

Living

MAGAZINE

A wedding TO REMEMBER

Couple shares how they
made their day special.

Meet Brooke Weir

EDUCATION

Savory pork chili

RECIPE

Sewing, sushi and Scribblebots

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AN OLD RV, a friendly farmer and a moose head

Jolene and I were married on Sept. 30, 1995. And, yes, this will be our 30-year anniversary.

Jolene's parents, Dean and Lois Porath, lived at Lake Panorama at the time, but we never even considered a lake wedding. I am not sure why. Maybe late September was pushing it for an outdoor wedding, but, more than likely, the decision had to do with our focus on being truly independent from our parents. Looking back, a lake wedding might have been the better option.



Our wedding ceremony was beautiful, and the church looked spectacular. From there, though, things got a little rocky. Rather than renting a limousine for the two of us, we thought it would be more fun to take the entire wedding party on a well-stocked cruise from the church to the reception hall. When a friend offered his RV for us to use, we thought we had the perfect plan. It was great fun — until the RV broke down on a rural road. We eventually found a friendly farmer who gave us a ride to the reception hall in his farm truck — complete in our wedding dress and tuxedo. He then gave the rest of the wedding party rides as well. Needless to say, the reception was delayed. Fortunately, or maybe unfortunately, the members of the wedding party were well-hydrated.

We had our wedding reception at the Jester Park Lodge, and not the new fancy one that is in the park today. We rented the old building with the giant moose head on the wall, which made for some entertaining photos. Not too many years later, that lodge burned to the ground, and that was probably a good thing.

Through it all, we sang, we danced, we toasted and we had one of the best nights of our lives. It certainly wasn't a storybook wedding, and after reading about the beautiful ceremony featured in this month's issue, it makes me wonder if we should have leaned on Dean and Lois to use their place instead. The scents of an approaching autumn. The sounds of nature. The love of my life. And a beautiful lake view.

Just no moose head or a broken-down RV. Aaaahhh, the memories. Happy 30th anniversary, Jolene! ■

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Stay Safe From Shingles

1 in 3 people will get shingles. Prevention is possible.

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Ask your healthcare provider about the shingles vaccine.

Source: cdc.gov 2/25

A wedding TO REMEMBER

**Couple shares how they
made their day special.**

By Sean Dengler

Few milestones are as momentous as a wedding. Family and friends often gather from near and far, the preparations may take months, and every detail is given thought. From the wedding attire to the decorations, music and venue, the couple makes countless decisions with one goal in mind: for theirs to be a wedding to remember. This month, one couple shares the scrupulous planning they did so their special day would be exactly as they envisioned. If a wedding is in your future, we hope you find inspiration from their story. Or, perhaps, their journey will spark memories of your own.

Robert and Deborah Loenichen were married at The Farmhouse on Second Street in Olde Town. Photo by R. Thomas Photography

For Robert and Deborah Loenichen, it was love at first sight at one of Altoona's most famous establishments.

"We joined a Facebook friends' group," Deborah says. "I moved here in '21, and then, two weeks after moving here, we went to the Big Steer for a friends' group dinner in Altoona. That's where we met."

Robert played a helping hand in meeting her.

"I was there a little bit earlier. We were in the bar section with several people from the group," Robert says. "While we're waiting to get a table, I'm sitting there having a drink, and I saw Deborah walk up to the hostess stand. I was going, 'Boy, I hope she's in our group tonight.'"

I walked over there and asked her, 'Hey, looking for the Altoona Friends group?' and she was like, 'Yeah.' I was like, 'Well, we're in the bar right now. If you want to come in, we'll catch a drink together.'"

The meal did not go exactly as Robert had hoped.

"When we went to be seated, she was at the opposite corner," Robert says. "I stopped to go to the can, and I ended up not getting to really talk to her or anything."

Fortunately, the night did not stop there for Robert and Deborah.

"After that, we went down to Olde Town Tap," Robert continues. "We had a beer. Next thing you know, three hours were gone while just sitting there talking."

After being friends for a while, the two started dating. The engagement happened after three years.

"Robert asked me to marry him in September last year. He already had been talking to my daughter, Stephanie, about it, and, unbeknownst to me, he already asked my daughter if he could marry me, which was cool," Deborah says.

The proposal did not go to plan.

"He was actually going to ask me on his birthday," she says. "I'd been on a business trip to Montreal, Canada, for work. I got back the day before his birthday, but I came back really sick."

Consequently, the birthday dinner — and proposal plans — were postponed. The following Sunday, their families gathered for dinner.

"We sat on our front deck," Deborah says. "The girls were here, and my granddaughters as well, and he had shown them the ring. My



The flowers for the ceremony included alstromeria, roses, eucalyptus, eryngium, cremones, hypericum and caspia. Photo by R. Thomas Photography

granddaughter, Olivia, who is 13, choked up in tears. He started going on about how grateful he was. I was like, 'What's going on here?' It was nice. It was really sweet and unexpected."

Soon after the engagement, the wedding came, Deborah says.

"Robert said, 'Oh, by the way, let's get married in two months on Black Friday. And I went, 'What?'"

The quick turnaround was not originally in the plan. Due to some unfortunate deaths in Robert's family, it was a rough year. But, with Deborah by his side, he saw how incredible she was, and it gave him an idea.

"It was such a crappy year," Robert says. "How about we go out on a high note, and we'll just have a family reunion. Everybody gets together and has fun. I had nieces and nephews flying up. I got almost all my family there. I thought, we have everybody here, and my oldest daughter's husband is an ordained minister. We have the people. We have the minister. It kind of made sense to get married while everybody was up here."

Robert acquired his attire from Men's Warehouse in Ankeny due to their selection and quick turnaround. As for Deborah's dress, she found it in the metro.

"I went to Bridal Elegance in Johnston. She was great. Within a month, I tried the dress on. She did all the alterations. It was amazing."

Originally, Deborah was not looking for a wedding dress but changed her mind.

"Initially, I wasn't looking for an actual wedding dress because I figured, I'm 60 years old. We're older," she says. However, she decided, "We're doing this the way we want.



The wedding cake was from Hy-Vee, and Deborah's daughter decorated it with flowers. Photo by R. Thomas Photography

This is our wedding. I want to dress up."

Deborah liked the dress for a couple reasons. "It was elegant," she says. "It was very regal for me."

"She looked like the princess bride," Robert adds.

"I also had my hairdresser, Amanda Hardenbrook from Planet Hair Salon in West Des Moines, do my hair that day," Deborah says. "She also did my granddaughters' hair and my daughter's."

As for the venue, the couple chose The Farmhouse on Second Street in Olde Town.

They were happy they could bring their own food, wine and beer, and it was the right size.



The wedding and reception were like a family reunion for Robert and Deborah Loenichen. Photo by R. Thomas Photography

“It could accommodate up to 75 people,” Deborah says. “We didn’t want a big wedding, but we have 30 of our family here for Thanksgiving, and we cut down to 35 friends. It worked out well.”

While being the de facto wedding planner,

Deborah’s daughter, Stephanie, also did a wonderful job with the flowers and decorations. Being the owner of Stems Flower Shop in Altoona, this was a perfect role for Stephanie.

“She actually did the decorations and did an amazing job,” Robert says.

“We had 10 tables and did big arrangements for each table,” Deborah says. “Then, the day after the wedding, we donated them to local assisted living places in Altoona.”

“She did a lot of the flowers I like as well,” including alstromeria, roses, eucalyptus,



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FEATURE

eryngium, cremones, hypericum and caspia, Deborah says.

“We also used Eventfully Yours, which did all the tableware and provided the glassware,” she says. “We used Jethro’s for catering. They were great. They delivered everything and took everything away.”

Both enjoy barbecue so they chose a menu of pulled pork, brisket, pulled chicken, jalapeno corn, cornbread and beans.

“We didn’t have a real formal wedding,” Robert says. “We had great food everybody enjoyed.”

They also bought cases of wine from Costco and soft drinks for the kids. Robert and Deborah bought a beer keg and a plain three-tiered cake from Hy-Vee.

“Hy-Vee did the cake, and then my daughter decorated it with flowers,” Deborah says.

They also found a local photographer.

“Our photographer was a friend of a friend,” she says. “R. Thomas Photography is based in Norwalk.”

As for the music, they relied on family.

“Stephanie’s husband, Rick, put together a soundtrack,” Robert says.

He also helped virtually connect family members who could not make the wedding. Deborah’s two sisters and brother and family, who were overseas, and Robert’s daughter from Florida were able to join.

“He set it up so we were live casting the wedding to all the family in England. They made a toast with us.”

Deborah is particularly grateful to her daughter and family for helping with the wedding. Friends pitched in to clean up after the event.

“It was good,” Deborah says.

Deborah and Robert are happy they found each other.

“You don’t think you’re going to meet anybody again. I didn’t,” Deborah says. “Just moving to Altoona just did it for us. I’m just grateful to have met Robert at my time of life. I love the guy so much.” ■



The bride’s de facto wedding planner was her daughter, Stephanie, who also did the flowers and decorations. Photo by R. Thomas Photography

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A LOADED casserole that is quick and comforting

(Family Features) It's tough to beat an easy dinner that's equal parts comforting, convenient and delicious. This loaded hamburger potato casserole is no exception. Just brown ground beef then mix in a casserole dish with potatoes, bacon, cheese and more before baking for an hour. Find more casserole recipes and beyond at Culinary.net. ■

Loaded hamburger potato casserole

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

- 1 pound ground hamburger
- 1 tablespoon garlic powder
- 1 bag (1 1/2 pounds) tri-colored baby potatoes
- 1 can (10 ounces) cream of mushroom soup
- 1/2 cup sour cream
- 1/4 cup milk
- 1/2 cup fried onions (optional)
- 1 cup shredded cheddar cheese
- 2 1/2 ounces bacon pieces
- salt, to taste
- pepper, to taste
- chives or green onions, for topping

Directions

- Heat oven to 375 F.
- In skillet over medium heat, brown ground beef with garlic powder; drain and set aside.
- Cut potatoes into small pieces. In casserole dish, mix beef; potatoes; soup; sour cream; milk; fried onions, if desired; cheese; and bacon pieces. Season with salt and pepper, to taste. Bake, covered, 50 minutes then uncover and bake 10 minutes.
- Top with chives or green onions.



SAVORY pork chili fresh from the slow cooker

(Family Features) If you're hunting for a cool-weather warmup or just need a break from the kitchen, the slow cooker is a perfect tool to make dinner a breeze. This Barbecue Chili recipe from "Cookin' Savvy" offers a hearty meal that serves a crowd. Visit Culinary.net to find more family-friendly dinner inspiration and step-by-step recipe videos. ■

Barbecue chili

Recipe courtesy of "Cookin' Savvy"

Servings: 8-10

- 1 pork loin (2-3 pounds)
- 1 can (10 ounces) diced tomatoes and green chilies
- 2 cups barbecue sauce, divided
- 1 cup water
- 1 can (29 ounces) tomato sauce
- 2 cans (27 ounces each) chili beans
- 1 package chili seasoning
- 1 tablespoon barbecue seasoning
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- salt, to taste
- pepper, to taste
- sour cream, for serving
- shredded cheddar cheese, for serving
- corn chips, for serving

Directions

- Place pork loin in slow cooker. Cover with diced tomatoes and green chilies, 1 cup barbecue sauce and water; cook on low 4-6 hours.
- Cut up cooked meat and place in Dutch oven along with juices from slow cooker. Add remaining barbecue sauce, tomato sauce, chili beans, chili seasoning, barbecue seasoning, onion powder and garlic powder. Season with salt and pepper, to taste.
- Cook over medium heat 20 minutes, stirring occasionally.
- Serve with sour cream, shredded cheese and corn chips.
- Tip: Add can of beans if serving bigger crowd.



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WHAT to know about 're-grief'

When children have someone significant in their life die, it can be difficult to know how to best support them. It's natural to want to "fix it," but this is one of those things we cannot fix.

Children will continue to grieve as their development and understanding of the world changes. When the death occurs, the child understands only as fully as their cognitive development allows. As they age, and their development changes, their understanding changes, too. They may have new questions or wonderings and may express their grief in new ways. This is called "re-grief" and can sometimes catch their adults off guard.

While our fundamental understanding of death may not change after adulthood, our understanding and experience of grief can change over time, too. Whenever a new life milestone occurs (i.e., we get married), we understand the world in a different way (as a newly married person). This can also have an impact on our grief. Remember, there is no time limit on grief.

How to help? 1. Listen, compassionately. "It makes sense you feel that way. Do you want to tell me more about it?" 2. Answer questions honestly — and repeatedly if asked — in consistent, developmentally appropriate ways. 3. Encourage creative and physical activities (that they enjoy) to get feelings out of their bodies. 4. Encourage sharing memories and, if you knew their person, share memories you have. They may learn something new about them, and what a gift that is. ■



Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.



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MEET Brooke Weir

Incorporating interactive lessons

After graduating from the University of Northern Iowa, Brooke Weir worked in Cedar Rapids before relocating with her husband to the metro. Weir stayed home for a few years as their family transitioned and then worked for the Des Moines Public School District. Now Weir has joined the Southeast Polk Community School District. She teaches sixth-grade math at the Middle School and is in her first year teaching with the district.



Brooke Weir is a middle school math teacher in her first year with the district.

"Working with Southeast Polk is rewarding because of the opportunity to positively impact the community that I live in, support students and other educators, and help shape educational initiatives. There's something special about seeing the direct results of collaborative efforts in improving learning environments and outcomes for students," Weir says.

Weir likes teaching students in middle school because it's a time when her students are becoming more independent and curious about the world around them. At that age, her students are starting to form their own opinions and figure out what interests them. Weir says that it is exciting to help guide them through that journey.

"My job isn't just to teach math. I want to be a safe space for our kids during these middle school years when life can feel challenging. I pride myself on being a positive influence in their lives, which, in turn, I hope builds them up as individuals," Weir says.

Weir strives to provide a classroom environment that her students can enjoy even if math is not their favorite subject. Her goal every day is to lead her class in an interactive way. Because of this, her students play many games for prizes. For example, escape room challenges ignite competitiveness among her students while building problem-solving skills. Weir also finds it important to relate what her students are learning in class to real life.

"Watching these kiddos grow, not only academically, but personally, is my greatest reward. I enjoy seeing how a student gains confidence throughout the year and truly takes ownership over their learning. I am given the opportunity to build relationships with so many of our amazing students," Weir says.

With this being Weir's first year with the district, she is excited to see how her students will continue to grow during the remainder of the school year. This year has brought many new changes for students and staff, and Weir says she is eager to finalize their student-developed mission statement and their legacy project. She is also excited to watch her Leader in Me dance group perform at one of the assemblies. ■

ALTOONA

MARCH 2025

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YARD WASTE COLLECTION: TAG IT, BAG IT, OR WHEEL IT

Spring is almost here, and with spring comes plenty of yard work. Luckily, curbside yard waste collection for twigs and branches, weeds, and lawn clippings begins March 31, 2025!

Learn more about the Compost It! program and what's accepted by visiting www.WhereItShouldGo.com/YardWaste, or find out more at Altoona-iowa.com.



CITY OF ALTOONA SIDEWALK INSPECTION PROGRAM

The City of Altoona performs yearly sidewalk inspections to preserve the quality and accessibility of our public sidewalk system. In the coming weeks, you will see employees of the city walking and marking defective panels with pink spray paint. More information will be mailed to affected properties later this summer.

For more questions or more information, contact: Amy Baldus at abaldus@altoona-iowa.com.

ALTOONA SPRING CLEANUP AND TIRE DROP-OFF IS BACK!

Coming up in April along with Metro Waste Authority, The City of Altoona will be having their Spring Cleanup! Collection will occur in Altoona April 14-17. Residents living South of Railroad should have items at the curb by 6 AM on April 14. Residents living North of Railroad should have items at the curb by 6 AM on April 16.

Spinning your wheels trying to get rid of an old tire or two? We can help! Altoona has partnered with Metro Waste Authority for a tire drop-off event April 14-15, from 8:00 AM-4:00 PM. During this event, residents can drop off up to five tires at 406 5th Ave. SW free of charge. Tires from tractors and bicycles, or solid tires from lawnmowers or golf carts, are not accepted.

Get all the details on what is and isn't accepted at Altoona-iowa.com.



CITY OF ALTOONA RESIDENTIAL TREE PROGRAM

In recognition of Arbor Day, the City of Altoona will be selling a limited supply of trees to residents - limit 2 per household.

The trees being offered include Princeton American Elm, Redbud, Boulevard American Linden, and Exclamation London Planetree. The trees will be 3/4" to 1" caliper in a 7 & 10-gallon pot.

The cost is \$30 per tree.

Get yours at Altoona City Hall, 900 Venbury Dr. SW Suite A. Trees will be available for pick up at our new location, the Altoona Aquatic Center parking lot at 1200 Venbury Dr. on Saturday April 26, 9:00 a.m. - 11:00 a.m.

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HOMETOWN girl

Wilson is a lifelong Altoona citizen.

Kennedy Wilson has lived in Altoona a long time. Her whole life, in fact.

Not only did she grow up in town, but so did her parents and both sets of grandparents.

“My husband, Joe, being from Kentucky, is new to the Altoona community but saw how deeply rooted my family was to Altoona and loved that for us and our future family,” Wilson says. “Excluding the newer developments of Altoona, I can honestly say that I have a childhood memory for every part of what I would consider ‘old Altoona.’”

Wilson fondly recalls spending summers at her grandparents’ houses. Conveniently, they lived across Porter’s Pond from each other.

“Everywhere I go in town, I see glimpses of my family’s history or impact on this community, and that’s nostalgic for me, as three of my five grandparents have since passed,” she says. “The love and devotion I have for this community 100% began by observing how devoted and passionate my parents and grandparents were and are, even to this day. I have always wanted to live and start my family here in Altoona.”

Today, what Wilson appreciates about her own home is the quiet yet busy feel of the street they live on.

“I know it doesn’t seem like those two words would fit together, but it really is what our street is like,” she says. “It’s busy in the sense that we see people walking or walking their dogs all the time, children riding their bikes, and we can hear the slow pitch games out at Lions Park. It’s just like how it felt growing up here in the ‘90s.”

Similarly, one of Wilson’s favorite things about the community in general is that it’s “a big yet small town.”

“There are so many residents who have lived here for years or grew up here and returned that, even though it’s a large community, it has the feel of everybody knows everybody and everyone looks out for each other,” she says.

For Wilson, that’s extra special because, when she interacts with people in the



Kennedy Wilson, an Altoona native, and her husband, who is from Kentucky, have planted their roots in Kennedy’s hometown.

community, they often recognize her maiden name, Horton. About 98% of the time, they know or knew her parents or grandparents and have a story to share about them.

“Instantly, as they’re telling me this story, I feel a connection to that family member—and even more so if it’s about one of the grandparents that I’ve lost and it’s a new story or something about their life that I never knew,” Wilson says.

Wilson has also made deep connections with the community through her work as the events and marketing coordinator for the Altoona Area Chamber of Commerce—a role

she describes as her dream job. She helps plan many of the events community members enjoy every year, like Business Trick or Treat, the Back-to-School Breakfast for Southeast Polk School District staff, and the Wine and Craft Beer Fest.

“The love and passion we have for our community bleeds into the work we do at the chamber,” Wilson says.

She was also recently appointed to the Arts and Culture Commission with the city of Altoona.

Ultimately, Wilson’s love for Altoona knows no bounds. ■

SPRING into success

Finishing the school year strong

As the school year nears its end, students often face a mix of excitement and pressure. The anticipation of summer break can be distracting, while the need to maintain grades and complete assignments remains. This combination can lead to burnout, procrastination and declining academic performance. However, with the right support, students can finish strong and head into summer with confidence.

One of the biggest challenges during this time is staying motivated. After months of hard work, fatigue can set in. A personalized approach to learning helps by focusing on individual needs and styles. Tutors provide targeted instruction, breaking down complex concepts into manageable steps. This method not only reinforces understanding but also boosts confidence and engagement.

For students struggling in specific subjects, tutoring can be a game-changer. Whether it is tackling algebra, improving reading comprehension, or preparing for final exams, expert tutors identify knowledge gaps and create customized learning plans. This targeted support ensures students feel prepared and capable as they approach their



assessments.

Beyond academic subjects, tutoring also helps develop essential study skills. Time management, organization and effective note-taking are crucial, especially during the hectic final stretch of the school year. Tutors equip students with these skills, helping them manage their workload efficiently and reduce stress — preparing them not just for finals but for future academic success.

Moreover, tutoring provides a supportive learning environment. A tutor acts as both an educator and mentor, offering encouragement and positive reinforcement. This guidance helps students overcome anxiety and build the confidence they need to tackle challenges head-on.

As the school year winds down, consider whether your child could benefit from extra support. Personalized tutoring, targeted academic assistance, and essential study strategies can make a significant difference. Investing in your child's academic success now will set them up for a confident and accomplished transition into summer — and beyond. ■

Information provided by Angela Jones, Owner and Center Director of Sylvan Learning of Altoona, 301 Center Place, Suite C-1, Altoona, 515-957-2923, Angela.Jones@sylvanlearning.com.




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SENIORS By Stephanie Proper

THE FUTURE of senior care is personalized care

As we look to the future, the senior living landscape is undergoing an exciting transformation. These communities, once primarily designed as peaceful retreats for active retirees, are now evolving into vibrant hubs of innovation, health and connection. The future of senior care in these communities is focused on empowering residents to live independently and maintain social connections, all while having access to the healthcare they need.



The 55+ community model is moving away from the traditional “retirement village” stereotype and embracing a new vision where aging is seen as an opportunity for growth and self-fulfillment. As the Baby Boomer generation continues to age, the demand for housing options that cater to both independence and care is driving this exciting change.

The future of senior care in 55+ communities is also shifting toward personalized care. Gone are the days of one-size-fits-all solutions. As people live longer, their care needs and preferences can vary greatly. The senior population is diverse, with different levels of independence, health challenges and lifestyle preferences. To meet these varied needs, 55+ communities are offering flexible care models that cater to the individual. From specialized wellness programs to chronic disease management and mental health support, personalized care plans are designed to address not only physical health but also mental, emotional and social well-being. For example, fitness programs are tailored to seniors’ abilities and health conditions, ensuring that every resident can participate at their own level. Additionally, memory care and cognitive support are becoming increasingly important as more communities focus on providing services for those with dementia or Alzheimer’s disease.

This shift toward personalized care means that seniors are not treated as a homogeneous group but as individuals with unique needs, preferences and goals. It is a model that encourages aging with purpose and allows seniors to maintain as much independence as possible while receiving the support they require.

One of the most significant factors affecting senior health is social isolation, which can lead to depression, cognitive decline and other negative health outcomes. As such, senior communities are placing a strong emphasis on fostering social connection.

Rather than being isolated, seniors in these communities have more opportunities to engage with their peers, form new friendships, and build supportive networks. Community events, ranging from fitness classes and art workshops to volunteer opportunities and intergenerational programs, are designed to keep seniors active and socially engaged.

The future of senior care in 55+ communities is not just about aging, it is about thriving. It is about fostering independence, embracing technology, nurturing social connections and providing personalized care that enhances the quality of life. ■

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

RESTORATION as art: Top 10 Builder's Choice

McCulley crafts a car to perfection.

Jeff McCulley grew his craftsmanship into an artform over the years and understands that artisanship takes time when balancing work and family. He has worked 20 years in the custom car industry; however, finding time for his personal restoration project took five years to get from pieces to completion while raising twins. Jeff finished his black and white 1968 Plymouth GTX just in time to enter Goodguys Heartland Nationals 2024 in Des Moines this July. His reward? His car was selected for the Top 10: Builder's Choice Award. It was a record year with 5,000 cars entered.

McCulley was proud to be recognized for his work but says he enjoys car shows mostly because of the people. The show included a cruise, and he says his wife, Abby, and his 6-year-old twins, Jack and Kate, enjoyed the event. When he first bought the car pieces in Illinois, the twins were only 3 months old.

The rebuild had to wait until he built his garage, which took a year. After that, he spent weekends working on the pieces, skillfully crafting his car, which he stripped down to bare metal. The project took 1,200 hours, he says.

McCulley remembers the twins watching him at work on the car in the garage.

"They would be around and get excited about certain things, especially when the car was going together, and the interior being finished," he says, adding they called it "the white car."

"They keep seeing this white car, then, all of a sudden, it had seats in it, so they got really excited about that."

McCulley did several custom build modern upgrades on his black and white 1968 Plymouth GTX, including the engine.

"It looks like an original, but it's actually a late model 6.4 Liter Gen 3 Hemi, what would be in a new Challenger or Charger," he says.

McCulley chose black vinyl on the roof as a bold two-tone contrast to the white car.

"It was just the trend of the year. When I do a car, I like big contrast," he says.

The inside is all modern, with air conditioning, power steering, power brakes, Bluetooth digital radio and sound system.

"It's got every luxury of a new car inside.



Jeff McCulley and his twins, Jack and Kate, smile proudly in front of his black and white 1968 Plymouth GTX. Jeff won the prestigious Top 10 Builder's Choice Award at the Goodguys Heartland Nationals 2024 in Des Moines, selected from 5,000 cars in July.



Jeff McCulley bought his 1968 Plymouth GTX in pieces. He stripped it down to the metal and rebuilt it over five years. Photo by Jeff McCulley.

The only thing is, when you are riding in this car, you are sitting in a different style of seat. It appears to be stock, but there is nothing stock about it inside," he says.

"These old cars look cool, but you don't want it to drive like an old car. The whole trick is to have a car that you can get in, turn the key, and enjoy the drive versus every time you drive it, it's a hassle," McCulley says.

His passion for cars started as a young kid growing up in Grinnell and hanging out with his dad. His dad was a semi driver, and, on weekends, he took him to Goodguys and local car shows in his green 1969 Plymouth Roadrunner.



Jeff McCulley upgraded the engine to be more modern by using a late model 6.4 Liter Gen 3 Hemi in his 1968 Plymouth GTX.

"My dad and uncles all had cars like this, and I just never grew out of it. He's always hung out and worked on cars just for fun," he recalls.

McCulley followed his heart and attended WyoTech in Wyoming. He worked on custom cars at Karl Kustoms for Carl Moyer and Dave Carnock and has continued working with Dave Carnock at Carnock Creations for the last 10 years. ■

Be sure to check for cancelations.

Coming up in Altoona Living magazine:

Foreign Exchange Students: Have you hosted a foreign exchange student in the past or are hosting one this year? Tell us about sharing your home and culture with a student from abroad and what you learned from the experience. Email tammy@iowalivingmagazines.com by April 3 to be included in the April issue.

Pampered Pets: Do you enjoy pampering your pet(s)? We are looking to interview people whose cats, dogs and other animals live a life of luxury. If you are one of those spoiling their critters rotten and proud of it, reach out to be included in our May issue. We want to hear your story! Email tammy@iowalivingmagazines.com.

Healing Hearts Grief Support

Meets every second and fourth Tuesday of each month. Edencrest at Tuscany, 1600 Eighth St. S.E., Altoona, lower east entrance

A supportive gathering for residents and community members to share their experiences, connect with others, and find comfort during their grief journey. Light snacks and beverages are offered. This event will create a safe space for healing and connection within the community.

Ask an Audiologist: Hearing Health Seminar

Thursday, April 24, 2-4 p.m. Edencrest at Tuscany, 1600 Eighth St. S.E., Altoona, lower east entrance

The public is invited for a special event on hearing health in collaboration with CaptionCall and Sorenson. We will discuss hearing aids, present on CaptionCall candidacy and eligibility, and provide hearing aid checks and routine maintenance. Light refreshments and treats will be provided. RSVP by Monday, April 21, by calling 515-850-6119.

Tai Chi Class at The Tuscany

Every Thursday from 9:45-10:30 a.m. until June 5

Edencrest at Tuscany, 1600 Eighth St. S.E., Altoona, lower east entrance

Tai chi is an ancient Chinese exercise program to promote strength, flexibility and balance. Individuals will learn warm-up, cool-down, six basic forms and six advanced forms, with modifications available for those who need to remain seated for all or most of the class. Classes offered on a contribution basis for those age 60 and older. For those younger than 60, there is a \$4 charge. All donations go to Aging Resources of Central Iowa, a non-profit agency serving older adults in central Iowa.



Entertainment

• **Trivia Night** at Hawk Heaven, Tuesdays in April, 7 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona.

• **Karaoke Night**, April 2, 8 p.m. to midnight, Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona.

• **Cake Decorating Class**, April 5, 2-4 p.m., Outlets of Des Moines, 801 Bass Pro Drive N.W., Altoona. \$60. Registration required. Visit www.outletsofdesmoines.com/events/.

• **Crochet Coven** at Brightside Aleworks, April 11, 6-8 p.m., Brightside Aleworks, 480 Center Place, Altoona. Free. All skill levels and aging welcome.

• **2025 Chocolate and Champagne Gala**, April 12, 5 p.m. to midnight, Hilton Des Moines Downtown. For information and tickets, visit www.altoonachamber.org/events/2025-chocolate-and-champagne-gala.

• **Women's Dart Tournament**, April 18, 6 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona. \$15. Registration at 6 p.m., play at 7 p.m.

• **Altoona Police Department Spaghetti Dinner Fundraiser**, April 25, 25-7 p.m., 803 Third Ave., S.W.

• **Arm Wrestling Tournament**, April 26, weigh-ins 1-2 p.m., wrestling at 2 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona. Presented by Monster Arm Wrestling. \$15 entry fee. Women's and men's classes.

• **Adult Prom**, April 26, 8 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W., Altoona. Must be 21 or older. Free event.

Edencrest at Pleasant Hill Grand Opening

Thursday, April 3, 4-7 p.m. Edencrest at Pleasant Hill, 6151 Martha L. Miller Drive, Pleasant Hill

The public is invited to the Grand Opening Celebration of Edencrest at Pleasant Hill. Enjoy heavy appetizers and drinks, live music, and an official ribbon cutting with the city of Pleasant Hill and the Pleasant Hill Chamber of Commerce. For more information, contact Staci Fjelland, community relations director, 515-380-0598.



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Be sure to check for cancellations.

Elks Pancake Breakfast Buffet, Bake Sale and the Easter Bunny

Sunday, April 13, 8 a.m. to noon
West Des Moines Elks Lodge,
2060 N.W. 94th St., Clive

Yes, the Easter Bunny will be at the breakfast to greet the children and have treats to share. The breakfast buffet includes biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and, of course, all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody Mary or mimosa for \$3.50.



Cost is \$11 for adults and \$5 for children 10 and younger.

Proceeds support the Elks Hoop

Shoot Program, other youth activities and veteran support activities.

Playhouse Summer Classes

Various dates
Des Moines Playhouse,
831 42nd St., Des Moines

The Des Moines Playhouse offers students from kindergarten through high school more than 30 different classes and camps this June-August to fill the long summer days and keep minds active. A complete list of classes and registration is available at dmplayhouse.com. Theatre arts education at The Playhouse provides students with the opportunity to explore, create, imagine and express themselves, all within a safe, nurturing environment. Every class at The Playhouse is unique and led by the theatre's professional teaching artists. For more information on summer theatre camps and other Playhouse educational offerings, contact The Playhouse education department at 515-974-5365.



African Violet Show and Sale

March 28 and 29
Wesleyan Church, 2025 Lower Beaver Road,
Des Moines

The Evening African Violet Club of Des Moines invites the public to its 2025 African Violet Show and Sale. This is a nationally sanctioned show and sale that will have judges from the African Violet Society of America. Club members' plants and supplies will be available. The sale hours are Friday, March 28, noon to 6 p.m., and Saturday, March 29, noon to 5 p.m. The judging of violets, gesneriads and floral design will take place on Saturday, 10 a.m. to noon. Educational exhibits and AVSA promotional information will also be displayed. The Evening African Violet Club of Des Moines meets monthly from February to November on the third Saturday of the month at 2 p.m. at the Debra Heights Wesleyan Church. The public is invited. ■

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HEALTH

By Ashley Powell

SPRING clean your mind and body

As nature reawakens, spring offers the perfect opportunity to refresh your wellness routine. Incorporating natural compounds like CBD, alkaloids and functional mushrooms can help support mental clarity, energy levels and overall balance.



CBD: clarity and calm — Cannabidiol (CBD) interacts with the body's endocannabinoid system to promote balance. Research suggests CBD may help reduce inflammation, ease stress and support cognitive function, making it a valuable tool for mental clarity and relaxation. Whether in tinctures, capsules or beverages, CBD can assist in resetting your body and mind.

Alkaloids for energy — Certain alkaloids, found in plants like kratom and coffee, can provide a natural energy boost. These compounds influence neurotransmitters, enhancing focus, stamina and vitality.


Functional mushrooms: nature's adaptogens — Mushrooms such as cordyceps and Lion's Mane are known for their adaptogenic properties, helping the body manage stress while improving cognitive function. Cordyceps has been shown to enhance stamina and oxygen utilization, while Lion's Mane supports nerve growth and mental acuity. Together, they contribute to sustained energy and sharper focus.

This spring, embrace a natural wellness reset. Visit your locally owned CBD store to explore high-quality products that support both mind and body. Certified hemp consultants can guide you toward the best options. ■

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. Sources: [https://pmc.ncbi.nlm.nih.gov/articles/PMC6574952/?utm=](https://pmc.ncbi.nlm.nih.gov/articles/PMC6574952/?utm;); https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2024.1356009/full?utm_source=chatgpt.com



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HEALTH

By Nikki Morgan

DON'T sweat it

Hyperhidrosis, or excessive sweating, can be an embarrassing and uncomfortable condition that affects daily life. While antiperspirants and other treatments may not always provide relief, Botox (botulinum toxin) has emerged as an effective solution for managing excessive sweating.



Botox works by blocking the nerve signals responsible for activating sweat glands. Normally, the nervous system stimulates sweat production to help regulate body temperature. However, in individuals with hyperhidrosis, these glands are overactive, leading to excessive sweating even when it is not needed. Botox injections temporarily interrupt this process by inhibiting the release of acetylcholine, the neurotransmitter that signals sweat glands to activate. As a result, sweating is significantly reduced.

The procedure is minimally invasive, involving a series of small injections directly into the affected area. Most patients begin to notice results within a few days, with full effects typically seen within two weeks. The results can last anywhere from four to six months, after which repeat treatments may be necessary to maintain dryness.

Botox for hyperhidrosis is FDA approved and has a high success rate, making it a popular choice for those seeking long-term relief. With minimal side effects and little to no downtime, it provides a safe and effective option for managing excessive sweating and improving overall quality of life. ■

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

FACIAL chemical peels

Facial chemical peels offer several benefits for the skin. Chemical peels improve skin texture and tone. Chemical peels help to smooth rough skin and even out skin tone by removing or exfoliating dead skin cells and stimulating collagen production. Other notable benefits include reduction in acne and acne scarring, reduction in pigmentation and age spots, minimizing pore size and reduction in wrinkles and fine lines.



What to expect at your appointment:

1. Consultation with a licensed medical professional or aesthetician to discuss your skin concerns and goals.
 2. The professional will thoroughly cleanse your skin to remove dirt, oils, and makeup, ensuring the peel solution can work effectively.
 3. Application of the Chemical Peel Solution: The chosen chemical peel solution is then applied to the skin. This solution is typically left on for a few minutes, depending on the type and strength of the peel. The solution may cause a mild tingling or stinging sensation. Some peels require neutralization following the peel solution.
- The procedure is relatively quick, typically taking around 30 minutes to an hour, depending on the type of peel. It's essential to consult with a professional to determine the best option for your skin. ■

Information provided by Teresa Sieck MPAS, PA-C, PhD, Luxe Medical Spa and Aesthetics, 88 Paine Circle S.E., Suite 7, Bondurant, 515-630-8637, www.luxemedicalspa.net.

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PREPARATION key to good health

Good health isn't a product of luck. Healthy people make lifestyle choices that lay the foundation for health. Preparation through healthy habits is key in building and maintaining health.

- Chiropractic adjustments prepare the nervous system to be able to adapt to stressors when they arise. This includes physical, emotional and environmental stressors. Different stages and times in life will require our nervous system to adapt differently. All ages and stages of development, from birth on, require a nervous system able to adapt. Adults need to be prepared to navigate work, life stressors and aging with ease. Parents need to be prepared from preconception to prenatal and birth to the transition and responsibility of caring for infants, littles, teens and beyond.
- A diet consistent in nutrients lays the foundation for health, keeping inflammation low and supporting the immune system. Keep it simple and focus on whole foods like proteins, vegetables, fruits and healthy fats. The less processed and fewer ingredients the better. Set aside time once or twice a week to do food prep to make this manageable.
- Supplements are not a substitute for a nutrient-dense diet but rather a supplement to a healthy diet. They add nutrients we are not getting enough of or that we need extra of to support the body in a specific way. Individual needs vary and should be discussed with your holistic healthcare provider like a family chiropractor. ■

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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JOINT accounts: What you should know

While the ease of shared access makes a joint account an appealing option, consider whether it aligns with your financial situation first. To help, we've outlined what a joint account is, its benefits and considerations to keep in mind.



What is a joint account?

A joint account is a bank account shared by two or more individuals. This can include checking and savings accounts, as well as credit cards and mortgage loans. While holders are typically couples, business partners or family members, joint accounts can be held by anyone.

All parties involved on the joint account have equal ownership and access to make deposits and withdrawals.

What are the benefits of joint accounts?

Convenience is the major benefit of having a joint account with an individual you have shared expenses with or someone whose financial affairs you manage. Two common scenarios we see:

- Couples who live together. Couples have many shared expenses, such as rent or a mortgage, home or renter's insurance, groceries and utilities. Setting up a joint account can help seamlessly pay for these expenses together.
- Children managing their aging parents' finances. Children added

to parents' accounts can write checks, as well as withdraw and deposit funds, without needing their parents' permission. This is helpful when parents are unable to manage their finances, ensuring important payments and deposits are handled. Additionally, when the parent passes, the child continues to have access to the funds. An alternative is to add children only as authorized signers, which gives them the authority to make withdrawals and payments until the parent has passed.

What to consider before opening a joint account

Before you open a joint account, know funds in the account are equally held by all holders. The funds are also subject to garnishment — the legal process of collecting money to pay off debt, loss in a lawsuit, a dissolution of a marriage, and other financial dues.

Another aspect to consider is, generally, you can't remove an individual from a joint account unless they are deceased. If you wish to have an individual account but others on your joint account are still alive, you typically must close the joint account, open a new individual account, and transfer the funds. A joint account may simplify the process of managing shared expenses with a loved one, but be mindful of all aspects before opening one. ■

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

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NMLS ID#: 406021



ALTOONA Public Library events

ADULT PROGRAMMING
– AGES 18 AND OLDER**Sewing Basics, Thursday, April 3, at 6 p.m. or Saturday, April 12, at 1 p.m.**

Learn the basics you need to use a sewing machine. We'll go over operation, safety and troubleshooting. All materials will be provided to make a simple project. Registration required. This class will be offered twice, please only register for one session.

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.

Book Clubs at Altoona Public Library, Thursday, April 17, at 7 p.m. or Monday, April 21, at noon. Check out our library book clubs and meet other readers. Books for the clubs can be checked out at the circulation desk at the conclusion of the previous month's meeting and are available while supplies last. This month we are reading "Distant Sons" by Tim Johnston. No registration required.

Roll With It: Sushi Workshop, Wednesday, April 23, at 6:30 p.m. Join us for this hands-on class presented by Pho Wheels & Sushi. Learn how to make two simple rolls: the California roll and spicy tuna roll, along with how to prep simple ingredients, the best place to buy ingredients, and what to look for in quality fish. Registration required.

CHILDREN'S PROGRAMMING

Scribblebots, Tuesday, April 15, from 5:30-6:30 p.m. We're building Scribblebots. Join us to learn how to use a servo motor and art supplies to make some pretty funky artwork. Grades 4-6. Registration required.

Baby and Me, Mondays from 10-11 a.m. Join us for this interactive storytime designed for parents/caregivers and their infants and toddlers and their stuffies. Ages 5 and younger. No registration required.

Play Dough Playtime, Tuesday, April 29, from 10-11 a.m. Come explore our play dough activity stations and learn all about the important skills and benefits children are gaining by playing. Ages 5 and younger. No registration required.

TEEN PROGRAMMING (GRADES 6-12)

Cheesy Movie Night, Friday, April 4, from 6-8 p.m. Join us for a cheesy movie night with cheesy snacks. We'll watch the infamous 1990s classic, "10 Things I Hate About You." Registration required.

Wire Bead Bracelets, Monday, April 7, from 6-7 p.m. Create some dazzling jewelry using wire and beads. We'll have all the materials provided for you to learn to make your own. No registration required.

DIY Patches, Monday, April 28, from 6-7 p.m. Learn how to make and decorate your own fabric patches, perfect for bags, jackets or whatever else you want to decorate. No registration required.

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

STUART changes mind on town living

Move worth it to be near grandkids

Rita Stuart never wanted to leave her acreage, but given the chance to live next to her grandchildren, Emmitt, Madison, Brinley and Nevaeh, she changed her mind.

After 30 years of country living, she bought a townhouse.

"My husband died in 2014. I had no intention of ever leaving my acreage," Rita says. "My son bought a townhouse here in 2018. A year and a half later, the one right next door to my son came up for sale, and my daughter bought it."

Rita ended up moving into a townhouse that is only 50 feet from her children. Being so close allows her to be present to help with her grandchildren, who also love her rat terrier, Jill.

"I'm here for anything that they need," she says. "My youngest granddaughter, Brinley, who's 5, loves coming over here. If she sees me out with my little dog, she's out immediately over here with me."

Rita wants to be a helping hand.

"Anything my kids need with help — picking up the kids, taking them somewhere, taking care of them," she says.

As a bonus, holiday gatherings have never been easier.

"Holidays are really simple," Rita says. "My kids walk across the backyard."

Being close to the grandchildren, helps her children, Kendra and Kenny Jr., as well.

"It frees them up to not have to worry. When school is canceled, and they need somewhere for the kids to be for the day, I'm here."

With all the help Rita provides, living close to her children and grandchildren has also helped her.

"It is a benefit," she says. "It helps me mentally. I made it (on the acreage) eight years by myself, but when I moved here, it was great. It's made it better for my mental health to be close to them and not be lonely." ■



Rita Stuart couldn't imagine moving away from her acreage, but she couldn't say no to moving next door to her grandkids.

WHY Easter?

For many, Easter passes by with an Easter egg hunt, a family gathering, and maybe a couple marshmallow Peeps. But, for millions of people around the world, Easter serves as the cornerstone of their freedom, peace and hope. What is it about this one day that is so important to so many? Easter means Jesus is alive, and it changes our past, present and future.



First, Easter changes our past. Many of us carry around baggage from our past like we're going on a three-week trip. We try to ignore it and pretend it is not there. But the regret, guilt and shame weigh us down. Somehow, we need to let go of our past, forgive ourselves, and forgive others. But that's only possible when we experience the forgiveness of God. Jesus' death and resurrection made a way for our past to be forgiven and redeemed. God doesn't waste anything — including your story. Easter means there is forgiveness and redemption for you.

Second, Easter changes our present. Many of us deal with stress and anxiety on a daily basis. There's not enough time. There's not enough money. Relationships break and health deteriorates. We feel alone in our struggles. While on earth, Jesus lived under pressures and stress just like we do. He understands us. And now, because of Easter — because Jesus is alive — he can be with us. Jesus' living, personal presence is with us every moment of every day. As we face the ups and downs of life, He guides and provides for our daily needs. Easter means that you never walk alone. Jesus is with you and for you.

Third, Easter changes our future. We watch the news and wonder if there's hope. We go to funerals and wonder if there's hope. And, someday, it will be your funeral and mine, and will there be hope? Easter is God's downpayment on a new future. Jesus' resurrection is a foreshadowing of the glorious future God has for his world and for all who put their faith in him. Easter means a new world is coming. Easter means new life, healthy bodies, perfect relationships, peace and meaning are coming. Easter means your future is full of hope.

There was an invitation that first Easter: "He is not here; he has risen, just as he said. Come and see the place where he lay" (Matthew 28:6). And the invitation still stands. Something big has happened. You are invited to come and see. This Easter, explore the event — the resurrection of Jesus — that millions have found to be true and transforming, the cornerstone of their lives. The fullness of Easter awaits. ■

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

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SPRING into growth

A season of renewal and opportunity

As the days grow longer and the temperatures rise, spring brings a renewed sense of energy and opportunity to our community. It's a time for fresh beginnings — both personally and professionally.

With spring in full swing, it also marks the start of our busiest season, packed with events, networking opportunities and ways to connect. The possibilities are endless to engage, learn and grow with our Women of Vision luncheons, Perk Before Work networking, Business 101 classes, ribbon cutting ceremonies for new businesses in the community and town celebrations including our annual Wine and Craft Beer Fest in June.

Spring is also the perfect time to set new goals, explore fresh ideas, and invest in personal and professional growth. Whether you're looking to expand your network, develop new skills, or simply adjust your mindset, now is the time to take action. Growth isn't just about business success. It is about developing leadership skills, fostering relationships and maintaining a positive mindset. Consider taking time this season to read a book that inspires you, set new goals for yourself and your business, or simply pause for a moment, listen to the birds chirp, enjoy the air after a fresh spring rain, watch the flowers grow for new beginnings and enjoy the happiness of hearing the kids playing outside.

We encourage you to take advantage of this vibrant season and embrace the momentum that spring brings. Small steps now can lead to great achievements in the months ahead. The possibilities are endless when we come together as a community, ready to grow and thrive.

Let us make this season one of connection, success and new beginnings. ■

Information provided by Amy Ferguson,
2025 President of the Altoona Area
Chamber of Commerce Board of Directors.



CITYWIDE GARAGE SALES

MAY 22 - 24

JUNE 12 - 14

JULY 10 - 12

***JULY 31 - AUG 2**

SEPT 4 - 6

**save these dates.
promotion on FB only.
no printed map.
must register online to be
included in post.**



RIBBON Cutting

A ribbon cutting was held at Uniquely Beautiful Salon, 110 First Ave. N., on Friday, Feb. 21.



A ribbon cutting was held at Uniquely Beautiful Salon, 110 First Ave. N., on Friday, Feb. 21.



Michelle Humberto, Leticia Belcher and Salazar Humberto



Tim Guiter and Kyle Lee



Whitney Herr and Nikki Barkhous



Garrett Birkett and Dr. Elizabeth Ellrich



Leticia, Celaya and Nick Belcher



Leticia Belcher and Ashley Wolfkill



Marsha Belcher



Kennedy Wilson, Melissa Horton and Leticia Belcher



Erin Harmeyer, Leticia Belcher and Alex Radzville

OUT & ABOUT



Carson Odle, Zach Hunt and Jon Crossman at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Jon Yesulis, Carson Odle and Steven Chase at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Paul VanCleave and Rob Cramer at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Joel Morrow and Kevin Petersen at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Aprel Landen and Linda Lawson at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Jordan Henry and Paul VanCleave at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Kyle Lee and Loren Carroll at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Eric Yoerger and Jay Mathes at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Pennie Carroll and Loren Carroll at the Perk Before Work on Tuesday, March 4, at JP Party Rentals.



Jerrod and Jenny Bauer of Sam's Sports Bar & Grill, accept the Residents' Choice certificate for being one of the favorite bars.



Teri Janes of Signatures Salon and Day Spa accepts the Residents' Choice certificate for favorite hair salon.

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FOR SALE

MANUFACTURED HOMES, (2025, Vinyl/Shingled. 2 Bedroom start at \$41,999). (16x80) (3 Bedroom- 2 Bath) \$89,999. (28X64) (4 Bedroom-2 Bath) \$99,999. Delivered Factory-Direct, East Of I-35, North of I-80. 319-239-1920. (mcn)

MISCELLANEOUS

Cedar Rapids Largest Flea Market & Garage Sale; March 29/30, Lindale Mall, old Younkers, Cedar Rapids, IA, Over 200 spots. Sat. 8-10 \$5, 10-7 \$3; Sun. 10-5 \$3. Call Jason 515-298-3968. (mcn)

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

AUTOMOBILES

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Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855 977-7030 today! (mcn)

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

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FINANCIAL

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MISCELLANEOUS

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