

Living

MAGAZINE

Up in the AIR

Residents share their
experiences as pilots

Meet Jeremy and Amy Olesen

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CORNival celebrates big milestone

COMMUNITY

Harvest bowl salad with balsamic vinaigrette

RECIPE

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WELCOME

THAT ought to be enough

I was 20 years old and a junior in college before I ever stepped foot on an airplane. It wasn't some fancy commercial flight either.

My friend, Brian, had his pilot's license and offered to take me up in a small plane with another buddy. I reluctantly agreed. Filled with anxiety, I carefully stepped into the hangar where the plane was located. Brian opened up the gas tank, shrugged his shoulders, and said, "That ought to be enough." I mumbled and bumbled my words more than Mel Tillis at this point, and Brian turned his back on me and walked away, holding in his laughs.

I wasn't laughing.

This was a high-pressure moment for a young man of limited experiences who just recently dropped teenager status.

Before long, we were in the air, and I was viewing the rural Iowa scenery, floating among the clouds, listening to the hum of the plane engine — until the hum disappeared, and the plane started falling. The sweat beads were forming on my forehead, and that summer tan I had was nowhere to be seen as my skin turned milky white. Then, amidst the silence, I heard the engine hum again. My prankster pilot friend laughed some more and then proceeded with a myriad of airplane acrobatics.

When we finally landed, I said a quick thank you to Brian and spent the next 10 minutes in the bathroom. That was more than enough flying for my stomach.

Later that year, I went on my first commercial flight on a Boeing 747 and was amazed at the smooth ride, a much different experience than I had with my friend, Brian.

The last I heard, Brian was a commercial pilot for a major airline. I doubt that he is pulling his practical jokes on the crew and passengers of an Airbus A380.

Meanwhile, some local residents truly enjoy their time in the air and share their experiences in this month's feature story.

As for my buddy Brian's jokes on me, well, that ought to be enough. Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Andrea Hodapp

Advertising Account Executive
515-883-0523
andrea@iowalivingmagazines.com



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Up in the AIR

**Residents share their
experiences as pilots**

By Chantel Boyd

Our eyes often gaze upward in amazement. A clear, night sky filled with stars. Clouds painted in vibrant pinks and oranges by a rising sun. Ominous storms with lightning flashing across the heavens. Formations of geese traversing the continent, high above the land. And, heavy, metal airplanes with their human cargo miraculously crossing the skies as if light as hollow-boned birds.

While many of us are happily grounded, some pursue the dream of soaring above us, enjoying the view of expansive territories below, clouds from above, and the vastness of the blue sky surrounding them. This month, we ask local pilots to share the stories behind their passion for flight.

Josh Gipple enjoys taking his wife, Cait, and their children, Theo, Fiona and Milo on a flight aboard the first plane he flew with his neighbor Dwight at age 15.



Too-tall astronaut hopeful turns to piloting

Blake Read originally wanted to be an astronaut. However, when he started researching careers, NASA required astronauts to be shorter than 6-foot 3-inches. In his sophomore year, he was already 6-foot 1-inch, so he started researching backup plans. He enjoyed flying during family vacations — even more than the actual vacation.

“I decided it would be cool to get paid to do that, and a love for flying was born the moment I had my first lesson.”

Blake has been flying for five years. He started lessons in June 2017 at the Ankeny Airport, where he gained his first certification. He then attended a larger school in Atlanta, Georgia, that was specifically for flying. Blake is the only pilot in his family but is grateful for his family’s support, which made it possible to fund the first portion of his training.

Over the last few years, he has been flying commercially, first for FedEx and now with American Airlines, which has taken him from coast to coast in the U.S., Mexico, the Bahamas and Jamaica. American flies worldwide, so Blake looks forward to flying wherever he can.

He says frequent traveling is a perk of the job.

“My job allows me to travel the world in ways never possible for me before, each with its unique beauty.”

However, the downside is a busy schedule.

“It’s hard to plan things at home. Sometimes you miss events and holidays with family and friends.”

Blake says he enjoys working with the different flight crews to get passengers to where they are going, even in dicey weather.

“I enjoy the challenging days where we have to work as a team and problem-solve issues.

“I never feel like I’m actually working; I’m always having fun,” he adds.

Blake says he has never been nervous in the cockpit, and he attributes this to being thorough.

“Complacency in this line of work is when things go wrong.”

Often, Blake is asked what pilots do when at cruising altitude. He admits pilots can get bored, especially on longer flights, but occupy their time talking with Air Traffic Control, looking at the weather, or making plans for landing at the destination.

“I tend to have music on my headset, look out the window at the landscape, and take photos — I love showing those photos.”

Blake’s favorite memory was flying commercially back into the Des Moines Airport for the first time. As a student and as an instructor myself, he flew a lot of times into Des Moines in small training aircraft. But flying back, this time in an airliner, was extra special.

“It was a sign to myself that I made it to my goal, and it’s because of those small airplanes, my instructors, cohort of students, family, and those in the airlines who hired me to fly that I have to thank for it. I couldn’t be in a better line of work.”

Childhood dream comes true

Since Josh Gipple of Altoona was in first grade, he has been fascinated with airplanes, often watching for airplanes in the sky.

“I owned all the Microsoft Flight Simulator games growing up and played them constantly.”

When he was in the 10th grade, he learned his neighbor Dwight was a pilot with his own airplane at the Ankeny airport.

“He took me flying to Greenfield, Iowa, and back.”

Once they were flying, the neighbor allowed Josh to try his video game flight simulator skills on a real airplane.

“At that moment, I knew I wanted to be a professional pilot.”

Dwight still owns that airplane. Josh has remained friends with him and has a set of keys to the plane with an open invitation to take it anytime he wants and share his passion for aviation with his family and others.

“It’s a true blessing and a dream come true.”

Josh has had his pilot’s license since 2009 and has been flying professionally for 13 years. He has flown to every state in the lower 48, every province in Canada, many locations in Mexico, and many of the Caribbean islands.

He is currently a corporate pilot for DotDash-Meredith and Expedia, with multiple weekly routes between Des Moines and New York, shuttling employees between offices. He flies Embraer Legacy 450s for the company, a state-of-the-art aircraft that can seat nine people. They have a 3,000-nautical-mile range, have a max ceiling of 45,000 feet, and cruise at 462 knots (531 mph).

With more than 5,000 hours of flight time,



Blake Read in front of the engine during the preflight inspection in Huatulco, Mexico, on Dec. 10.

Josh has flown many types of general aviation aircraft.

To learn to fly, Josh attended the University of Dubuque in Dubuque and earned a bachelor’s degree in Flight Operations and a minor in Aviation Management. He earned his pilot certificates and ratings and became a certified flight instructor. He was a flight instructor for the University his senior year, then took a flight instructor position at the Ankeny Airport after graduation.

“My favorite thing about flying is that it doesn’t feel like I’m actually working because I’m so blessed to have the best office view ever from 40,000 feet.”

The biggest challenge is being away from his family, sometimes with little notice.

“I’ve pursued a career as a corporate pilot (instead of flying for the airlines) because I get to be home and raise my kids.”

The only time Josh struggled in the cockpit was on his first solo flight when he was nervous about landing, but, after the first landing, he says he was good to go. Of course, the adrenaline sometimes kicks in during severe turbulence. But, in those moments, his training



Josh Gipple with his oldest son, Theo.

helps.

“You focus and do what you were trained to do to complete the flight safely.”

Josh is convinced that, when he had this dream as a little boy to become a pilot, God heard those prayers and made it possible through his neighbor Dwight.

“God worked through my passion for aviation to save me. That’s the greatest blessing of all.”

His favorite memory is when he and his family flew to Port St. Joe, Florida, in a friend’s Bonanza for vacation in 2020.

“I love sharing my passion for aviation with my kids, who love flying with me.”

Making father-son memories to cherish

Tony Palmer was inspired to fly by his father, Steve Palmer, who was in the Coast Guard. He received his pilot’s license in 1975 and was a flight engineer on the Coast Guard Albatross aircraft.

His dad told Tony stories about his missions, which included flying across the Bermuda Triangle, before moving back to Iowa to begin another career and begin raising a family.

Tony’s first flight was at an airport in Runnells when he was 5.

“I remember the pilot making loops in the air; the feeling of your stomach in your chest was amazing!”

Initially, Tony spent a lot of time playing



Tony Palmer was inspired to fly by his father, Steve Palmer, who was in the Coast Guard.

flight simulator computer games until his wife, Denise Timmins, encouraged him to pursue becoming a pilot by purchasing a “discovery flight” for his birthday. He was hooked.

Tony earned his pilot’s certificate in 2004 through Newton Airport. But, like father, like son, Tony quit flying after a couple of years because of the cost, beginning a family, and life getting busy.

In 2016, Tony and his dad returned to aviation by attending flight lessons at the Ankeny airport with Exec 1 Aviation. They both were re-certified and began renting an airplane and going to different airports for Saturday breakfasts and fly-ins.

However, Tony and his father found that renting an airplane meant there was only sometimes one available, and flight time was limited by the next renter. So, the father-son duo decided to buy their own aircraft.

In December 2018, after searching for the perfect airplane, they found it — a 1973 Cessna 182P, in Texas. They took a commercial flight to pick it up and flew back to Iowa. Soon the father and son began keeping a map of all the Iowa places they flew to.

Tony’s favorite thing about flying is seeing the countryside from a different perspective and the sense of freedom.

“Nothing else matters except you and the

machine when you’re flying. Flying allows the thoughts of the daily grind to be grounded.”

The most challenging part about flying for Tony is the weather. Still, he’s thankful that many different apps keep pilots and passengers safe.

One time he was anxious about flying was on a trip to Oshkosh, Wisconsin, for the EAA (Experimental Aircraft Association) Airventure. This was also the most rewarding time Tony flew. Around 100,000 people attend this event, with approximately 10,000 aircraft flying in and landing every five to 10 seconds.

“It’s a big deal to say that you flew in there. You must follow a procedure to get in line in the air to bring you into the event and land.”

The Oshkosh story might be the most significant accomplishment for Tony. Still, his favorite memories are with his dad, Steve, when they shared their airplane.

Steve passed away on Sept. 23, 2020, just shy of two years after they pursued their passion for flying together.

“Even though there were a lot of places and plans we did not get to go do together, I cherish the time that we had in the sky together because it allowed us to reconnect our similar love of airplanes and the sky and to simply just be a son and his father together.” ■

RECIPE

DISHING out the facts on good fats

(Family Features) For those seeking to be more health-conscious, the idea of eating nutritiously seems simple. However, understanding what's truly "good for you" can sometimes be confusing.

In honor of National Nutrition Month and Healthy Fats Day, Avocados From Mexico is sharing how avocados — a delicious food and source of good fats and several vitamins — make everything better. Avocados From Mexico conducted a survey and found that while 76% of respondents believe fat is an essential component of a healthy diet, less than one-third are confident they know why it's important to have "good fats" in their diets.

For starters, according to the survey, nearly half of Americans didn't realize foods with good fats, like avocados, can help with weight management. However, monounsaturated and polyunsaturated fats found in avocados can lower the risk of becoming overweight, according to research published in "Nutrients."

Virtually the only fresh fruit with good fats, avocados can help people meet both good fat and fruit and vegetable recommendations in the same bite with approximately 6 grams of good fats per serving (one-third of a medium avocado).

To find more nutritional facts and figures, along with recipes, visit AvocadosFromMexico.com. ■

Harvest bowl salad with balsamic vinaigrette

Servings: 8

Balsamic Vinaigrette:

- 1/2 Avocado From Mexico, diced
- 1 tablespoon avocado oil
- 2 tablespoons shallots, minced
- 1 tablespoon Dijon mustard
- 3 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 3 tablespoons water

Salad:

- 2 Avocados From Mexico, diced
- 2 sweet potatoes, roasted and diced
- 2 cups quinoa, cooked
- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries



- **To make balsamic vinaigrette:** In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.
- **To make salad:** In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.
- Toss salad to coat. Keep refrigerated until ready to serve.

Nutritional information per serving: 390 calories; 16 g total fat; 0 g saturated fat; 0 g cholesterol; 370 mg sodium; 55 g total carbohydrates; 11 g dietary fiber; 12 g sugar; 15 g protein.

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CORNival celebrates milestone

Arts and Culture Commission partners with Altoona Area Historical Society for art project.

Fun fact: The very first acre of commercial hybrid seed corn was grown and harvested on the Kurtzweil family farm in Altoona 100 years ago. This experiment eventually led to the formation of the Hi-Bred Corn Company, later renamed Pioneer Hi-Bred.

To commemorate the milestone, the Altoona Arts and Culture Commission has launched a summer-long celebration called CORNival. As part of this, a parade of 20 customized, 6-foot fiberglass corn cob sculptures will be placed around town this summer — an initiative aptly named “CORNvoy: Tour of Corn.”

Each statue features the artwork of an Iowa artist (plus one being provided by the Arts and Culture Commission), who submitted designs and were selected by the commission and a blended committee.

“While narrowing down which designs would be selected, one question kept coming up: How does this reflect and honor the history of agriculture in Altoona for those who live, work, visit, play and stay in Altoona?” explains Molly Johnson of The Creative Edge, a virtual assistant company helping facilitate CORNival. “The CORNvoy is a permanent collection that reflects both where Altoona came from and where Altoona is heading. We are so excited for people to experience the tour now and for years to come.”

The sculptures will remain as public art. In addition to CORNvoy, many fun corn-themed events are planned throughout the summer, including a kick-off celebration on July 4.

The community can support CORNival by volunteering for the project’s summer programming or simply attending the events. Folks can also follow Altoona Arts and Culture on social media, provide a sponsorship or purchase a CORNival T-shirt from the soon-to-be-released line provided in part by Raygun.

“Lastly, come support CORNival by showing up,” Johnson says. “We really hope to see community members join us at Haines Park after the 4th of July parade. This event is the unveiling of the CORNvoy and a great opportunity to meet the artists behind the statues designed for this community. I can’t think of a better way to spend the fourth than a home-grown, hometown, family-fun party.”

For more information, contact cornival@altoonahistory.org or visit the Altoona Arts and Culture Commission’s Facebook page. ■



The CORNival committee includes Molly Johnson of The Creative Edge, Calan Schmidt, John Shaw, Chad Taylor, Alex Payne, Sarah Kavalier, Chris Lynn and Mike Lambert. Photo by Andrew Frana, Brightside Aleworks



Artists will add their work to 20 customized, 6-foot fiberglass corn cob sculptures to be placed around town this summer.

ALTERNATIVES to a 20% down payment

If you're putting off buying a home to save for a down payment, consider financing options that require little or no money down. Some options include a conventional mortgage with private mortgage insurance (PMI), an FHA mortgage or a 100% financed mortgage.



The way PMI is calculated has recently changed to risk-based pricing, which means the amount of PMI you pay is based on your overall credit profile. PMI can be paid monthly or in a one-time premium. The one-time payment requires more funds to close the loan, but it reduces monthly payments.

An FHA Mortgage

An FHA mortgage is another way to purchase a home with only 3.5% down. Often this option is best for those with lower credit scores or limits on new credit, which may cause lower scores. PMI on an FHA mortgage will likely be higher, but the interest rate is often lower.

A shorter-term mortgage

A good way to avoid any down payment is to obtain 100% financing. If you are interested in 100% financing, you should ask about a 15- or 20-year mortgage. These mortgages do not require a down payment or PMI; however,

because they are amortized on a shorter term, they do require higher monthly payments compared to a conventional, 30-year mortgage.

One big advantage to shorter-term mortgages is you pay less total interest over the course of your mortgage. This is because, although your interest rate is comparable to a conventional mortgage interest rate, you have fewer total payments and fewer total interest charges.

If you are able to make higher monthly payments, a shorter-term mortgage may be your most financially efficient mortgage option. ■

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HOSPICE services: making that first call

Diane had been living with cardiac disease for several years when her health took a turn, and she was told she was in congestive heart failure. Although Diane knew she was very ill, she and her husband, Carl, were stunned when Diane's cardiologist began talking about the benefits of hospice services.

"We heard that, and we thought, hold the phone; hospice is for people who are ready to die, and we weren't there yet," Carl recalls. "The cardiologist had initially said we were looking at maybe a year, so we were going to take a trip (and) do a few things while she still had energy. And then it felt like he was giving us a death sentence. We were confused, and I was pretty angry, actually."

The doctor explained, though, that even though he did feel Diane had some time, she qualified for hospice services because she had a life-limiting illness, and hospice care would afford her some amenities — all covered by



insurance — that could enhance her quality of life.

That made sense to Diane and Carl, and their anger began to abate. They decided to look into home hospice services, and, after they returned from a short trip to see family, they scheduled a meeting with their care team.

"She loved the team right away — the nurse, the aide, the music therapist — and I really believe they extended her life."

Ideally, hospice services can and should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And, the earlier hospice services are started, the more they can — as in Diane's case — benefit the person who is ill, as well as the whole family.

"As Diane began to have less energy and feel like sleeping more, we were able to get a hospital bed brought to the house, and we put it in the living room, and the grandkids would come over and gather around the bed and sit with Diane," Carl says. "They would look at pictures, show her their drawings, and do quiet things that she

enjoyed, and I think Diane was happy and at peace.

"And the hospice team was there when we needed them but also left us alone to have a lot of family time. They didn't hover around. And when it began looking like Diane wasn't going to be with us a lot longer, they made sure she wasn't in pain. The whole family was here, in the house that she loved, and we all held hands around the bed. When she went, it was very peaceful."

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal, and making that first call to a hospice provider can be difficult. But know that — as was true in Carl and Diane's case — once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.



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MUTUAL FUNDS vs. ETFs

The growth of exchange-traded funds (ETFs) has been explosive. In 2005, there were fewer than 500; by the latter half of 2021, there were more than 8,000 investing in a wide range of stocks, bonds and other securities and instruments.¹

At first glance, ETFs have a lot in common with mutual funds. Both offer shares in a pool of investments designed to pursue a specific investment goal. And both manage costs and may offer some degree of diversification, depending on their investment objective. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Structural differences

Mutual funds accumulate a pool of money that is then invested to pursue the objectives stated in the fund's prospectus. The resulting collection of stocks, bonds and other securities is professionally managed by an investment



company.

ETFs work in reverse. An investment company creates a new company, into which it moves a block of shares to pursue a specific investment objective. For example, an investment company may move a block of shares to track the performance of the Standard & Poor's 500. The investment company then sells shares in this new company.²

ETFs trade like stocks and are listed on stock exchanges and sold by broker-dealers. Mutual funds, on the other hand, are not listed on stock exchanges and can be bought and sold through a variety of other channels — including financial professionals, brokerage firms and directly from fund companies.

The price of an ETF is determined continuously throughout the day. It fluctuates based on investor interest in the security and may trade at a "premium" or a "discount" to the underlying assets that comprise the ETF. Most mutual funds are priced at the end of the trading day. So, no matter when you buy a share during the trading day, its price will be determined when most U.S. stock exchanges typically close.

Tax differences

There are tax differences, as well. Since most mutual funds are allowed to trade securities, the fund may incur a capital gain or loss and generate dividend or interest income for its shareholders. With an ETF, you may only owe taxes on any capital gains when you sell the security. (An ETF also may distribute a capital gain if the makeup of the underlying assets is adjusted).³

Determining whether an ETF or a mutual fund is appropriate for your portfolio may require an in-depth knowledge of how both investments operate. In fact, you may benefit from including both investment tools in your portfolio. ■

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WHY HAVE Christians let me down?

Have you ever had a classmate who posts Bible verses on social media but does stuff that doesn't align with the Bible? Have you had a Christian boss who pushed his faith but treated his workers horribly? Have you had a church leader you admired, who you found out later was living a double life? These kinds of examples bring confusion and hurt.



If you have been confused, hurt or disappointed by a Christian or a church, I am very sorry. That's not how it's supposed to be. Jesus reserved some of his harshest words for those he called hypocrites, those who pretended to be someone they weren't. Jesus didn't get angry with broken people who knew they needed forgiveness. Jesus got angry with broken people who pretended they didn't need his grace. Here's the deal: Christians are not perfect. Christians face the same temptations as everyone else, and sometimes we fail. How then, should we respond when Christians let us down?

In the book of Acts, two of Jesus' followers were hurt by religious people. Paul and Barnabas were simply telling others about Jesus and some religious leaders "began to contradict what Paul was saying and heaped abuse on him" (Acts 13:45).

So, what did Paul and Barnabas do? They could have quit church, but they didn't. They decided that they would not let the sins of a few people keep them from the goodness of God. Instead, "they shook the dust off their feet as a warning to them and... the disciples were filled with joy and with the Holy Spirit" (Acts 13:51-52). It's so easy to let bitterness take hold when we have been wronged. But I don't know anyone who is filled with joy who is also holding a grudge. And so, Paul and Barnabas had to "shake the dust off." Sometimes shaking the dust off just means a decision to let it go. Other times it means counseling and time and lots of prayer.

If you have been hurt by a Christian, I am so sorry. It's not how it is supposed to be. However, don't let the sins of a few people keep you from the goodness of God. Jesus didn't let you down. As Craig Groeschel says, "If you have lost faith in Jesus because of people, maybe your faith is in people when it should be in Jesus." Jesus calls people to a humility where they forgive and ask for forgiveness. It is then that people can see the one who is perfect and worth following, Jesus Christ alone. ■

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



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ALTOONA

MAY 2023

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Monday – Friday

Mayor Dean O'Connor

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City Council Members

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Elizabeth Burns-Thompson

319-899-4750

Scott Duer 515-418-2227

Josh Dunwoody 515-720-8891

Vernon Willey II 515-313-3307

City Administrator

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City Clerk

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Police Chief

515-967-5132

Fire Chief

515-967-2216

Library Director

515-967-3881

Fax: 515-967-6934

Water Billing

515-967-5136

Building Department/ Code Enforcement

515-967-5138

Building Official

515-967-5138

Planning & Zoning Department

515-967-5136

Public Works Director

515-967-5136

PROTECTING AGAINST MOSQUITOES

Mosquitoes can be dangerous with their threat of transmitting diseases, such as encephalitis to humans and heartworms to pets. This is why beginning in April and continuing into October, depending on weather and mosquito count, the city periodically sprays for mosquitoes. Altoona uses chemicals and techniques for spraying that meet EPA guidelines, **but residents can request that their area not be sprayed by contacting the Parks Department by calling 967-5203 or emailing parksdpt@altoona-iowa.com. Please include your address and phone number in your request.**

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

MEMORIAL DAY

City Hall is closed for Memorial Day on Monday, May 29, 2023. Garbage and recycling pickup will be delayed one day due to the holiday. Monday customers will have their garbage and recycling picked up on Tuesday, May 30, while Tuesday customers' pickup will be on Wednesday, May 31.

YARD IMPROVEMENTS? CALL BEFORE DIGGING

If your spring yard work includes any digging, please call Iowa One Call 1-800-292-8989. Iowa One Call will mark your utility lines on your property. This service is provided for free and can help you avoid planting or digging where utilities are located.

BRUSH DROP OFF

Reminder that the next opportunity to drop off brush is not until Saturday, Sept. 9 at the new location near the Public Utilities Department. Watch for more information on the city's website later this summer.

EASEMENTS – WHAT YOU SHOULD KNOW

Did you know your property includes city utility easements? These easements are areas of your yard where providers can install new utilities and maintain them. So, what does this mean for residents?

- Utility providers may enter the easement area to access the utilities.
- You cannot build on, or plant landscaping in, your easement area
- While utilities are most often buried, above ground containers or pedestals are used to provide easy access to workers.
- Providers may dig within the easement area to locate or install utilities. However, once their work is complete, they are required to restore the area's surface by planting grass, repairing sidewalks, etc.

Whenever possible, we ask utility providers to give you notice before they need to access easements. Learn more about utility easements and all other types of property easements on the city's website Altoona-iowa.com.

2022 WATER QUALITY REPORT FOR ALTOONA WATER SUPPLY

This report contains important information regarding the water quality in our water system. The source of our water is groundwater. Our water quality testing shows the following results:

CONTAMINANT	MCL - (MCLG)	Compliance		Date	Violation	Source
		Type	Value & (Range)		Yes/No	
Total Trihalomethanes (ppb) [TTHM]	80 (N/A)	LRAA	48.00 (48 - 48)	09/30/2022	No	By-products of drinking water chlorination
Total Haloacetic Acids (ppb) [HAA5]	60 (N/A)	LRAA	7.00 (7 - 7)	09/30/2022	No	By-products of drinking water disinfection
Copper (ppm)	AL=1.3 (1.3)	90th	0.487 (0.0874 - 0.656)	2022	No	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives
Lead (ppb)	AL=15 (0)	90th	0.00 (ND - 2)	2022	No	Corrosion of household plumbing systems; erosion of natural deposits
950 - DISTRIBUTION SYSTEM						
Chlorine (ppm)	MRDL=4.0 (MRDLG=4.0)	RAA	1.3 (0.44 - 2.16)	12/31/2022	No	Water additive used to control microbes
01 - FINISHED WATER AT PLANT #1 (WELL #2)						
Gross Alpha, inc (pCi/L)	15 (0)	SGL	5.46	10/18/2022	No	Erosion of natural deposits
Combined Radium (pCi/L)	5 (0)	RAA	2.6 (1.74 - 2.71)	03/31/2022	No	Erosion of natural deposits
Barium (ppm)	2 (2)	SGL	0.014	05/12/2020	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Fluoride (ppm)	4 (4)	SGL	1.4	05/12/2020	No	Water additive which promotes strong teeth; Erosion of natural deposits; Discharge from fertilizer and aluminum factories
Sodium (ppm)	N/A (N/A)	SGL	172	06/13/2022	No	Erosion of natural deposits; Added to water during treatment process
Nitrate [as N] (ppm)	10 (10)	SGL	0.800	2022	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
02 - FINISHED WATER AT PLANT #2 (WELL #3)						
Gross Alpha, inc (pCi/L)	15 (0)	SGL	2.45	11/02/2021	No	Erosion of natural deposits
Combined Radium (pCi/L)	5 (0)	RAA	3.2 (2.13 - 3.57)	03/31/2022	No	Erosion of natural deposits
Fluoride (ppm)	4 (4)	SGL	1.6	05/12/2020	No	Water additive which promotes strong teeth; Erosion of natural deposits; Discharge from fertilizer and aluminum factories
Barium (ppm)	2 (2)	SGL	0.0176	05/12/2020	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Sodium (ppm)	N/A (N/A)	SGL	146	06/13/2022	No	Erosion of natural deposits; Added to water during treatment process
Nitrate [as N] (ppm)	10 (10)	SGL	0.700	2022	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
03 - FINISHED WATER AT PLANT #3 (WELL #4)						
Gross Alpha, inc (pCi/L)	15 (0)	SGL	2.67	11/02/2021	No	Erosion of natural deposits
Combined Radium (pCi/L)	5 (0)	RAA	2.8 (0.730 - 3.73)	03/31/2022	No	Erosion of natural deposits
Sodium (ppm)	N/A (N/A)	SGL	137	06/13/2022	No	Erosion of natural deposits; Added to water during treatment process
Nitrate [as N] (ppm)	10 (10)	SGL	0.700	2022	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits

Note: Contaminants with dates indicate results from the most recent testing done in accordance with regulations.

DEFINITIONS

- Maximum Contaminant Level (MCL) – The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
- Maximum Contaminant Level Goal (MCLG) – The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
- ppb -- parts per billion.
- ppm -- parts per million.
- pCi/L -- picocuries per liter
- N/A -- Not applicable
- ND -- Not detected
- RAA – Running Annual Average
- Treatment Technique (TT) – A required process intended to reduce the level of a contaminant in drinking water.
- Action Level (AL) – The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- Maximum Residual Disinfectant Level Goal (MRDLG) – The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
- Maximum Residual Disinfectant Level (MRDL) – The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
- SGL – Single Sample Result
- RTCR – Revised Total Coliform Rule

- NTU – Nephelometric Turbidity Units

GENERAL INFORMATION

- Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water posed a health risk. More information about contaminants or potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).
- Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).
- If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. ALTOONA WATER SUPPLY is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before

using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

OTHER VIOLATIONS

- In June 2022 we failed to monitor for Manganese. Adverse health effects, if any, are not known. Monitoring procedures have been corrected to avoid future violations.

SOURCE WATER ASSESSMENT INFORMATION

- This water supply obtains its water from the sandstone and dolomite of the Cambrian-Ordovician aquifer. The Cambrian-Ordovician aquifer was determined to have low susceptibility to contamination because the characteristics of the aquifer and overlying materials provide natural protection from contaminants at the land surface. The Cambrian-Ordovician wells will have low susceptibility to surface contaminants such as leaking underground storage tanks, contaminant spills, and excess fertilizer application. A detailed evaluation of your source water was completed by the Iowa Department of Natural Resources, and is available from the Water Operator at 515-967-4464.

CONTACT INFORMATION

- For questions regarding this information or how you can get involved in decisions regarding the water system, please contact ALTOONA WATER SUPPLY at 515-967-4464.

ALTOONA Public Library news

Looking for something to do this summer? The library is the best place for free activities and reading challenges for all ages, starting June 1. Find out more at altoonapubliclibrary.com.

Summer Reading Rainbow Run – all ages. Saturday, June 10 at 10 a.m. Run or walk your way along the trail by the library. Come wearing white and see how colorful you can get. We'll be handing out summer reading swag to participants completing the mile-long route. Registration is required.

Adult programming

Splat Studio. For ages 18 and older, Fridays, June 2 and July 14 from 6-8 p.m. For ages 60 and older, Tuesdays, June 6 and July 11 from 1-3 p.m. If you have a desire to dabble in acrylics, we've got an adult art studio for you. We'll bring the supplies; you bring your inner artist. Registration required.

Puzzle Tournament. Saturday, June 17 at 11 a.m. or 1 p.m. Battle to the last piece. Two competition times. Register your team of three to five members for either of the sessions. The fastest team to finish the 750-piece puzzle takes home the win and a prize or two. Registration required.

Children's programming

Make & Take: Clay Creations. Friday, June 2 from 2:30-3:30 p.m. Stop by the library to make sculptures with air dry clay. Available while supplies last. Grades preK-6. No registration required.

Storytime Swim – Aquatics Park. Thursdays, June 8 – Aug. 3 from 11:15-11:40 a.m. Join us at the Altoona Aquatics Park for a short storytime in the shallow end of the pool. Recommended for children ages 8 and younger, but siblings may also attend. No registration or entrance fee is required.

Create Your Own M.E.S.S with Will Stuck. Friday, June 23 at 3 p.m. This unique and interactive performance will have everyone working together to create a high-energy and hilarious M.E.S.S. (Music, Education, Stories and Science) experience. Grades preK-6. No registration required.

Robot Roundup. Wednesday, June 28 at 3:30 p.m. For this STEM drop-in, we're bringing out all our robots and tech for you to try. Grades K-6. No registration required.

Teen programming

Chalk Out Loud! Thursday, June 1 from 6-7 p.m. Kick off Summer Reading with a colorful, encouraging mural outside. Join us to add your voice to our colorful chorus. We'll provide the chalk, tunes and popsicles. For grades 7-12. Registration required.

Paint Chip Challenge. Thursday, June 8 from 6-7 p.m. Take the Pantone Paint Chip Challenge. Select some paint chips at random and create a set of mini masterpieces. Prizes awarded for best interpretation of colors and color names. For grades 7-12. Registration required.

Wreck This Journal. Thursday, June 15 from 3-4 p.m. Discover new and unusual ways to find your voice and express yourself this summer. Break journaling rules as you destroy your journal. Journals and supplies provided. For grades 7-12. Registration required. ■

GROWING up with role models

Harmeyer follows in generations of footsteps.



Ron Harmeyer and his father, Mike, talk about a home's construction.

Ron Harmeyer followed his dad, Mike's, footsteps in home construction, just as Mike had followed in his father's and grandfather's footsteps in the industry.

Mike grew up with his father and grandfather as his construction trade role models. Mike learned excavating, carpentry, plumbing, electrical, concrete and roofing trades from them. Mike then passed those lessons on to his son.

Ron, owner of Ron's Homes, knows he's carrying on a legacy that goes back generations.

"It's been fun to carry on the construction legacy throughout the years."

Ron's grandfather owned an excavation company and began remodeling houses in the 1970s. When Mike was a teenager, he worked alongside his father, just like Ron is now. Ron's grandfather taught Mike all there was to know about home construction, starting from the ground up, with the soil conditions to the final touches on home builds.

Decades later, Mike began his home-building business. Ron took construction classes in high school, but most of what he learned was from shadowing his dad. He was a fly on the wall even before he could work alongside him.

"I would always tag along with my dad to jobs when I was little."

As he grew up, Ron helped his dad more and more with the work.

"The entire building process has always fascinated me," says Ron. "I enjoy watching the home process from the ground up."

Learning the trades from his father and grandfather gave Ron advantages that others may not have had in his field.

"They taught me all of the aspects of home building, and it was great knowing I had a wealth of knowledge to return to if I ever had questions along the way."

His dad's encouragement was also instrumental in his career.

"He knew it was important for me to learn the process itself before managing projects. So, he made me run his framing crew for several years. This hands-on experience helped me become a better-rounded project manager for Ron's Homes." ■

ASK questions about long-term care insurance

We are getting older, and, as we get older, we will likely need more help with daily activities. Approximately 70% of Americans age 65 and older will need long-term care. It is important to start thinking about how to cover the cost of 24-hour care. Long-term care insurance is a great option for easing the cost of assisted living or nursing home level of care. Long-term care insurance policies work similarly to car or home insurance policies. You pay a premium and make a claim when you need services covered. Depending on the policy, it may help you pay for services in your home or a health care facility. Some policies have a waiting period where you must pay privately for services until the insurance benefit kicks in, typically between 90 and 180 days. Long-term care insurance policies can have restrictions on what they cover. If you need long-term care due to a substance abuse problem, you may not receive coverage. If you have a pre-existing condition, such as cancer, you could likely still obtain a policy; however, there is also a chance it may not cover care related to that condition. It is important to ask questions before getting a long-term care insurance policy to ensure you are getting the coverage you will need.

Firstly, talk to an insurance agent you trust or have worked with before. They can help you determine which policy will offer the best coverage to meet your potential future needs. Choose a long-term care policy that has a guaranteed renewal regardless of health or age. Some policies will not renew past a certain age, even if you have paid your premiums faithfully. Two out of every 100 people have dementia; choose a policy that will cover dementia care in the event you are diagnosed with dementia. Clarify if a policy covers home health care benefits and all levels of senior care. You would ideally want coverage for both assisted living and long-term care.

Consider cost. Does the policy guarantee that your premiums will remain level or increase with age? Clarify what the maximum benefit period is. It could range anywhere from six months to a year or more. Is the deductible for the waiting period affordable? Can you financially cover the waiting period before coverage starts?

The older you are or the more co-morbidities you have when buying long-term care insurance, the more it will cost. Many experts in the field suggest shopping for long-term care policies as early as your 40s or 50s. It is important to be prepared for your future. ■

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



WHAT WILL your memorial say about you?

Decoration Day (now known as Memorial Day) was first observed in 1868 when people placed flowers on the graves of those who had been killed in the Civil War. After World War I, the day was adjusted to honor the deceased in all wars and became a national holiday in 1971. Today, we observe not only the death of our veterans, but of all loved ones who have died.

It is interesting to walk through a cemetery and read the words on various memorials.

"Loving parents and grandparents," "Always in our hearts," "At home with God," "Gone, but not forgotten." These words can give a glimpse of what was important to those who lie beneath the soil. Some endearments are humorous: "I'd rather be fishing!" or "Sorry I can't get up!"

Does your family know how you want to be remembered? The wisdom you wish to share? When planning for your future memorial, take time to reflect on what you want future generations to know about you. One hundred years from now, the only thing most will know is what they see on your memorial. Choose your words carefully.

Memorial Day — a day to remember loved ones but also a day to begin thinking of how you wish to be remembered. ■

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.



Join us at *Highland Memory Gardens Cemetery*

31st Annual Memorial Day Service

Monday, May 29th at 9 a.m.

One NE 60th Avenue in Saylor Township
(corner of 2nd Avenue and NW 60th Avenue)




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HEALTH

By Ashley Powell

COOKING with cannabis

The joys of cannabis seem endless, as it helps to provide us with happier and healthier lives, and we have no shortage of ideas when it comes to figuring out new ways to use it.

While it is fun to visit a shop and pick out tasty hemp treats and drinks, one might find an even higher experience by making them at home. Choose the best hemp flour to suit your needs and decide what you'd like to make. First, you'll need to decarboxylate the flour by heating it in the oven. The heat triggers the release of carbon monoxide molecules that convert the cannabinoid acids into the active phytocannabinoids that will give the consumer their desired effects. Grind up the flour and spread it on a baking sheet. Suggested temperature is 220-240 degrees for 45-60 minutes. Common amounts to cook with are 1/8th to 1/4th ounce of flour. Remember, the hemp flour will have a strong smell like marijuana. A simple way to cook with cannabis is to make butter. Use one cup of butter and one cup of water and heat it in a saucepan on low (no more than 200 degrees). Add the flour once the pan is simmering, stir frequently and let cook for three hours. Strain and refrigerate. Now you have butter to use on toast or pancakes, or use the butter as an ingredient to other delicious dishes. Healthier choices include salad dressings, guacamole and tea. You could even sprinkle de-carbed flour onto bacon in the frying pan. Time to get cooking. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., #106, West Des Moines, 515-380-5251 and 3418 Eighth St. S.W., #3, Altoona, 515-967-4036.



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HEALTH

By Dr. Kari Swain

MOMS, want to feel better and reduce stress?

From pre-conception and beyond, chiropractic care supports moms in being their best physically and mentally. The benefits are numerous, but here are four of the most commonly heard from moms.

Physical movement and stamina: Being able to enjoy play time and engage in active play with your kids should be something that comes naturally and doesn't easily exhaust you. Regular chiropractic adjustments help you restore and maintain function and alignment in your physical body to facilitate proper movement as well as increase your energy, stamina and reaction times.

Better quality sleep: Different stages of motherhood come with shorter periods of sleep, but being able to achieve restful and restorative sleep in the periods you are able to get sleep can make your waking hours feel more manageable, less lethargic and even vibrant.

Stress response: Being a mom comes with stress, but it's how you are able to adapt to the stressors that determines your response both physically and mentally. Moms under regular chiropractic care report feeling less anxious, less brain fog, more motivation and better moods.

Prenatal: Physical harmony is critical for the end goal of birthing, as gently as possible, a healthy baby. Women who receive prenatal care using the Webster Technique have been shown to benefit by experiencing shorter labor times and decreased labor pain intensity. ■

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

TACO Tuesday... every day

Tacos are a staple in our home for several reasons: They're easy, everyone loves them, and they are customizable. Tacos are a blank canvas that allow you to create delicious masterpieces with a simple shell, protein, seasonings and toppings. Check out how I elevate taco night to make it even more nutritious with so many combinations that you could have taco night any night of the week.



Proteins

Ground beef is a staple in tacos, but, honestly, you can use just about any protein you can think of. Chicken, pork (ground or shredded), steak, fish, shrimp — seriously, just about anything. Tacos are a wonderful way to try new proteins and stretch the protein, which is frequently the most expensive piece to your meal. I will often make tacos using leftover meat for that reason — it doesn't take much to create a plateful of tacos — and the taco seasoning creates a whole new flavor profile than how it was served prior. Vegetarian? No problem. Try black beans, mushrooms or even tofu sprinkled with your taco seasoning.

Toppings

The toppings are where you can really elevate your tacos. Try some new fruits and veggies — yes, I said fruit. Mango, pineapple and avocado are amazing additions. Mango and pineapple add a great dose of vitamin C, while avocado adds a creamy texture and heart healthy omega-3 fatty acids. Jalapeno, bell peppers, red onion or radishes can add crunch, spice and even more fiber and nutrients. For a real depth of flavor try caramelizing your onions first. Cilantro, tomatoes and corn are my personal favorites. The corn really adds a nice cooling aspect if you have spicy elements. Iceberg lettuce is a go-to taco night staple, but have you considered any other greens? Spinach, kale, arugula and other leafy greens add texture, added nutrients and flavor to each bite.

Spices

No shame in using a pre-packaged spice mixture but, if you have a little extra time and want to experiment with various flavor profiles, try mixing up your own. Creating your own is a wonderful way to cut back on unnecessary sodium as well.

I use a combination of chili powder, garlic powder, onion powder (this is a subtle onion flavor you will not want to skip even if you are not a fan of onions), dried oregano (brings in a spicy but sweet flavoring), paprika (has a smokey flavor and helps color the taco seasoning), and ground cumin (lots of flavor with a little spice). If you like it hot, add red chili flakes or some tabasco while cooking your protein.

What combination will you choose to elevate your next taco night? ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962.

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EVENTS IN THE AREA

Be sure to check for cancelations.

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



Music at Haines Park

Sunday, May 28, 6 p.m.
Haines Park, Outdoor Stage, 700
Block of Third Ave. S.E. in Altoona

Enjoy these free concerts offered
by the Altoona Parks and Recreation
Board. Pop and popcorn are sold by
CAP Children's Theatre. Other dates are
Sunday, June 25, 6 p.m.; Sunday, July 30,
6 p.m. and Sunday, Aug. 27, 6 p.m.



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June 2-11, Friday and Saturday at 7
p.m. and Sunday at 2 p.m.
CAP Theatre, 201 First Ave. S.,
Altoona

Class Act Productions announces its
upcoming mainstage performances of "Matilda
The Musical JR." Mainstage performances
at CAP are live theatre for families of all
ages, with familiar stories condensed into
90-minute performances that appeal to
audiences with shorter attention spans. Tickets
are available through the CAP Theatre website
at captheatre.org and are \$10 for youth ages
3-18, \$13 for seniors and \$16 for adults.

Rebellion is nigh in "Matilda JR," a
gleefully witty ode to the anarchy of childhood
and the power of imagination. This story of
a girl who dreams of a better life and the
children she inspires will have audiences
rooting for the "revolting children" who are
out to teach the grown-ups a lesson.

Bankers Trust Summer Branch Celebrations

Wednesday, June 7, 11 a.m. to
1 p.m.

Altoona Branch, 3820 Eighth
St. S.W., Altoona

Bankers Trust is showing its
appreciation to its customers with
Branch Celebrations, featuring free
food while supplies last and giveaways.



Craft and Vendor Show

June 24, 10 a.m. to 4 p.m.
Bondurant Legion Hall, 315
Second St. N.W.

Valerie and Cathy's Boutique is hosting
this monthly craft and vendor show.



Carlisle Bike Nights

Third Saturdays through September, 5-10 p.m.
School Street, Downtown Carlisle

Bike Nights will be hosted by the Carlisle Chamber of Commerce
along with music, raffles, beverages and food from Carlisle restaurants.
June 17 features Richard Arndt; July 15 features Joe Inman; Aug. 19
features Luke Farland; and Sept. 16 features Adam Whitehead. Activities
include Best Bike Contest and Best Audio Contest May 20 and Sept. 16.
Prize is a free oil change donated by Smart Sound and Cycling. Bring
your lawn chair and enjoy the evening, even if you don't have a bike!



Live music at Winterset Cidery

Winterset Cidery, 1638 US-169,
Winterset

Sunday, May 28, 2-5 p.m., Liv MNair
Saturday, June 3, 6:30-9:30 p.m.,
Standing Hampton, food truck provided
by Rokin Moroccan
Sunday, June 4, 2-5 p.m., Severio
Mancieri

Altoona RAGBRAI Celebration

July 27, 5 a.m. to noon
Spring Creek Sports Complex on
Edwin Skinner

Join the fun as RAGBRAI comes
through Altoona. The public is asked to park
at St. John and St. Paul Church. Busing will
be available to the sports complex. Enjoy food
vendors, beer tents, music and more.

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EVENTS IN THE AREA

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

Be sure to check for cancellations.



Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.
Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances events are scheduled throughout the season. Music starts at 6 p.m. June 1, Suede; June 8, Gut Feeling; June 15, Cover That; June 22, Steam Boars; June 29, Standing Hampton; July 6, Simply Seger; July 13, Toast3r; July 20, Get Off My Lawn; July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; June 28, The Crust.

CelebrAsian

Western Gateway Park,
1205 Locust St., Des Moines
May 26-27

Celebrate the largest Asian American event in Iowa as this festival will bring a wealth of Asian history, food, performances and other activities to Downtown that will allow all to experience everything that Asian culture has to offer.

John Wayne Birthday Celebration

May 26-27

The John Wayne Birthday Celebration 2023 theme is "A Salute to the Armed Forces." John Wayne's military films and his support of members of the military are the inspiration for the theme. Tickets are on sale for the Friday Night VIP event and the Saturday Night Benefit Dinner & Auction. Seating will be limited for each event. Visit the John Wayne Birthplace & Museum website for tickets and more information: www.johnwaynebirthplace.museum.

Madison County Airing of the Quilts

May 31-June 3

The Iowa Quilt Museum's community-wide quilt festival will be held June 1-4. It celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county. This unique event is one that you don't want to miss. The festival now also includes classes, a comprehensive quilt symposium and a retreat, so make sure to check out the activities online at www.iowaquiltmuseum.org/events/2023-madison-county-airing-of-the-quilts-festival. ■

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EDUCATION

By T.K. West

MEET Jeremy and Amy Olesen

Couple can share experiences and support each other.

Jeremy and Amy Olesen met at the University of Northern Iowa where they were both studying education. After graduation, they were looking for teaching jobs and heard of opportunities in the Des Moines metro. Both eventually made their way to the Southeast Polk Community School District. Jeremy was hired first to teach fourth grade at Willowbrook Elementary School, and Amy was hired a year later to teach TAG and ESOL.

Today, Amy teaches ESOL full time while Jeremy teaches Title I Math. Together they have taught at Willowbrook Elementary for the past 12 years.

"One of the best things about working in the Southeast Polk School District is the diverse group of students that we get to work with. Growing up, I attended school in a small town, and I love the fact that SEP has a small-town feel to it," Jeremy says.

Amy and Jeremy like working in the same building because they get to work with a lot of the same students. They also enjoy carpooling to work each day. Not only is it helpful that they can talk about their day and relate to each other's experiences, but they are also able to talk about what lies ahead.

"Jeremy and I are both passionate about making Willowbrook the best it can be. We love living and working in the same community. Having the same passion and vision makes going to work not feel like work. It just feels like an extension of our home and family," Amy says.

In addition, Amy often does outreach projects with Jeremy's help. Recently, Amy helped organize a Culture Day at Willowbrook Elementary School during which Jeremy helped set up tables and get everything ready. This summer, they also helped weed the landscaping around the elementary school and worked on a grant together to get some new basketball hoops for the playground.

"I appreciate that I can always call on him to help with whatever arises. It's just really nice having someone right there to support whatever it is that each of us is working on," Amy says.

When not working, Amy and Jeremy enjoy attending their boys' football games in the fall. Their son, Carter, plays at Northwest Missouri State, while their youngest son, Spencer, plays for Southeast Polk. During the remainder of the school year, they are looking forward to reflecting on the growth their students have made since starting last fall.

"A lot of people, when they hear we work at the same school, tell us they could never work with their spouse. For us, we find comfort in having each other just steps away. We enjoy being able to share our passion and love for educating children. We make a really good team," Amy said. ■



Jeremy and Amy Olesen enjoy teaching at Willowbrook Elementary School together.

HAVE YOU heard what's happening in Olde Town?

For the past three years, the Altoona Area Chamber of Commerce has been working on the exciting prospect of revitalizing Olde Town. The Chamber formed a group of individuals comprised of Chamber leadership, board members, City staff, and members of City Council we call the Olde Town Revitalization Committee to carry the idea forward.



What will it mean to revitalize Olde Town?

Residents of Altoona would enjoy options for entertainment, shopping, dining — all accompanied by a sense of community. The feel of historic or repurposed buildings turned into modern venues will create a unique Altoona experience.

The area in consideration is larger than you might think. Second Street S.E. is the most obvious piece of the puzzle, but also looking south down First Avenue, and west towards the water tower, old fire station and other properties, you'll see transformation into family-friendly and business-oriented spaces.

How does this happen? We must believe in the benefit this would have for our community/residents. Imagine driving down First Avenue on your way to work, stopping at a locally-owned coffee shop for a cup and a donut. Or, on your way home from work visiting the farmers market for some fresh produce. I like to think about a vibrant night life on the weekends with a fine-dining option and respected establishments for socializing after. Consider community events like "Christmas in Olde Town" enhanced by the effort and the addition of similar community celebrations.

The Iowa Economic Development Authority (IEDA) conducted a Downtown Assessment Survey in 2020 that provided valuable insight. From the IEDA survey: "The pedestrian-friendly environment is convenient and accessible, serving as the center (community space) for not only commercial trade, but also cultural, social and civic engagement."

There is real meaning for a community in a project like this. We all seek a feeling of belonging, friendship and comfortable places to enjoy the people we call neighbors. Olde Town will soon be a place where neighbors will enjoy a meal, do some shopping, and are excited by the prospect of running into a friend.

Where are we now? The parking lot north of First Street E was constructed a few years ago. Recently, a space was cleared between the business on the south side of Second Street S.E. to create an entrance into Olde Town from that parking lot. This is an exciting first project. Art is being added there and possibly in other areas this year. The First Avenue expansion project will coincide with our beginning efforts and bring more traffic/access to Olde Town, incentivizing businesses to seek space in the area.

Good things are happening in Olde Town. If you're interested in learning more, reach out to the Chamber of Commerce, and we'll be happy to answer your questions. ■

Information provided by Jared Vincent, 2023 Altoona Area Chamber of Commerce president, owner of Insurance Station, Inc.

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Altoona Chamber held a ribbon cutting at Posey & Jett's in the Outlets of Des Moines on May 11.



Becky and Kevin Brehm at the Altoona Chamber's ribbon cutting at Posey & Jett's in the Outlets of Des Moines on May 11.



Twila Shreves and Rick Kroeger at the Altoona Chamber's ribbon cutting at Posey & Jett's in the Outlets of Des Moines on May 11.



Mary Simon and Alyssa Knudsen at the Altoona Chamber's ribbon cutting at Posey & Jett's in the Outlets of Des Moines on May 11.



Haley Weiler and Jake Schilling at the Altoona Chamber's ribbon cutting at Posey & Jett's in the Outlets of Des Moines on May 11.



Devon Miller-Breon and James Muck at the Conference Track Meet May 4 at Valley High School.



A ribbon cutting was held for the Altoona Public Library celebrating the expansion of the Meta STEM room on April 14.



Drew Thompson and Brayden Lewis at the Conference Track Meet May 4 at Valley High School.



Sam Zelenovich and Caleb Schmitz at the Conference Track Meet May 4 at Valley High School.



Lucas Chambers and Ethan Berkley at the Conference Track Meet May 4 at Valley High School.

RIBBON Cutting

Altoona Chamber held a ribbon cutting at Lavender Life, 1687 N.E. 56th St., Pleasant Hill, on May 5.



Altoona Chamber held a ribbon cutting at Lavender Life, 1687 N.E. 56th St., Pleasant Hill, on May 5.



Dixie Mumford and Pamela Christianson



Peggy Reed and Kindra Olson



Mary Simon and Theresa Brady



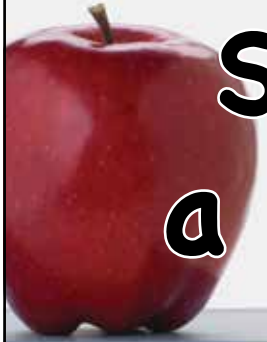
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