of laughs. We do a lot of fun things, too. We get goofy. These women let loose, but it’s a time for them to stop thinking about their cancer and get out of the routine. Then they don’t want to leave on Sunday, and we’re like, ‘We got to go home.’”

The experience can be life changing, especially for those who know the end is near.

“We had one lady who was very reluctant to come,” Norris says. “She knew she was dying.



When she walked in the door, she was angry. She said, ‘I’m not here to celebrate my cancer, but I’m here.’ She had lost her job, she had lost her husband, she had lost her home because of the medical treatment and things like that.”

This was not the end of the story, Norris says.

“We got her kind of feeling a little bit more comfortable for the rest of the weekend. She was sharing more, she was talking. We basically said, ‘We’re not here to celebrate. We’re here to have a good time and meet people and relax.’ She ended up fishing. She had a blast. Then she was on her way home, and she stopped and went hiking by herself, which she hadn’t done for a long time because she just didn’t feel like she wanted to. When she passed away, her family called us and said the only pictures she had surrounding her were pictures from the weekend.”

Whether it’s casting a line in quiet solitude, sharing stories on a dock with family or finding healing in the rhythm of the water, fishing offers something deeper than the catch. It connects people — to nature, to each other and to moments that matter. Long after the lines are reeled in, it’s those memories, lessons and connections that continue to ripple through generations, reminding us that sometimes the greatest rewards aren’t what we bring home, but what we carry with us. ■

ALTOONA FISHING HOT SPOTS

Source: Iowa DNR

- **Civic Plaza Pond** — Located behind Hy-Vee, 108 Eighth St. S.W. A small paved parking lot is available off Center Place and near the Enabling Garden, 1050 First Ave. S. A paved trail extends to Prairie Heritage Park and the Enabling Garden. Amenities include a splash pad, picnic shelter, portable restrooms and a war memorial. Anglers can catch largemouth bass, bluegill and catfish.
- **Clay Pond** — Located in the Clay Estates neighborhood on the west side of Third Avenue S.W. near 35th Street S.W., close to Clay Elementary School, 3200 First Ave. S. A paved trail provides access from Third Avenue S.W. Anglers can catch largemouth bass, bluegill and catfish. Picnic tables are available.
- **Falcon Ridge Pond** — Located in Falcon Ridge Park at the corner of Lake Shore Drive S.E. and 14th Avenue S.E. Amenities include a playground and trails. Anglers can catch largemouth bass, bluegill, channel catfish and crappie.
- **Ironwood Pond** — Located at the east end of Stonegate Court S.W. near the intersection of 21st Street S.W. and Third Avenue S.W.
- **Oak Hill Pond** — Located in Oak Hill Park, 1975 28th Ave. S.W. Amenities include a picnic area, trails and a playground. Anglers can catch largemouth bass, bluegill and catfish.
- **Prairie Heritage Park Ponds** — Located in Prairie Heritage Park, 898 Fifth Ave. S.W. A paved trail from the Altoona Public Library, 700 Eighth St. S.W., extends to Civic Plaza and the Enabling Garden, 1050 First Ave. S. Anglers can catch largemouth bass, bluegill, catfish and black crappie. Portable restrooms are available.



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LIONS lead improvements at Altoona dog park

Donations fund safer equipment, added shade for pets and owners.

This summer, families can take their furry friends to Altoona's dog park, 851 17th Ave. S.W., without worry. Thanks to the efforts of Shelly Hiemer and the Altoona Lions, donations have funded updates to the park, creating a safer and more welcoming environment for residents and their pets.

The Altoona Lions Club, part of Lions Clubs International, has served the community through philanthropic work for 75 years. The organization voted to invest funds raised through community efforts into improvements at the Altoona Dog Park.

Much of that funding comes from the spin art booth the Lions operate at the Iowa State Fair. The club has operated the booth for more than 60 years, relying primarily on volunteers and reinvesting the money into the community.

The Altoona Dog Park began as a large open space, Hiemer says. The city later added wooden structures for dogs to climb, play and train on. However, the structures were built with non-weather-resistant wood left over from other city projects. Over time, the materials have not withstood Iowa's harsh winters and humid summers, causing deterioration, splinters and jutting nails that create unsafe conditions for dogs.

"I have a service dog, so, should he get injured doing something like that, it would greatly diminish his ability to help me," Hiemer says. "I know that other people feel the same about their dogs. Nobody wants their dog hurt."

Hiemer took the initiative to seek help from the Altoona Lions. Now, with support from both the Lions and the city, the dog park is undergoing renovations.

The park is divided into two sections, one for large dogs and one for small dogs. The Lions purchased new agility equipment for the large-dog area, including a tunnel, adjustable jump bars, hoops and a ramp structure that allows dogs to run up and down, Hiemer says.

Five pieces of equipment were installed May 1 — with assistance from Southeast Polk High School seniors during their senior skip day — and are already available for use.

Lions members also noted a lack of shaded areas in the small-dog section compared with the large-dog section, Hiemer says. The city is installing a structure to provide shade over the benches.

The Lions and the city are awaiting completion of the installation.

Once the small-dog area is complete, the Lions and the Altoona Area Chamber of Commerce will host a ribbon-cutting event. Updates will be posted on the Altoona Lions Facebook page.

"We're hoping to make Altoona a better place for families with dogs to live, to give them some place safe to go, to play and get exercise — and to encourage the people of Altoona to get some extra exercise also," Hiemer says.

The Altoona Dog Park also features walking paths, a drinking fountain for people and dogs, and free access for all community members. ■



New agility structures stand alongside an older wooden structure in the large-dog section of the 17th Avenue dog park in Altoona.



New agility equipment, including jumping hoops and a tunnel, have been added to the large-dog section of the 17th Avenue dog park in Altoona.



The small-dog section of the 17th Avenue dog park in Altoona on June 8. A shade structure will be added over the benches.

Bondurant-Farrar Community Schools' **SUPPORT STAFF JOB FAIR**

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The June 2011 Altoona Living magazine featured the story, “A parent’s choice: Residents share their thoughts on the decision to work or stay home.” The cover pictured Mindy, Marissa and Addison Shrum. Also included were Addison, Shane, Abby and Jenna Van Wyk. ■

MEET Patrick Carew

First-year teacher finds his voice in Southeast Polk music program.

While growing up in Garner, music was a constant in Patrick Carew’s life. As a child, Carew was often singing. He participated in band, choir, theater and community theater, staying busy in both music and athletics. Carew knew music would play a role in his career, and, after recognizing that making music with others was at the root of that joy, he chose music education as his path.



Patrick Carew has a passion for music and shares it as an educator.

Carew attended Luther College, where he majored in music education with a minor in musical theater. During that time, he participated in numerous ensembles and extracurricular activities, including the Nordic Choir, fall musicals and spring opera productions. As a future educator, Carew knew he wanted to be in the Des Moines metro area. He has just finished his first year teaching and his first year as a vocal music teacher at Southeast Polk High School.

“As a first-year teacher, one of the most challenging aspects is getting to know the students in your classes at the beginning of the year and letting them get to know you, as well,” Carew says. “The work we do together in music can be vulnerable, and creating a safe space where students feel compelled and comfortable to make choices and grow as both musicians and people within the ensemble, while challenging, is extremely rewarding.”

One part of the job that excites Carew most is the versatile environment in which students learn music. His students participated in show choir competitions during the school year, and the school hosted its own competition, performances and a musical production.

“Being in a district that has many towns and communities that come together, Southeast Polk CSD has a charm about itself that I admire,” Carew says. “Having a supportive music team to learn through each day has been very comforting as I navigate the first year in Southeast Polk Vocal Music.”

In the future, Carew looks forward to teaching a consistent group of students over multiple years. After getting to know some students as ninth graders in show choir, he is excited for their continued learning and growth as they progress through the high school program. In June, Carew also works for the Dorian Summer Music Camps at his alma mater, Luther College, where he once attended as a camper.

“Working now as a counselor with teaching experience, it not only makes me excited for the level at which young people are making music, but also inspires me to bring new experiences, teaching methods and content into the classroom when I return in the fall,” Carew says. ■

TAKE OUR POLL

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3. Last year
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JULY at the Altoona Public Library



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Summer Reading

Summer reading at the Altoona Public Library isn't just for kids. People of all ages are invited to participate. Visit the library to register and get a reading log to start tracking your reading time. Once your log is completed, return it for a chance to win one of the prizes. Want to keep the momentum going? Pick up another log and continue tracking your time for an additional entry as many times as you would like. The Summer Reading Program runs through July 31.

Adult programming – ages 18 and older

- **Designing with Cricut**, Wednesday, July 8 at 6 p.m. If you've used a Cricut before and want to learn how to create more complex designs, this session is for you. We'll explore how to use Cricut Design Space to create a custom project. Registration required.
- **Digital Safety Lab**, Wednesday, July 15 at 6 p.m. Take control of your digital life with this interactive, skills-based workshop on staying safer online. We will explore steps you can take to reduce your digital footprint, how to respond to security incidents, effective password management and more. Registration required.
- **Social Stitch**, Saturday, July 25 at 1 p.m. Bring your knitting, cross-stitch, hand sewing or other fiber crafts to the library and enjoy a relaxing afternoon with fellow stitchers. Share tips, swap patterns and make new friends. No registration required.

Children's Programming

- **Tinker Lab**, Tuesday, July 7 from 4-5 p.m. Drop in to tinker with robots and coding toys. Explore on your own or complete challenges with friends. Grades K-6. No registration required.
- **DIY Stickers**, Wednesday, July 15 from 3:30-4:30 p.m. Drop in to create custom stickers. Doodle your own designs or use printed options to make your own sticker set. Grades K-6. No registration required.
- **Play Dough Playtime**, Tuesday, July 28 from 10-11 a.m. Squish, roll and create with play dough at activity stations while learning about the skills children develop through play. Ages 0-5. No registration required.

Teen Programming – grades 6-12

- **Shark-cuterie Cups**, Monday, July 6 from 3-4 p.m. Celebrate Shark Week with a Shark-cuterie cup. Materials will be provided to make shark candy sushi and other treats, including popcorn and candy. No registration required.
- **Teen After Hours: Music Party**, Saturday, July 11 from 6-8 p.m.

Enjoy music and dance at the library's first-ever silent disco. Wireless headphones with three music channels will be provided. You may also bring your own device and headphones. Snacks and beverages provided. Registration and a permission form are required.

- **Face Painting Workshop**, Saturday, July 18 from 1-2 p.m. Join guest professional face painter Nimra Rossi to learn face-painting techniques and tools. Participants will have the opportunity to create their own designs. All materials are provided and are latex-free and hypoallergenic. Registration required.

For a complete list of events and to register, visit altoonalibrary.com and click the "Upcoming Events" tab. ■

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RHUBARB season just got crispy

As a kid, you could find me following my mother around the yard while she planted, weeded and tended to her flowers and plants. Our backyard wasn't overflowing with produce — just a small strawberry patch lined with rhubarb. Back then, I wasn't a fan. Rhubarb was a little too bold for my taste. But, over time, especially when paired with apples and a bit of sugar, it won me over. Now, I look forward to it every year.

Rhubarb is also one of the easiest and most rewarding plants to grow. Give it a sunny spot — ideally on the south side of your house or garage — and it will thrive with very little fuss.

This crisp is inspired by my mother's classic apple crisp. Sort of. Like my mother, I don't really measure ingredients for these kinds of

treats, which has made sharing the recipe a bit tricky over the years. Sometimes I add nuts or oatmeal. Sometimes I mix in apples. But one thing never changes: a generous, crispy crumble topping. If it's not crisp, we're not doing it right.

So, for the sake of sharing (and finally having something more useful to say than “just eyeball it”), I actually paid attention while making it this time. What you will find here is my best attempt at a real recipe. That said... I probably added a little extra of something along the way. I encourage you to do the same. That's where the magic happens. ■

Information provided by Jolene Goodman, vice president of Big Green Umbrella Media.



Jolene's Rhubarb Crisp

INGREDIENTS:

- 5 cups of rhubarb
- 1 cup flour
- 1 cup sugar
- 1/3 cup oatmeal
- 1/3 cup chopped pecans
- 1/2 cup butter, room temperature (if it gets too dry, add a little more butter)

DIRECTIONS:

- Chop rhubarb in half inch pieces and place into an 8x8-inch dish.
- In a separate bowl, mix dry ingredients, then add butter.
- Cut butter into the dry ingredients until crumbly.
- Spread crumble mixture over rhubarb. Bake uncovered at 350 F for 45 minutes. Serve warm with vanilla ice cream.

SHOULD I buy a new or used car?

In today's market, the many financial considerations that go into choosing whether to buy a new or used vehicle may make it difficult to decipher which way to go. Below are a few pros and cons of buying new and used cars to help guide you in this process.



BUYING A NEW CAR

Pros

- You get the latest, most up-to-date technology and safety features.
- You have the ability to customize your car exactly how you want it.
- Because there are no prior owners or previous driver history, you know it's reliable.
- New cars should require less maintenance.

Cons

- New cars generally have a more expensive purchase price up front.

- You may also be quoted higher insurance costs because of new technology features and a greater chance of theft.
- Brand-new cars begin depreciating immediately, and the value is automatically lower than the sticker price you paid.

BUYING A USED CAR

Pros

- Used vehicles generally have a lower purchase price up front.
- You may also receive lower insurance costs because of the lower probability of theft, as well as less new technology.
- The value depreciates less after your purchase, as the car was already used when you bought it.

Cons

- You might have to spend more money on maintenance since the vehicle is older.
- You'll have less opportunity for customization up front, and older cars will in turn have older features.

- You may not know who drove the car before you, which means you won't necessarily know the vehicle's history of issues, maintenance or care.
- Depending on what you're looking for, it could take a while to search for and find the "perfect" used car.

Ultimately, when deciding to go with a new or used car, it is important to look at your budget. Not just your upfront budget to pay for the car outright or to make as a down payment for an auto loan, but the annual fees, maintenance, repairs and fuel costs that will come with owning the vehicle over time. It is important to look at the big picture when discussing your budget to buy a car.

If you need help in this process, your banker can help to set a budget or provide more information. ■

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

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1. 25 debit transactions. A "debit transaction" for the purpose of this section means a debit to your Bonus Account that originated from an ACH, Bankers Trust bill payment, drafting checks, or use of your debit card as a method of payment or purchase. Qualifying debit card transactions must post and settle during the 60 days from account opening. A "debit transaction" does not include debits to your Bonus Account that originated from ATM withdrawals or other debits to your Bonus Account; and,
2. 2 direct (ACH) and/or Mobile deposits of at least \$200 each must post and settle during the 60 days from account opening. A "deposit" for the purposes of this section does not include ATM deposit, deposits made in person, account-to-account transfers, or other deposits to your Bonus Account.

Eligibility will be verified 60 days after the Bonus Account's opening. Bonus will only be credited if the account is currently in an open status with a positive balance. Should you have met all eligibility requirements and are not subject to the limitations and exclusions contained herein, the bonus will be credited to the Bonus Account within 75 days of its opening. Limit one bonus per household. Offer not available to existing Bankers Trust checking customers or those that have had a checking account with Bankers Trust within six months of Bonus Account opening. Employees of Bankers Trust and/or its affiliates are not eligible for bonus. Offer available for a limited time. Open a primary checking account by September 30, 2026. Early closing fee of \$400 will be charged if your Bonus Account is closed within 12 months of opening. Annual Percentage Yield (APY) on Break Free Checking Plus is 0.60% for balances less than \$5,000.00 and 0.55% for balances \$5,000.00 and over, effective June 1, 2026, and subject to change without notice. Fees may reduce earnings. Rate may change after the account is opened.



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WHY ADVERTISING is essential for small business growth and success

Small businesses often operate with limited resources, tight margins and strong local competition. In that environment, advertising is not a luxury — it's a necessity for survival and growth. Without it, even the best products or services can remain invisible to potential customers.



One of the primary reasons small businesses should advertise is to build awareness. Unlike large, established brands, small businesses usually lack name recognition. Advertising helps introduce the business to new audiences and reminds existing customers that it exists. Consistent visibility keeps a business top of mind when customers are ready to buy.

Advertising also plays a critical role in establishing credibility. Consumers tend to trust businesses they see regularly. A well-crafted advertisement signals professionalism and stability, even for a newer company. When potential customers encounter a business multiple times, they are more likely to view it as legitimate and reliable.

Advertising also drives sales by creating urgency and highlighting value. Promotions, limited-time offers and clear messaging can motivate customers to take action. Without advertising, potential buyers may

never learn about special deals or unique selling points that differentiate a business from competitors. In crowded markets, staying silent often means losing customers to more visible competitors.

In addition, advertising supports long-term growth. It's not just about immediate sales; it's about building a brand. Over time, consistent messaging shapes how customers perceive a business — its personality, values and quality. This brand identity can become a powerful asset, helping small businesses compete with larger companies that may have more resources but less personal connection with customers.

Finally, advertising allows small businesses to adapt and learn. By tracking which campaigns perform best, business owners gain insights into customer preferences and behavior. This data can inform not only future marketing efforts but also product development, pricing strategies and customer service improvements.

In short, advertising gives small businesses a voice in a competitive marketplace. It increases visibility, builds trust, drives sales and supports long-term success. Without it, even the most promising small business risks being overlooked. ■

Information provided by Jolene Goodman, Advertising Director, Big Green Umbrella Media, 8101 Birchwood Court, Suite D, Johnston, Iowa 50131, 515-953-4822, ext. 319, jolene@iowalivingmagazines.com.

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2026 Digital Wedding Guide



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WON'T you be my neighbor?

For 33 years, Mr. Rogers welcomed millions of children into his television neighborhood with a simple invitation: “Won’t you be my neighbor?”

It was more than a theme song. It was a way of life.

Mr. Rogers had a remarkable ability to make people feel seen. Week after week, he looked into the camera with warmth, kindness and genuine interest. Children felt safe with him. They felt like they belonged.

Deep down, that is what all of us want.

We long for relationships where people know our names, care about our stories, and make us feel welcome. In a world that is more digitally connected than ever, many people still find themselves lonely, isolated and longing for genuine connection.

The challenge is that, while most of us want that kind of community, we don’t always know how to create it.

Jesus offers a compelling answer: hospitality.

When many people hear the word “hospitality,” they think of hosting a dinner party or having a perfectly clean house. But, at its core, hospitality is simply making room for people. It’s opening our lives, our attention and our hearts to others.

And Jesus was a master of it.

Jesus consistently welcomed people others overlooked. He shared meals with social outcasts, spent time with those on the margins, and noticed people everyone else ignored. Whether it was a tax collector, a fisherman or a skeptic, Jesus had a way of making people feel seen and loved.

But the story of Jesus goes even deeper.

Jesus doesn’t just teach us how to be good neighbors. He invites us to become his neighbors.

We all have our mistakes, regrets, and all the reasons Jesus shouldn’t welcome us. Yet, Jesus, knowing us completely, loves us deeply. He doesn’t wait for us to get our lives together. He moves toward us with grace.

So much so that he gave his life for us.

The cross is the ultimate act of hospitality. Jesus made room for us in the family of God, removing every barrier that separated us from him. Through his death and resurrection, he invites us into a relationship with God — not someday, but today.

And when we experience that kind of welcome, it changes us.

We begin to see people differently. We become quicker to learn names, listen to stories, invite others in, and make room at the table. We realize most people aren’t looking for perfection. They are looking for connection.

Imagine what our neighborhoods, schools, workplaces, and communities would look like if more of us lived this way.

Mr. Rogers invited people into his neighborhood.

Jesus invites us into his. And then he sends us out singing, “Won’t you be my neighbor?” ■



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LUTHER PARK COMMUNITY
Rose Glen Apartments
2808 E 16th St., Des Moines

lutherparkcommunity.org

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

RAISING awareness of Alzheimer's disease

Alzheimer's disease is a condition that profoundly affects millions of people worldwide, touching the lives of both those diagnosed and their caregivers.



What is Alzheimer's disease?

Alzheimer's is a progressive brain disorder that gradually impairs memory, cognitive abilities and daily functioning. It is the most common cause of dementia among older adults. While aging is the biggest risk factor, Alzheimer's is NOT a normal part of getting older.

Genetics, lifestyle choices and environmental influences all play a role in its development. Symptoms often begin subtly: forgetting familiar names, struggling to complete daily tasks or repeating conversations. Over time, these difficulties worsen, affecting independence and the ability to communicate.

The importance of early detection.

Recognizing the early signs of Alzheimer's can make a significant difference. Seeking a medical

evaluation when memory problems first appear can lead to an early diagnosis, allowing patients and their families to plan for care, explore treatment options, and maintain a higher quality of life for as long as possible.

While there is currently no cure, medications and therapeutic approaches can help manage symptoms and improve cognitive function. The earlier interventions are introduced, the better chance individuals have of maintaining clarity and engagement with loved ones.

Supporting caregivers. Caregiving for someone with Alzheimer's is an emotional and physical journey that requires patience and resilience. Caregivers often experience stress, exhaustion and emotional strain. Finding a strong support system, whether through family, community resources or caregiver networks, can make a tremendous difference. Practical strategies for caregivers include:

- Maintaining routine: A consistent schedule reduces confusion and provides comfort.
- Creating a safe environment: Removing

hazards and simplifying tasks can prevent accidents.

- Practicing self-care: Taking breaks and seeking emotional support are crucial for avoiding burnout.

Raising awareness and advocacy. Public awareness plays a vital role in Alzheimer's research and support. Every individual can contribute to the cause, whether by educating others or advocating for better care policies.

In honor of Alzheimer's Awareness month, let's take time to acknowledge the challenges of Alzheimer's while fostering hope. Through continued research, education and compassionate support, we can work toward a future where Alzheimer's is no longer a devastating diagnosis but a condition with solutions and understanding.

"To care for those who once cared for us is one of the highest honors." -Tia Walker ■

Information provided by Dave Zahn, Sales Director, Valley View Village, 2571 Guthrie Ave., Des Moines, 515-265-2571.

Start your morning off right with an update from **thedailyumbrella**

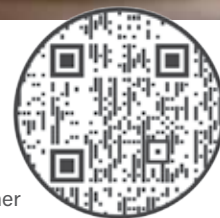
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WELLNESS

By Nikki Morgan

UNDERSTANDING acne

Acne is one of the most common skin conditions in the United States, affecting people of all ages. While many associate acne with adolescence, adults frequently experience breakouts as well. Acne develops when hair follicles become clogged with oil, dead skin cells and bacteria, leading to blackheads, whiteheads, pimples and, sometimes, deeper, painful cysts.



Several factors can contribute to acne, including hormonal fluctuations, genetics, stress, certain medications and skincare products that may clog pores. Because acne can have multiple causes, treatment is rarely one-size-fits-all.

In addition to at-home skincare, professional skin treatments can play a role in managing acne-prone skin. Consistent skincare habits, including gentle cleansing, daily sunscreen use and avoiding the temptation to pick or squeeze blemishes, are important for maintaining healthy skin.

One professional treatment option often incorporated into acne management plans is DiamondGlow®. This advanced skin-resurfacing treatment exfoliates dead skin cells, helps remove pore-clogging debris through extraction, and delivers targeted serums into the skin. Treatments like DiamondGlow can support overall skin health.

With proper care, patience and a personalized approach, many individuals can achieve healthier, clearer-looking skin and improve their confidence along the way. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion, 200 Second St. S.E., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com.

Acne Awareness Month

Clear Skin Starts Here

Acne is one of the most common skin concerns, affecting teens and adults alike. Professional treatments can help clear congestion, improve skin texture, and support long-term skin health.

DiamondGlow® deeply exfoliates, extracts impurities, and infuses nourishing serums to reveal healthier-looking skin. It's an excellent addition to many acne treatment plans.



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HEALTH

By Ashley Powell

THE SEARCH for better energy

For many people, the answer to low energy has always been simple: more caffeine. But, as busy schedules, stress and poor sleep continue to affect daily life, many adults are starting to realize that energy is about more than just staying awake.



Today, the conversation is shifting from stimulation to performance. People are looking for ways to support both energy and focus without the jitters, crashes or disrupted sleep that can come from relying too heavily on caffeine alone.

That shift has fueled interest in ingredients like cordyceps mushrooms, lion's mane mushrooms, CBG, nootropics, and other wellness products designed to support mental clarity and sustained energy. While cordyceps is often associated with physical energy and endurance, lion's mane has become popular among people looking to support focus, memory and cognitive performance.

CBG, sometimes called the "mother cannabinoid," is commonly used in products designed for daytime wellness. Many people seek it out for its reputation for supporting energy, alertness and focus without any intoxicating effects.

Today, these ingredients are found in a variety of wellness products, including gummies, mushroom coffees, beverages, pouches and supplements. Different ingredients are often used for different goals, whether that is sustained energy, mental clarity, productivity or focus. ■

Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036.

WHY SHOULD I have my child evaluated for scoliosis by a pediatric chiropractor?

The severity of scoliosis varies, and early detection is important. When children are under chiropractic care throughout childhood, scoliosis can be detected early and addressed before it fully develops. Even if a child has already been diagnosed with scoliosis, seeking care with a pediatric chiropractor who can provide specific adjustments to restore normal spinal curvature can provide an alternative to bracing or surgery.

By establishing care with a pediatric certified chiropractor, parents can provide their children with a treatment option that is non-invasive and effective. In addition to addressing scoliosis, children and teens receiving chiropractic care will experience the positive benefits of a regulated nervous system. A regulated nervous system leads to better mood, sleep, digestion, attention, behavior, immune system health and more.

Potential indicators of a scoliosis include uneven shoulders or hips, uneven waistline, one shoulder blade that sticks out more than the other, the head not centered over the body, or one leg appearing shorter than the other, but scoliosis often develops gradually and may not cause any noticeable symptoms initially. Pediatric certified chiropractors have specific training in detecting scoliosis. Scheduling a consultation and examination to evaluate the individual is the best place to start.

Chiropractic care focuses on the proper alignment and function of the spine, which can help improve overall spinal health and prevent the progression of the condition. Chiropractors incorporate specific spinal adjustments with exercises and postural training to reduce spinal curvature, improve posture and strengthen the surrounding muscles. By addressing the underlying issues contributing to scoliosis, chiropractic care can provide long-term benefits and help maintain spinal health. ■

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



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GRIEF and judgement

Do any of these sound familiar? “I shouldn’t feel...” “I can’t be angry...” “This is going to sound strange...” “I feel so weak...”

Do you know what I hear when I hear these statements made by people who are grieving?

Self-judgement. Perhaps reading the title, you thought I was referring to the judgement of others on those grieving. Certainly, that is something most grievers face at some point, but I want to talk about self-judgement. We don’t have control of others’ judgements, but, with awareness and intention, we do have power over our own.

Self-judgement makes our grief more difficult because we are self-imposing restrictions on the naturally occurring responses for the loss we have endured. Some of these responses may not feel natural and normal, but they are. It is important to remember that feelings aren’t necessarily facts but can give us information about what our hearts need tending to. It can take time for our heads and our hearts to come to a place of agreement. And, sometimes, they never do, and that is OK.

Validating our own losses is a powerful tool in our coping-with-grief toolbox. When you have a judgmental thought, take a deep breath and tune into the feeling. Allow the feeling to exist as it is instead of dismissing it with a “I shouldn’t feel this way.” See what it has to tell you instead. You can learn a lot when you listen to what feelings are trying to teach you. ■



Information provided by Buffy Peters, Director of Hamilton’s Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666, www.HamiltonsFuneralHome.com/academy-of-grief-and-loss.

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EVENTS IN THE AREA

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

Be sure to check for cancelations.

Coming up in Altoona Living magazine:

Play sets, play houses and tree houses: Share the stories of your memorable play sets, play houses and tree houses. Perhaps your family has play structures that entertain your kids for hours. Or maybe you have memories of the play house you enjoyed as a child. Big or small, if it creates happy times, let us know. Email tammy@iowalivingmagazines.com.

Hobby photographers: Do you enjoy the hobby of photography? Perhaps you take wildlife photos or capture scenic scenes. Maybe you enter your photos in the county or state fair. Maybe you have taken a photography class. Tell us why you enjoy the hobby and share some of your favorite shots. Email tammy@iowalivingmagazines.com.

Live Music at Prairie Meadows

1 Prairie Meadows Drive, Altoona

- June 26, 10 p.m. to midnight, Lola Blu
- June 27, 10 p.m. to midnight, Beggar's Bargain
- June 30, 11 a.m. to 3 p.m., Chantilly Lace

'Christine Rebet: Sound of Time'

Through Aug. 23

Des Moines Art Center, 4700 Grand Ave., Des Moines

This survey exhibition presents five films made between 2015 and 2025 by Paris-based artist Christine Rebet, which play consecutively in the Pamela Bass-Bookey and Harry Bookey Gallery. Rebet has devoted her practice to the act of drawing, creating lush and labor-intensive hand-drawn animations marked by vivid color and lively images that change and morph alongside lyrical voice-over narrations.



CITYVIEW'S Summer Stirs

Friday, June 26, Downtown Des Moines
Friday, July 31, Des Moines East Village

CITYVIEW's traveling cocktail parties return in 2026. For \$25 advance ticket, sample 10 summer cocktails at downtown bars and restaurants. Cost is \$35 at the door. For information and tickets, visit <https://summerstirs.dmcityview.com>.



Music in the Park

Sundays, June 28,
July 26 and Aug. 30
Haines Park, 613 Third
Ave. S.E., Altoona

The city and CAP Theatre present an evening of musical talents and popcorn at Haines Park in Altoona. Events start at 6 p.m. and feature: June 28 - Altoona Flute; July 26 - Band SPAM; Aug. 30 - Haywire.



Music In The Garden

Thursdays, June 4 to Aug. 20,
doors open at 6 p.m., concerts
6:30-8:30 p.m.

Greater Des Moines Botanical
Garden, 909 Robert D. Ray
Drive, Des Moines

Music in the Garden is one of Des Moines' premier outdoor concert series, offering a truly unique atmosphere. Set within the naturally beautiful surroundings of the garden, each evening blends live music, nature and community into an unforgettable experience. Whether you prefer to sit back and relax, get up and dance, or simply soak in the scenery, you'll enjoy great music surrounded by the beauty of the garden. See the lineup and get tickets by scanning the QR code.



National Balloon Classic

July 31-Aug. 8

Memorial Balloon Field,
1136 150th Ave., Indianola

More than hot air balloons suspended over the horizon, skilled pilots from around the world, roaring burners creating a whoosh that is both heard and felt. All of this and so much more can be found at the National Balloon Classic in Indianola. For tickets, schedule and more information, visit <https://nationalballoonclassic.com>.

Seni-Om-Sed

Fridays through the summer
Des Moines Biergarten, Water
Works Park, 2251 George Flagg
Parkway, Des Moines

This summer, the Des Moines Chamber of Commerce invites the community to flip the script on their typical Friday and celebrate Des Moines and the end of the week with SENI-OM-SED — Des Moines, spelled backwards. This weekly event series brings together professionals, families and friends for an energized and easygoing kickoff to the weekend. Guests are encouraged to follow the Des Moines Biergarten on social media for the latest updates, including any schedule changes or closures due to weather. For more information, visit dtchamber.com.

Des Moines Downtown Farmers Market

Saturdays through Oct. 31, 7 a.m. to noon,
8 a.m. to noon in October

Historic Court District, Downtown Des Moines

The 2026 season will feature 305 vendors, with 75 produce and agriculture vendors highlighting the region's strong farming community. Vendors span 12 city blocks from Water Street to Fifth Street. For more information visit www.dsmpartnership.com/desmoinesfarmersmarket.



EVENTS IN THE AREA

Be sure to check for cancelations.

Arts For All

Des Moines Performing Arts brings free, world-class performances to parks and neighborhoods across the metro, meeting people where they are with joyful experiences that inspire and unite. DMPA partners with Hy-Vee to transform a vision for accessible arts into something the entire community gets to share.

- **Polyglot Theatre's Bees.** "Bees" is a joyful, hands-on experience where children don't just watch — they become part of it. They'll enter a humming hive of activity, transforming into bees themselves as they play alongside three human-sized Bee performers and find themselves welcomed into a world of community, communication, wonder and imagination. Tuesday, July 14, 10:30 a.m. & 12:30 p.m., Ashby Park, 3200 38th St., Des Moines. Wednesday, July 15, 6 p.m., Polk City Town Square, Polk City. Thursday, July 16, 11 a.m., The Station, 100 Main St. N.E., Bondurant, and 6 p.m., Colby Park, 6900 School St., Windsor Heights. Friday, July 17, 4:30 and 7 p.m., Walker Johnston Park, 9000 Douglas Ave., Urbandale.

- **Domino Effect by Ingrid Ingrid:** You know that deeply satisfying feeling of setting off a chain reaction? This is that, but bigger. Domino Effect fills Cowles Commons with oversized luminous dominoes, each one humming with its own musical atmosphere. You push them over. That's the whole point. It's playful, it's communal, and it's oddly irresistible for every age. Aug. 29 to Sept. 30.

- **Storytime Under the Green Umbrella:** Des Moines Performing Arts education partners will lead a playful sharing of songs and stories for toddlers, preschoolers, and early elementary-aged youth accompanied by their fun-loving grown-ups. Wednesdays: June 24, July 8 and 22, Aug 5 and 19, 10:30 a.m., Cowles Commons, 221 Walnut St, Des Moines.

- **Dance Fitness with Tony Zika:** Des Moines Performing Arts invites you to join these annual outdoor dance parties with Tony Zika! MixedFit is a people-inspired fitness program that combines explosive dance moves with body weight toning, while focusing on positivity, self-love and community. This class will get you charged up while you get down to your new favorite songs. Bring some water and some friends and prepare to sweat, laugh and spread some joy. Sundays: June 28, July 26 and Aug. 23, 9 a.m., Cowles Commons, 221 Walnut St., Des Moines.

Levitt AMP Earlham Music Series 2026

Food n' Drink Lineup

Sundays at 6 p.m.

Earlham City Park, Earlham

- **June 28:** Music: Shannon Curfman, Iowa Military Veterans Band. Food trucks: Deardorff Highland Cattle, Sabores De Mexico, Zipps Pizza, C'est La Crepe, Jack Frost Drink Lab.

- **July 12:** Music: The Elders, Banjokat. Food trucks: Hotel Luna, Snappy's BBQ, Street Sweets.

- **July 19:** Music: BYOBrass, Beth and Brandon. Food trucks: Hotsy Totsy, Pho Wheels & Sushi, Street Sweets, Jack Frost Drink Lab.

- **Aug. 2:** Music: Leon Timbo, Carol Montag Music. Food trucks: Hotsy Totsy, Sabores De Mexico, Street Sweets, Jack Frost Drink Lab.

- **Aug. 9:** Music: Newfound Road, Cedar County Cobras. Food trucks: Karam's Grill, Hotsy Totsy, C'est La Crepe.

- **Aug. 16:** Music: XOLEX, Bone People. Food trucks: Hotel Luna, Snappy's BBQ, Pho Wheels & Sushi, Street Sweets. ■

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FOURTH of July parade returns

Mark your calendars for this annual tradition.

Red, white and blue will be on full display as the Altoona Fourth of July Parade returns on Independence Day.

The annual tradition draws families, local organizations, businesses and visitors together for a morning of celebration, with festivities continuing throughout the community.

The Altoona Area Historical Society organizes the parade in partnership with the city of Altoona and the Altoona Area Chamber of Commerce.

The parade will take place Saturday, July 4, with lineup beginning at 8 a.m. and the parade stepping off at 10 a.m. The route runs approximately 1.5 miles through Altoona, ending at Haines Park.

“This event brings the community together in a big way — families, local businesses, organizations and volunteers all participate,” Shawntel Cooney, one of the organizers, says. “It fosters community pride, supports local engagement, and provides a free, family-friendly event for residents and visitors.”

There are several ways to get involved beyond attending the parade. Community members can participate by entering a float, representing a local business or organization, or performing with a band. Sponsorship opportunities are also available, and volunteers are needed to help on parade day. Residents can also support the event by sharing information through social media and community networks.

For Cooney, being part of the planning committee is especially rewarding.

“It’s a collaborative effort with passionate community members, and seeing everything come together on parade day — especially the turnout and excitement from families — is the best part,” Cooney says.

The celebration continues after the parade with a free community event at Haines Park featuring an ice cream social, live entertainment, food trucks, inflatables and other activities for kids and families.

“This year’s celebration will be especially significant given the 250th anniversary, and we’re working to make it a memorable event for the entire community,” Cooney says.

As one of Altoona’s signature summer events, the parade and festivities offer a chance for residents to gather and celebrate an especially meaningful Fourth of July. ■



The Fourth of July parade provides family-friendly entertainment.



MORE summer fun upcoming

I don't know about you, but summer is my favorite season, and I would have to say that May and June are my favorite months. Spending time outside is enjoyable because the longer days are not too humid, and evenings have yet to be filled with pesky insects. I try to begin my mornings with at least 20 minutes sitting in the sun and end my day sitting outside soaking in the night sounds.



The Altoona Chamber hosted its award-winning kick off to summer event, Wine and Craft Beer Fest, for the 15th year on Friday, June 5. This year, it was held in Civic Plaza, and the new location was a big hit. In addition to 12 brand new vendors, the chamber also celebrated its 15th year with special music from Mike Moody and the Outlaws, and we couldn't have done it without awesome sponsors, vendors and volunteers to whom chamber officials are incredibly grateful.

There are more community events to look forward to this summer, and we are sure that you will find something that will fit into your schedule. The next big event that we are all looking forward to is the 4th of July! This year, our country celebrates its 250th birthday, and Altoona has a full weekend of activities for families to enjoy.

- Altoona Historical Society's 4th of July Parade: 10 a.m. (starts at Venbury Drive and ends at Haines Park)
- Altoona Historical Society's Haines Park Celebration: 11 a.m. to 1 p.m. at Haines Park
- Caring Hands Outreach Center Annual Picnic: noon to 3 p.m. at Caring Hands
- Fireworks: Prairie Meadows Racetrack Casino and Hotel, Friday, July 3, at 9:30 p.m.; Adventureland: Saturday, July 4 at 9 p.m.

If you'd like to participate in the parade, head to the Altoona Historical Society's Facebook page for registration information and the parade route. Rain or shine, the parade line up is at 8 a.m. with the parade beginning at 10 a.m.

As always, if you are looking for more details on events and activities in Altoona, head to the Altoona Chamber website or Facebook page. While on the website, check out the membership directory for the full list of members covering more than 140 categories. They would love to see you this summer. ■

Information provided by Twila Shreves, 2026 Altoona Chamber President, Owner, Hidden Treasures Gifts and Book-Tea-Que.

Altoona Celebrates

250



Check out some of the events happening around town for the 4th of July

Altoona Historical Society's 4th of July Parade

This year is extra special as we celebrate America's 250th Birthday and the Altoona Historical Society is celebrating BIG! Honoring our history, our community and our freedom!

Parade Day:
Saturday, July 4th, 2026
Parade starts at 10:00 AM-Rain or Shine
Starts at Venbury Drive -Ends at Haines Park

Bring your family, friends, and neighbors and celebrate our nation's independence in true Altoona style!



4th of July Haines Park Celebration

From the patriotic parade at 10 AM to the family-friendly fun at Haines Park from 11 AM to 1 PM, they've got something for everyone.

- FREE Ice Cream Social
- FREE Inflatables
- Foam Party
- Open Splash Pad
- Food Trucks & Local Vendors (Items available for purchase)

Bring your family, friends, and neighbors for a day full of celebration, connection, and hometown pride. Make this Independence Day one to remember!

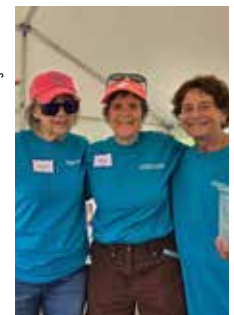


Caring Hands Annual Summer Picnic

Join Caring Hands Outreach Center for their Annual Summer Picnic this 4th of July!

- FREE admission for everyone!
 - Hot dogs, chips, and dessert
 - Games and activities
 - Fun for the whole family
- Saturday, July 4
12:00 PM – 3:00 PM
Caring Hands Outreach Center
602 3rd Street SW, Altoona, IA

Everyone is welcome—we can't wait to celebrate with you!



Fireworks in Altoona

Prairie Meadows All American Extravaganza

On July 3rd, enjoy outdoor concerts, food trucks, and live horse racing before the sky lights up at dusk (9:30 PM) with incredible fireworks! Visit www.prairiemeadows.com for the schedule of events.

Adventureland

Celebrate America at Adventureland. Soak up the sun all day at Adventure Bay, hop on the Monster and soar around the Rockin' Rainbow. Then cap off your full fun-filled day with the best fireworks show around at 9:00 PM.



WINE and Craft Beer Fest

The Altoona Wine and Craft Beer Fest 15th Anniversary was celebrated on June 5 at Civic Plaza.



Chris Heff and Drew Werger with Confluence



Victoria and Grant Veatch



Scott and Brenda Brumm



Michelle Smith, Belinda Lauridsen and Michele Nyheim



Tom and Jani Campbell



Grace Rowland and Joel Howard



Steven McDonald and Miranda Jenness



Matthew Bemino-Mejia and Mallory Wentland with StoryPoint (formerly Edencrest)



Noah Walden with Jefferson County Ciderworks



Andrew Frana with Brightside Aleworks



Will Rogers with The Monks



Tyler Gracey with Big Grove Brewery

OUT & ABOUT



Nikki Barkhaus, Katie Hentges, Cindy Metge and Tara Cox at the Regional Business After Hours May 20 at Brightside Aleworks.



The Altoona Area Chamber of Commerce held a ribbon cutting May 27 at Chase Bank.



Dan Douglas, Scott Fiscus and Andrea Stanfel at the Regional Business After Hours May 20 at Brightside Aleworks.



Sloane Gaffney, Kara Ohorilko and Ivy Ohorilko at the May 27 ribbon cutting at Chase Bank.



Steve Pedersen and Charlotte DePew at the Regional Business After Hours May 20 at Brightside Aleworks.



Rafael Colon, Jessica Mendez and Ryan Haacke at the May 27 ribbon cutting at Chase Bank.



Marcia Treichel and Chan Kim at the May 27 ribbon cutting at Chase Bank.



Kevin Hyberger and Kyle Lee at the May 27 ribbon cutting at Chase Bank.



The Altoona Chamber of Commerce celebrated a ribbon cutting for Caravel Autism Health located at 501 8th St. SW on June 16. Photo courtesy of the Altoona Chamber of Commerce.

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

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WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

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GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-877-342-2511. (mcn)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2026. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

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DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax includ-

ed. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

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SUNRISE AG IS HIRING! full-Time Small Engine Mechanic, \$25/hr. Full-Time employee benefits: health, dental, 401K, paid time off, vacation. Contact Jason at 320-468-6433 or Bill at 320-468-2168 www.sunriseagcoop.com (mcn)

BT DIESEL PERFORMANCE & REPAIR is hiring a Full-Time Service Writer. Competitive Pay based on experience/performance, paid vacation. Apply at 2189 125th St. NW, Rice, MN 56367 or Call 320-828-1617. (mcn)

FINANCIAL

END YOUR TAX WORRIES TODAY. Let us make your tax problem our priority. Scared, stuck with high tax amounts? Our A+ tax professionals can help. Call for a FREE consultation. Call Priority Tax now 1-877-353-1295 (mcn)

Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-866-552-0649. (mcn)

FOR SALE

2001 CADILLAC ELDORADO CONVERTIBLE. 55,000 miles. Automatic transmission, silver exterior, grey interior, clean title. \$14,000. 507-383-9219 (mcn)

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DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/midwest #6258 (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a

majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-877-670-0248. (mcn)

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Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-840-1318. (mcn)

WATER & FIRE DAMAGE RESTORATION. Our trusted professionals will restore your home to protect your family and your home's value! Call 24/7: 1-877-342-0351. Mold Remediation services are also available! (mcn)

JACUZZI BATH REMODEL can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 12/27/26.) Call 1-855-414-0768 (mcn)

MISCELLANEOUS

NEED NEW FLOORING? Call today to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-877-319-0208. (mcn)

Reach over 1.4 million homes for just \$249! Advertise your business or item with a classified ad in the Midwest Free Community Papers. Simple, cost-effective, and powerful. One call, and you're done! Boost your visibility now! 888-899-6327. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the

\$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-877-815-2815. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

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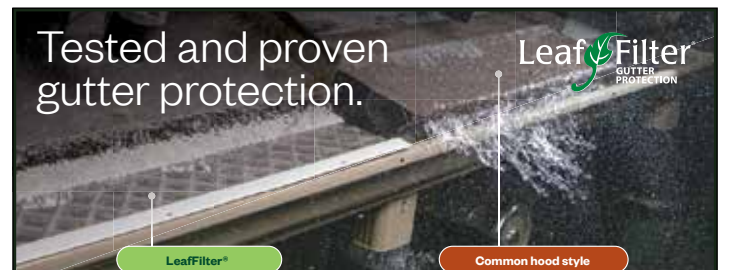
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ALTOONA

JUNE 2026

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CITY HALL

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Altoona, IA 50009

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FAX: 515-967-0842

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Monday – Friday

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515-967-5136

City Council Members

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Scott Duer 515-418-2227

Josh Dunwoody 515-967-5136

Jerry Evans 515-967-5136

Julie Stewart 515-967-5136

City Administrator

515-967-5136

City Clerk

515-967-5136

Police Chief

515-967-5132

Fire Chief

515-967-2216

Library Director

515-967-3881

Fax: 515-967-6934

Water Billing

515-967-5136

**Building Department/
Code Enforcement**

515-967-5138

Building Official

515-967-5138

**Planning & Zoning
Department**

515-967-5136

Public Works Director

515-967-5136

Human Resources

515-967-5136

INDEPENDENCE DAY

City Hall and offices are closed for Independence Day on Friday, July 3, 2026. The holiday will not impact garbage and yard waste pick-up for Altoona residents, and collection will happen as regularly scheduled.

FOURTH OF JULY PARADE

This year is extra special as we celebrate America's 250th birthday, and Altoona is celebrating in a big way by honoring our history, community, and freedom. Join us on Saturday, July 4, 2026, for the annual parade, which begins at 10:00 a.m. rain or shine. The parade will start at Venbury Drive, travel along 8th Street, then turn north onto 3rd Avenue SE and continue toward Haines Park. Bring your family, friends, and neighbors as we come together to celebrate our nation's independence in true Altoona style.

FOURTH OF JULY FESTIVITIES AT HAINES PARK

Altoona's 4th of July Celebration is almost here! Join us for a full day of patriotic fun, beginning with the parade at 10:00 a.m. and continuing with family-friendly activities at Haines Park from 11:00 a.m. to 1:00 p.m. Enjoy a free ice cream social, free inflatables, a foam party, and the splash pad, along with food trucks and local vendors offering items for purchase. Bring your family, friends, and neighbors for a day of celebration, community connection, and hometown pride as we make this Independence Day one to remember.

PROTECTING AGAINST MOSQUITOS

City crews have been spraying for mosquitos since April, and will continue to do so across the community until October. Altoona uses chemicals and techniques for spraying that meet EPA guidelines, but residents can request that their area not be sprayed by contacting the Parks Department by calling 967-5203 or emailing parksdpt@altoona-iowa.com. Please include your address and phone number in your request.

You can help control mosquitos in your property by clearing any potential breeding sites such as removing items that might hold standing water, regularly cleaning pools, bird baths, plant pots, etc., and keeping grass cut short and shrubbery well-trimmed.

OLDE TOWN PLAZA

Don't forget to stop by the Olde Town Plaza and experience one of Altoona's most unique public spaces. The plaza is home to the "Altus" mural by artist Mila Sketch, a colorful work of art that spans the east side of the Borseth Law Office building and features nearly 40 historic and cultural landmarks that reflect Altoona's identity and history. Recent improvements, made possible in part through a grant from Prairie Meadows, have added new seating and a water fountain for both visitors and their pets, creating an inviting gathering place in the heart of Olde Town.



ALTOONA 2624 21st St SW
4 Bed
3 Bath

\$369,900

ALTOONA 3217 Lakeview Dr SE
3 Bed
3 Bath

\$431,000

ALTOONA 1421 Primrose DR SE
3 Bed
3 Bath

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ALTOONA 3232 13th Ave SE
3 Bed
3 Bath

\$619,500

ALTOONA 8634 NE 27th Ave
4 Bed
4 Bath

\$559,900

ALTOONA 920 9th Ave NW
3 Bed
3 Bath

\$275,000

ALTOONA 201 22nd Ave SW
4 Bed
2 Bath

\$250,000

ALTOONA 1110 Sandalwood Ct SW
5 Bed
4 Bath

\$419,500

PLEASANT HILL 625 SE 72ND ST
5 Bed
5 Bath

\$995,500

PLEASANT HILL 4420 Cameron
2 Bed
2 Bath

\$239,500

MITCHELLVILLE 103 Park Ave NE
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4 Bath

\$359,900

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8 Bed
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