

ALTOONA

JULY 2023

Living

MAGAZINE

HEAD-TURNING

Wheels

Residents share their passion
for restoring vehicles.

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WELCOME

THE shine

When I was in my early twenties, I worked at The Des Moines Register and was the account rep for many of the largest car dealers in Des Moines. I loved that job, as I was able to learn from incredible people and work in an industry I truly enjoyed — cars and trucks.

That passion led me to another job in the mid-1990s, launching and managing an automotive photo magazine called Car & Truck Market. Clever name, I know. It was a publication dedicated to the buying, selling and trading of — you guessed it — cars and trucks.

I was never much of a gearhead. Still am not. I have a brother who loved tearing stuff apart and putting it back together. He still does. As such, he continues to be my go-to guy for questions dealing with auto mechanics. But, although I wasn't much interested in what was under the hood of a car, I did have great interest in the shine and show.

I don't own a classic car (yet), but I have been known to attend many car shows, and I have a sincere appreciation for those who restore and rebuild vehicles. One of my childhood friend's dad owned a body shop in our hometown, and I would marvel over the results of their work. And, as an adult, I have been known to hang out in garages and listen to stories about the restoration of some incredible cars.

When we started our Iowa Living magazines, I wanted to pay tribute to these car guys who fulfill their passions, often learning as they go. And with much of our readership of the Living magazines being female, I wanted to include something for the guys. So, I decided to start a monthly feature called "What's In Your Garage?" It featured lots of stuff in residents' garages, but we focused much of the ink on classic and custom cars. We continue this feature in many of our magazines today but simplified the name to "Garage."

In this issue of Altoona Living magazine, we took it a step further and dedicated our cover story to "head-turning car projects," complete with photos of the vehicles that so many local car buffs have spent countless hours working on.

Be sure to check out this story and those in our other Living magazines at www.iowalivingmagazines.com.

Yes, there is something about that shine of a vehicle that draws the eye of a young boy — and an old boy, too.

Thanks for reading. ■

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Jody Purdie's husband finally had his dream car — a black Trans Am — after much work on the car.

HEAD-TURNING

Wheels

Residents share their passion for restoring vehicles.

By Chantel Boyd

While some of us dream about one day owning that fresh-off-the-showroom-floor vehicle with its spotless exterior, dust-free dashboard, brand-new smell and scuff-free tires, others are looking for something quite different: potential. Where we see a rusty, broken-down or past-its-prime set of wheels, they see what will be after repairs, cleaning, fresh paint and hours of labor, frustrations and gratification. They see a dream car in the making.



A passion for old cars

Kevin Lefleur and his wife, Amy, have taken on a few car restoration projects together. First, Kevin restored a 1987 Monte Carlo that was a “barn find.”

“After sitting over 18 years in a barn, I brought the Monte Carlo back to life,” he says.

He was so pleased with his work that he bought his wife a project in September of 2022.

“I bought Amy her first project — a 1985 Chevrolet c10 truck,” he says. “Amy had always wanted a square body c10 truck, and I found this one rust-free.”

Kevin is still working on the c10 for Amy after adding a 1995 Tahoe for the drive train and a more reliable fuel system.

He is so passionate about bringing classic cars and trucks to life that he helped establish “Poverty Rods” on Facebook.

“We are a great group of people with limited budgets, and we help each other to complete projects,” he says.

Kevin encourages anyone with a passion for their vehicles to join.

“All budgets and all makes and models are welcome,” he says.

Kevin says restoring cars does not have to break the bank.

“Not having money to complete the project shouldn’t be the issue — it should just be whether or not you have the time.”

The Lefleurs married in August of 2017, and both are from further south — Kevin from Martinsdale in Warren County and Amy from Fairfax, Missouri. Kevin, a U.S. veteran, works for the Department of Transportation, and Amy works for the Veterans Administration.

“Amy works hard in the Des Moines area, caring for veterans like me,” says Kevin.

Kevin rescued the 1987 Monte Carlo from a barn in Dryden, Virginia, and started working on it the same year he married Amy — 2017. They named the car Ruby.

Over the years, he has replaced the motor several times and completed many upgrades and improvements overall.

“Ruby now has a nicely built small block, thanks to Wolfe Back Road Customs. Josh Wolfe there does top-notch work, and I have sent people to him often,” Kevin says.

The paint and bodywork are all original and look good for Ruby’s age, thanks partly to almost two decades in the barn.

“I spent a lot of time buffing and polishing her, making her look as good as possible. Inside is also original, minus a new headliner and



Kevin and Amy Lefleur were married in 2017, the same year their Monte Carlo was rescued from a barn.

stereo that Amy and I replaced ourselves over a winter.”

Kevin will likely never sell Ruby.

“She has been with us and a part of our family for so long,” he says. “It’s crazy how an old car can become like family.”

Kevin’s favorite thing about his car is that, everywhere he goes, he is noticed.

“Everyone looks as we pull in,” he says.

Kevin has even made a “mini Ruby” so the kids can play with it.

“I strongly feel that if children aren’t interested in this hobby of restoring everyday old cars, it’ll die out, as the higher priced projects are unrealistic for teens and beginners to afford,” he says.

Inspired by “Smokey and the Bandit”

“The car restoration hobby has been a part of my life since I was 7 when my dad took us to see ‘Smokey and the Bandit’ in the theater in 1977,” says Bob Purdie, who, along with

his wife, Jody, owns Redline Auto Repair and Detailing.

Since then, cars have been a part of who Bob is, and now they are part of his life with Jody. Bob has a particular fascination with Trans Am cars and Pontiacs.

“I still have my high school car, a 1967 Tempest GTO,” he says.

It was the first car he ever bought with his own money.

“I earned the money to buy that car by working at a grocery store after school,” he says.

As the years passed, Bob found himself looking for the car he always wanted.

“My dream car was always the 1977 black Trans Am,” he says — like the one with the gold bird on the hood featured in “Smokey and the Bandit” 46 years ago. “I purchased such a car in 1995 for the whopping price of \$500. My wife, Jody, girlfriend at the time, thought I was crazy due to the car’s condition.”

Bob had to buy the car despite what Jody or anyone else thought of his purchase. It was his dream.



Bob Purdie was thrilled to have his 1977 Trans Am photographed at the Firebird Fest with the cast that used it to reenact a scene from “Smokey and the Bandit.”



Bob and Jody Purdie's cars have undergone lengthy restorations.

"I had to have it. It was a true black Trans Am with a 4-speed manual transmission. I'm a huge Smokey, Bandit, and Trans Am fan."

With his passion and persistence, Bob got the dream car running.

"I got the car up and back on the road in 1999 before our son was born," he says. "It wasn't perfect, but drivable, and I enjoyed it."

Bob found a 1972 Pontiac Lemans in 2009. He bought it from a farmer for less than the Trans Am — \$375. It was in a cow lot and

hadn't been on the road since 1995.

"I found time to work on all of these cars in my spare time, and I even took a vacation to work on them," he says.

Bob's passion for restoring cars just recently became his full-time job.

"My wife, Jody, and I quit our jobs and decided to give the car passion a chance to see if we could make a living doing what I love and what my wife is great at — having attention to detail and cleaning cars."

Bob and Jody opened their business in June of 2021 and haven't looked back.

"We have been so blessed to have amazing customers who love their vehicles, and we have become very close to them. Working on classic cars in our shop is a dream come true."

Bob's dreams have come to life many times. He even got to play a small part in the heritage of his favorite classic movie, "Smokey and the Bandit," with his own Trans Am.

"They used my 1977 Trans Am at the

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The Roustabouts band, 1969-71, with the 1934 Ford Tudor Sedan with a high performance Ford 289 owned by member Larry Zimmerman, far right.



Doug Zimmerman and his dad, Larry, have been restoring cars together for decades.

Firebird Fest this past spring,” he says. “I even had a photo taken with an actress from the movie. They used our car to reenact a scene from ‘Smokey and the Bandit.’ Seeing my car get in on the fun was so much fun and exciting.”

Bob and Jody met John Schinella, the chief designer for Pontiac in designing the second and third generation Firebird, who has since helped them.

“It’s been amazing to have a legend that I only read about in car magazines help me with my build,” Bob says.

Now owning their own business, the couple can spend time with each other and their family.

“Spending time with the kids now is something I missed out on for so long. Funny how my passion for cars has made my wife and I love life,” he says. “It’s a dream come true.”

Dad and son project

Doug Zimmerman has been a resident of Altoona for 30 years — since 1993. He and his dad restored a car that has been in his family for nearly five decades, and the car itself — a 1932 Ford 5-Window Coupe — is nearly a century old.

“The car has been in my family for 46 years and counting,” says Doug.

When they found the car, it was a “body only” shell with no floor.

“All of it was fabricated piece by piece,

accumulating used parts from swap meets and car club friends and vendors we could source before the Internet,” says Doug.

After the frame and suspension were procured, it began to take shape for Doug and his dad. They did most of the work together. However, a professional hot rod shop and a friend set up the rear suspension in Mason City. Another mechanic friend wired the car for them.

“We belonged to a car club, and members occasionally assisted or advised. It really does take a village,” Doug says.

Doug grew up with his dad taking him to car shows.

“My dad built two different hot rods in the 1960s and early 1970s,” he says.

Doug’s dad built a 1934 Ford Tudor Sedan and a 1932 Ford Tudor Sedan.

“My 1932 Ford five-window coupe (like the yellow coupe from the early George Lucas movie ‘American Graffiti’) is one of the most sought-after cars,” says Doug.

The rare car deal came up for sale from a car club pal.

“I think my dad just jumped on it — thankfully. It was a mess, though,” says Doug.

Doug was mentored by his dad to do paint, metal fabrication and welding early on.

“By 17 years old, I utilized those skills well,” he says.

The car restoration has spanned generations and has taken place over 46 years.

Doug’s favorite thing about the restoration is that he does not have to spend money on it if he does not want to.

“It’s paid for, and that’s my favorite thing about it,” he says. “I still love the look of the shape of 1932. It’s just iconic.”

Doug and his dad self-built every square inch of this car.

“We spent \$20, \$50, \$100 at a time for parts installed in a single-stall garage,” says Doug, “But it’s the memories of every Saturday afternoon either working on the car or searching for parts or networking with other enthusiast friends to assemble their projects or ours that I truly love the most about it.”

Others connect with the car project, too.

“I think the car resonates with folks because it’s a survivor and was built as a father-son project,” he says. “I share that it started when I was 14, and most car guys’ jaws drop.”

The car has been to a few local shows and cruises, but the intention was never to be a showstopper, Doug says.

“Honestly, my car is an occasional local driver. It really isn’t a trophy or a super good show car. And I’m fine with that. Dads are special, and that’s why this car is special. I did it with mine.”

Doug’s dad, Larry Zimmerman of Mason City, is still working on car projects of his own.

“My dad is with us, and, at 85 years old, he just finished a high-performance 1957 Chevy Bel-Air project. So, we’re a team,” Doug says. ■

AVALANCHE safety expert ... in Iowa?

Bowman stresses education and preparation for snowmobilers.



Todd Bowman enjoys mountain snowmobiling and trains others on safety and avalanche survival.

Todd Bowman's garage in rural Altoona contains a lot of things you wouldn't expect to find in Iowa. He has racing snowmobiles, mountain snowmobiles and avalanche safety equipment. But that's because, as Bowman says, "I spend three months out of the winter in Colorado. There's a few of us from Des Moines that rent a house out there."

His passion for fun in the snow began when he was young.

"I've been riding snowmobiles since I was a kid, and I got into racing snowmobiles probably 15 years ago," he says. "And I've been back into mountain riding since 2008. I got involved in avalanche awareness and safety probably around 2014."

Avalanche safety is a deeply personal issue to Bowman, since a good friend died in an avalanche several years ago. Plus, he has emergency response experience.

"I was an 18-year captain on the Johnston Fire Department, so the whole rescue/life safety thing is in my blood."

He serves as a trainer on avalanche safety and explains the basic gear used to save lives in avalanche country are a beacon, a radio and a backpack-mounted inflatable air bag that a person triggers when an avalanche starts. The air bag helps prevent the person from being buried under the moving snow.

One might be surprised to learn that the majority of avalanche victims are from the Midwest, says Bowman.

"They're going to the mountains and not really knowing what they're getting into," he says.

The mountain snowmobiling that Bowman enjoys happens late in the season, roughly January through March, when there's usually enough snow in the Steamboat Springs area to safely cover any obstacles. But, because of the location and timing, avalanches are a concern. He stressed the importance of using appropriate clothing and safety gear and riding in groups so there are buddies available in case a mishap occurs.

"The sport is dangerous and unpredictable, and, at the end of the day, we want to be able to do it again tomorrow," Bowman says.

He pointed out that GPS and cellphone apps have greatly helped with safety on the mountains, but because modern snowmobiles are bigger and better, they allow riders to get further into the backcountry and to higher elevations, which creates new risks.

Bowman recalls many instances when his snowmobiling group has encountered individuals or groups unprepared for emergencies, and, in some cases, already in need of help.

"I think there are people who ride above their ability and training," he says. "And that's what I want to try to help. Let's get these people to understand that it is a dangerous, unpredictable sport."

When a rescue is required, it often has to be done by helicopter, Bowman says.

"Get the training, get the equipment, know the conditions and ride to your ability," he says. ■

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

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WHAT YOU need to know about trigger leads

If you have purchased, or are in the process of purchasing, a home, you may have heard about unsolicited credit offerings, or trigger leads. In this article, we'll walk through what these are, what you should watch for and how you can avoid them.



What you should watch for

Even though they are often seen as irritating, others see this solicitation as ethical. While trigger leads could potentially provide you with different lending options, you'll want to make sure you ask a lot of questions of the solicitors, should you choose to look into their offerings. For example, some of the important questions you'll want to ask may include understanding the terms of the offering (fixed or ARM, 30-year or 15-year, etc.), closing costs, prepayment penalties, and balloon payments.

When it comes to solicitations you receive as a result of a trigger lead, it is important to know who you're talking to. It's easy for trigger leads to open you up to identity theft from bad actors looking to take advantage of consumers looking for loans.

When applying for a loan, we encourage you to opt out of trigger leads in advance. This will prevent credit bureaus from collecting your information and reaching out after.

How to avoid trigger leads

Trigger leads are prompted by a pull of your credit score, but, fortunately, you can take steps to avoid them. If you wish to avoid trigger leads, you can choose to opt out of these prescreened trigger lead lists, using the options below.

- Call the toll-free number, 1-888-5-OPTOUT (1-888-567-8688)

- Sign up at www.optoutprescreen.com.

This is the official Consumer Credit Reporting Industry website. You can choose to opt out for five years or permanently. ■

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What are trigger leads and how do they happen?

Trigger leads are created by national credit bureaus. Once you apply for a personal loan or mortgage, your information can be sold by the credit bureaus to other lenders. These lenders typically will then reach out to you with different offers. Unfortunately, this outreach leads to a slew of unprompted calls, texts, emails, etc., which can feel overwhelming.

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ALTOONA native provides medical readiness from U.S. Navy's largest master jet base

LEMOORE, Calif. – Petty Officer 2nd Class John Frick, a native of Altoona, provides beneficiary care and expeditionary medical readiness while serving at Hornet Health Clinic Lemoore aboard Naval Air Station (NAS) Lemoore.

Frick joined the Navy 10 years ago. Today, Frick serves as a hospital corpsman.

"I joined the Navy to travel and see the world," said Frick. "I was also inspired to join because of my grandfather's service."

Growing up in Altoona, Frick attended Southeast Polk High School and graduated in 2013.

Skills and values similar to those found in Altoona are important to succeed in the military.

"Through participation in my high school football team, I learned the value of teamwork," said Frick.

These lessons have helped Frick while serving in the Navy.

Naval Health Clinic Lemoore has a Fleet Centered Medical Home Port, which is an active duty-only clinic located at NAS Lemoore's operations side in the Hornet Health Clinic. Care delivered at the Hornet Health Clinic is provided by a primary care manager and is focused on the operational readiness of the aviation community.

Naval Health Clinic Lemoore provides quality health care to more than 18,000 people at NAS Lemoore, California, and NAS Fallon, Nevada, to ensure the Navy and Marine warfighters are medically ready to fight today, tomorrow and beyond. The command also provides dental care and medical administrative support to Navy, Marine Corps and international students at the Naval Postgraduate School, Defense Language Institute and the Center for Information Dominance in Monterey, California.

With 90% of global commerce traveling by sea and access to the Internet relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly linked to trained sailors and a strong Navy.

"The Navy supports national defense by keeping the sea lanes open for global trade," said Frick.

Frick has many opportunities to achieve accomplishments during military service.

"I was proud to complete boot camp in 2013," said Frick. "It was a big moment to complete the program and move on to the fleet."

As Frick and other sailors continue to train and perform missions, they take pride in serving their country in the United States Navy.

"Serving in the Navy means giving back to my community," said Frick. "It also means helping those who serve after me succeed."

Frick is grateful to others for helping make a Navy career possible.

"I would like to thank Chief Hospital Corpsman Ortiz from my last command," said Frick. "Chief Ortiz lead by example and showed me what a real leader can and should be." ■



Photo by Mass
Communication Specialist
3rd Class Jerome Fjeld

ALTOONA Public Library news

Continue Altoona's CORNival celebration at the library. The Iowa Corn Mobile Educational Trailer will be at the library on Wednesday, Aug. 9 from noon to 8 p.m., offering hands-on opportunities to learn more about the impact of Iowa's corn. At 6 p.m., Liz Garst, granddaughter of Roswell Garst (founder of Garst Seeds), will be presenting "Corn & Khrushchev," a recount of the history of agricultural development in Iowa, focusing on hybrid seeds, machinery, fertilizers and livestock technologies. All ages are welcome, and no registration is required.

ADULT PROGRAMMING (AGES 18 AND OLDER)

• **Beginning Genealogy**, Saturday, July 29, 2 p.m. Want to learn more about your family tree, but not sure where to start? Join us for this introduction to genealogy with the Iowa Genealogical Society. Registration required.

• **Book Hedgehogs**, Thursday, Aug. 24, at 6:30 p.m. With the summer winding down, take some time for yourself and join us for a relaxing craft recycling old books into hedgehogs. All materials provided. Registration required.

• **Adult Coloring at Brightside Aleworks**, Thursdays, Aug. 31 and Sept. 28, from 6:30-8:30 p.m. Join us at Brightside Aleworks, 480 Center Place in Altoona, for a fun night of coloring. We'll bring the art supplies, you bring your friends and money for drinks. No registration required.

CHILDREN'S PROGRAMMING

• **Anime Taste Test**, Tuesday, Aug. 15, 6 p.m. Wanna try some anime? Come watch the first few episodes of a Japanese animated show and draw your own manga characters. Snacks provided. For grades 4-6. Registration required.

• **State Fair Fun**, Wednesday, Aug. 16, 3:30 p.m. It's a fair day for some fair fun. Make a butter cow, eat a snack on a stick, or win a blue ribbon. For grades K-6. Registration required.

• **How to Play Dungeons and Dragons**, Tuesday, Aug. 29, from 6-7:30 p.m. Calling all adventurers. Learn how to make a character and play Dungeons and Dragons. For grades 5-6. Registration required.

• **Toddler Town**, Thursday, Aug. 31, 10 a.m. Visit our tiny cardboard town for toddlers to explore and practice imagination play with friends. For ages 5 and younger. No registration required.

TEEN PROGRAMMING

• **Tie-Dye Tote Bags**, Thursday, Aug. 3, from 6-7 p.m. Create a one-of-a-kind, original tote bag to haul your books home in. All supplies provided. For grades 7-12. Registration required.

• **VR Game Night**, Monday, Aug. 7, 6-7 p.m. Virtual reality, actual awesomeness. Come test out brand-new Oculus Quest VR headsets. We'll have games loaded and ready to play. For grades 7-12. Registration required.

• **Out of the Box Game Night**, Thursday, Aug. 10, 6-7 p.m. Come raid our collection of games. Try something new or play a classic. You bring friends; we'll bring snacks. For grades 7-12. Registration required. ■



JULY 2023

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RAGBRAI TRAFFIC IMPACTS

Altoona will be a RAGBRAI pass-through town on **Thursday, July 27** when tens of thousands of cyclists travel from Des Moines to Tama/Toledo. The cyclists will travel the following route through town:

- East along NE 27th Ave/36th St SW to enter town,
- North along 1st Ave S, then
- East along Edwin Skinner Parkway to NE 88th Street where cyclists turn north to travel to Mitchellville.

The main festivities for cyclists will be at Spring Creek Park, and the following intersections near the park will be closed:

- Edwin Skinner Pkwy and 6th Ave SE
- Edwin Skinner Pkwy and 10th Ave SE

Altoona Police officers will be posted at the following intersections to help traffic cross:

- Edwin Skinner Pkwy and 3rd Ave SE
- Edwin Skinner Pkwy and NE 80th St.

Please note that traffic will be allowed to cross Edwin Skinner Pkwy, but traffic will not be allowed to travel on Edwin Skinner Pkwy in either direction between 1st Ave S and NE 80th St until bicycle traffic has left the area. We expect the heaviest bicycle traffic to be in Altoona between 7 – 10 a.m. and encourage residents to allow extra time to travel that morning.



RAGBRAI FESTIVITIES

Residents are invited to join the celebrations as Altoona acts as a pass-through community host for RAGBRAI on **Thursday, July 27**. Activities for cyclists, including music, food vendors and the CORNival CORNvoy will be set up at Spring Creek Sports Complex all morning long, but we expect the heaviest cyclist traffic at the park between 7 – 10 a.m. Residents can walk or ride their bicycles to the park to check out the activities, or welcome the cyclists along the route.

CORNIVAL CORNVOY

The twenty statues making up the CORNival CORNvoy were unveiled earlier this month, and will be on display at several events throughout the summer, including the RAGBRAI celebration, the CORNival speaker series featuring Liz Garst at the Library on **August 9**, and Altoona Palooza on **August 26**. To learn where the statues are, visit the Altoona Arts and Culture Commission's page on the city website, altoona-iowa.com.



ALTOONA PALOOZA

Save the Date for the annual Altoona Palooza celebration. This family friendly event includes activities for all ages. The 2023 event will be held at the Sam Wise Sports Complex on **Saturday, August 26**.

UTILITY RED TAG FEES INCREASED

Due to an update to the Code of Ordinances, the fees for customers who receive a "red tag" notice for being delinquent on payment of utility bills has increased to \$35. Details on the updates to Chapter 98, section 12 pertaining to these "red tag" notices is posted to the city code section of the city website, altoona-iowa.com.

Utility customers can skip waiting for their postcard to arrive and sign up to receive email notices by registering on the Utility Billing section of the Public Utilities portion of the city website.

A LOOK at diversification

Ancient Chinese merchants were said to have developed a unique way to manage their risk. They would divide their shipments among several different vessels. That way, if one ship were to sink or be attacked by pirates, the rest stood a good chance of getting through. Thus, the majority of the shipment could be saved.

Your investment portfolio may benefit from that same logic.

Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss. The key to diversification is to identify investments that may perform differently under various market conditions.

On one level, a diversified portfolio should be diversified between asset classes, such as stocks, bonds and cash alternatives. On another level, a diversified portfolio also should be



diversified within asset classes, such as a diverse basket of stocks.

A diversified approach

For example, let's say a stock portfolio included a computer company, a software developer and an internet service provider. Although the portfolio has spread its risk among three companies, it may not be considered well diversified, as all the firms are connected to the technology industry. A portfolio that includes a computer company, a drug manufacturer, and an oil service firm, however, may be considered more diversified.

Similarly, a bond portfolio that invests exclusively in long-term U.S. Treasuries may have limited diversification. A bond fund that invests in short-term and long-term U.S. Treasuries, plus a variety of corporate bonds, may offer more diversification.

Mutual Funds and ETFs

The concept of diversification is one reason why mutual funds and Exchange Traded

Funds (ETFs) are so popular among investors. Mutual funds accumulate a pool of money that is invested to pursue the objectives stated in the fund's prospectus. The fund may have a narrow objective, such as the auto sector, or it may have a broader objective, such as large-cap stocks. ETFs also can have a narrow or broader investment objective. Keep in mind, though, the more narrow an investment objective, the more limited the diversification. Furthermore, a narrow investment objective may result in more volatility and additional risks associated with a particular industry or sector.

The concept of diversification is critical to understand when you are evaluating a portfolio. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful.

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CAN God use me?

Deep down, we long to make a difference in this world — to have purpose and work that matters. But, so often, we doubt ourselves. We settle for life on the sidelines. Maybe you're young and you are afraid you don't have what it takes. Maybe you've lived some life and you've had enough years for the fears and failures to add up. And so, it can seem pretty clear that, if God wants something done, surely He can find someone else much better than you.



However, Ephesians 2:10 tells us, "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." A masterpiece is the best thing an artist creates. You are the best thing God has created. God created the stars in the sky, the galaxies we can't even see, the grandeur of the mountains, the beauty of a sunset over a corn field. But nothing compares to you. God gave you the right personality, right gifts, right mindset, right temperament — you're even born at the right time — to do the good works He planned before you were born. Your life matters, and what you do with your life matters. God has things for you to do. Don't waste your life on yourself or on your doubts.

When God calls you and wants to use you, what do you say? What part of your story do you use to disqualify yourself? Look at this list of people whose stories you might think would disqualify them, but who God chose to use: Jacob was a cheater. Miriam was a gossip. Moses was a murderer. Martha was a worrier. David had an affair. Thomas was a doubter. Jonah ran from God. Paul killed Christians. Elijah was depressed. Each of these stories are found in the Bible. And God used them all. God's grace is bigger than your mistakes. God's power is greater than your weakness.

When you are tempted to doubt yourself, remember it's not about you; it's about God with you. It's not about your qualifications, experience, skills, level of gifting, etc. It's about an all-powerful, all-knowing, hold-the-whole-world-in-the-palm-of-his-hands God, who speaks one word and things happen. It's about Him being with you. God specializes in using the unlikely, the insecure, and the failures. He does that because he doesn't have anybody else to use. We're all a mess in some way. But that's the beauty of following Jesus. It's not about us. It's always about him. His forgiveness. His love. His grace. His power.

And so, be available. Say, "Yes!" to God and his plans for you. You are His masterpiece. God can use you. ■

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

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CORNival activities

• CORN & Khrushchev with Liz Garst

Wednesday, Aug. 9, 6-7:30 p.m.

Altoona Public Library

Liz Garst, granddaughter of Roswell Garst (founder of Garst Seeds), will be presenting “Corn & Khrushchev” as part of Altoona’s CORNival 2023 celebration. This is a free event sponsored by Iowa Corn Growers Association.

• IOWA Corn Trailer

Wednesday, Aug. 9, from noon to 8 p.m.

Altoona Library

Iowa Corn Growers Association will be bringing its Iowa Corn mobile educational unit for the public to visit for free. Learn how corn is grown by farmers right here in Iowa and about its uses, from the foods on your table to the gas in your car. The classroom on wheels is a fun, interactive experience for Iowans of all ages. There will also be Altoona CORNival Statues there to view.



National Balloon Classic

July 28 - Aug. 5

Memorial Balloon Field, 15335 Jewell St., Indianola

National Balloon Classic takes your eyes to the skies as pilots suspend more than 100 hot air balloons for competition. The event also features live music, food vendors, balloon rides, fireworks and more. For a full schedule, visit www.nationalballoonclassic.com.



‘The Comedy of Errors’

CAP Summer Classic

July 27-30, Thursday through Saturday at 7 p.m., and Sunday at 2 p.m.

Haines Park Amphitheatre, Altoona

Class Act Productions announced the return of its CAP Summer Classic, William Shakespeare’s “The Comedy of Errors.” 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. In the event of inclement weather, performances will be moved to CAP Theatre. Tickets are \$7 and available day of at the park or in advance through the CAP Theatre website at captheatre.org.

“The Comedy of Errors is the story of two sets of identical twins accidentally separated at birth. Antipholus of Syracuse and his servant, Dromio of Syracuse, arrive in Ephesus, which turns out to be the home of their twin brothers, Antipholus of Ephesus and his servant, Dromio of Ephesus. When the Syracusans encounter the friends and families of their twins, a series of wild mishaps based on mistaken identities lead to misadventures the likes of which only Shakespeare could have imagined.



Music in the Park

July 30 and Aug. 27 from 6-8 p.m.

Haines Park Outdoor Stage, 700 Block of Third Ave. S.E., Altoona

Enjoy free concerts in the park monthly during the summer.



River Ruckus

July 27-29

408 West State St., Guthrie Center

This country music festival marks the event’s 15th anniversary featuring acts such as HARDY, Riley Green, Chase Rice and 10 others. For a full schedule, visit www.guthriesriverruckus.com.

Hinterland Music Festival

Aug. 4-6

Avenue of the Saints Amphitheatre, 3357 St. Charles Road, St. Charles

Hinterland, the largest music festival in Iowa, makes its annual return to St. Charles, this time headlined by musical acts such as Bon Iver, Zach Bryan and Maggie Rogers. These big stars will be accompanied by 20 plus musical acts throughout the weekend. For a full schedule, visit www.hinterlandiowa.com.

EVENTS IN THE AREA

Be sure to check for cancellations.



Adel Sweet Corn Festival

Aug. 12
Adel

The Sweet Corn Festival in Adel features an Iowa summertime staple, along with family fun entertainment including a 5K run, car show, street party and the largest parade in Dallas County. For a full schedule, visit www.adelpartners.org/sweet-corn-festival.



Iowa State Fair

Aug. 10-20

Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines

The Iowa State Fair hosts a variety of musical acts. From pop, country, boy bands to rock, the State Fair will have any music fan's taste covered. In addition, enjoy all the activities to be had and the myriad of food offerings, including 64 new food items this year. For a full schedule, visit www.iowastatefair.org/entertainment/fair-schedule.



Ingersoll Live

Aug. 26, 3-10 p.m.

2800 block on Ingersoll Avenue

Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and family activities. For more information, visit www.theavenuesdsm.com.

World Food & Music Festival

Aug. 25-27

Western Gateway Park,
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GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.

Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up. Appreciating life's good moments sweetens our experience and, eventually, the experience of others. ■



Information provided by Elijah Johnson, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, www.sstherapyandconsulting.com.

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MEET Jodi Aldrich

Introducing students to healthcare careers.

Jodi Aldrich is among the teachers in the Health Career Academy at Southeast Polk High School. The program, which started more than a decade ago, includes four DMACC dual enrollment courses taken two per semester. Because there is a limit of 10 students per teacher, the maximum number of students allowed to participate in the program is 48. The program's courses are Basic Nurse Aide, Advanced Nurse Aide, Medical Terminology and Exploring Health Careers.

"My favorite thing about teaching the health academy is when students realize whether or not healthcare is really what they want to pursue in college. Even if they decide against continuing in a healthcare career, I'm glad I helped them figure it out before graduation," Aldrich says.

In order to participate in the program, students must first complete an application expressing their interest in taking the courses. Each application is given a rubric score based on science grades, attendance, GPA and behavior. In the end, only the top 48 students are offered admission into the program, with all other students placed on a waitlist. Students who do not make it into the program at Southeast Polk are also given the opportunity to take the courses at DMACC.

"This class allows for some career exploration for students who are considering something in the healthcare field. They will also have 12 DMACC credits if they complete both semesters. Most of these credits will transfer as electives to whatever college they choose to attend," Aldrich says.

As part of the Exploring Health Careers course, students hear from guest speakers regarding careers available in healthcare. Students have also had the opportunity to use virtual reality in the medical terminology course to help better understand human anatomy. In addition, students complete 64 hours of clinical (32 in a long-term care facility and 32 in a hospital setting) during the Nurse Aid semester. After completing Basic Nurse Aide, students have the knowledge needed to take the Certified Nursing Assistant state testing.

This next school year, Aldrich is looking forward to working with a new group of students and learning what their future plans and goals are. ■



Jodi Aldrich is among the teachers in the Health Career Academy at Southeast Polk High School.

RECIPE

BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■

Brunch board with a twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.

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HEALTH

By Dr. Kari Swain

SET yourself up for back-to-school success

Often, the transition back to school can come with immune challenges, but it doesn't have to. By supporting the overall health of our kids and ourselves, we can strengthen the immune system and build health. Start these habits now and continue them throughout the school year.

Initiate chiropractic care. Before heading back to school is an ideal time to have children and adolescents evaluated by a Board Certified Pediatric Chiropractor. A comprehensive consultation and examination can identify how specific chiropractic adjustments can help your child function at their highest potential this school year. Chiropractic boosts immune system function, improves attention span, addresses forward head posture created by screen use, and supports active kids and athletes.

Get in your bedtime and sleep routine. If you've fallen into the habit of staying up too late and sleeping all day this summer, now is the time to turn it around. Turn off electronics after dinner. Spend time outside in natural light. Read or do a meditation to wind down.

Make daily hydration a priority. Kids and adults should drink half their body weight in ounces of water daily and more if they are very active. Send a water bottle to school with your child and make sure to have one in the car for them when you pick them up.

Prepare nutrient dense meals. Send a packed lunch with them and support them at home with healthy breakfasts, snacks and dinners. ■

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

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HEALTH

By Ashley Powell

CBD in water-soluble format

As CBD grows in popularity, more effective ways to consume it are aggressively explored in order to help users get the best experience and the most relief from pain, stress and sleeplessness. CBD is extracted as an oil and commonly digested as such, but, due to a process known as first pass metabolism, much of it is likely to be destroyed before it is properly absorbed. Thankfully, we can now turn to a water-soluble form, which is created using nano emulsification, forcing two incompatible substances (oil and water) to mix. Most adults are made up of 50-65% water, so when water soluble CBD is taken, it is absorbed at a significantly higher rate through the lymphatic system. Another perk of water-soluble CBD is that, since it's absorbed so easily, sometimes less is more when it comes to the proper dose, so you're getting more bang for your buck. Besides water solubles, taking the oil sublingually, as a topical cream or inhaling, can also bypass the first pass metabolism process and get you closer to the desired dose. So, perhaps you've taken CBD in capsule or edible form and didn't get the relief the dose advertised. Don't give up. Water soluble could be what you need. ■



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. Resources: Nanomaterials Peer Reviewed Journal Article - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5302540/>. Molecules Peer Reviewed Journal Article - <https://www.mdpi.com/1420-3049/24/16/2967/htm>.

SIMPLE ideas for adding flavor and nutrition

Picnics and weekend BBQs are here. And while I love to prepare summer staples such as hot dogs, hamburgers and potato salad, the key to staying healthy and hydrated is all about balance. Try some of these simple ideas and substitutions to mix things up with a bit more flavor and nutrition.



Start with veggies

Grill them before you start grilling meat entrees. Simply brush the veggies with some olive oil, sprinkle with a pinch of salt, and grill. They only take a few minutes to cook. By cooking your veggies prior to your entrée, this can be a nice item for your family to snack on while they wait. They can be eaten as is or chopped into a salad or rice pilaf. Zucchini, squash, eggplant and bell pepper halves work well. If you're short on time, toss your favorite veggies onto a platter with some dip, and you have a nice appetizer, side or snack that is full of flavor, fiber and nutrients.

Think outside the box

Burgers, brats and hot dogs are easy and delicious, but poultry and fish are wonderful on the grill, too (especially if you are watching your sodium intake). Marinated shrimp, chicken or pork loin are perfect. You can easily turn these into kabobs or even tacos, which is a great way to stretch your meat.

Change up your salads

Instead of an old-fashioned mayonnaise-laden macaroni salad, try a pasta and vegetable salad that is tossed with a vinaigrette dressing.

Instead of a traditional creamy potato salad, try roasting potatoes with olive oil and garlic or truffle oil.

Instead of a traditional coleslaw, try tossing chopped cabbage with slivered almonds, sliced strawberries, chopped green onions, and your favorite vinaigrette. The key with this is to let it sit for at least two hours before serving to soften the cabbage.

Don't forget the fruit

Always add some seasonal fruit to the table — sliced melon, a bowl of grapes, berries, peaches or cherries. Did you know some fruit can be grilled as well? Grilled pineapple and peaches grilled and topped with a little frozen yogurt make for a great, healthier dessert option.

Hydration

Instead of a bucket of soft drinks for the children, mix up your own lemonade or juice. Making your own allows you to control the amount of sugar. A pitcher of water with fruit is a great option to have available and makes boring water a little more fun.

For the adults, lighten up your summer beverage, like white wine, by serving over ice topped with sparkling water. Garnish with a strawberry or a slice of orange or cucumber. ■

Article written with help from our friends at the Iowa Pork Producers Association. Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 6005 Merle Hay Road, Johnston, 515-252-9962.

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YOUR memorial's story

Our country was declared independent from Great Britain on July 4, 1776. We know this because it is well documented and taught history. Did you know three United States presidents died on July 4 — two of them in the same year? This information is easily found with a quick Google search on the Internet.

I think most of the information we know about our history is only known because somebody thought it worthy of recording and that it would be valuable information to future generations. I believe this is why we mark our graves with memorials. We are human beings — each unique in characteristics, skills and attributes — and we are all valuable. Memorials tell stories about us that future generations want to know.

We have many people stop in the office in pursuit of information about their family history. Many times, they find that the names on the memorials surrounding their loved ones are actually related to them, too. The words on the memorials and emblems that they chose tell a bit of their story. It's a kind of declaration to future generations, and you get to choose what that declaration says when you pre-plan for your burial needs.

Give your family the gift of love and care for your future end-of-life needs now. ■

Information provided by Tosha Edmundson, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.



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OPTIONS for helping pay for assisted living

Assisted living communities provide personalized care in a social setting with the goal of preserving your independence as long as possible. Assisted living focuses on keeping you active and encouraging you to continue living life to its fullest.



Looking into the investment to live in assisted living can be daunting. Many people wonder how they can afford to cover the cost. It is a common misconception that Medicare will assist in paying for assisted living. It does not. However, there are some options for those who need the benefit of assisted living and cannot afford the entirety of the monthly payment.

If you are a veteran, a spouse to a veteran, or the surviving spouse of a veteran, you may be eligible to receive funds for assisted living through the Veteran's Aid and Attendance program. Veteran's Aid and Attendance assistance is in addition to the normal veteran's pension amount. The Veterans Administration does not pay the assisted living directly; you receive the funds and then pay the assisted living to help cover the costs.

There are qualifications in order to receive funds from this program, including an honorable discharge and the receiver must be 65 or older and have monthly income below the limits set by the Veterans Administration. You also must meet medical requirements such as the need of assistance with activities of daily living. Activities of daily living include help with dressing, bathing, medication management, and more.

Another option for those who need financial assistance for assisted living is elderly waiver. Elderly waiver is a Medicaid-based program that provides funding assistance for those who need the extra service and support that assisted living provides. Elderly waiver also has eligibility requirements. You must be an Iowa resident 65 or older, you must need assistance with ADLs, and there are also asset and income limits. It is important to note that not all assisted livings accept elderly waiver as payment.

Another option to assist with paying for assisted living is long-term care insurance. Many long-term care insurance policies will also provide coverage for assisted living care. Not all policies are the same. Check with your long-term care insurance provider to see if and what they will cover for assisted living. If you do not yet have long-term care insurance, the sooner you get it the better, as the premiums increase with age. Generally, between the ages of 50-65 is the most cost effective time to buy long-term care insurance. The younger you are, the lower the premium will be, but you will be paying that premium for a longer period of time.

Tour different assisted living communities, find out what their requirements are, and always plan ahead. As you can imagine, many of our seniors are on fixed incomes. If you may need to take advantage of the elderly waiver program, it's important to research what communities accept the waiver program and inquire about their waiting lists. This is a great time to get a plan in place and share it with your loved ones so they can be ready to support you when the time comes. ■

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

THE POWER of positivity

Business today is different. We all feel it, even, or maybe especially, as consumers. Customer service doesn't feel like it used to — “the above and beyond” motto of old seems to have gone by the wayside. The way we do things is changing because we don't have the employees or bandwidth to under-promise and over deliver.

I'm beginning to feel, however, that it goes deeper than just impatience or lofty expectations unmet. We aren't nice people. Our wants and needs supersede anyone's across the counter. We have an over-inflated sense of importance. “By God, they should be glad to have my business.” “I can go to your competitor down the street, that'll show you,” “I can get it cheaper online anyway!” ...

I'm reading a book, “13 Ways to Kill Your Community” by Doug Griffiths, MBA, and one of the chapters touches on this very topic. In the chapter “Shop Elsewhere,” he writes, “Attitude is what determines whether or not our community is going to be successful — and whether we, ourselves, for that matter, will be successful along with it.... Wrong attitudes are self-destructive, but we rarely realize the ultimate impact of our attitudes because we don't readily see the consequences of them.”

Every single time we jump on social media to “voice” our opinion about a business or an event or sometimes a person, the “coffee-shop negativity leaks out and dominates the consumer mentality in town, so locals don't spend money in that local store, restaurant, car wash, etc.” We are killing our own community.

This feels like a broad stroke, I'm sure. Yes, I do know there are happy, genuine people out there doing their best to make up for those lacking in positivity. Going out of their way to make sure that wait staff feel appreciated, taking time to listen to that small business owner tell their start-up story, or just thanking everyone in that business for a great experience. If we want to keep a vibrant economy, we've got to be better.

I'm sure there are many factors as to why customer service looks different today, but the only thing we can control is our attitude about it, how we react to and treat the people providing that service, product or entertainment. Maybe, just maybe, if we change our attitudes, customer service will come back to being more of what we know and love about being in a small community.

“Small efforts compound to have a great effect, and there is no such thing as a negative action or attitude, no matter how small, that does not have an effect.”

Just imagine what we could do with the power of positivity. ■



Information provided by Melissa Horton, Executive Director,
119 Second St. S.E., Suite A, Altoona, 515-967-3366,
melissahorton@altoonachamber.org.

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OUT & ABOUT



Tyler Finders, Hollie Finders and Jake Schilling at the ribbon cutting for Mend Integrative Wellness, 480 Center Place S.W., Suite B, Altoona, on June 30.



The Heffelfinger family at the ribbon cutting for Mend Integrative Wellness on June 30.



Mark Campbell and Lilly Campbell at the ribbon cutting for Mend Integrative Wellness on June 30.



Sarah Kavalier, Kelsey Redmond and Melissa Horton at the ribbon cutting for Mend Integrative Wellness on June 30.



Mike Vanschoick, Alex Radzville and Erin Harmeyer at the ribbon cutting for Mend Integrative Wellness on June 30.



A ribbon cutting was held at Over the Top Ice Cream in Pleasant Hill on June 29.



Amanda Lundstedt, Ben Champ, Penny Carroll, Dennie Carroll, Natalie Carroll and Daniel Hoyos at the ribbon cutting held at Over the Top Ice Cream in Pleasant Hill on June 29.



Austin Bittner, Andrea Stanfel, Tanner Dooley and Jolloy Omar at the ribbon cutting held at Over the Top Ice Cream in Pleasant Hill on June 29.



Ashely Johnson, Lacey Dettmering, Erin Hermeyer and Alex Radzville at the ribbon cutting held at Over the Top Ice Cream in Pleasant Hill on June 29.



Mary Simon and Lori Slings at the ribbon cutting held at Over the Top Ice Cream in Pleasant Hill on June 29.

CHAMBER Lunch

The Altoona Chamber Lunch was June 20 at Scornovacca's in Altoona.



Jolene Goodman, Altoona Living magazine, spoke at the Altoona Chamber Lunch June 20.



Mark Vander Tuig and Carson Odle



Mary Simon and Twila Shreves



Melissa Horton and Lisa Holtan



Kelsey Redmond and Linda Lawson



Shawn Kinnison and Joe Tollari



Shawnee Lambart and Jolene Goodman



Kyle Lee and Rick Kroeger



Jake Schilling, Kristi Kenyon and Nate Schonridge

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