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WELCOME

ERASING the disco era

Jolene and I bought our first home in the mid-1990s, and we stretched ourselves financially to do so. It was a split foyer home that was built in the 1970s — and it looked like it.

The appliances and countertops were green, typical of the era. We hired a company to paint the appliances white, and they looked like 1970s appliances that were painted white. This was a great example of the expression about putting lipstick on a pig. My dad and I installed the new countertops, and we did a good job for a couple of amateurs.

The kitchen had a fake, red, brick veneer over the drywall, which was, again, typical of the era. We primed and painted it, and it looked much better.

The bathroom had a dark brown toilet. Seriously. Dad and I installed a new one and moved that one to the basement. It worked, and it was good for a few laughs.

The ceiling had what I thought were wooden beams. Upon closer inspection, I learned they were made of Styrofoam. I called Jolene into the room and asked her to watch while I knocked them down with one hand. She was impressed, for a few seconds.

We sanded the dark interior woodwork and doors and painted them lighter colors, and we gave the exterior a makeover from the dark brown and white barn look to more neutral and earthtone colors. New landscaping and stonework gave the home a much-improved street appearance as well.

We did our best — on a very limited budget and a lot of sweat equity — to update this house and erase those disco-era features. Looking back, it was fun, and we learned a lot.

Over time, we were able to hire professionals to do other improvements as well. All this remodel work helped to make this little house into a home — our home. It looked much different from the time we bought it to the time we sold it.

Five homes later, and we still smile as we look back with fond memories of our first home and the work we did to it. I am sure many of you can relate.

Meanwhile, if you are looking to update your home and need ideas, you will enjoy the examples in this month's cover story, as local residents share experiences of their home improvement efforts. And if you want a brown toilet, I know where you might be able to find one.

Thanks for reading. ■



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New AGAIN

Residents share their home renovation experiences

By Sean Dengler

For many homeowners, the day comes, sooner or later, when they look around their abode and wonder when the carpet was ever stylish, the wall color ever stunning and the layout ever functional. They realize new curtains, throw pillows and artwork won't be enough to freshen things up, and the only solution to the weary look of their home is to bite the bullet and invest in some major improvements. And, when the work is done, their home — and enthusiasm for it — feels new.



Dann Kuttler says he and his wife, Beth, knew when they bought their house that it would need a new roof and siding.

FEATURE

BEFORE



AFTER



The Kyners needed to resolve the issue of the rocks sliding down the hills in their backyard and wanted a larger patio. Retaining walls and a larger concrete area solved the issues.

From solving a problem to a transformation

Solving one problem can lead a homeowner to make a transformation. Such was the case for Larry and Debbie Kyner when they sought to resolve landscaping issues that had developed around their home.

“We moved here in 2001 when the house was built, and rocks that were initially clear on top (of a hill), like they were supposed to be,

had shifted over the years,” Larry says.

The couple knew they had to fix the erosion problem that was developing. What began as a relatively minor project continued to expand.

“Initially, we were just going to do the retaining walls. We weren’t going to put in a new patio or anything,” Larry says. “We continued the landscaping all the way around the house because it never really was graded the way it should have been. They went ahead and

fixed that, and then we put the rock and bricks all the way around the house.”

The Kyners didn’t stop there. Replacing the driveway and front sidewalk were next.

“The sidewalk just never really was big enough, and we knew our driveway was crumbling,” Larry says.

Although the couple had planned to wait awhile to spread out the cost of the driveway, it made sense to do all the concrete work in the

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FEATURE

same project, Larry says.

“When we got to talking to the concrete guy, he said, ‘Well, you know, we can do that, but it’s not going to look as good as it would if you did everything,’” Larry says.

“If they do everything, they can pour it all at the same time, and it all butts up against each other just perfectly. It’s one big chunk,” he adds. “That evolved into doing the driveway, and that evolved into, ‘Well, there’s not enough room in the turnaround where we back out.’ So, we made that bigger.”

The single-lane driveway now merges with a large concrete area at the garage which allows for parking and turning around.

This ever-expanding project did not stop at the house.

“Once they started doing the landscaping around the house, the landscaping that we had done around the pole barn didn’t look that good,” Larry says. “It looked kind of shabby. To keep it more uniform, we decided to go ahead and put the same kind of landscaping, the rocks and the retaining bricks, around the pole barn.”

The Kyners also added 13 trees to their property. Five small trees were bought locally



The aerial view shows the extent of the improvements the Kyners made to the landscaping and patio in their backyard.

and planted by the Kyners. The other eight larger trees were planted by their landscapers, Hawkeye/VanGinkel Lawn & Snow of Pleasant Hill, which recommended Concrete Inc. for the paving.

“They did amazing work. Throughout the whole process, they gave us different ideas on what to do and what would look good because

they could see more of a vision than what we could,” Larry says. “They would make suggestions and leave it up to us, yes or no, to make the decisions.”

Larry is especially happy with one aspect of the project.

“The retaining walls and the expanded patio that we put in just created a whole new living



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FEATURE



Larry and Debbie Kyner needed to fix the grading around their home. To do so, they installed a retaining wall and poured a concrete patio across the width of their home.

space back there,” he says. “My wife runs a daycare out of the home. The old patio we had barely would handle a child’s picnic table. The patio we have now goes the full length of the house and about 30 feet out from the house. There’s a lot more space for the kids to play and run around on, but it also provided a whole new outdoor living area that we didn’t have before.”

After this complete overhaul of their landscaping, Larry and Debbie are big fans of the improvements.

“We thought we had a nice house before, but we like it a lot more now,” Larry says.



The Kyner's expanded their driveway and sidewalk and replaced the landscaping around the house by adding concrete edging and filling with rock.

For those looking to start their own home improvement project, Larry has a few thoughts.

“What we had planned originally ourselves is nothing like what we ended up with,” he says. “I’m not in the landscaping business. I don’t know what works and what doesn’t work —

and what will look the best in the end. We got different ideas from different people. The more estimates we got, the more different ideas we would come up with as well. So, I would say get multiple estimates and ask the landscapers you have for ideas.”



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Buying a home means upgrades

When buying a house, it is typical to have a few home improvement projects to complete, as Dann and Beth Kuttler did.

“The siding and roof were old when we purchased the house in early 2021. We knew this was the case when purchasing and accepted that we would need to replace it,” Dann says.

The Kuttlers, who play together in a classic rock cover band, Back to Vinyl, looked at other homes to help inspire their decisions on their siding.

“We looked at other houses to get an idea of material and color for the siding,” Dann says.

“We decided to go with the typical vinyl siding and went with white and blue (Go Cubs), so the house didn’t get too hot in the summer.”

When it came to the roof, the price and the length of time they plan to stay in their home factored into their decision making.

“For the roof, our options were for shingles that lasted 15 years or a pricier option for 30 years,” Dann says. “We opted for the 15-year shingles for budget reasons as well as not knowing if we would be living in Altoona for 30 years.”



New siding spruced up the Kuttlers’ house and garage.

Dann and Beth knew it would take some time before they could do the work.

“We lived in the house for two and a half years before fixing it up so we could save up

funds for the project after purchasing the house,” Dann says.

These Altoona homeowners are happy with the work. The new siding increased their love



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FEATURE

of their house.

“The siding is probably our favorite because it was a dreary gray when we purchased the house, and the new colors are so bright and inviting. It feels like home,” Dann says.

They are also happy with the Ankeny-based contractor they chose.

“KBS Roofing and Exteriors handled the projects. We had seen positive reviews and pictures of their work and are happy with the work they did on our house,” Dann says.

As with how long the entire process took from start to finish, Dann and Beth were happy with how it went.

“It was handled really well. From the initial estimate of our house to the post-project cleanup, KBS was very communicative and professional in their work. It took a bit longer than expected, but by only a day or two.”

For those who are looking to start a home improvement project, this couple has some advice.

“Budget. Also, seek multiple estimates,” Dann says. “You get a general sense of the market pricing, and some estimates will reveal aspects of the project that other estimates won’t.” ■



The Kuttlers chose white and light blue for their new siding to brighten up their home. It had gray siding when they moved in.

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UNDERSTANDING how your credit score impacts a mortgage

Eligibility for many financial products is largely determined by your credit score, especially when buying a home. For example, your mortgage interest rate can be heavily impacted by your credit score. A high credit score will likely qualify you for a lower interest rate and help you to save money on your mortgage.



bureaus, Equifax, Experian and TransUnion, to come up with a scoring range of 300-850. FICO is most used by the mortgage industry. Your FICO credit score is calculated based on five major components: payment history, amount owed, length of credit history, new credit, credit mix.

What elements impact your credit score the most?

About 35% of your credit score is based on whether you pay your bills on time, making it the most important factor. Another 30% of your credit score is based on how much debt you owe, which is why it's important to consider paying down some debt before purchasing a home.

What steps should you take when contemplating a home mortgage?

Pull a free credit report online at annualcreditreport.com to check it for errors. This will assure the reported information under your name and social security number is accurate. Correcting any errors you find may

also raise your scores, so it is a good idea to do so before applying for a mortgage.

What actions can improve your credit score?

It's important to note repairing bad credit can take time. Beware of any "quick fix" solutions offered. The following tips can help:

- Check your credit report
- Set up payment reminders and/or pay off collection accounts
- Reduce the amount of debt you owe

When considering a home mortgage, pay attention to your credit habits and understand how your credit score can impact the homebuying process. By taking active steps to better your credit or keep your credit score high, you'll soon be well on your way to homeownership. ■

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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READY for something different?

When we look at our world and our relationships, many of us are ready for something different. We want less division, less anxiety and less hostility. We want more unity, more peace and more hope. But what will actually get us there?

When Jesus began his ministry, He was speaking to people who really wanted something different. Their cultural and political environment had led to multiple passionate groups all claiming their way was best. It was complicated, divisive and exhausting. The average person was tired and fed up.

And so, when Jesus began His ministry, He gave a message about what life would look like with Him. He spoke of a different way of life: a life that wasn't like the popular culture, but neither was it like the religion of the day. It didn't even fit into the average person's hopes and dreams. Instead of giving them the "different" they wanted, He gave them the "different" they needed. He invited them into a way of life so different it could only happen if God was in charge.

Jesus invited his listeners into different perspectives and priorities on pretty much everything. He said evil can be overcome by kindness. Bitterness can be replaced with forgiveness, and judgement can be replaced with humility. Interactions with those you disagree with can be respectful. Money doesn't have to be a source of constant stress, and stress in general doesn't have to control you. In summary, Jesus said there's a whole different path to walk on, a whole different foundation to build your life upon.

Maybe you are ready for something different. But do you know what will get you there? Continuing the same thing is probably not the answer. As the well-known quote says, "The definition of insanity is doing the same thing over and over again and expecting different results." So, what if you tried the very different way of Jesus? It might not be the different you are looking for, but it might be the different you need. Start by reading Jesus' message in Matthew, chapters 5-7. Then find some people who will try to live differently with you and see what happens.

If you are exhausted by the division and fear of this world and are hungry for something better, learn from Jesus the "different" that will lead you to a peace and perspective that can change everything. ■

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



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CHURCH celebrates 50 years of serving others

Christ the King Lutheran Church looks to the future.

Fifty years ago, a group gathered to form a mission church in Altoona. Christ the King Lutheran Church was the result, and its congregation continues to serve others.

The church was built at 600 First Ave. N. and held its first service in its new home in 1976. It was the community's first Lutheran church, and some of those early members continue to be active in the congregation.

"Our two large demographics are longstanding members and others who have moved to the area," Pastor John Schonkaes, who has been with Christ the King Lutheran Church for 23 years, says. "It's an interesting dynamic, the difference between the two generations. We have an extended faith family. We do well with the intergenerational dynamic."

The faith family provides support and connection in a variety of ways when members are in a time of need, he says.

"The ladies' Bible study is thick as thieves," Schonkaes says.

"We are retired and at least 12 of us are usually there. We've very close," says Marilyn Stuart.

"A group of women who had babies around the same time also drew very close," Keith Hyland, who, along with his wife, Sue, is another longtime member, says. "They formed lifelong relationships. Many have moved away, but they remain in contact."

"It's hard to be a member and not form some close connections," Schonkaes says.

Stuart is one of those whose family has been involved since the church was being formed.

"Family members were confirmed here. My parents had their 50th anniversary celebration here," she says. "It's been very precious to our family."

She recalls serving on the building committee and exploring options for the church's layout.

"We visited I don't know how many churches in Iowa to get ideas," she says, adding that the group chose church in the round. "We thought we would be closer together, and it would be more of a community."

"It lends itself to more intimacy," Schonkaes says. He jokes, "We Lutherans want to be in the back but can't do that here."

In the early 1980s, the Lutheran Church - Missouri Synod provided a grant so the growing church could build an addition, Keith says.

"We were desperate for space," he says,



Christ the King Lutheran Church celebrated its 50th anniversary this month.

adding that Sunday school was being held in the entryway and kitchen and additional space was needed to expand the preschool, which is one of the church's missions.

"We were getting young families," Keith says. "Several had lived in small towns and came to work in Des Moines."

Over the years, members of the congregation have contributed not only to the church's missions but to the daily work needed at Christ the King Lutheran Church.

Stuart recalls her dad building cupboards in the church and herself staining wood in the addition.

"We have been very blessed to have many talented members," Keith says, adding that they contribute those talents in many ways, such as maintenance and technology. The church was one of the earliest to use screens and projectors.

"We were pretty much on the cutting edge," says Schonkaes. "We like the old, but we're not afraid of innovation."

Stuart has shared her artistic talents with the church over the years, and the results are on display in many of the windows. A stained-glass artist, she has created many pieces that adorn the sanctuary.

The Lutheran Women's Missionary League has been making Christmas ornaments every year since the early 1980s as a fundraiser for missionary projects. They personalize the ornaments with names and dates, creating collectibles that many members have cherished.

Another mission of the church has been quilting for the Lutheran World Relief Orphan Grain Train, Sue Hyland says. A mission Sunday project was also established involving the congregation working on a project together. One of the projects was assembling 52 hygiene kits.

The congregation also makes egg casseroles given



Pastor John Schonkaes, Marilyn Stuart, and Keith and Sue Hyland in the sanctuary of Christ the King Lutheran Church.

to the Salvation Army to feed the homeless. The vacation bible school also had a mission project this year making lap quilts to donate to care facilities.

As the long-time stalwarts of the church get older, Schonkaes says it's important to prepare for the future.

"We are helping to raise up the next generation of leaders in the church," he says. "As older members retire, we are starting to see that happen, which is great."

Meanwhile, the church's congregation continues to focus on community service, which includes the preschool and support of local organizations such as Caring Hands, Schonkaes says. The church also funds missionary work of a member with Native American tribes. Schonkaes has also served as the chaplain for the Altoona police and fire departments. The congregation hosted a spaghetti dinner during RAGBRAI and provided a cooling center. This list of ways the church has had an impact goes on.

"We continue to serve and partner with other organizations to let Altoona know we care and are here," Schonkaes says, adding the church will also continue to build on its strengths and "grow God's Kingdom." ■

ALTOONA

SEPTEMBER 2024

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SOUTHEAST POLK HOMECOMING PARADE

The Southeast Polk High School homecoming parade will be held on Thursday, Sept. 26 at 6 p.m. Because of parade lineup, Venbury Drive will be closed around 5 p.m. from 8th St SW to near 5th Ave SW. The route travels from near City Hall to Centennial Elementary, traveling primarily along 13th Street.

ALTOONA FIRE OPEN HOUSE

The Altoona Fire Department is hosting a pair of Open House events in early October to commemorate National Fire Prevention Week.

- Wednesday, Oct. 9 at 4 p.m. – Open House and commemoration ceremony for the new Fire Training Facility (access through gates in Aquatic Center Parking lot).
- Saturday, Oct. 12 from 10 a.m. – 2 p.m. – Open House at the Fire Station with live fire demonstrations and free food provided courtesy of Hy-Vee.

More information on both events is available on the community calendar on the city's website, www.altoona-iowa.com.

FINAL BRUSH DROP-OFF

The final brush drop-off for Altoona residents will happen from 8 a.m. – Noon on Saturday, Oct. 5. Because of ongoing construction on 8th St SW, residents should access the brush drop-off site, by entering the gates located in the parking lot of the Altoona Aquatics Park (1200 Venbury Dr).

Please have information identifying you as a City of Altoona resident ready when you drop off brush. No leaves or bushes.

FALL YARD WORK REMINDERS

The City of Altoona appreciates your cooperation in keeping Altoona beautiful and maintaining the storm drains by raking and mulching your leaves on your own property. If you have lots of leaves or you choose not to mulch, please remember not to blow the leaves into the street where they can clog the storm sewers (City Ordinance 135.05). Also, burning leaves is not allowed within city limits (City Ordinance 105.05).

Yard waste can be placed in Compost It! bags or store-brand bags with a green Compost It! sticker attached. Or, throw everything in your 96-gallon Compost It! cart and take it to the curb on your regular collection day. Cart service for yard waste is renewed annually.

Learn more about Metro Waste's Compost It! program and what's accepted by visiting www.WhereItShouldGo.com/YardWaste, or by calling 515-244-0021.

PARK BATHROOMS CLOSING SOON

The permanent bathrooms located at Haines, Lion's, and Village parks and Sam Wise Youth Complex are closing on approximately October 15 for the season. Portable bathrooms located throughout the city parks will also be removed around that date. These closures help the city to protect the pipes from freezing. Although, we may have some beautiful, warm, fall days, freezing temperatures are common in late fall overnights. Bathrooms will open, and be replaced, at parks for the spring, around April 15, weather permitting.

Rentals of the outdoor park shelters also end for the season on October 15th.

SAVE THE DATE FOR HALLOWEEN FUN

There are several opportunities for ghosts, ghouls and goblins to scare up some fun this Halloween. The Altoona Chamber's annual Business Trick or Treat event will be held on Wednesday, Oct. 23 from 5-7 p.m. More information is available at altoonachamber.org. Citywide trick or treating in Altoona will happen on Beggars' Night, Wednesday, October 30 from 6-8 p.m. For any new residents, local tradition includes children sharing a joke or riddle with homeowners who are handing out candy. Happy Haunting!





HOW-TO

GUIDE

HOW TO CHOOSE AN INTERIOR DESIGNER

You've decided to update your home or business and have lots of ideas but are overwhelmed with where to begin. A good interior designer will help bring those ideas to life by clarifying your vision and providing you with a detailed design plan that transforms your space and functions well for you.

Investing in an interior designer adds valuable experience and expertise to your project. As industry experts, they can connect you with the resources needed for your project and provide you with plans to communicate the details. They are specialists in design trends and knowledgeable of the products, building process and codes. They will help streamline the process and alleviate the pressure of making design decisions. Here are a few things to consider when searching for an interior designer to refresh your space.

DEFINE YOUR PROJECT GOALS AND STYLE

Think about your specific project goals and do some research gathering imagery in advance of meeting with an interior designer.

Think about what styles or concepts you are drawn to and collect images that appeal to you or spark interest and that you would like to see in your space. Doing this can save time and will help to initiate discussion.

SELECTING AN INTERIOR DESIGNER

Narrow your search to interior designers who have done work similar to your project. Choose two to three interior designers with a similar design aesthetic to what you are drawn to and meet with them to see if they would be a good fit for your project. The design needs and scope of a residential project will vary greatly from that of a commercial project; it's important to find an interior designer that is familiar with your project type and the process.

COST

The fee to hire an interior designer will vary depending on the project type, project scope and designer's experience. Some designers charge an hourly rate or flat fee

for a project, some work on a cost-plus basis by purchasing items for the project then adding a percentage, and some designers do a combination.

CERTIFICATION

Certain states, including Iowa, require those utilizing the title "Registered Interior Designer" to meet the formal interior design education requirements, experience and passage of the NCIDQ (National Council for Interior Design Qualification) exam. Continuing education requirements also apply, ensuring interior designers are aware of industry updates — from finishes, fixtures and furniture to the health, safety and welfare of the public. A list of registered interior designers in Iowa can be found on Iowa's Professional Licensing Bureau website. Professional interior design organizations include, among others: IIDA (International Interior Design Association) and ASID (American Society of Interior Designers). ■



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HOW TO CHOOSE YOUR FLORIST

Whether it's a wedding, birthday, expression of sympathy, anniversary or party, flowers speak a universal language and deliver a heartfelt message.

Choosing the right florist can make all the difference. A professional florist will know how to make colors, flowers and even scent work for your occasion. Selecting a local florist will allow you to discuss your needs, view flowers in-store and those that can be ordered, while supporting a local small business.

Here are some things to consider when choosing your florist.

RESEARCH FLORISTS

Popular florists are usually busy year-round, so begin researching right away.

Ask family and friends for their suggestions. Research online for local florists in your area and check out their reviews. Call your best recommended florists to check their availability.

Once you have a list of florists who are available, set up a consultation to discuss florals and to receive a quote. Determine your budget prior, as it will be a factor in your decision-making process. Look for floral arrangements, flowers and color palettes in magazines and online and take them to the consultation.

YOUR FLORAL CONSULTATION

Look around the shop when you get there. Is the store inviting, and do you feel comfortable? The best florists have a wide range of options for plants and florals.

Are the employees friendly and attentive? Make sure your personalities fit. It makes for a much smoother planning process, and it always helps to have a great and friendly experience.

Inform the florist of your needs. Show the florist your inspirational pictures; the florist should be able to give suggestions about flowers and designs. Just remember,

any picture online will most likely have some manipulation in lighting and color, so natural flowers may appear a little differently.

Ask to see examples of previous event florals. Each professional brings a sense of personal style to his/her arrangements.

Once you have agreed on pricing and have confirmed the arrangements and the quantity you will receive, ensure you have a signed contract. Include when the arrangements will arrive at the venue and who will be setting them up. Confirm when payment is expected. Understand the floral contract before signing.

SHOW SOME LOVE

Did your florist provide amazing customer service and beautiful flowers? The best recommendation comes from word of mouth and reviews. Leave them a review on Google, Yelp, Facebook, etc. It really provides a positive impact, especially for small business florists. ■

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HOW TO CHOOSE GARAGE DOORS

Garage doors are often an afterthought to homeowners — but they shouldn't be. Garage doors are the first thing most notice about a home, so when it comes to choosing them for a new home or replacing them, significant thought and research should take place. If your garage door is part of the front of your house, a new door could dramatically improve your curb appeal and change the overall look of your home. If you're hoping to sell, worn, dated doors tend to say a lot about the condition of the rest of the home. A garage door is also an excellent security asset for your home, allowing you to secure your vehicle inside.

If you're thinking about installing a new garage door, you may be surprised at just how many options are on the market — and how affordable they are.

THE LOOK

Garage doors have seen an explosion in styles, materials and colors that are designed to match the architecture of any home, from rural barns to craftsman bungalows or sleek urban getaways. If you thought your choices were limited to simple basic styles, think again. You should pay close attention to the materials. Today's garage doors can be made with expensive hardwoods, steel, fiberglass or aluminum, all of which will have a big impact

on the look and longevity of your doors. Pay close attention to the maintenance needs of whatever material you choose and the direction your garage door will face. Some will hold their color longer than others (direction has an impact here), and real wood doors will likely require regular staining and sealing to keep them looking spectacular.

INSULATION

Depending on climate and how you use your garage, the insulation of your garage door can be an important factor. If you use your garage as a workspace or entertainment space, insulation is something you should include. An insulated door can also make a positive impact on your energy usage by helping to keep the hot and cold weather away from the interior of your house.

SERVICE

The most common issues with garage doors requiring service are broken springs, thrown cables and photo-eye misalignment. These issues are easily resolved with a service call where the spring(s) or cable can be replaced and photo-eyes adjusted or replaced. It is rare for parts like rollers, brackets, bearings or torsion rods to require replacement. ■



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IT'S BACK!

Who will be voted favorite in Eastern Polk County?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.



Make your voice be heard and cast your votes in the 2024 Eastern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January Altoona and Bondurant editions. You can vote in one or every category, or anywhere in between.

SCAN HERE TO VOTE TODAY!



HURRY! POLL CLOSSES DEC. 6, 2024

See rules and vote at www.iowalivingmagazines.com/residentspoll. One vote per resident, please.

FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Consignment Store

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym
- Alternative Health Care

HEALTH/BEAUTY

- Pharmacy
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
- Law Firm
- Accounting Firm
- Veterinarian
- Dog Groomer
- Lawn Care Business
- Nursery or Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder
- Outdoor Lawn Equipment Store
- Pest Control
- General Contractor/Remodeling

Be sure to check for cancelations.

River Bottoms Festival

Sept. 28

Runnells City Park

The public is invited to the fourth annual River Bottoms Festival. Admission is \$20 for adults at the gate. The family fun includes a free Kids Zone with inflatables and video game truck. Enjoy the parade. Lineup is at 10:30 a.m. at the water tower. Other events include a softball tournament, BBQ Smokeout and a pop up vendor and craft market from noon to 4 p.m. Food and drink trucks will be onsite. The Southeast Polk Class of 1999 will be meeting at the shelter at 6 p.m. The Runnells Legion Cornhole tournament, \$50 per team, will be at 2 p.m. with registration from noon to 1:30 p.m. Musical entertainment includes Scott Hammond, 2-5 p.m.; Jordan Beem, 5:30-7:30 p.m.; and Savage Freds, 8-11 p.m. BYOB permitted.

Brush Drop Off

Saturday, Oct. 5, 8 a.m. to noon

Enter at Altoona Aquatics Park

Because of road construction on Eighth St. S.W., residents are asked to enter the gates of the brush drop off in the Altoona Aquatics Park parking lot. This event is for Altoona residents only. Have information identifying you as a resident ready when you drop off brush. Only branches and small diameter (12 inches or less) trunks are allowed. No leaves or bushes allowed.

Boo-ze Ball Golf Classic

Oct. 11

Toad Valley Golf Course

To register for the Altoona Chamber's golf event, visit www.altoonachamber.org. The shotgun start is at 9 a.m. Cost is \$300 per team or \$75 per person.

Business Trick or Treat

Wednesday, Oct. 23, 5-7 p.m.

Civic Plaza, 360 Center Place, Altoona

The public is invited to wear their costumes and enjoy Altoona Chamber's Business Trick or Treat.

Fire Training Facility Open House

Oct. 9, 4 p.m.

Enter at Altoona Aquatics Park

Join the Altoona Fire Department for a special open house for National Fire Prevention Week to celebrate its new Fire Training Facility. Events include a commemoration of the Prairie Meadows grant at 4:30 p.m., tours of the facility, live training demonstrations and a National Fire Sprinkler Association Live Fire Demonstration.

Altoona Fire Station Open House

Sunday, Oct. 12, 10 a.m. to 2 p.m.

Altoona Fire Station, 950 Venbury Drive

Celebrate National Fire Prevention Week by attending the fire department's open house. This is an all-ages events with free drink and food, tours of the fire station and trucks, visiting with firefighters, and emergency-themed learning stations. ■

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MEET Terri Tobey

Guiding her students through a year of growth



Terri Tobey, a teacher at Centennial Elementary School, has been with the district 30 years.

Although she was not born in Iowa, Terri Tobey has lived in the state since she was very young. She is a graduate of East High School and has lived in Runnells with her family for the past 22 years. She began substitute teaching for the Southeast Polk Community School District soon after graduating from Iowa State University then accepted a long-term position with the Centennial Elementary

School, where she has been teaching for the past 30 years.

“Our district has amazing kids and families. I am privileged to work with teachers and adults that care so much about kids. Teachers in our district work hard, set high standards and are very dedicated,” she says.

Tobey likes working with students at the first grade level because they love coming to school every day and want to learn, she says. Her students have a lot of energy and personality. She also enjoys watching the transformation her students make. She says that first grade is a year of tremendous growth and learning to become independent.

“I have my students greet each other every day in some way. Whether it is with a smile or a handshake or a hug. We treat each other like one big family here at Centennial,” Tobey says.

This school year, she says she is looking forward to watching all her students, past and present, learn and grow. She is also looking forward to learning and growing herself alongside her co-workers at Centennial Elementary School.

“The standards are set high for our students as well as for ourselves at Southeast Polk. It is a district that cares about families and students. Being an educator means you are devoting tremendous amounts of time and energy toward making sure your students grow, meet goals and have their best days here at school,” Tobey says. ■

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- 1 Omaha Steaks Seasoning (3 oz.)

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UNDO summer sun damage

Summer is officially over, and you might be finding yourself with duller skin, rougher texture, and more freckling and sunspots. Adding an exfoliation step into your home skincare regimen, as well as to your professional services, can help undo the UV damage that accumulated over the summer months. There are two main types of exfoliations, both with benefits to maintain youthful skin and a healthy skin barrier.



Physical exfoliation utilizes various tools or scrubs to provide physical abrasion of dead skin cells. Examples at home include the use of wash cloths or brushes, while professional physical exfoliation includes services such as dermaplaning and DiamondGlow. Chemical exfoliation uses different agents, such as alpha hydroxy acids (like glycolic and lactic acids) and beta hydroxy acids (like salicylic acid) to loosen up dead skin cells, allowing them to slough away. Laser skin rejuvenation is another option for treatment of sun damage, providing dramatic results, sometimes in a single treatment session. Laser skin rejuvenation has also been shown to decrease the risk and incidence of non-melanoma skin cancers, including basal cell and squamous cell carcinomas.

An effective approach to treating sun damage includes both an at-home and professional service regimen based on your skin type, concerns, social schedule and budget. ■

Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com

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HELPING teens thrive

Teenagers often get a bad rap, but they are going through a period of massive growth and transition physically, socially and emotionally. They may not always have a lot to say, and sometimes they can be a little moody, but they are navigating a lot of change and a lot of stress, all while discovering themselves and figuring out who they are.

Balancing their nervous system function is essential to help them best adapt to all the changes, stress and growth they are experiencing. Clearing the nervous system also helps with cognitive reasoning, decision making and emotional regulation.

There has been a steady increase, and even more drastically in the past few years, of physical and emotional stress in teens that indicate the need for chiropractic care. Examples include: forward head carriage, or “tech neck,” from phone and computer use; rounding in the shoulders from hunching forward; headaches; anxiety, depression and other mood disorders; attention deficits and gut and digestive dysfunction.

Our teens are bombarded with stressors from the outside world: social media, bullying and pressure to fit in, along with schoolwork, extra curriculars, jobs and so much more. A healthy nervous system can adapt to these stressors and self-regulate.

Neurologically focused chiropractic can help regulate the nervous system. While chiropractic care can't take away all the stress that comes as part of growing up, we can build up their adaptability and resilience and make sure their postural changes don't result in long-term dysfunction. Schedule a nervous system scan for your teenager today and discover how chiropractic can help them thrive. ■

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

A Healthy Family is a Happy Family!

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CRISPY grilled chicken with a kick

(Family Features)

Those first school bells may be ringing, but they don't have to signal the end of grilling season. This blackened spatchcock chicken keeps the meat moist, tender and tasty with crispy skin and a spicy seasoning to keep your summer spirit alive. Visit Culinary.net to find more recipes that keep your grill lit all year long. ■

Blackened spatchcock chicken

- 1 whole chicken
- 1 cup melted butter or ghee
- 2 tablespoons heat-and-sweet seasoning
- 1/2 tablespoon garlic powder
- salt, to taste
- pepper, to taste

DIRECTIONS

- Heat grill to 375-400 F.
- Use kitchen shears or knife to remove backbone from chicken to lay flat. Remove rib cage, if desired, or push flat with hands.
- Mix butter, heat-and-sweet seasoning and garlic powder. Using meat injector, inject mixture into chicken. Rub remaining buttered seasoning over chicken and season with salt and pepper, to taste.
- Place spatchcock chicken breast-side up over indirect heat and cook 35-40 minutes.
- When internal temperature reaches 145 F, flip chicken breast-side down over direct heat 5 minutes, or until internal temperature reaches 165 F.
- Let rest 10 minutes before serving.



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PREPARING for the cold and flu season

Autumn leaves and pumpkins, please. I love fall. In my opinion, fall starts Sept. 1. I pull the fall decorations out, and I start preparing for the season. One of the most important ways I prepare for the fall season is by getting ready for that other not-so-fun season that coincides with fall: the “cold and flu season.” Here are some helpful tips for keeping yourself healthy and being prepared “just in case.”



The best way to help prevent the flu is to get your flu shot. The CDC states, “Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with circulating influenza viruses.” Experts recommend you get your flu shot early this year. There are several places around the metro where you could get your flu shot and get an added perk such as coupons for money off of fuel or other purchases. Additionally, most pharmacies accept walk-ins for flu shots.

The most effective way to prevent getting sick is to wash your hands. Pretty simple, I know, but you would be surprised how many people do not wash their hands. Singing “Happy Birthday” twice is a good way to know that you have washed your hands long enough to kill bacteria. Also, avoid touching your face, especially your eyes, nose and mouth. These are areas where a virus can enter your system.

No matter how hard we try to prevent getting sick, sometimes it still happens. Going out to the store when you don’t feel well to get needed supplies can wear you down and potentially pass along whatever virus you may have to others. Take time while you feel well to stock your pantry and buy some comfort foods such as chicken soup and drinks that will keep you hydrated. Keep your medicine cabinet stocked as well. Make sure you have cough drops, antihistamines, cough medicines and fever and pain relief medicines. Other health supplies such as tissues, a thermometer and a humidifier are good to have on hand as well.

Go out and enjoy the beautiful fall season and be confident in knowing you are prepared, “just in case.” ■

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

GRIEF 101: Writing as a tool

Even though grief is the natural and normal reaction to loss, it can feel everything but that. Grief is not only experienced emotionally, but also physically, psychologically, behaviorally and spiritually. It’s important to find ways to process what you are going through.



One way to help process is to write it down. It can help to provide clarity to what you have been experiencing and can help to release a little from your overworking brain.

Not sure where to start? Try some of these prompts...

What has been the most difficult part of this grief for you?

What is it that no one else understands?

What do you miss the most about the person who died?

What is helping you to settle into this new life after the death?

Journaling can also help as time passes for you to be able to look back and see how your grief has changed. Whether it is in small or big ways, change in grief shows us that we are integrating the loss into our lives and adjusting to life after the death of our person. The gauge in grief isn’t necessarily about “feeling better” or forgetting our person or “moving on,” but rather adjusting to life without your person’s physical presence and carrying the love you have for them forward with 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.

Plan Ahead for
PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

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EMBRACING the tribe concept

How we're building a stronger community together

We're thrilled to share how we're embracing the concept of "tribes" here at the Altoona Area Chamber of Commerce, inspired by Seth Godin's insightful ideas. A tribe, in Godin's view, is more than just a group of people; it's a community united by a shared purpose and driven by inspiring leadership. We're proud to say we're already embodying these principles, and we want to highlight how we're doing a great job of creating a tribe where everyone feels connected and valued.



Creating a shared vision: One of the cornerstones of our tribe is a clear, collective vision. We've worked hard to define what matters most to our members and our community. Whether it's fostering local business growth, supporting community initiatives, or promoting economic development, our mission is centered around common goals that resonate with all of you. This shared vision helps us work together more effectively and build a stronger, more cohesive community.

Fostering genuine connections: At the heart of our chamber's activities is a focus on building real relationships. We're not just about hosting events; we're about creating meaningful opportunities for you to connect with each other. From our small gatherings to collaborative projects, we strive to make every interaction count. It's through these deeper connections that we build the trust and camaraderie that make our chamber feel like a true tribe.

Providing inspiring leadership: Strong leadership is key to a thriving tribe, and we're committed to providing the guidance and support you need. Our leadership is dedicated to being transparent, supportive and proactive. We aim to inspire and motivate our members, helping you achieve your goals and contributing to our shared vision. We believe that effective leadership fosters a sense of belonging and drives our collective success.

Encouraging active participation: We love seeing our members take an active role in shaping our chamber's activities and initiatives. Whether it's through volunteering, leading committees or contributing to special projects, your involvement helps strengthen our community. We're here to support and facilitate your participation, ensuring that everyone has a chance to contribute to our tribe's success.

Celebrating our achievements: Recognizing and celebrating our collective accomplishments is an important part of our tribe's spirit. We take pride in highlighting the successes and contributions of our members. By celebrating together, we reinforce our sense of community and shared purpose.

We're proud of how we're embracing the tribe concept and are excited to continue building a stronger, more connected community with you. Here's to our growing tribe and all the great things we'll achieve together. ■

Information provided by Alyssa Knudsen, 2024 Altoona Area Chamber of Commerce President and owner of Altar Stationery.

Altoona Chamber's Halloween

TRICK OR TREAT

WEDNESDAY OCTOBER 23

CIVIC PLAZA
05:00PM - 07:00PM

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OUT & ABOUT



Mary Sloan accepts the Residents' Choice certificate for HearingLife, voted Favorite Audiologist/Hearing Clinic.



Theresa Brady and Sharon Long accept the Residents' Choice award for Toad Valley's Field of Greens Miniature Golf, voted Favorite Dad/Child Date Spot.



Amy McManus accepts the Residents' Choice award for McManus Automotive, voted Favorite Auto Service.



Rick Kroeger and Kyle Lee at the Perk Before Work Sept. 2 at the Iowa Donor Network in Altoona.



Dr. Christopher Reil at the Perk Before Work Sept. 2 at the Iowa Donor Network in Altoona.



Mason Grimes, with Cody, accepts the Residents' Choice certificate for CBD American Shaman, which was voted Favorite CBD Store.



Monica West and Julie Schneider at the Perk Before Work Sept. 2 at the Iowa Donor Network in Altoona.



Pennie Carroll and Melissa Horton at the Perk Before Work Sept. 2 at the Iowa Donor Network in Altoona.



Shannon Salazar-Aleman, Mark Vander Tuig and Twila Shreves at Noon Networking Sept. 17 at Johnny's Italian Steakhouse.



Matt Kiernan and Melissa Horton at Noon Networking Sept. 17 at Johnny's Italian Steakhouse.



Kyle Lee and Angela Jones at Noon Networking Sept. 17 at Johnny's Italian Steakhouse.



Garrett Birkett, Rick Kroeger and Tim Guiter at Noon Networking Sept. 17 at Johnny's Italian Steakhouse.

GROUND Breaking

SkinFusion FX broke ground in Olde Town Altoona on Aug. 23.



SkinFusion FX broke ground in Olde Town Altoona on Aug. 23.



Kiona Dodson and Kaylee Wiskus



Nicole and Mike Morgan



Cassie Hansen and Gabe Kennicker



Tyler Chalstrom, Ben Butzke and Chris Wernimont



Alyssa McCarl, Ellie Lessard, Jacie Mitchell, Kirby Fort and Nicole Morgan



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1,980sqft

\$279,000

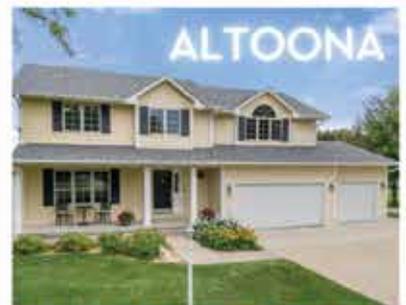


ALTOONA

103 12TH ST SE

2 Bed
1 Bath
1,560sqft

\$229,000



ALTOONA

8065 NE 25TH AVE

4 Bed
3.25 Bath
1,934sqft

\$725,000



pca PENNIE CARROLL & ASSOCIATES
REAL ESTATE

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