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ALTOONA

NOVEMBER 2024

Living

MAGAZINE

ON THE Map

Landmarks add to Altoona's character

Meet Brett Hutchinson

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Crab and shrimp sushi burrito

RECIPE

Honoring those who have served

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WELCOME

BINDING generations

Take a left by the old police station. Go three blocks till you come up to the water tower, then head right until you see the bear statue. Go past that for another block and turn left at the corner with the big rock. Then you will find what you are looking for, right next to where the old grocery store used to be.



Sound familiar? If you have ever asked for directions from someone who lived in a town for a long time, you likely heard something like that.

I worked at a gas station in high school, and a day rarely went by when people didn't stop in and ask for directions — and they also rarely wrote my instructions down. Either my directions were really simple, or they got lost along the way. I am guessing the latter.

I learned to first ask directions-seekers if they were familiar with the area. If the answer was yes, I could use landmarks as a guide. If the answer was no, I offered street names and my best guess for a number of blocks.

You may know people in town who moved to an older home where the prior owners lived for many decades. The Smith home. The Johnson home. The Jones home. The new owners could live there for 20 years, but many of the locals would still call it by the name of the prior inhabitants. Change is slow for many of us.

When our editor and I discussed a story idea about popular landmarks in the community, we both wondered what we would hear from residents when asked to name a few of the most popular. Parks. Ponds. Monuments. Bridges. Things like these topped the list, but we also heard about some unique landmarks that we guess many have never heard of. In that sense, landmarks are like art, and what defines art is different to every person.

French essayist Joseph Joubert said monuments are the grappling irons that bind one generation to another. I believe this to be true with many other landmarks, too, as they give us a sense of comfort and belonging and identity. And, although many of our central Iowa communities have a great deal in common, these landmarks make each one unique.

In this issue of your Living magazine, we share some of the popular landmarks in town and tell the stories of their relevance to the community. We hope you smile as you recall some of these, and we hope you are also inspired to seek out the others.

Thanks for reading. ■

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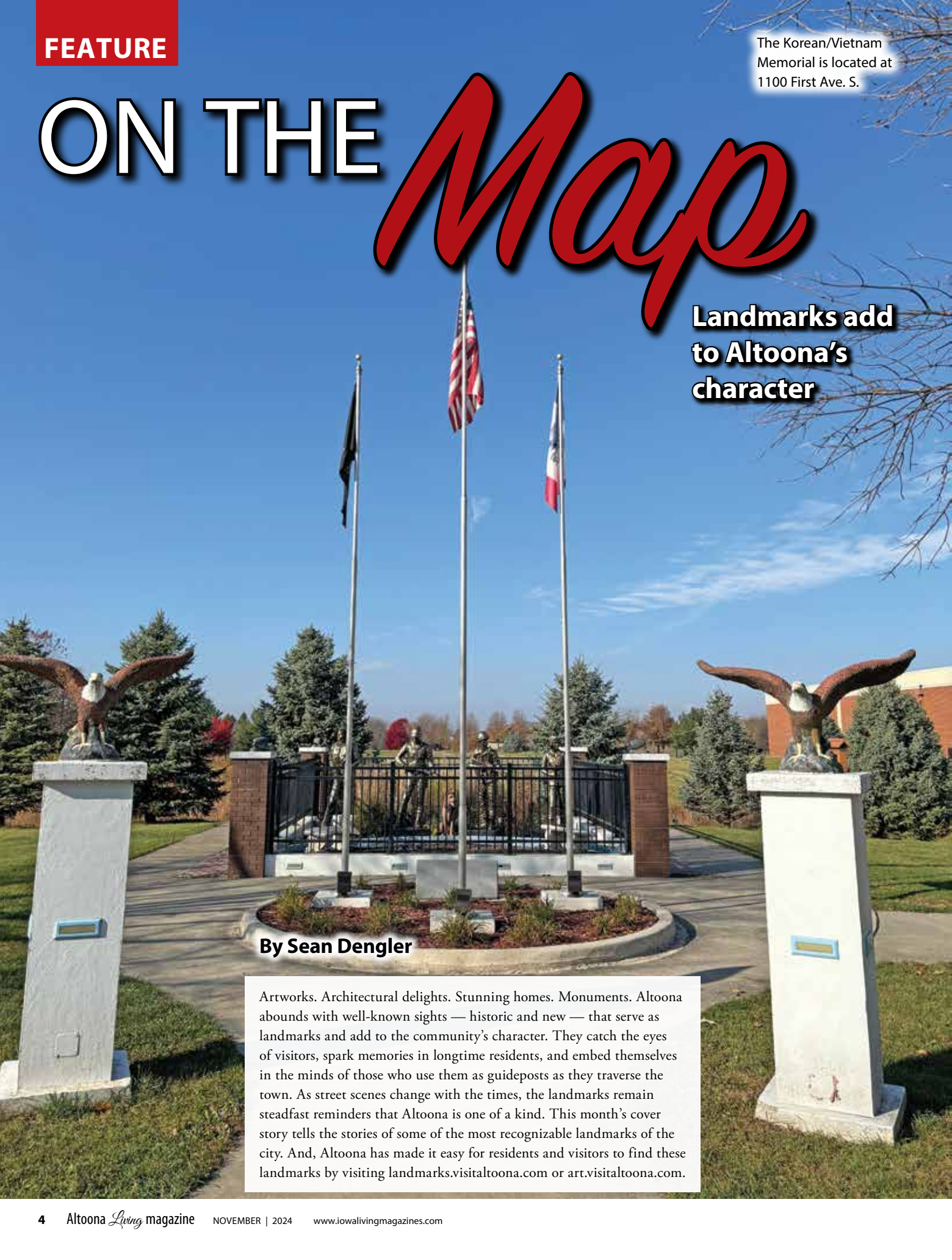
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The Korean/Vietnam Memorial is located at 1100 First Ave. S.

ON THE *Map*

Landmarks add to Altoona's character



By Sean Dengler

Artworks. Architectural delights. Stunning homes. Monuments. Altoona abounds with well-known sights — historic and new — that serve as landmarks and add to the community's character. They catch the eyes of visitors, spark memories in longtime residents, and embed themselves in the minds of those who use them as guideposts as they traverse the town. As street scenes change with the times, the landmarks remain steadfast reminders that Altoona is one of a kind. This month's cover story tells the stories of some of the most recognizable landmarks of the city. And, Altoona has made it easy for residents and visitors to find these landmarks by visiting landmarks.visitaltoona.com or art.visitaltoona.com.



A Vietnam-era fighter plane, a Corsair II, was brought to Altoona in 1997 and dedicated as a memorial to Vietnam veterans. It is located at the Sam Wise Youth Complex.

Veterans Memorial A-7D Jet Display

Corner of Eighth Avenue S.E. and Eighth Street S.E.

This authentic Vietnam-era fighter plane, a Corsair II, was brought to Altoona in 1997 and dedicated as a memorial to Vietnam veterans. Located at the Sam Wise Youth Complex, the plane is more than 38 feet wide and 46 feet long. Doug Teuber, an Altoona resident and veteran, was instrumental in establishing the display.

“He got the jet donated to the city to be able to create this display. He worked on grants from Prairie Meadows, and KCCI had a Project Main Street grant,” Alex Payne, president of the Altoona Area Historical Society, says.

Altoona Area Historical Museum

104 Second St. S.E.
Built originally by Altoona business owner R.A. Crawford, the main floor of the current Altoona Area Historical Museum was used as a general store. The upstairs meeting rooms were used by organizations like the Masons and the Altoona City Council.

“He (Mr. Crawford) would go on to Des Moines where he was a vice president of a bank,” Payne says.

R.A. Crawford was also a prominent leader at Drake University. Crawford Hall at Drake was named after him.

The museum is one of the most historically intact buildings remaining in Altoona, according to Payne. The sliding ladders on the display cases on the main floor and the woodwork throughout are original.

In 1919, Jess Porter bought the building and opened his hardware business, Porter



Built originally by Altoona business owner R.A. Crawford, the main floor of the current Altoona Area Historical Museum was used as a general store. It, and the water tower in the background, are landmarks.

Hardware. This business remained open for more than six decades. In 1982, Helen and Jim Blaney purchased the building and ran the fabrics shop, Back Door Fabrics, and insurance company until 2006 when they sold it. The City of Altoona bought the property in 2006 to turn it into a museum, and the rest is history.



Burget Mill is the oldest family-owned company in Altoona.

Burget Mill

200 First Ave. S.
This mill is the oldest family-owned company in Altoona. While the business is no longer at its original site, it has been located in the same building since 1930. In 1938, the building was transported to its current location. For more than 125 years, Burget Mill has milled corn and made feed for a variety of farm animals, including making horse feed for Prairie Meadows, Payne says.

Adventureland Resort

305 34th Ave. N.W.
Since 1974, Adventureland amusement park has been a focal point for Altoona residents and Iowans.

“It really is what caused Altoona to have an explosive boom in the entertainment industry. Without Adventureland, we probably wouldn’t have had Prairie Meadows,” Payne says.

One ride at Adventureland holds a significant place in Adventureland lore.

“The biggest landmark in Adventureland would be the Tornado rollercoaster that opened in 1978, Iowa’s longest, tallest and fastest wooden roller coaster,” Payne says.

The rollercoaster was also recognized as a landmark coaster by the American Coaster Enthusiasts in 2024.

“It is a really rare designation to be able to get that,” Payne says.

The Big Steer

1715 Adventureland Drive
Located near Adventureland, this restaurant is an institution in Altoona, especially with the large steer out front.

“You have the iconic steer sign outside where people will put special messages. You can put birthday messages, anniversary messages on it, along with them putting out what their different food specials are,” Payne says.

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FEATURE



The frog statue located outside of the library has become a landmark.

Frog at the Altoona Public Library 700 Eighth St. S.W.

The frog located outside of the library means a lot to Sarah Kavalier, a member of the Altoona Arts and Culture Commission.

“It’s a cool piece that you wouldn’t expect to see there, and kids love frogs. When you find a frog in your backyard or somewhere, you always try to catch and look at it. It’s something really cool — something kids can go up and touch and take pictures with. Plus, it’s at the library.”

Korean/Vietnam Memorial 1100 First Ave. S.

The statues at this memorial represent each service branch and honor veterans of several American wars. Doug Teuber was instrumental in establishing this memorial after purchasing a stone weighing approximately 16 tons for \$175 from an Altoona homeowner. There is also a fountain and mural at the memorial.

Stagecoach Route Marker Greenway Park, Adventureland Drive and Ninth Avenue N.W.

Marking a spot where a stagecoach broke down is not typically important unless it was rented by the State Treasurer in 1857. This is when the Iowa State Capitol was moved from Iowa City to Des Moines. The government employees with this stagecoach, which held four safes with the State’s most valuable assets, waited four days until rescuers arrived.

The Great Train Wreck of 1877 Monument One mile from Eighth Street S.W. and 17th Avenue S.W.

The railroad was instrumental to Altoona’s history, and one of the greatest rail accidents in the area happened on the afternoon of Aug. 29, 1877. Advertisements for the upcoming Barnum “Greatest Show on Earth” in Des Moines were everywhere. More than 15 people died in this accident at Little Four Mile Creek. Mr. Barnum helped the community after this accident.

“P. T. Barnum ended up coming to Des Moines to help raise money for the cottage hospital that was downtown where a lot of the victims went,” Payne says.



In honor of the 100th anniversary of America's first acre of commercial hybrid seed corn being grown in Altoona, the city celebrated with the CORNival celebration that included corn cob statues being placed throughout Altoona.

CORNival Statues

Located throughout Altoona

In honor of the 100th anniversary of America's first acre of commercial hybrid seed corn being grown in Altoona, the city celebrated with the CORNival celebration. This led to many corn cob statues being placed throughout Altoona.

"We found 19 artists who provided designs to us so that we could choose 20 statues of corn that would be decorated by artists," Kavalier says.

The Night Max Wore His Wolf Suit Suit mural

900 Venbury Drive

Designed by Justin Hillgrove in 2021, this artwork draws on inspiration from the children's book "Where the Wild Things Are." This public mural is a hidden treasure according to Kavalier.

"It's so big and so cool. It's not something that you would just drive by and see. You actually have to drive back behind or take the trail."

Praying for Prey sculpture at Enabling Garden

1050 First Ave. S.

This 12-foot praying mantis sculpture by John Brommel represents something different to each onlooker. Brommel spent a whole summer observing a congregation of 150 praying



The Night Max Wore His Wolf Suit Mural at 900 Venbury Drive was designed by Justin Hillgrove in 2021. This artwork draws on inspiration from the children's book "Where the Wild Things Are."

mantises to give him inspiration for this sculpture.

Besides the sculpture, Kavalier mentioned that the Enabling Garden is also a landmark.

"The Master Gardeners do an amazing job of providing a beautiful place with flowers and bushes. They do displays. Things change throughout the year."

There are also instruments kids can play behind the praying mantis sculpture.

Petty Garage

300 Fifth Ave. S.W.

While Don Petty does not have much of a garage anymore, he still tinkers. He likes to show what he has done in his yard.

"There might be an antique car out there or one of my own gas engines may be sitting out there. You might see my antique aircraft engine sitting out there on the trailer once in a while," he says.

Petty likes showing off these antiques to the community.

"I had people come by all the time and look at the antique tractors and stuff. A lot of times the old folks, they come by, and they want to get their picture taken because they had one when they were younger. I try to drive down to the old folks home here every once in a while with one of the antique cars or an old tractor, and the old guys out there get a kick out of



The Praying for Prey sculpture is at the Enabling Garden, 1050 First Ave. S.



Don Petty's yard has become a landmark. Many people note the various displays, including antique tractors, that Petty places on his property.

that."

Petty sets up holiday decorations throughout the year, and he likes to have a little bit of everything.

"Friends will visit, and other people from out of town. And they say, 'I've seen your tractors. You got tractors?' The next thing I know, they're looking at all the other toys that I got. And they call it a museum."

For Petty and Altoona alike, these landmarks add a special touch to the community. ■

CYBERSECURITY awareness: Banks never ask that

Every day, thousands of people fall victim to fraudulent emails, texts and calls from scammers pretending to be their bank. To promote awareness and understanding around cybersecurity, the American Bankers Association #BanksNeverAskThat campaign reminds you what information banks will and won't ask you to provide.



10 things #BanksNeverAskThat you do:

- Log in with a link via email
- Help with an “investigation”
- Move money to other accounts
- Take urgent action by using scare tactics
- Read back text codes on a phone call
- Verify your account password over the phone or by text
- Provide your Social Security number over the phone or by text
- Provide your PIN number just to “verify

who you are”

- Click suspicious links or open unexpected attachments
- Provide your account number, PIN or address during a phone call or text

Remember, don't fall for fake. Spot suspicious texts, emails and phone calls by knowing the things your bank would never ask. Visit banksneveraskthat.com for extra #BanksNeverAskThat educational and interactive resources:

- Read about red flags
- Play their Scam City Game
- Take their scam quiz
- Watch scam safety videos
- Practice safe checks

If you think you have been impacted by a phone call, text or email scam, here are a few immediate steps to take:

1. If you gave a scammer personal information, like your SSN or bank account number, go to IdentityTheft.gov to see what steps to take, including how to monitor your credit.
2. Change your password if you clicked on a

link and entered any personal information, like your username or password, into a fake site.

3. Contact your bank by calling the number on the back of your card.
4. If you lost money, file a police report.
5. File a complaint with the Federal Trade Commission at reportfraud.ftc.gov or call 1-877-FTC-HELP (382-4357).

If you have been scammed on a payment app, here are a few immediate steps to take:

1. Notify the payment app platform and ask them to reverse the charge.
2. If you linked the app to a credit card or debit card, report the fraud to your credit card company or bank. Ask them to reverse the charge.
3. File a police report.
4. File a complaint with the Federal Trade Commission at reportfraud.ftc.gov or call 1-877-FTC-HELP (382-4357). ■

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.

In addition, bonus eligibility will be verified 60 days after the Bonus Account's opening. Bonus will only be credited if the account is currently in an open status with a positive balance. Should you have met all eligibility requirements and are not subject to the limitations and exclusions contained herein, the bonus will be credited to the Bonus Account within 75 days of its opening. Limit one bonus per household. Offer not available to existing Bankers Trust checking customers or those that have had a checking account with Bankers Trust within six months of Bonus Account opening. Employees of Bankers Trust and/or its affiliates are not eligible for bonus. Offer available for a limited time. Early closing fee of \$250 will be charged if your Bonus Account is closed within 12 months of opening. Annual Percentage Yield (APY) on BreakFree Checking Plus is 0.60% for balances less than \$5,000.00 and 0.55% for balances \$5,000.00 and over, effective July 1, 2024, and subject to change without notice. Fees may reduce earnings.

ALTOONA NOVEMBER 2024

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HOLIDAY CLOSINGS

City Offices will not be open on the following dates:

THANKSGIVING: 11/28 and 11/29

CHRISTMAS: 12/24 and 12/25

NEW YEARS: 1/1



The Altoona Public Library will not be open on the following dates:

THANKSGIVING: 11/28 and 11/29

CHRISTMAS: 12/24 and 12/25

NEW YEARS: 1/1

**Shortened hours on additional days surrounding the holidays will be posted via social media and website updates.*



ALTOONA TREE LIGHTING

The official tree lighting will take place as part of the Christmas in Olde Town Celebration on **Saturday, Nov. 30**. Festivities will take place in the Olde Town neighborhood of Altoona and will begin at 2 p.m. For more information, follow the Altoona Historical Society on Facebook, or visit www.altoonahistory.org.

8TH ST SW CONSTRUCTION UPDATE

In November, contracted crews will stop work for the season on the stretch of 8th St SW between 28th Ave SW and the railroad underpass. Crews will return in the spring, once weather allows, to complete the removal and replacement of the eastbound lanes and median from 28th Ave SW to Scenic View Blvd. During the winter, all lanes of 8th St SW will be reopened for traffic to use. For the latest on this project, sign up for community alerts on the city's website, or visit the engineering department's project page at www.altoona-iowa.com.

YARD WASTE SEASON ENDS NOVEMBER 25 & 26

Compost It! yard waste season regular collection ends on your collection day either **Monday, Nov. 25** or **Tuesday, Nov. 26**.

A special collection for live Christmas trees will be held following that holiday. To learn more about Metro Waste Authority's Yard Waste collection program, visit www.mwatoday.com.



SNOW ORDINANCE

The snow removal parking ban is in effect from October through May or anytime snow and/or ice removal efforts are required. When the weather forecast predicts weather conditions that will require enforcement of the parking ban, a notice will be published on the City of Altoona's and/or Altoona Police Department's Facebook and X pages.

HOMEOWNER SNOW REMOVAL RESPONSIBILITIES

Homeowners/property owners are responsible for clearing snow from all sidewalks adjacent to your property within 24 hours after a snow weather event. All complaint calls will be referred to the Building Department for follow-up and code enforcement. If possible, please wait until after plows travel through before removing snow, as snow that ends up on sidewalks or driveways from city plows is the property owner's responsibility to remove. Please do not move snow from your driveway into the street. City snowplows will not clear private driveways except under emergency conditions and with the approval of their supervisor.

Please clean around fire hydrants in your yard so the Fire Department has easy access in case of a fire in your neighborhood. Please try and keep your driveway and approach to your house clear in case emergency personnel need to respond to your home. Postal workers and others delivering packages to your home will also appreciate a safe route to your front door.

BRING the taste of takeout home

(Family Features) Some nights, especially when schedules are jam packed, the allure of grabbing takeout or swinging through a drive-thru between activities may sound more appealing than spending time in the kitchen. You can skip the to-go boxes, however, with these tasty Asian-inspired dishes that come together almost as fast as delivery while allowing you to get creative at mealtime.

Packed with fresh shrimp and crispy veggies, this crab and shrimp sushi burrito fuses some favorite takeout dishes together to satisfy cravings in half an hour using Success Boil-in-Bag Jasmine Rice, which cooks up soft and fluffy and provides a flavorful and aromatic base. This combination of seafood, homemade sauces and flavorful veggies makes for an unforgettable taste experience comparable to your favorite quick-serve restaurant.

Find more recipe inspiration to tackle takeout cravings and more at SuccessRice.com. ■

Crab and shrimp sushi burrito

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 4

- 1 bag Success Jasmine Rice
- 1/2 cup unseasoned rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons kosher salt
- 2 tablespoons mayonnaise
- 2 tablespoons Sriracha sauce
- 1/4 teaspoon sesame oil
- 1 tablespoon black sesame seeds
- 4 sushi nori sheets
- 1/2 carrot, ribboned, divided
- 1/2 cucumber, ribboned, divided
- 6 crab sticks, shredded, divided
- 6 large shrimp, cooked, deveined, tails removed and butterflied, divided

DIRECTIONS

- Rinse rice bag under cold water to remove starch. Prepare rice according to package directions.
- In small saucepan over medium-low heat, heat rice vinegar, sugar and salt until sugar and salt have dissolved, about 1 minute. Set aside.
- In small bowl, mix mayonnaise, Sriracha sauce and sesame oil. Set aside.



- Transfer cooked rice onto large baking sheet. Drizzle half the vinegar mixture over rice, turning until all rice is fully coated. Taste and add more vinegar mixture, if desired. Spread rice into thin layer and cool to room temperature. Sprinkle sesame seeds on top.
- Lay down one sushi nori sheet. Spread layer of rice on it. Place half the carrots and cucumbers on rice. Place crab and shrimp on top.
- Place another sushi nori sheet just under first one and roll. Repeat with remaining sushi nori sheets, rice, carrots, cucumbers, crab and shrimp. Wrap both burritos in plastic wrap. Let rest 10 minutes.
- Slice burritos in half and serve with spicy mayo.

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PRACTICING thankfulness

“There is always a reason to be thankful.” “ ’Tis the season to be thankful.” “Grateful-thankful-blessed.” We often see these quotes or reminders around Thanksgiving on decorations, napkins and social media. It is the time of year when many of us reflect upon what we are thankful for. Thankfulness isn’t only good for the soul; it is good for the body. A mindset of thankfulness can help improve health and extend your life.



It can improve sleep, decrease depression, reduce headaches and decrease pain. Practicing thankfulness is a simple yet important practice and easy to implement into your daily routine. Here are a few ways you can practice thankfulness and gratitude in your day-to-day life.

Write in a gratitude journal what you are thankful for each day. A gratitude journal is similar to a diary, but it doesn’t have to be long, drawn-out paragraphs, it can just be a few words each day. This journal gives you the opportunity to reflect and record what you are thankful for. A bonus: When you are having a bad day, you can look back in your journal to see the positive and remember how many things there are to be thankful for. Understand that thankfulness doesn’t have to be a momentous event; it could be something small or an everyday moment.

Try a gratitude day. Pick one day during the week and don’t complain about anything. We live in a complaint culture. The United States is ranked No. 1 in countries that complain the most. Just say no to complaining and think about how you can spin a negative into a positive. Try to find the silver lining.

Try to add random acts of kindness into your day. Just a smile or a thoughtful gesture can improve someone’s day. Even if your acts aren’t seen, they can make a huge impact in others’ lives. Your random act of kindness could be what another person is thankful for that day.

Go for a walk outside and notice the natural beauty all around us. Fall is a beautiful time a year. The trees are changing color, the leaves are falling, and you can hear the wonderful sounds of the season as they crunch under your feet. There is so much in nature to be thankful for.

Family, friends, home, a job, health... there is so much to find to be thankful for. What are you thankful for today? ■

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

GRIEF and the holidays

After someone you love dies, special days like birthdays, anniversaries and holidays can result in what seems like a sudden wave of grief. But it makes a lot of sense. The holidays typically represent togetherness, emphasizing the one who isn’t there. Traditions can bring up memories from past holidays, which may now feel painful. And the impossible expectations to have the “perfect” holiday season can leave you feeling as if there is no room for grief during this time of year.



Here is an important reminder: Allow yourself to feel however you are feeling, and make a plan for the days/situations that will be toughest for you.

When making that plan, consider these questions for yourself and those you care about:

What are the things you still want to do and the things you do not? Are there new things you want to try? Everyone grieves differently, so what is comforting to one might not be to another. Is there a way to meet in the middle? Are there others who could aid in making important things happen that you don’t have the energy for?

How can you remember and honor your loved one during this season? What is meaningful to you? What was meaningful to them? How can you still incorporate them in new ways?

For more ideas, contact the Academy. Take good care of yourself. ■

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.

Contact Hamilton's to start your plan.

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CHURCH of the Cross celebrates 40 years

Sense of purpose leads to focus on mission.



Church of the Cross in 1985

On Dec. 2, 1984, 38 followers of Jesus gathered in a rented store front in Olde Town Altoona to listen to Jesus and pray for Altoona. This was the beginning of Lutheran Church of the Cross and a movement of ordinary people whom God has used to be a blessing in Altoona and around the world.

“This church has always had a profound sense of purpose — a conviction that God has called us to be in this community for a reason,” Nathan Anenson, senior pastor of Church of the Cross, says. “We know there are real joys, needs and hurts in our community, and we believe that faith in Jesus makes a real difference in every moment and situation in life.”

This sense of purpose took big steps forward when the church called Mark Vander Tuig as its second pastor in 1990. Vander Tuig helped focus the church on mission, and the church quickly grew. New ministries, new people and new energy became the norm.

When Anenson was called as the next pastor in 2012, the church continued to build on this outward focus. After listening to community leaders in 2015, the church discovered that food insecurity was a significant issue. This led the church to develop programs to alleviate food insecurity in partnership with local schools, Kids Café and Caring Hands.

One of these initiatives is to provide food bags to 370 kids in local schools who don't know what they will eat during winter and spring breaks.

“Many kids rely on school lunches,” Tim Hummel, care pastor, says. “When school breaks take place, we help fill the gap. It's one way we can help families know that God sees them and cares for them.”

Another focus of the church is the next generation. Flourishing kids and youth ministries partner with parents in raising young people of faith and character.

“This church has always embraced kids,” Shelley Herrin, kids coordinator, says. “We care deeply about passing on our faith in Jesus to the next generation in ways that are fun and make a difference in their daily lives.”

Looking back, Anenson says, “We are so grateful for all that God has done: all the lives that have been transformed by God's grace, all the faith that has been deepened, all the hurts that have been comforted, all the kids who have been fed, and all the relationships that have been created. God has been so good.”

“We are so excited for the next 40 years,” Anenson continues. “We believe that God loves Altoona, and that's why we are here. That's why God created Church of the Cross 40 years ago, and that's why we continue to be for our community and invite Altoona and surrounding communities to follow Jesus with us.” ■



Church of the Cross today



Members of the Church of the Cross pack food bags for 370 kids in local schools.



5EP RAMS

SE

V. GIRLS WRESTLING

DATE	TIME	OPPONENT	LOCATION
11-21-24	5:00PM	vs. Multiple Schools	Ballard High School
11-23-24	9:00AM	vs. Multiple Schools	Nevada High School
11-30-24	10:00AM	vs. Multiple Schools	Linn-Mar High School
12-05-24	6:00PM	vs. Multiple Schools	North Mahaska High School
12-10-24	5:00PM	vs. Multiple Schools	Norwalk High School
12-10-24	5:00PM	vs. Multiple Schools	Norwalk High School
12-10-24	5:00PM	vs. Multiple Schools	Urbandale High School
12-14-24	9:00AM	Multiple Schools	Southeast Polk High School
12-14-24	10:00AM	vs. Multiple Schools	Valley High School
12-16-24	4:00PM	vs. Multiple Schools	Saydel High School
12-17-24	6:00PM	vs. WDM Valley	Valley High School
12-20-24	TBD	vs. Eldon	
12-23-24	4:30PM	vs. Iowa City Liberty	Iowa City Liberty High School
01-02-25	6:00PM	Multiple Schools	Southeast Polk High School
01-09-25	6:00PM	vs. Multiple Schools	Nevada High School
01-10-25	4:30PM	vs. Multiple Schools	
01-13-25	5:00PM	vs. Multiple Schools	Ballard High School
01-14-25	6:00PM	vs. Waukee	Waukee High School

V. BOYS WRESTLING

DATE	TIME	OPPONENT	LOCATION
12-05-24	7:30PM	vs. Johnston	Johnston High School
12-07-24	8:00AM	vs. Multiple Schools	Gardner-Edgerton High School
12-12-24	7:30PM	WDM Valley	Southeast Polk High School
12-19-24	9:00AM	vs. Waterloo West	Battle of Waterloo
12-20-24	9:00AM	vs. Waterloo West	Battle of Waterloo
01-03-25	5:00PM	vs. Kaukauna	Kaukauna High School
01-04-25	TBD	vs. Kaukauna	Kaukauna High School
01-07-25	7:30PM	Waukee Northwest	Southeast Polk High School
01-09-25	7:30PM	vs. Ankeny High School	Ankeny High School
01-11-25	TBD	vs. Marshalltown	Marshalltown High School
01-16-25	7:30PM	Urbandale	Southeast Polk High School
01-18-25	TBD	vs. Lake Crystal	Lake Crystal High School
01-21-25	7:30PM	Waukee	Southeast Polk High School
01-23-25	7:30PM	vs. Dowling Catholic	Dowling Catholic High School
01-30-25	7:30PM	vs. Ankeny Centennial HS	Ankeny Centennial High School

V. BOYS SWIMMING

DATE	TIME	OPPONENT	LOCATION
12-05-24	5:30PM	Dowling Catholic	Southeast Polk High School
12-07-24	10:00AM	vs. Multiple Schools	Cedar Rapids Kennedy High School
12-12-24	4:00PM	Waukee	Southeast Polk High School
12-14-24	11:00AM	vs. Multiple Schools	Grinnell College
12-17-24	5:00PM	Multiple Schools	Southeast Polk High School
01-02-25	5:30PM	WDM Valley	Southeast Polk High School
01-04-25	11:00AM	vs. Multiple Schools	Des Moines East High School
01-09-25	5:30PM	vs. Ankeny Swimming	DMACC - Trail Point Aquatics Center
01-14-25	5:30PM	vs. Waukee Northwest	Waukee Natatorium
01-16-25	5:30PM	vs. Johnston	Summit Middle School



FOR ALL RAMS SCHEDULES

Schedules are subject to change.
Scan for most up-to-date schedules.



Timothy Holcomb
DPM FACFAS



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POLK RAMS

SPORTS SCHEDULE

WINTER 2024-25

V. BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
12-02-24	7:45PM	Des Moines North	Southeast Polk High School
12-03-24	7:45PM	vs. Johnston	Johnston High School
12-06-24	7:45PM	WDM Valley	Southeast Polk High School
12-10-24	7:45PM	vs. Waukee	Waukee High School - Field House
12-16-24	7:45PM	vs. Marshalltown	Marshalltown High School
12-17-24	7:45PM	Ankeny High School	Southeast Polk High School
12-20-24	7:45PM	Waukee Northwest	Southeast Polk High School
01-02-25	7:30PM	vs. Indianola	Indianola High School
01-06-25	7:45PM	vs. Dowling Catholic	Dowling Catholic High School
01-07-25	7:45PM	vs. WDM Valley	Valley High School
01-10-25	7:45PM	Johnston	Southeast Polk High School
01-14-25	6:15PM	vs. Des Moines Hoover	Des Moines Hoover
01-17-25	7:45PM	Waukee	Southeast Polk High School
01-21-25	7:45PM	vs. Waukee Northwest	Waukee Northwest High School
01-24-25	7:45PM	vs. Ankeny High School	Ankeny High School
01-31-25	7:45PM	vs. Urbandale	Urbandale High School
02-04-25	7:45PM	Dowling Catholic	Southeast Polk High School
02-07-25	7:45PM	Ankeny Centennial HS	Southeast Polk High School
02-11-25	7:45PM	Urbandale	Southeast Polk High School
02-13-25	7:45PM	Away vs. Des Moines East	Des Moines East High School
02-14-25	6:15PM	Des Moines Lincoln	Southeast Polk High School
02-20-25	6:15PM	vs. Ankeny Centennial HS	Ankeny Centennial High School

V. GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
11-25-24	6:15PM	vs. Iowa City Liberty	Iowa City Liberty High School
12-03-24	6:15PM	vs. Johnston	Johnston High School
12-06-24	6:15PM	WDM Valley	Southeast Polk High School
12-10-24	6:15PM	vs. Waukee	Waukee High School - Field House
12-16-24	6:15PM	vs. Marshalltown	Marshalltown High School
12-17-24	6:15PM	Ankeny High School	Southeast Polk High School
12-20-24	6:15PM	Waukee Northwest	Southeast Polk High School
12-21-24	TBD	vs. Norwalk	Johnston High School
01-02-25	6:15PM	vs. Indianola	Indianola High School
01-06-25	6:15PM	Away vs. Dowling Catholic	Dowling Catholic High School
01-07-25	6:15PM	vs. WDM Valley	Valley High School
01-10-25	6:15PM	Johnston	Southeast Polk High School
01-17-25	6:15PM	Waukee	Southeast Polk High School
01-21-25	6:15PM	vs. Waukee Northwest	Waukee Northwest High School
01-24-25	6:15PM	vs. Ankeny High School	Ankeny High School
01-31-25	6:15PM	Away vs. Urbandale	Urbandale High School
02-04-25	6:15PM	Dowling Catholic	Southeast Polk High School
02-07-25	6:15PM	Ankeny Centennial HS	Southeast Polk High School
02-11-25	6:15PM	Urbandale	Southeast Polk High School
02-14-25	6:15PM	vs. Ankeny Centennial HS	Ankeny Centennial High School


V. BOYS BOWLING

DATE	TIME	OPPONENT	LOCATION
12-02-24	3:15PM	Davis County	Great Escape
12-05-24	3:30PM	vs. WDM Valley	Warrior Lanes
12-12-24	3:45PM	Urbandale	Great Escape
12-19-24	3:00PM	Bondurant-Farrar	Great Escape
01-09-25	3:45PM	Johnston	Great Escape
01-13-25	3:30PM	vs. Des Moines East	Great Escape
01-16-25	3:45PM	Waukee/NW Bowling	Great Escape
01-18-25	1:00PM	vs. Multiple Schools	Champion Bowl
01-23-25	3:45PM	vs. Ankeny Boys Bowling	B-Roll Bowling
01-30-25	3:15PM	vs. Dowling Catholic	Val Lanes

V. GIRLS BOWLING


DATE	TIME	OPPONENT	LOCATION
12-02-24	3:15PM	Davis County	Great Escape
12-05-24	3:30PM	vs. WDM Valley	Warrior Lanes
12-12-24	3:45PM	Urbandale	Great Escape
12-19-24	3:00PM	Bondurant-Farrar	Great Escape
01-09-25	3:45PM	Johnston	Great Escape
01-13-25	3:30PM	Des Moines East	Great Escape
01-16-25	3:45PM	Waukee/NW Bowling	Great Escape
01-18-25	1:00PM	vs. Multiple Schools	Champion Bowl
01-23-25	3:45PM	vs. Ankeny Girls Bowling	B-Roll Bowling
01-30-25	3:15PM	Away vs. Dowling Catholic	Val Lanes

GOOD LUCK ON YOUR SEASONS!



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FAITH By Nathan Anenson

SIMPLY Christmas



Christmas can be complicated. December can be busy. Gathering with relatives can be chaotic. Managing parties and concerts and shopping and wrapping and cooking can be complex. And it's expensive. We spend more than \$1 trillion globally each year at Christmas. In other words, we sometimes miss Christmas because we are so busy, stressed and distracted.

What if we could clear away all the clutter? What would we find if we removed the hustle and bustle?

Two thousand years ago, in the armpit of the Roman Empire, a young couple traveled to Bethlehem to be counted during one of Caesar Augustus' censuses. While they were there, the woman gave birth to her firstborn son and named him Jesus. No one knew except some smelly shepherds.

What seemed like an insignificant birth in an insignificant place was God's presence invading the earth. As Augustus, the most powerful king in the world, exercised his authority, God, the One who removes kings and sets up kings, took on flesh. Amid the golden era of the Roman Empire, known for its temporary peace, came the eternal Prince of Peace. While Augustus took the title "son of the god" to advance his political position, the actual Son of God was born. And this Son of God arrived with the power to forgive sin, heal the broken and overcome death. The weight and glory of the first Christmas remind us that shopping and wrapping and cooking are never big enough to be at the center of the celebration.

As we consider the wonder of God coming to Earth, it puts the holiday season into perspective. It can reshape how we celebrate.

We can...

- Be present to the God who is present to us. Let's prioritize some regular, quiet moments to reflect on the wonder and significance of Jesus' birth.
- Give our presence, not just presents, to those we love. This is what Jesus did for us.
- Gather with a church, hear the Christmas story, and worship the newborn King. Let's keep the main thing the main thing.

Christmas doesn't have to be complicated. It is simply a time to know and experience God's hope, peace, joy and love. As God said to his people long ago, he still says to us this Christmas: "Be still and know that I am God" (Psalm 46:10). That is simply Christmas. ■

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

simply
Christmas



Christmas Eve Services
1 pm, 3 pm, 5 pm and 9 pm



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ALTOONA Public Library events

ADULT PROGRAMMING – AGES 18 AND OLDER

Holiday Maker Night, Friday, Dec. 6, 6-8 p.m. Join us for a holiday maker event. Leave with customized holiday gifts made using the Glowforge Pro, Cricut and art supplies. Registration required.

Glowforge Basics, Saturday, Dec. 7, 2:30 p.m. Interested in using our Glowforge Pro in the Maker Hub? This is where to start. We'll go over safety, cleaning, materials and basic operation. Once you have completed the session, you'll be issued a certificate that allows you to use the Glowforge independently. Registration required.

Sorcery Showdown: A Battle of Wits and Magic, Friday, Dec. 20, 6-8 p.m. Join us for a special themed mystery game time with The Dealt Hand. The covens of witches and wizards are assembling for a grand competition to appoint a new leader. Be sure to come dressed in your most magical attire — fantastical costumes will earn extra points. Registration required. Space is limited.

Adult Coloring at Brightside Aleworks, Thursdays, Dec. 26 and Jan. 30, 6:30-8:30 p.m. Join us at Brightside Aleworks (480 Center Place in Altoona) for a fun night of coloring. We'll bring the art supplies, you bring your friends and money for drinks. No registration required.

CHILDREN'S PROGRAMMING

LEGO Club, Tuesday, Dec. 10, 5:30-6:30 p.m. Join us to build a LEGO masterpiece. We'll supply the LEGOs, you bring the creativity. Grades K-6. Registration required.

Interactive Movie, Sunday, Dec. 15, 3-4:30 p.m. You won't want to miss the exciting props, snacks and games that accompany this holiday movie showing. Grades K-6. Registration required.

Handmade Holiday Gift Workshop, Wednesday, Dec. 18, 3:30-5 p.m. Bring your creativity and drop in to create some handmade gifts. Grades PreK-6. No registration required.

TEEN PROGRAMMING

DIY Stickers, Saturday, Dec. 14, 1-3 p.m. Learn how to make your own stickers on our Cricut. You can choose pre-made designs or create your own original design on the iPad app, Procreate. Grades 6-12. Registration required.

Teen Hangout, Fridays in December, 3:30-4:30 p.m. Need to unwind after a long week? Come join us to meet friends and chill. There will be weekly activities including Perler bead creations, Shrinky Dinks and slime, or you can just hang out, study or relax. Grades 6-12. No registration required.

Teen Pajama Party, Monday, Dec. 30, 6-8 p.m. Wear your favorite jammies (not required) and join us for popcorn and a movie. We'll have three movies to choose from and a popcorn bar with all the fixings to snack on. Grades 6-12. No registration required.

To find a complete list of events and to register, visit altoonalibrary.com. Click on the Upcoming Events tab. ■

Altoona Public Library

700 Eighth St. S.W., Altoona
515-967-3881
www.altoonalibrary.com
Monday-Thursday: 9 a.m. to 9 p.m.
Friday-Saturday: 9 a.m. to 5 p.m.
Sunday: 2-5 p.m.

GAP Factory Store opens

Outlets of Des Moines announced the opening of Gap Factory Store, which offers a wide selection of casual and affordable fashions for men, women, teens and children. Shoppers will find savings on Gap's iconic pieces, which provide confident, comfortable, modern and classic styles for the entire family. The store is 7,694 square feet. ■



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EVENTS IN THE AREA

Be sure to check for cancelations.

Upcoming in Altoona Living magazine:



Holiday recipes: Do you have a holiday recipe that has special meaning to you? Will you share it with our readers? Email tammy@iowalivingmagazines.com by Dec. 1 to have it included in our December issue.

First cars: Do you remember your first car? Do you have a photo of yourself with it? Or maybe you still own it? We want to hear your stories. Email tammy@iowalivingmagazines.com by Jan. 1 to be included in the January issue.

Delaware Elementary Vendor Fair

Saturday, Dec. 7, 9 a.m. to 1 p.m.
Sunday, Dec. 8, noon to 4 p.m.
Delaware Elementary School,
4401 E. 46th St., Des Moines

Enjoy shopping an array of vendors. Mala's Food Truck will be serving both days from 10:30 a.m. to 1 p.m.



Santa's Wonderland Through Dec. 24

Bass Pro Shops, 1000 Bass Pro Drive N.W., Altoona

Santa's Wonderland is back at Bass Pro Shops in Altoona, creating happy memories for families this holiday season. Free 4-inch by 6-inch studio-quality photos with Santa are available now through Tuesday, Dec. 24. But the magic doesn't stop there. Every Bass Pro Shops and Cabela's destination has been transformed into a winter wonderland with cabins, snowy hills, elves, festive decorations and holiday activities. In 2024, they've added two exciting new and free elements to Santa's Wonderland to spread extra cheer.



Christmas Tales: Every Tuesday at 5 p.m. until Dec. 17, Santa or Mrs. Claus will read holiday stories to families, followed by photos. Reservations are free and required to confirm your spot.

Yuletide Breakfast: Join Santa and his helpers for a festive breakfast at 9 a.m. on Saturdays, Nov. 16 and 23 and Dec. 7. Reservations are free, required and limited to six seats per family with photos included.

Visitors can make a free reservation to visit Santa's Wonderland now through Dec. 24 at basspro.com/santa.

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

Christmas in Olde Town

S.E. Second St., downtown Altoona

Saturday, Nov. 30

Once a year, downtown Altoona transforms into a bustling winter wonderland for Christmas in Olde Town — a celebration of the community and the holiday season. Load up your sleigh with family and friends and enjoy live music, walking tours, the annual Christmas tree lighting ceremony, a light show and a special appearance from the Big Guy himself. Family-friendly activities start at 2 p.m. <https://altoonahistory.org/christmas/>

Altoona's Holiday Bazaar

Saturday Dec. 7, 10 a.m. to 1 p.m
Townsend Community Center,
6615 N.E. 41st Ave., Altoona

Enjoy music, festive food and shopping at the Holiday Bazaar.

Here Comes Santa Claus

Dec. 7, 9-11:30 a.m.

Reclaimed Rails Brewing Co., 1 Main St. S.E., Bondurant

The Real Advantage Partners team is once again hosting Here Comes Santa Claus, one of the community's favorite holiday events. This is a free event where families can get their photo taken with Santa, share a light breakfast of fruit, donuts and muffins, and do some fun holiday activities like make "reindeer food" or put together a holiday countdown chain. There is no cost and no pre-registration is required. This is a great way for families to start a Saturday and for parents to check off some items from their holiday to-do lists.



Winterset Festival of Lights

Nov. 29, 5-8 p.m.

Winterset Courthouse, 112 S. John Wayne Drive

Come to Winterset's courthouse retail district for a holiday experience like none other. At 5 p.m., the whole family will enjoy food, live and lighted window displays, free horse-drawn wagon rides, extended shopping hours, roaming carolers, and interactions with Santa — all around the Madison County courthouse. A lighted parade gets underway at 7:15 p.m. This year's theme is A Toyland Christmas. www.madisoncounty.com/special-events



Festival of Trees and Lights

Nov. 29 - Dec. 1

Iowa Events Center,
833 Fifth Ave., Des Moines

Expertly decorated trees, local musicians, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. Friday and Saturday hours are 11 a.m. to 7 p.m. and Sunday hours are 11 a.m. to 5 p.m. www.unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights

EVENTS IN THE AREA

Be sure to check for cancellations.

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

Holiday Hullabaloo

Nov. 29 - Dec. 29

Horizon Events Center, 10320 Hickman Road, Clive

The 2024 Holiday Hullabaloo is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. www.holidayhullabaloo.com

Jingle in the Junction

Dec. 5, Dec. 12, Dec. 19, 5-8 p.m.

Valley Junction

The holiday season is in Valley Junction as many businesses extend their hours on Thursday nights to give you more time to find the perfect holiday gift, enjoy dinner and enjoy three blocks of free entertainment on Fifth Street under the glow of more than 100,000 holiday lights. Enjoy free horse-drawn trolley rides, ice carvings, photo op, a Christmas Tree Lighting Ceremony at 6 p.m. in front of the West Des Moines Fire Administration Headquarters at 318 Fifth St., rotating entertainers, live reindeer, carolers and Santa and Mrs. Claus.

Running of the Reindeer

Nov. 30, 8:45-10 a.m.

Valley Junction

Dress up in your best holiday costume and kick off Small Business Saturday with a 3-block fun run in Historic Valley



Junction. Run, walk, crawl, we don't care. Only one prize is given for speed, the other two are given for creativity. Bring the whole family. There is no entry fee for this race and all ages are welcome. At 8:45, a.m., lineup starts at Fifth and Walnut in front of St. Kilda, 333 Fifth St. Race starts at 8 a.m. with a \$100 cash prize each for race winner, best adult costume and best children's costume. Most shops open at 10 a.m. for Small Business Saturday with some restaurants open earlier for breakfast and brunch.

Holiday Promenade

Fridays through Dec. 20
Historic East Village

The Greater Des Moines Partnership and the Historic East Village Neighborhood Association will spread holiday cheer during the Holiday Promenade, an exciting, free celebration full of holiday-themed activities, entertainment, shopping and family-friendly fun. A number of activities will be scheduled throughout the five Fridays including tree lighting, a scavenger hunt, ice skating and more. During the Holiday Promenade dates, Historic East Village retailers are encouraged to remain open until 8 p.m. while restaurants and attractions are open later. ■

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SHOP local for hemp products

As Iowa's hemp laws evolve, consumers face new challenges. With THC levels above 4mg per serving and 10mg per container now illegal, many residents are turning to out-of-state retailers or even illegal street purchases in search of products. This not only poses legal risks but also compromises safety.

Shopping local for hemp products ensures you're buying from trusted sources that comply with state regulations. Local hemp stores offer a variety of effective alternatives, including CBD, CBG, CBN, low-dose D9 THC products, mushrooms and alkaloids. Many customers have found these options effective for various conditions, proving that wellness solutions are still available.

From tasty gummies and chocolates to refreshing beverages and drink mixes, local hemp shops provide a diverse range of products tailored to your wellness needs. Supporting these businesses not only helps you find safe, compliant products but also strengthens the local economy and community.

By choosing to shop at local hemp stores, you connect with knowledgeable staff, including certified hemp consultants who can guide you in selecting the right products. Your support fosters innovation and growth in the local hemp industry, ensuring a vibrant marketplace for everyone.

As you navigate the new regulations, visit your local hemp store to talk to a certified hemp consultant and discover the quality and variety available right in your neighborhood. ■

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.



MEET Brett Hutchinson

Values opportunity to teach every sixth grader

Brett Hutchinson grew up just outside of Altoona and is a 2011 Southeast Polk graduate. After graduation, she received her bachelor's degree in agricultural education and life sciences with a minor in learning technologies from Iowa State University. She also received a master's degree in instructional technology from the University of Northern Iowa. She knew when she started teaching that she wanted to someday return to her alma mater.

"I had some of the greatest teachers, counselors and support staff who made a lasting impact on me and the teacher and person that I am. I wanted to be able to give back to our community in the same way," Hutchinson says.

Hutchinson is currently in her 10th year teaching and her seventh year teaching at the Southeast Polk Community School District. Before coming to the district, Hutchinson was the agriculture education instructor and FFA advisor at North Mahaska Junior/Senior High School. Now, she teaches sixth-grade design and modeling at the middle school, one of the district's Project Lead the Way courses.

"The opportunities that the SEP district is able to give our students is just incredible. It is awesome to work in a place that allows each and every student to find things and people that they love or to be able to give them the support they need to get there," Hutchinson says.

In her design and modeling class, Hutchinson's students participate in three design challenges throughout their quarter. They start by creating an ankle foot orthotic for a patient with cerebral palsy. Students learn about how cerebral palsy affects a person physically and are tasked with creating an orthotic to correct a common foot and ankle position that affects how the patient walks.

The second challenge is to create a skimmer, a small vehicle that floats across the ground, using precise measurements. The students then launch their skimmers and compete against their classmates to see whose will go the farthest.

Hutchinson's students finish the quarter with her personal favorite: puzzle cubes. Students work in teams to create a small wooden puzzle from a set of criteria and spend the last few days solving each other's puzzles. They work to categorize each puzzle as either easy, average or difficult.

"As one of our Encore teachers, I get to meet and teach every single sixth-grade student each year," Hutchinson says. "I love being able to look across the building at the end of the school year and know that I've gotten to know every single one of our students sometime throughout the year."

Hutchinson says she enjoys watching her students show off their creativity and innovative spirits in her classroom.

She and her husband live in Altoona with their 3-year-old son. They are expecting their second child in March. ■



Brett Hutchinson teaches sixth-grade design and modeling at the middle school, one of the district's Project Lead the Way courses.



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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

EAR infections and chiropractic

Ear infections can be a common issue for kids and are hard on them and their parents. Chiropractic is a great place to start to help prevent and heal these infections naturally. Chiropractic adjustments support natural ear drainage, improve blood flow to the ENT region, and encourage healthy lymphatic circulation. Antibiotics are commonly prescribed to treat ear infections, but they do not address the root cause, and many times the infections return repeatedly. Chiropractors look beyond symptom relief and focus on the source of the problem.

Chronic ear infections often stem from issues with fluid drainage in the ear. When the middle ear and eustachian tubes aren't draining properly, it can lead to fluid buildup, congestion and inflammation. Over time, this can result in recurring ear infections and disrupt the balance of the entire ear, nose and throat (ENT) system. Misalignments in the upper neck can disrupt this process, leading to fluid buildup and possible ear infections.

Getting adjusted as a child (or an adult) can restore proper alignment and enhance your nervous system function, which helps aid in fluid drainage. This not only helps prevent ear infections but also supports the natural healing process if an infection does occur. Having babies checked immediately following birth can help address issues of misalignment before they have time to develop into things like ear drainage issues. Ear infections are even more common in babies born by cesarean section.

Your nervous system controls vital functions, including the immune system and drainage systems. By enhancing nervous system function with chiropractic adjustments, we help the body manage drainage and immune responses more effectively. This includes supporting the nerves that regulate fluid flow in the ear, lymphatic system and respiratory system. ■

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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HEALTH

By Nikki Morgan

PREPARE your skin for winter

As the weather cools, you might be finding your skin feels more sensitive and drier and looks more dull and lackluster. Following are some of our favorite tips for keeping your skin healthy, hydrated and radiant during the winter months.



- **Drink plenty of water.** Two to three liters of a non-caffeinated beverage per day can improve your skin's elasticity, reduce fine lines and wrinkles, prevent acne and flush toxins from the body.
- **Switch to a richer moisturizer** with ceramides and/or hyaluronic acid to restore the skin's barrier and hold in hydration. Moisturize twice a day.
- **Don't forget to exfoliate.** A gentle exfoliating cleanser that contains glycolic acid not only helps loosen up dead skin cells so they shed quicker, but also acts as a humectant to attract water into the skin and boosts the body's own production of hyaluronic acid.
- **Schedule a bi-weekly or monthly DiamondGlow.** This three-in-one facial treatment exfoliates away dead skin cells, suction dirt and debris from the pores, detoxifies the skin through lymphatic drainage, and infuses hydrating treatment serums to the level of the dermal-epidermal junction. The result is instantly radiant and hydrated skin.
- **Wear your SPF.** Sunscreen is still the most important product in your skincare routine, even in the winter. Exposure to harmful UV rays still occurs through windows and during outdoor activities. The sun's rays break down collagen and elastin in the skin, leading to thinner skin and further compromising its protective barrier. ■

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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KEEPING dollars close to home

As the holiday season is upon us, many of us are gearing up for gift shopping, festive decorations and all the things that make this time of year so special. While it is easy to turn to big-box retailers or online giants, there's something truly meaningful about shopping small and supporting local businesses. This year, let's make an effort to keep our dollars close to home and invest in the heart of our communities.



Why shop small?

- **It strengthens the local economy:** When you shop at small, local businesses, your money stays in the community. Studies show that small businesses generate more local economic activity than large corporations. That means your spending helps support local jobs, pay for public services and sustain community infrastructure. In short, shopping small keeps your town thriving and vibrant.

- **Unique gifts you won't find anywhere else:** One of the best parts of shopping small is the wide variety of unique, handmade or one-of-a-kind items you can find. Whether it is a hand-painted ornament from a local artist, a custom candle from a nearby shop, or a locally produced food item, small businesses often carry things you won't see on the shelves of large retailers. These items make thoughtful, memorable gifts that show you have put time and care into your selections.

- **It supports local families:** Many small business owners are parents, artists or hardworking members of your community. By shopping small, you are directly supporting their livelihood and helping them provide for their families. Plus, small business owners are often deeply invested in their work, offering exceptional customer service and a personal touch that big corporations can't replicate.

- **Create a sense of community:** When you shop at a local store or café, you're not just buying something — you're contributing to the culture and spirit of your community. Local businesses host events, sponsor local initiatives and support charity causes that directly benefit your neighborhood. Your patronage helps keep these places alive, ensuring that your community remains a special place for years to come.

This holiday season, consider shopping small and supporting the independent businesses that make your community unique. Whether it is a gift for a loved one or a treat for yourself, your purchases will have a lasting impact that goes far beyond just the holiday season. ■

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

area chamber of commerce

altoona

Small Business Saturday

Saturday, November 30th

A day to celebrate and support small businesses & all that they do for their communities!

HONORING OUR LOCAL VETERANS

VETERANS DAY WAS MONDAY, NOV. 11, 2024



BRIAN KAISER

Altoona
Military branch: U.S. Air Force
Rank: Senior Master Sergeant
Service: 1999-2021

How can Americans best honor veterans:
"Veterans defended your freedoms and liberties, and they have done so at a great personal cost. Take the time to support veteran organizations and businesses that directly support veterans."

CHAD MULLENBERG

Altoona
Military branch: U.S. Army
Rank: E4 • **Service:** 1991-1999
How can Americans best honor veterans?
"Donate to nonprofit veteran organizations."



JAMES KLIER

Pleasant Hill
Military branch: U.S. Navy
Rank: E-6 Petty officer first class
Service: 1978-1995
How can Americans best honor veterans?
"By thanking them for their service and sending over care packages."



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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 CLOSES 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

OUT & ABOUT



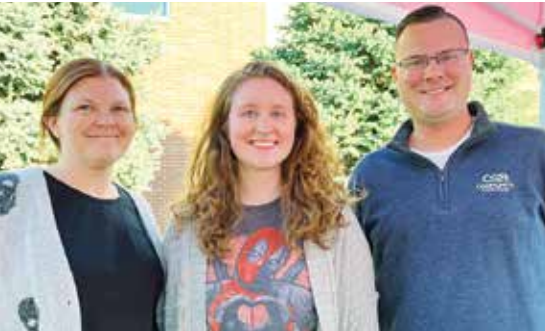
Brittany Kunz, Rammie and Jeannie Christensen at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Carson and Kenna Odle at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Ava Thompson and Christa Baldwin at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Kari Dake, Breanna Stallings and Steven Bruxvoort at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Pippa and Skylee at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Abraham, Madeline, Malachi and Elijah at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



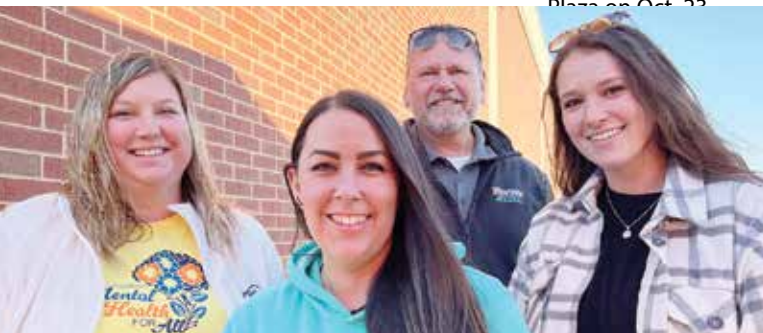
Kacie Harms and Zayden at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Megan and Taylor Davenport with Janie, Hattie and Lucie at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Dr. Kari Swain and Dr. Elizabeth Ellrich at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Elizabeth McRoberts, Lindsay McMillen, Kyle Lee and Megan Vore at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.



Melvin Miller, Cliff Crowl, Don Brashear, Becky Teed, Mike Weber, Jerry Ordway and Joe Melo at Altoona Chamber's Annual Business Trick or Treat held in Civic Plaza on Oct. 23.

TRICK or Treat

Altoona Chamber's Annual Business Trick or Treat was held in Civic Plaza on Oct. 23.



Eva and Caleb



Rick and Marquisha Babcock and Ryelynn and Kyeus



Rachel and Jeff George with Eva and Harrison and Rammie



Adam Boose, Stephanie Caceres, Courtney Clark, Maria Baeza, Abby Cooper-Brown and Karen Yerena



Delilah, Coraline and Malaciah



Angel Carman, Jeni Hornbacher and Mariah Meek



Brinley



Heidi VanCleave and Ella Dietrich



Harlow, Max, Sawyer and Briar



Eric and Kayla Vanderploeg with Clayton and Gage



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