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THE NEED for speed

My friend Mark wrote a poem entitled “The Need For Speed” in a literature class in high school. It was about the thrill he felt when opening the throttle while riding his snowmobile.

I don't remember Mark's exact words, but I do remember those of our teacher, Mrs. Rosonke. She wrote on his paper, “You are scaring me!” She obviously never felt the snow hit her face at 55 mph, or smelled the fuel as it burned out of the exhaust, or experienced the tickle in her stomach when going airborne over a snowdrift. Yes, there is something truly satisfying about speed, at least for some personalities.

Mark wrote his paper sometime around 1986. That was about the same time the original “Top Gun” movie was released in theaters. You may remember Tom Cruise's character, Maverick, saying, “I feel the need ...” and Anthony Edwards' character, Goose, replying with “... the need for speed!” I am not sure who coined that phrase first, Mark, Maverick or Goose, but it doesn't matter. They all enjoyed the satisfaction felt when hitting high speeds.

I saw a similar reaction to Mark's when I put my teenage daughter on a jet ski for the first time. She had her driver's permit, but I had to push her to take the test. Like many youth of today, she was not in a hurry to drive. But, on the open water, without fear of hitting anything, she opened the throttle on that jet ski, and she smiled from ear to ear while her hair blew in the wind. I had to peel her hands off the handle grips.

I have the need for speed as well. Motorcycles. Boats. Cars. ATVs. Anything with a gas engine that can build up speed gives me a rush. Even a chainsaw. Maybe, fortunately, a few speeding tickets in my younger years and a steep increase in my insurance rates helped curtail that fascination.

In this month's cover, we share the stories of local residents who participate in racing sports and truly understand the need for speed. But it's not all about putting the pedal to the metal. Racing, for many, is a culture. A lifestyle. A tradition. And, for the rest of us — including Mrs. Rosonke — an entertaining read.

As always, I thank you for reading. ■



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THE *Race* IS ON

Residents share their passion for reaching the winner's circle

By Sean Dengler

When driving through Iowa's wide-open spaces, who hasn't wondered what it would be like to put the pedal to the metal and see just how fast they can go? Who hasn't, in the congested traffic of the metro rush hour, thought about stepping on it, weaving through the traffic, and roaring over an imagined finish line? For most of us, such thoughts remain a daydream. Others, however, make pursuit of the winner's circle part of their lives. They commit the time and money it takes to hit the racing circuit — in whatever type of vehicle they prefer. And many will say the thrill of the race has them hooked.

Austin McCarl has been involved with racing since childhood and racing sprint cars since he was 15.



Austin McCarl in action on the track

A family tradition

Following in the footsteps of his Grandpa Lenard and dad, Terry, Austin McCarl has been involved with racing since childhood.

“It’s all I really know,” he says. “My grandpa built racecars, built engines, raced himself, and owned racecars until he retired. He raced basically until he died. Then my dad started racing when he was pretty young. He followed in my grandpa’s footsteps and has raced for a living my entire life. Honestly, it’s kind of the cliché thing. It’s in my blood a little bit. It was what my grandpa did. It was what my dad did,



Austin McCarl celebrates a win with family and friends.

and I just grew up loving it and being obsessed with it.”

For McCarl, who has raced since he was 8 and raced sprint cars since he was 15, it comes down to the fundamentals to be a successful

driver.

“It’s building nice racecars, doing things the right way and doing things maybe a little bit differently than other people to try and just go a little bit faster,” he says. “It’s using knowledge



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YOUR SKIN'S BEST FRIEND

that I've obtained over basically the 50 years that my family's been doing this."

McCarl has a few favorite memories including making the A Main, the main feature race, at the Knoxville Nationals at age 18 in 2011.

"I was tied with three other guys to be the second youngest, so basically fourth or fifth youngest person to ever make it," he says.

He was also able to gain the upper hand on his dad.

"Earlier that year, I was starting to really improve. My dad, at the time, was one of the top three or four guys in the country, easily, and I passed him one night in one and two, and I was so excited. I went down to three and four, just like lost my marbles and spun out."

McCarl says racing is like basketball.

"I would say being able to think going fast is key," he says. "I loved basketball growing up, and I thought it was kind of oddly a lot like racing in the fact that everything happens really, really quickly. A lot of times you can plan out what you think is going to happen — or have three or four different scenarios of what you hope happens — but you just never know. You have to really react and just be able to think on your feet really, really quick."

As for those looking to get involved in racing, McCarl has a few suggestions.

"It just kind of takes money to be real," he says. "If you're interested in it, anybody can do it."

He adds that, most importantly, spend time at the race track and the racing community.

"Talk to people and learn," he says. "Try to learn the ins and outs as much as you can, what you need, what you don't need."

A racing life

For Casey Woken, starting in racing happened when he was young.

"I have been involved with racing since I was born. My dad was a crew chief for three stock cars when I was young, so I was surrounded by dirt track racing 24/7/365. Racing has been a lifestyle my entire life."

Being immersed in this lifestyle led him down the racing path.

"Growing up at the races, it was always something I had the itch for," he says.

"Running around the pits after the races, getting autographs and pictures from my favorite driver every single weekend always made me want to be 'that guy.' I idolized weekly drivers and was fortunate enough that



Casey Woken says racing is his family's lifestyle, and they enjoy the time together.

those guys were willing to talk to me and guide me to be successful."

Even after completing his 18th season in stock cars, Woken still enjoys racing for one reason.

"I don't think I could ever explain it in words, but, in one simple term, adrenaline," he says. "Once high school sports ended, I felt as though it's one of the only ways a person can experience an adrenaline rush. One of the greatest feelings in the world is adrenaline, and nothing can make that happen quite like dirt track racing."

Woken says it is difficult to narrow it down to one favorite memory from his racing career.

"I have been fortunate enough to win 70 stock car features, seven track championships and a Nebraska State Championship. I think, if I had to pick one favorite memory, it would be the first time ever making the 'big dance' at IMCA Super Nationals. Growing up, making the big show at Boone (IMCA Super Nationals) was always a dream. Since then, we have made it four times."

Woken says it is important for drivers to help develop the sport.

"As a driver, my advice to other drivers is to always be a role model. Emotions always get the best of us, but remember, there is always a young kid in the stands that idolizes you," he says. "Always go out of your way to acknowledge the young fans walking around the pits after the races. Sign their shirts, give them something to take home. Kids are easily influenced, and this sport won't survive without getting the youth hooked."

Woken is proud of his family's lifestyle.

"Racing is my family's lifestyle. My wife and kid love it as much as I do," he says. "I met



Casey Woken races his stock car.

my wife at the racetrack. We took our daughter to her first race when she was 3 months old. When you ask my 3-year-old daughter what she wants to do, it's 'go racing.' Nothing will ever compare to celebrating in victory lane with your family."

Racing young

To start a new hobby, all it took was a spark for Alicea and Ed Weyrick's two sons.

"My in-laws, who live in southeastern Iowa, built a racetrack a couple of years ago," Alicea says. "They have four wheelers, minibikes, and now they have go karts. So, Cameron, 10, started driving out at the farm first. And then Weson, 7, got in one, and he's kind of the daredevil."

This is the boys' second year driving competitively in winged karts after a year racing at the farm. They each have distinct reasons for becoming drivers, according to Alicea.

"With Cam, he likes being out there with his brother," she says.

Alicea mentioned Weson was inspired by another driver.

"Wes has a favorite sprint car driver. His name is Brian 'Blackjack' Brown," she says.



Cameron and Weson Weyrick started racing on a track at their grandparents' property.



“For his fifth birthday, he wanted a Blackjack birthday. He’s like, ‘Mom, I just want to be Brian Brown.’”

Weson adds, he likes racing “because it’s really fun.”

With 10 podium finishes for Weson and six for Cameron, the two already have lasting memories at the beginning of their racing careers.

“When Weson got his first-place trophy, we had him stand up on (the wing of the go-kart). He did the ‘wing dance’ as Ed calls it. When they podium finish, there’s like a glisten in their eyes.”

Ed says he has enjoyed contributing to the boys’ success.

“Seeing them win or get podium finishes makes me feel like I’ve done good in the garage,” he says. “Because winning races starts in the garage, not in the pits.”

Alicea also enjoys the camaraderie of the racing community at the River Bottom Raceway in Carlisle.

“We’ve created friendships and a family,” she says. “When they go down to Carlisle, they can go wherever. There are people watching our kids all the time.”

For those looking to get their children involved in racing, Alicea has advice.

“If you come out, then you have to talk to people,” she says. “That’s pretty much what Ed did. We had no idea even though he’s raced hobby stock.”

If you look for go karts, Alicea suggests checking social media.

“There are Facebook groups,” she says. “People are selling their go karts all the time.”

As for what Alicea thinks of her sons’ young racing careers, “I’m really proud of them,” she says.

Thankful for everyone

Looking up to dad is how Tyler Inman became a racecar driver.

“My dad was always involved in racing. I always looked up to him and wanted to race like he did,” he says.

Inman knew from an early age he wanted to race and is appreciative of the support.

“I always thought it would be a cool opportunity to drive a racecar. My dreams have come true thanks to all of the help and support from sponsors, friends and family.”

Racing has provided a lot of enjoyment during his eight-year career.

“I enjoy racing because there’s nothing like the adrenaline rush that’s resulted from being at the track and racing with competitors,” he



Tyler Inman with his car and the checkered flag after a win at the Boone Speedway.

says. “When you get into a racecar, there’s nothing else you can think about. There’s a lot of challenges, a lot of unseen hard work and finances involved, but it is the greatest feeling in the world to be the first one to the checkered flag.”

His favorite memory includes his dad.

“My first win is always memorable, but the one thing that always sticks out to me is when I got the opportunity to race my dad,” Inman says. “He may have been behind me where I couldn’t see him, but it was still awesome to be on the track with him at the same time.”

In addition to being a successful driver, Inman says off-the-track skills also matter.

“Some skills that people don’t realize they need are marketing skills,” he says. “They need to be able to be marketable. In racing today, it takes a lot of money, and that money usually comes from sponsors. In return, you want to be as reputable and marketable as possible.”

Inman has a couple of suggestions for those looking to become involved in racing.

“Dreams do come true. If you are interested in racing, first you need to just be around it. Learn everything you can and then propose the idea to potential sponsors or people willing to help,” he says.

Over the course of racing for eight years, Inman is very thankful.

“It has been full of ups and downs, but I am very thankful for the friends, family and partners that have always helped me to succeed,” he says. ■

RECIPE

EGG ravioli with sage and almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

DIRECTIONS

- Fill large pot with water. Bring water to gentle boil over medium-high heat.
- In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

- Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.
- Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
- Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.
- Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer



section.

- Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy. ■

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ALTOONA Public Library news

ADULT PROGRAMMING – AGES 18 AND OLDER

DIY Upcycled Jewelry, Thursday, Nov. 7 at 6 p.m. Join us for a workshop on making new jewelry from old jewelry. We'll combine old beads, charms, wire and chains to create your own keychain, earrings or necklace. We'll provide everything you need. Just bring yourself and your creativity. Registration required.

Puzzle Competish, Saturday, Nov. 16 at 1 p.m. Ready to puzzle your way to greatness? Bring your team of three to five puzzlers and battle jigsaw style. Our puzzle for this round is 500 pieces. Registration required.

Card Making, Wednesday, Nov. 30, at 6 p.m. Join us for a card making step-by-step tutorial. We'll make several holiday-themed cards, and all the materials will be provided. Registration required.

CHILDREN'S PROGRAMMING

Pipsqueak Playdate, Fridays from 10-11 a.m. Come play and socialize at the library. We will have toys and activities set up for your little one to explore. Ages 5 and younger. No registration required.

LEGO Club, Tuesday, Nov. 12, from 5:30-6:30 p.m. Join us to build a LEGO masterpiece. We will supply the LEGOs. You bring the creativity. Grades K-6. Registration required.

Crafternoon, Thursday, Nov. 14, from 4-5 p.m. Drop in to create

a festive turkey magnet, available while supplies last. Grades PreK-6. No registration required.

TEEN PROGRAMMING

Zine Night, Monday, Nov. 4, from 6-7 p.m. Zines are a way to share art, information and humor. You can create a fanzine about something you love, drawings of how you feel each day, your favorite music, a funny thing that happened — all you need is paper and something to say. We'll provide the supplies and instructions. You bring the creativity. Grades 6-12. No registration required.

Friendsgiving, Monday, Nov. 25, from 6-7 p.m. Gather your friends and join us to watch "Friends" and share food. We'll have a baked potato bar to enjoy. Grades 6-12. No registration required.

Teen Hangout, Fridays in November, from 3:30-4:30 p.m. Need to unwind after a long week? Come join us in the library meeting room to meet friends and chill. There will be a weekly activity, from making buttons to video games, or you can just hang out, study or relax. Grades 6-12. No registration required. ■

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Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

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Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:

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SUBMISSIONS MUST BE RECEIVED BY NOV. 14.



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SPOTTING Facebook scams

Social media platforms have become a prime spot for scammers and imposters to use artificial intelligence (AI) technology for their benefit. Whether it be investment scams, ticket sale scams or giveaway



scams, Facebook specifically has been impacted the most* by scammers, imposters and hackers. In this article, we illustrate how an investment scam works, highlight two other prevalent scams to keep in mind and give you steps to take if you think you've been impacted by a scam.

An investment scam is when an individual receives a message from an old friend via Facebook about a "too good to be true" opportunity. For example, you may be offered the opportunity to buy cheap cryptocurrency and receive outstanding returns.

Here's how it works:

Old friend or classmate reaches out.

They tell you about this money-making

opportunity.

You agree to send them your money.

Scammer disappears with your money.

What to do:

If you receive a message like this example, do not respond or click on any links they send. Do report the account and raise awareness with your friends and family. Remember, when an opportunity sounds too good to be true, it usually is.

Two other scams to keep in mind

1. Giveaway scams — Scammers will incentivize individuals with free prizes or winnings. Before giving it to the individual, they may make them pay "taxes" or "shipping" and/or provide personal data to "claim" the prize. The individual will give their money and/or information, and the scammer will disappear with it.

2. Ticket sales scams — Similar to giveaway scams, ticket scammers will post a screenshot or QR code offering up a discounted ticket to an event. Excited fans will buy them

and be left with no tickets and no way to get their money back.

If you've been impacted by a Facebook scam, here are a few immediate steps to take:

- Report the profile or page* on Facebook.
- Contact the Federal Trade Commission (FTC) to file a complaint online at <https://reportfraud.ftc.gov/> or by phone at 877-FTC-HELP (877-382-4357).
- Notify the financial institutions where you have accounts. This includes your bank, credit card companies, investment companies, insurance companies and brokerage firms.
- File a police report with your local police department.
- Change your Facebook and internet banking passwords.

Learn more about how to avoid scams on the Facebook Help Center.* ■

Information provided by Mary Simon, VP, Altoona Branch Manager, 3820 Eighth St. S.W., Altoona, 515-245-5480, MSimon@BankersTrust.com. Bankers Trust NMLS ID: 440379.

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2) 2 direct deposits (ACH credits) or Express Deposits (aka mobile deposits) of at least \$200 each. A "deposit" for the purposes of this section does not include ATM deposits, deposits made in person, account-to-account transfers, or other deposits to your Bonus Account.

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EMPOWERING students through scholarships

VFW Post 12208 offers student support.



The Timothy Brandon Lay VFW Post 12208 in Altoona is helping make a difference in the lives of young students through VFW's national scholarship programs, Patriot's Pen and Voice of Democracy. These two initiatives are part of an effort to encourage civic engagement, critical thinking and awareness of American history among students.

Melinda Blazek of the Altoona post shared insights into these impactful programs, noting that, while the deadline for this year's entries is fast approaching on Oct. 31, the scholarships are designed to encourage reflection and participation in American democracy year-round.

Patriot's Pen is open to middle school students from sixth to eighth grade and asks them to write a 300- to 400-word essay on an assigned theme. This year's theme, "My Voice in America's Democracy," invites students to explore their role in the nation's democratic process and share their thoughts on America's future.

"Basically, it encourages youngsters to examine America's history and their own experiences," Blazek says. "It gets them thinking about their role in society."

Essays submitted are judged on a set of national criteria, with top entries advancing through multiple rounds, including district, state and, eventually, the national level. Winners at the post level receive monetary awards of \$75 for first place, \$50 for second and \$25 for third. From there, the first-place winners move on to compete for state and national

prizes. At the state level, the top prize is \$500, while, at the national level, the first-place winner is awarded \$5,000.

Voice of Democracy targets high school students in grades 9-12. Unlike Patriot's Pen, this contest requires participants to write and record a speech on an assigned theme. This year's theme, "Is America Today Our Forefathers' Vision?" encourages students to think deeply about the country's past, present and future.

"It gets them thinking about where they fit into society and about the history of America," Blazek says.

With a top national prize of \$35,000 awarded as a scholarship, there's ample reason to apply. The odds are favorable given that, last year, only 25,000 high school students nationwide entered the contest.

"If you can write and give a really good speech, it's a good thing," says Blazek.

Similar to Patriot's Pen, winners advance from the post level to district, state and national levels, with the state-level winner receiving a minimum of \$1,000. State winners also win a trip to Washington, D.C., to tour the city and be honored by the VFW and its Auxiliary.

Beyond the monetary rewards, these scholarship programs offer students a chance to engage with their community and larger society.

More information on the contests can be found on the VFW's national website, www.vfw.org/community/youth-and-education/youth-scholarships, or by emailing altoonapost12208@gmail.com. ■

ALTOONA

OCTOBER 2024

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BEGGARS' NIGHT

The City of Altoona celebrates Beggars' Night with trick or treating from 6-8 p.m. on Wednesday, Oct. 30.

New Altoona residents should note that children may be asked to recite a joke while trick or treating as part of local Beggars' Night traditions. Residents who wish to participate in trick or treating should turn their outdoor lights on between the hours of 6-8 p.m. to signal that children can stop by. Those who do not wish to participate should turn outdoor "porch lights" off between the hours of 6-8 p.m.

Finally, as little ghouls and goblins are out and about on the 30th, please ensure you are being extra watchful, especially if you are traveling around town during trick or treat hours. Have a safe, and happy Halloween!



NEW COMMUNICATION TOOL

The city has started to use a new communication technology tool to give residents a way to track news and information on departments and projects that are most important to them. Residents can sign up by providing their email address in the box that pops up on the city's website, www.altoona-iowa.com.

FALL YARD WORK

Please remember as you clean up your yards this fall, that you should not be pushing leaves and other yard waste into streets and storm sewers. Yard waste can be collected and placed in Metro Waste Compost It! Bags or in Compost It! Yard carts. Yard waste collection season ends on November 26. For more details, visit www.mwatoday.com.



IRRIGATION METER

Fall is a great time of year to install an irrigation meter. These tools can help you save money on your monthly water bill.

An irrigation meter is a separate meter that measures the amount of water used for items such as lawns, washing exterior surfaces, washing vehicles, filling pools, etc. By having the irrigation meter installed, the sanitary sewer rate fee is not assessed for water usage in the "irrigation system", which would include outside faucets. A separate meter is the only way to accurately measure the water used exclusively from outside faucets.

According to the U.S. EPA, the typical single-family suburban household uses at least 30 percent of their water for irrigation. Of the 26 billion gallons of water consumed daily in the United States, approximately 7.8 billion gallons, or 30 percent, is devoted to outdoor uses. The majority of this is used for irrigation. In the summer, the amount of water used outdoors by a household can exceed the amount used for all other purposes in the entire year.

The cost of the meter is \$130.00 plus a plumbing permit fee and is installed by a city employee after the plumbing has been completed. The homeowner may do the plumbing if a plumbing permit is issued. You can find information on irrigation meters at www.altoona-iowa.com under the water department tab.

Note: the cost of the meter increases if the meter is being installed as part of an irrigation system.

Please call the utility billing department at 515-967-5136 with questions.



VISIT with loved ones about final arrangements

As we anticipate the approaching holidays, I am sure many of us are looking forward to special time with family. This can be a perfect time to visit about your own final arrangements with those closest to you.



Folks whom we meet with often share they would like to discuss their final arrangements with their children before finalizing their plans. However, it can sometimes be a challenge to find the best time to do this. Holidays bring families together and can provide that perfect opportunity to discuss these important matters.

This conversation does not need to be difficult. It can be a time to share your preferences and find out what will be important to those whom you love. Ultimately, it will provide the opportunity to avoid surprises when the day comes that funeral services are needed... and the reassurance that this is what mom or dad wanted.

Don't shy away from having this conversation. Take this opportunity to have this discussion. You will be glad you did. ■

Information provided by Scott Eriksen, Director of Hamilton's Advanced Planning, Hamilton's Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.

Plan Ahead for
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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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PLANNING for long-term care needs

American citizens are aging rapidly, and we are ill-prepared. The number of Americans over the age of 60 who will need long-term care will more than triple over the next three decades. Around 30 million people are estimated to live in long-term care by 2050. This is in large part due to the aging baby boomer population, but also due to the increasing prevalence of chronic diseases that eventually require long-term care services, such as cardiovascular disorders and diabetes. The U.S. Department of Health and Human Services estimates that nearly 70% of 65-year-olds will need some form of long-term care in their lifetime. Of that 70%, the average person will need long-term care services for three years, and 20% will need long-term care services for five years or more. Despite these astounding statistics, Americans are not saving for long-term care costs. Long-term care services can cost more than \$100,000 per year, and prices continue to rise. Most people are not only unsure of how they will pay for long-term care, they are not well versed in how much it will cost. In a recent poll, only around 7% of people shared that they are familiar with what 24-hour care costs.



More than half of aging adults have not discussed or planned potential long-term care needs with their spouses or loved ones. Thinking about aging and the associated cost can be scary and intimidating, but the lack of open dialog about it is scarier. People often think that their spouse or children will care for them, but depending on the level of care needed, that may not always be possible. Often, long-term care is not discussed or looked into until there is a medically emergent situation, which results in immense pressure on loved ones to not only find long-term care placement but also navigate how to pay for it.

An increasing number of aging adults depend on, or are planning to depend on, Medicaid to cover their 24-hour care costs or hold the false belief that Medicare covers long-term care costs. However, many nursing homes have to limit the number of Medicaid patients they accept because Medicaid reimburses far below the daily cost of care.

Ultimately, the discussions around our country's long-term care crisis are not adequately communicated, which can result in devastating results for middle-income families. If you haven't started these discussions with your loved ones or support advocates, it's not too early to start. ■

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

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Hollie Finders,
ARNP, FNP-C

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WHAT OUR world needs now

What our world needs now is _____. How would you complete that sentence? Did you say, “Love, sweet love”?

Now, seriously, if you had the power to do one thing that would make our world a better place, what would you do? When you think about all the anger and anxiety, the loneliness and division, all the complex challenges that we face, what does our world need now?



Jesus has an answer to this question. After his resurrection, Jesus was getting ready to go back to heaven, so he gathered his disciples to explain his plan for what the world needs now. Jesus said, “Go and make disciples” (Matthew 28:19). He specifically used the word “disciple” because he wanted to clarify the kind of person he was referring to.

Jesus described a disciple in two ways. First, a disciple is baptized. The Greek word for baptize can be translated “immersed.” Think of a sunken ship immersed in the ocean. Water has filled every nook and cranny of that ship. Jesus said a disciple is filled like that, not with water, but with the very presence of God. That means there wouldn’t be room for much else like bitterness, greed, pride and hatred. Therefore, that person would have peace. Jesus’ peace is not just the absence of conflict but rather the presence of wholeness, completeness and wellbeing. Jesus is saying what the world needs now is disciples filled with the peace of God, overflowing a non-anxious presence into the lives of those around them.

But that’s not all. Jesus also described a disciple as someone who is learning to obey his teachings. When I have a question about my car, I check the owner’s manual because no one knows how my car is supposed to work like the one who made it. When I have a question about my life, I go to the Bible because there is no one who knows how my life is supposed to work like the one who created me. Jesus invites people to learn his perspective on how life is supposed to work on everything from marriage and parenting to finances and conflict. Jesus is saying, what the world needs now is disciples, filled with the perspective of God, who offer an alternative way of life to a hurting world.

The world — and our lives — are filled with complex challenges, but Jesus says, what the world needs now are disciples who are filled with his peace and perspective. The world can seem overwhelming, but Jesus uses ordinary, weak disciples to make a difference in their circle of influence. So, seek the peace and perspective of Jesus, and let him use you to be what this world needs now. ■

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

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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.

Upcoming in Altoona Living magazine:

• **Community landmarks:** What do you think are the most notable landmarks in your community? Send a note to tammy@iowalivingmagazines.com. Note what community you live in.



• **Do you have a holiday recipe that has special meaning to you?** Will you share it with our readers? Email tammy@iowalivingmagazines.com to have it included in our December issue. In your email, mention the community where you live.

• **Veterans Salute:** Help us honor veterans. Email your information (name, town you reside in, military branch, rank, year enlisted and discharged/retired) and photo to tammy@iowalivingmagazines.com.



North Pole Craft and Vendor Show

Saturday, Nov. 9, 9 a.m. to 3 p.m.,
Adventureland Inn, 3200
Adventureland Drive, Altoona

Enjoy a variety of vendors. Admission is \$1 or one non-perishable food item to be donated to St. Vincent De Paul Society of Des Moines.



Beggars Night Trick-or-Treating

Wednesday, Oct. 30, 6-8 p.m.
Altoona

The city of Altoona designates Oct. 30 as Beggars Night, with trick-or-treating from 6-8 p.m.

Chili and Oyster Bazaar

Nov. 16, 4:30-6:30 p.m.
Centennial United Methodist
Church, 9150 N.E.
University Ave., Altoona

The public is invited to the Centennial United Methodist Church's Chili and Oyster Bazaar. A freewill donation will be accepted.



Veterans Day Celebration

Nov. 11, 11 a.m.
Prairie Meadows Casino, Racetrack and Hotel

The Veterans Day Celebration will feature remarks from military personnel, live music, military displays, free lunch and more.

'Anastasia: The Musical - Youth Edition'

Oct. 25-Nov. 10,
Fridays at 7 p.m.,
Saturdays and Sundays at 2 p.m.
CAP Theatre, 201 First Ave. S.,
Altoona

CAP Theatre presents "Anastasia: The Musical - Youth Edition," a musical inspired by the 1997 Twentieth Century Fox film. This hour-long adaptation of the 2017 Broadway show brings audiences to 1920s Soviet Russia as a young woman goes on an adventure to find her past and her future. The show features iconic songs from the original film and Broadway musical, like "Journey to the Past" and "Once Upon a December." Tickets are \$16 for adults, \$14 for seniors and \$10 for students. Presented by arrangement with Concord Theatricals.



Modern Custom Dreamz Trunk or Treat

Oct. 26, 6-8 p.m.
Spectators Sports
Bar and Grill, 3200
Adventureland Drive,
Altoona

Enjoy Trunk or Treat with Modern Custom Dreamz. Cars load in at 5 p.m. with candy handout from 6-7:30 p.m. Car awards will be presented at 7:30 p.m. Bring school supplies to donate in support of Oak Park Elementary. \$5 entry for car participation.



Fall Craft Show

Saturday, Nov. 9,
9 a.m. to 3 p.m.
ZaGaZig Shrine Temple,
1100 Shriners Parkway,
Altoona

The Ladies Auxiliary will be hosting a ZaGaZig Shrine Ladies Auxiliary Fall Craft Show with more than 45 crafters and vendors. A bake sale will also be held, and lunch will be served. For more information, visit the group's Facebook event page.

Be sure to check for cancelations.

Bricker Price Block Senior Speaker Series

Fridays through mid-November, 10 a.m.

105 S. Chestnut Ave., Earlham

Enjoy these free, educational, historical and/or cultural presentations in the upstairs of the historic Bricker Price Block event venue. Programs are:

- Nov. 1: What is A.I. and How Can I Use It? Cory Houghton
- Nov. 8: Madison County in World War I, Linda Griffith Smith
- Nov. 15: Iowa in WWII, Michael Vogt, Iowa Gold Star Military Museum
- Nov. 22: Our World, Our Stories: International Students Share Their Heritage, Emilijia Rajic of Serbia and Vladilena Vetrova of Moldova.

Trick-or-Treat at The Learning Post & Toys

Oct. 31, 4-7 p.m.

The Learning Post & Toys, 2761 100th St., Urbandale

The public is invited to a free Trick or Treat event at the store. Wear your costume, get your photo taken with Dino-Mite, the giant T-Rex, grab a treat and enter to win a grand prize.



Des Moines Community Orchestra concerts

The Des Moines Community Orchestra has announced its concert dates for the 2024/2025 concert season. Admission is free. Concerts start at 2 p.m. with pre-concert talks at 1 p.m. For more information, visit desmoinescommunityorchestra.org. Concerts are:

- Sunday, Oct. 27, Halloween Costume Concert, Sheslow Auditorium.
- Sunday, Dec. 8, Celebrate & Sing Handel's Messiah, Grace United Methodist Church.
- Sunday, Feb. 23, Winter Concert and Past Audience Favorites, Sheslow Auditorium.
- Sunday, May 11, Spring Concert, Carl's Favorite Finales, Sheslow Auditorium. ■

Iowa Wind Ensemble, A Sousa Spectacular

Sunday, Oct. 27. 3 p.m.

Franklin Jr. High Events Center, Small Auditorium

Get ready to march to the beat of American history as the Central Iowa Wind Ensemble presents A Sousa Spectacular, an exciting tribute to the timeless legacy of John Philip Sousa, the "March King," and the golden age of American marches. This dynamic concert will transport audiences to a patriotic realm filled with grandeur, pride and musical excellence. For tickets, visit www.ciwe.org/sousa.

Family fun at Living History Farms

Oct. 25-27

Living History Farms, 11121 Hickman Road, Urbandale

Go online for start times. Enjoy a Halloween event designed for families. Trick-or-treat at storefronts in the 1876 town of Walnut Hill; enjoy storytellers, demonstrations and crafts; and join a hayrack ride. Cost is \$9 for ages 2 and older, \$8 for members. For more information, visit lhf.org/event/halloween.






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LASERS help prevent skin cancer

Skin cancer is the most common type of cancer in the United States but also one of the most preventable. Routine use of SPF of 50 or higher, avoidance of sun during peak hours, and wearing protective clothing all help block the sun's harmful rays to reduce risk. However, damage caused by the sun is cumulative over the life span, and, unfortunately, skin cancers still happen. Many advances in laser technology now offer an additional solution in the prevention of skin cancer. Ablative lasers work by removing part of the epidermis and are effective in reduction of both pre-cancerous and non-melanoma cancerous lesions (such as basal cell and squamous cell carcinoma), but also can have significant downtime and discomfort. New data suggests skin cancer prevention benefits with non-ablative fractional laser treatments include fewer side effects and reduced downtime for a patient-friendly experience. One study done at Massachusetts General Hospital showed that patients treated with non-ablative fractional laser had half the risk of developing facial keratinocyte carcinoma. They also found that the time to development of a keratinocyte carcinoma was significantly longer in the treated group versus the non-treated group. Researchers concluded that treating sun damage with non-ablative fractional laser, such as Erbium or CO2, gave healthy skin cells a selective advantage. However, if you have a suspected skin cancer, the gold standard treatment remains excision or Moh's surgery, and you should have any suspicious lesions evaluated by a board-certified dermatologist. ■



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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MEET Megan Smoldt

Kindergarten teacher enjoys the tremendous growth of students through the school year.



Megan Smoldt teaches kindergarten at Clay Elementary.

Megan Smoldt had heard great things about the Southeast Polk Community School District. Originally from Ankeny, she attended Ankeny Centennial before studying at Grand View University. When school representatives visited the college, she was interested in learning more about the Southeast Polk District. Now, she is in her second year teaching and her first year as a kindergarten teacher at Clay Elementary School.

"I love how many learning opportunities there are, and I can't wait to continue my learning journey through those courses. Everyone is also very supportive and welcoming," Smoldt says.

This year, her students will have the opportunity to create their own animal habitat using shoeboxes and other materials. During science units, her students will also incorporate fun experiments.

Smoldt says she enjoys teaching students in kindergarten because she likes seeing how creative her students are at a young age. She says it is rewarding to not only be able to teach her students life skills and knowledge but also see how excited they get about learning those new things.

"A reward to teaching is the outlet for creativity. I can change and adapt things to enhance each student's learning. There are so many possibilities for making student learning fun, and that's what I try to do," Smoldt says.

This school year, she says she is most excited to see how much her students learn. She says that kindergarten is a big year of growth, and she is looking forward to seeing all the learning they accomplish. ■

IOWA'S hemp crisis: urging citizens to take action

Iowa lawmakers passed a bill last session that made 80% of hemp products illegal, heavily impacting those who rely on these natural solutions. The bill was passed using scare tactics, such as claiming poison control calls increased by over 1,000%. In reality, calls rose from 6 to 69 over a 5-year period, with the majority involving children age 1 to 5. Obviously, children age 1 to 5 are not going into hemp stores to buy products. Importantly, these statistics do not differentiate between illegal off-the-street or out of state cannabis products, legal medical program cannabis products, or safe and legal products from local stores. No one has ever died from cannabis — something that can't be said about alcohol. In one year alone, 867 people in Iowa died from alcohol-related causes.



Instead of implementing reasonable measures, like requiring child-proof packaging (which the industry requested), the state has taken away our right to choose what is best for our health.

If hemp has positively impacted your life or the life of a loved one, share your story with your representatives. Urge them to make necessary improvements to ensure continued access to these valuable products. Your voice could make all the difference. ■

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. Reference: Poison Control Center. <https://dps.iowa.gov/bureaus-iowa-department-public-safety/iowa-office-drug-control-policy/drug-awareness>

INCREASE your immune system function

Your baseline health and immune system function are what determine how your body responds to environmental stressors such as viruses, bacteria and other pathogens, as well as emotional stressors like work, relationship or life stress. The way our immune system adapts to these stressors is determined by our baseline health status. Taking responsibility for building a strong immune system by living a healthy lifestyle is the most important thing you can do in restoring and maintaining health.

Get adjusted. A healthy functioning nervous system is self-healing, self-regulating and adapts to stressors in its environment. The body's ability to adapt is inhibited when overwhelmed with physical, chemical and emotional stressors. Chiropractors identify interferences to the nervous system, and chiropractic adjustments remove the interferences to allow the body to restore health by functioning and adapting on its own.

Proper supplementation of essential nutrients. Adequately supplementing vitamins and essential nutrients is necessary for optimal immune function. Work with a health and wellness practitioner to choose high-quality and bioavailable supplements that are tailored to your individual needs.

Exercise daily. Daily exercise decreases chronic inflammation and enables the body to express proper immune system function and proper organ function, including lungs and heart. Regularly taking a brisk walk also decreases the incidence and severity of an upper respiratory infection by 50%.

Eat to live. Consume a wholesome diet rich in vitamins and minerals. A wholesome, immunity-boosting diet contains a colorful assortment of fruits and vegetables with organic meats, fish and healthy fats. Avoid grains and sugar. ■

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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- No one has died from cannabis.²
- Hemp products provide relief for Iowans.



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¹ <https://dps.iowa.gov/bureaus-iowa-department-public-safety/iowa-office-drug-control-policy/drug-awareness>
² Page 3, https://www.dea.gov/sites/default/files/2020-06/Marijuana-Cannabis-2020_0.pdf

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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.

HURRY! POLL CLOSSES DEC. 6, 2024

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

SCAN HERE TO VOTE TODAY!



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

THE IMPORTANCE of shopping small

As the holiday season quickly approaches, the spirit of giving invites us to consider where we spend our hard-earned dollars. This year, embracing the philosophy of shopping small can have far-reaching benefits for our communities, particularly when it comes to supporting local retailers and businesses affiliated with your local chamber of commerce.



Shopping small plays a crucial role in sustaining local economies. Research shows that, for every \$100 spent at a local business, approximately \$68 remains within the community, compared to just \$43 when spent at a national chain. This retention of funds fosters job creation and stimulates local economic growth, ensuring that your neighbors thrive. Supporting businesses that are part of your local chamber of commerce amplifies this effect, as these organizations are dedicated to enhancing the business environment and advocating for local economic interests.

One of the most delightful aspects of shopping at small businesses is the unique offerings you'll find. Local retailers often feature handcrafted goods, specialty foods and one-of-a-kind gifts that reflect the character and creativity of the community. By choosing to shop small, you're not only finding distinctive items for your loved ones but also promoting the artisans and entrepreneurs who contribute to your local culture.

The personalized service you receive at small businesses can elevate your shopping experience. Local business owners are often passionate about their products and invested in their customers. This creates an inviting atmosphere where you can receive tailored recommendations and insights, making it easier to find the perfect gift. When you shop at chamber-affiliated businesses, you're also supporting a network that prioritizes customer relationships and community engagement.

As we enter this holiday season, consider the power of your shopping choices. By supporting small businesses and those affiliated with your local chamber of commerce, you contribute to a vibrant, resilient community. Your purchases not only provide unique gifts but also invest in the future of your neighbors and local economy.

This holiday, let's make a collective effort to shop small. Whether it's visiting a cozy boutique, enjoying a meal at a local restaurant, or exploring artisan markets, every choice you make can create a positive impact. Together, we can strengthen our community while making the holiday season truly special. ■

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



Promotion Begins
Thursday, November 14th



OUT & ABOUT



Jen Alexander and Tammy Jones Christensen at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Jenni Buchanan and Pennie Carroll at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Angela Ossian and guest speaker Molly Lopez, COO, Iowa Economic Development Authority/Iowa Finance Authority at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Lori Slings and Stephanie Groom at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Mary Simon and Molly Lopez at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Abby Allen and Jenni Buchanan at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Loral Rainey, Dr. Kari Swain, Molly Lopez, Jessica Lee and Kristen Potter at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



Gina Vitritto and Charlotte DePew at the Women of Vision event Sept. 25 at The Carriage House at PCA Real Estate.



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



Shannon Salazar-Aleman, Mark Vander Tuig and Twila Shreves 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.



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

OUT & ABOUT



Tish Bagley and Deb McReynolds at the Perk Before Work held at the Luke Sibley - Edward Jones office on Oct. 1.



Dr. Chris Reil and Kyle Lee at the Perk Before Work held at the Luke Sibley - Edward Jones office on Oct. 1.



Rick Kroeger and Chad Quick at the Perk Before Work held at the Luke Sibley - Edward Jones office on Oct. 1.



Luke and Lacie Sibley at the Perk Before Work held at the Luke Sibley - Edward Jones office on Oct. 1.



Kyle Lee, Megan Vore and Adam Roberts at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4.



Kaleb Badker, Zach Tracy and Adam Retzlaff at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4.



Tony Wilson, Jason Crooks, KC Miller and Blake Essex at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4.



Lance Routson, Andrew Simoni and Sean McAndrew at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4.



Alyssa Knudsen, Alyssa Wilson and Jessica Smith at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4.



Adam Roberts, Nikki Morgan, Dr. Elizabeth Ellrich, Chief Greg Stallman and Alyssa Knudsen at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4. Photo courtesy of Kennedy Wilson



Jake Hedgecock, Adam Roberts, Nikki Morgan, Dr. Elizabeth Ellrich, Chief Jared Ogbourne and Alyssa Knudsen at the First Responders Appreciation Lunch held at the Altoona Fire Department on Oct. 4. Photo courtesy of Kennedy Wilson

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