

ALTOONA

AUGUST 2023

Living

MAGAZINE

ALTOONA PALOOZA!

Family fun and giving back

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WELCOME

RIDE a camel at Altoona Palooza

Breakfast. Mud sports. Car show. Bags tournament. Food trucks. Axe throwing. Live music. Beer garden. Camel rides.

What's not to like?

OK, maybe the camel rides, but who knows? Don't knock it till you've tried it.

If you haven't figured it out by now, I am referencing some of the fun that can be had at this year's Altoona Palooza on Aug. 26 at the Sam Wise Sports Complex.

Many community festivals are organized, operated and financed by the city, the chamber of commerce or a local chapter of a large service club. And that formula has proven to work quite well. But, if you are familiar with the Pareto principle — and even if you are not — you know that 80% of the work is typically done by 20% of the people. The reality is that those 20% can only do so much before they become burned out.

That's why I am so impressed with Altoona Palooza, a non-profit event that is run by local leaders with a focus on family fun and giving back to the community. This great event has been happening since 2011 with music, food, games and numerous other activities — including camel rides.

My friend Steve Moyna has been instrumental with this event and serves as the chair, in part to honor his late wife, Ann, who passed away in 2021. Ann was one of the two original organizers of Altoona Palooza, and I salute Steve for keeping one of her many dreams going.

Making money isn't a primary goal for Altoona Palooza, but you should know that any profits go toward Dollars for Scholars scholarships.

The event name even rolls off your tongue. I love it, and you will, too. Be sure to check out the details in this month's feature story and plan to attend on Aug. 26. And tell Steve and all the other volunteers thank you for putting on this wonderful event.

Thanks for reading. ■



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ALTOONA PALOOZA!

Family fun and giving back

By Chantel Boyd

Make memories at the annual Altoona Palooza, returning Aug. 26 to the Sam Wise Sports Complex.

Altoona Palooza is a nonprofit run by local leaders who organized this unique event for residents and visitors. It is all about family fun and giving back to the community.

This day-long event celebrates Altoona's fun-filled and generous community. Since 2011, Altoona Palooza has entertained attendees with music, food, games and numerous other activities.

"The event is free to all participants with a small fee for

some entertainment such as inflatables and the mud volleyball tournament. It is also a way to showcase some of the businesses and generous individuals who make up our great community," says Steve Moyna, chair of the group.

As a 501(c)3 nonprofit, Altoona Palooza's planners take pride in providing a fun-filled event whose profits are returned to the community. Any profits made are rewarded to one or more deserving Southeast Polk seniors in the form of a Dollars for Scholars scholarship.

Mud volleyball highlights

Have you ever played in an enormous puddle or waded knee-deep in muddy water? While it may go against childhood admonishments to not get dirty before dinner, mud volleyball is a chance to do just that: to play in the mud, just because.

Altoona Palooza is about to fill its vast pits with mud and dirty water again for the annual fun. It's one of the favorite activities of the celebration.

"It's a tradition that dates back to Altoona Balloona Fest," explains Alex Payne, marketing chair.

Mud volleyball is about skill, laughs, and a team's willingness to dive in and get dirty.

"Players are in a few inches of mud with water up to their knees," explains the event's coordinator, Brandy Harmison.

Harmison previously played mud volleyball during Altoona Palooza and has coached club volleyball for Southeast Polk, so she was ready to jump in and help when one of the previous coordinators stepped down.

"I love helping bring this event to life for all the players and spectators to enjoy," she says.




Teamwork — and having fun with friends — is key in mud volleyball.

With the help of her husband, Shawn Harmison, Brandy fills the pits with water and does all of the coordination of the event. Southeast Polk donates some of its old volleyballs. Chad Quick with the City of Altoona provides the water equipment and

coordinates with the Parks Department to dig the pits.

The mud pits are so full that players struggle to stand up, let alone set the ball, without sliding. It all makes for a fun event — for participants and the viewing public.







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The Kids Zone will feature a variety of inflatables and activities.

Entertainment, food and fun

Besides the sounds of the mud sloshing in the pits, music and laughter fill the festival air.

A variety of musicians representing different genres will perform for the varied preferences of festival goers. The entertainment will cover many pop, dance and rock hits we all know and love.

There will also be an excellent lineup of musical acts on the main stage, including Jordan Beem, SPAM, Mike Moody & the Outlaws, and Douglas Acres.

Family fun options will also be plentiful at the event.

“We have inflatables for the families and

kids, along with our Kids Zone, which features games and activities specifically geared for the younger festival goers,” Payne says.

Mud volleyball, Beer Mile and beer garden, a car show, the Kid Zone, inflatables, camel rides, live music and food. What could be more fun on a summer day?

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Beer Mile

New this year is a beer run meant to be enjoyed along with cold beverages (milk if you're not partaking in the libations). Altoona Palooza is partnering with the Altoona Running Club to host the Beer Mile this year.

"This one-mile fun run is for runners who love beer," says Payne.

Not to worry, though. A chocolate milk or non-alcoholic run is held in conjunction.

"It's something new to add, along with new Kids Zone activities, inflatables and a new selection of beer at the beer tent," says Payne.

Matt Millard, a representative of the Altoona Running Club, explains.

"This involves drinking a beverage in a transition zone and running a quarter-mile loop around the mud volleyball courts. This is repeated three more times until the participant reaches a mile," he says.

The group will have four divisions so people of all ages can compete. The race



A car show is among the offerings at this year's Altoona Palooza.

is \$20, and the group will provide the beverages. But be sure to keep your drink down, or Millard warns there will be a penalty lap.

"The Altoona Running Club is grateful for those in the club volunteering to help put on this event and our runners," says Millard. "It should be quite a sight to come to check out and cheer on."

The run will begin at 10 a.m. near the mud volleyball.

Altoona Palooza activities

(Some require registration or fees)

- **Breakfast:** 8-11 a.m.
- **Mud Volleyball:** Registration begins at 9 a.m., play starts at 10 a.m.
- **Mud Tug-of-War:** Time TBD at the mud volleyball courts (free, just show up)
- **Beer Mile:** 10 a.m.
- **Car Show:** 8:30 a.m. to noon (awards at noon)
- **Camel Rides:** noon to 5 p.m. (\$15 cash only)
- **Bags Tournament:** 2-5 p.m.
- **Kids Zone:** 1-4 p.m. (activities TBD)
- **Business and Product Vendors:** 10 a.m. to 6 p.m.
- **Food Trucks:** 10 a.m. to 11 p.m.
- **Inflatables:** 10 a.m. to 6 p.m. (\$10 per wristband)
- **Axe Throwing:** noon to 9 p.m. (\$5 for six throws)
- **Live Music:** 2-11 p.m. (2-4 p.m. Jordan Beam, 5-7 p.m. SPAM, 8-11 p.m. Mike Moody & The Outlaws and Douglas Acres)
- **Beer Garden:** 11 a.m. to 11 p.m. ■

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Behind the scenes

The event all comes together with the help of many volunteers, such as Steve Moyna, who work year-round to plan for this annual event. Moyna, an Altoona Palooza board member, has been a part of the celebration from the beginning and leads the planning.

One of the many volunteers assisting Moyna is Payne, the marketing chair.

“Altoona Palooza would not be possible without the dedicated volunteers, board members, and sponsors who give generously. Palooza is a celebration of community, and seeing everyone come together as one is truly inspiring. Thank you to everyone who helps make this event a success each year,” says Payne.

“It takes about a year of planning and dozens of volunteers to help set up and put on the event,” he adds. “This is a 100% volunteer-run event, so without the community stepping up to help, this would not be possible.”

The logistics include gathering a laundry list of rental items and the donations needed to rent them, Payne says.

“We rent tents, porta-potties, inflatables, generators, sound systems, tables, chairs and more,” he says. “We could not do this without our community partners and businesses donating to and sponsoring this event. We want Altoona Palooza to be a free community event, but to do so, we rely on donations and sponsorships to keep us going. Each beer sold during the event also helps support the event.”

Organizers have strived to expand the fun at Altoona Palooza each year.

“We look forward to continuing to grow this Altoona event that brings the community together for fun and excitement,” says Payne.

A personal connection

Moyna says he continues to serve as a chair for Altoona Palooza to honor his late wife, Ann, who passed away in 2021 due to complications of ovarian cancer. She was one of the two original organizers of Altoona Palooza.

For Moyna, his continued involvement is an opportunity to remember and honor his late wife. Some of her memorial funds were used to



Steve Moyna presented the 2022 scholarship funded by Altoona Palooza to Taylor Brown.

support the 2021 event.

Moyna presented the 2022 scholarship funded by Altoona Palooza to Taylor Brown. Before that, the 2021 scholarship winner was Caden Mitchell. In 2020, the scholarship winner was Anna Scott. ■

LIBRARY

ALTOONA Public Library news

Adult programming – ages 18-plus

Quiet Coloring, Wednesday, Aug. 30, from 6-8 p.m. Join us for a quiet, relaxing evening of coloring. We'll provide all the art supplies. You bring your friends. Registration not required.

Cricut Make & Take, Vinyl Stickers, Tuesday, Sept. 5, at 6:30 p.m.; Paper Flower Bookmarks, Wednesday, Sept. 20, at 6:30 p.m. Come learn the basics of using a Cricut Maker and practice on your very own project. All supplies provided. Registration not required.

Peaceful Puzzling, Thursday, Sept. 14, from 6-8 p.m. Looking for a chance to join the puzzling fun but not wanting the pressure of a competition? Join us for a relaxing night where we provide puzzles, snacks and a peaceful environment to get your puzzle fix. Registration required.

Puzzle Competition, Saturday, Sept. 16 at 10 a.m. or 2 p.m. Ready to puzzle your way to greatness? Two competition times. Register your team of three to five for a battle jigsaw style. The fastest team to finish the 500-piece puzzle takes home the win and a prize or two. Registration required to participate.

Children's programming

After School BINGO, Wednesday, Sept. 13, from 3:30-4:30 p.m. It's early out Wednesday, so stop by for kids BINGO and see what you win. For grades K-6. No registration required.

Tasty Tales, Tuesday, Sept. 19, from 6:30-7:30 p.m. Try a taste of food straight from a storybook during this yummy storytime. For grades K-6. Registration required.

Make & Take: Fidget Toys, Monday, Sept. 29, from 2-3 p.m. Come make your own fidget toys at the library. Please arrive before 2:30 p.m. to have time to complete this craft. Grades K-6. No registration required.

Teen programming

Monday Night Puzzle Fight, Monday, Sept. 11, from 5:30-7:30 p.m. Get ready to puzzle! Bring your puzzle A game and piece together a puzzle as fast as you can. Prizes will be awarded to the fastest puzzle assemblers. For grades 7-12. Registration required.

Teen BYO Book Club, Thursday, Sept. 21, from 6-7 p.m. Meet and get to know fellow book lovers. This month, bring your current or favorite read that you think everyone should know about. For grades 7-12. Registration required.

Art Bytes: Intro to Procreate, Monday, Sept. 25, from 6-7:30 p.m. Procreate is one of the world's most popular digital drawing apps. Come learn the basics and start creating your own digital art in this hands-on class. iPads and Apple Pencils available in limited supply. For grades 7-12. Registration required. ■

HOW LONG should I live in my house before I consider selling?

Have you ever considered the amount of time experts recommend you live in your home before selling?

Generally, Realtors® and mortgage loan experts suggest owning a home for at least five years to build enough equity to cover the cost of selling your current home and obtaining financing for your new home. Here's a few factors you should consider before selling.



closing costs yourself or if you received credits, you may want to factor in this cost.

Building equity

Another important factor to consider is how much equity you have built. While your mortgage payments are comprised of both principal and interest, the first several payments are comprised of mostly interest. Meaning, it can take years before your payments start applying toward your loan's principal balance in significant amounts to build substantial equity.

If you have a shorter loan term, such as a conventional 15-year mortgage, you will begin making significant payments toward principal much faster than someone who has a longer loan term, such as a conventional 30-year mortgage. Another strategy that can help you pay less interest and begin building equity faster is prepaying your mortgage.

Market conditions

The real estate market is constantly changing. Market conditions can impact the value of your home. It's important to factor whether you're in

a buyer's or seller's market when deciding to sell your home. A seller's market is when demand exceeds supply. A buyer's market is when supply exceeds demand.

Costs of selling

As the seller, you will likely be responsible for paying Realtor® fees, title fees, inspection fees, a home warranty and more. Be sure to include these costs in your final calculation of how much you'll be left with after the sale.

While the general rule of waiting five years before selling a home may hold true for many homeowners, it's important to explore these factors individually to determine what makes the most sense for your situation. ■

Contact a Bankers Trust mortgage loan originator who will review your complete credit profile along with your home-buying goals to help you determine the best mortgage type for your individual situation. Information provided by Lori Slings, Bankers Trust, NMLS ID: 406021, 3820 Eighth St. S.W., Altoona, 515-245-5624, lslings@bankerstrust.com, BankersTrust.com/LSlings, Bankers Trust NMLS ID: 440379.

Costs of buying a home

When you buy a home, you need to budget for a down payment and a variety of closing costs. Required mortgage payment amounts vary by mortgage product. Generally, homeowners like to put more down on the new home than they did on their previous home. However, this could change based on interest rates and monthly payment amounts that best fit your budget.

In some cases, homebuyers receive credits from the seller. Depending on whether you paid

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ROOTS run deep

Martin is a hometown girl.

Iisha Martin is a longtime resident of Altoona. In fact, it's where she grew up.

"I've lived in Altoona since 1985," she explains. "My parents built a home here. I chose to stay in this community because of the people and all of the amenities around town."

Today, Martin lives in a home of her own. She likes that, even though she's located off a busy road, the area is rather quiet. What she enjoys most, though, is the creek and bike trail that run along her backyard.

"It can literally take you anywhere you would like to go," she says of the trail.

Martin also is fond of her neighbors.

"We help each other out when needed and always chat and wave," she says. "They all know my dogs' names and have to say hi on our daily walks."

An added bonus of where Martin lives is that her mom resides a couple blocks away, while her brother and his family live just a few blocks further.

Deepening her roots in the community even more, Martin launched a business, Capital City

Coffee, in Olde Town almost 11 years ago. Over the years, she's also made many new friends in town.

"I enjoy being surrounded by all the kind people," she says. "There are lots of amazing local business owners that take the time to know their customers. It always feels good to support the small business owners."

For Martin, Altoona is a community to love year-round.

"I enjoy the flowering trees that line the streets in the spring," she says. "I really enjoy the aquatics center in the summer and the fireworks displays on the Fourth of July, the falling leaves on the trails in the fall and all of the Christmas lights in the winter."

Martin adds that Altoona is small-town living with all the amenities you can find in the city.

"I enjoy the local restaurants/bars where everyone seems to know everyone, and, if they are new to town or just passing by, they are welcomed with open arms," she says. "You can do/have anything in town if you take the time to look around." ■



Iisha Martin grew up in Altoona and has chosen to have her business and home here.

COMMUNITY

65TH Altoona HS reunion



The Class of 1958 High School Reunion was held on Aug. 3 at Pizza Ranch. This was their 65th reunion. People came from Apache Junction, Arizona; Hopkins, Minnesota; and many towns in Iowa: Altoona, Hartford, Johnston, Des Moines, Waverly, Runnells and Indianola.

Front row, from left: Donna (Kooker) Curry, Sarah (Stark) Champion, Margie (Sanders) Nelson, Joyce (Goldsberry) Carr and Susan (Fox) McKnight (friend of class members); and, back row: Frank Helm, Lloyd Dales, Keith Griffin, Terry Wilson, Luella (Wolver) Garrett, Larry Murphy, Patricia (Ballard) Coffie and Martha (Erickson) Cort.



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DRAINING YOUR POOL

It's time to plan for fall and cooler weather. If you have a pool you need to drain at summer's end, please:

- Discontinue adding salt and chlorine a few weeks before you drain your pool or spa. Chlorine levels need to be reduced to 0.1 mg/L before you drain because salt and chlorine are deadly to freshwater aquatic life.
- Discharge all salt water into a sanitary sewer through a drain in your home.
- For non-saltwater draining,
 - Please drain directly into the sanitary sewer via a drain in your home, or
 - Slowly discharge the water across at least 15-feet of a flat, vegetated area before it gets to the street or storm sewers.
- Do not flood your neighbors' yards.



For more information, contact Altoona's Stormwater Department or visit iowastormwater.org.

BRUSH DROP-OFF

Residents wishing to drop-off brush will be able to on select Saturdays this fall. To access the brush drop-off site, enter the Utilities Department service road from 8th Street SW. Continue south on the road, past the Utilities Department buildings and continue up the hill, brush drop-off will be on your left.

Brush drop-off will be open from 8 a.m. – Noon on the following Saturdays:

- September 9
- October 7

Have your information identifying you are an Altoona resident ready when you drop off your brush. Only branches and small diameter (12' or less) trunks are allowed. No leaves or bushes please.

ALTOONA PALOOZA

The annual Altoona Palooza festival will be held on **Saturday, August 26** at Sam Wise Sports Complex. This festival includes something for the whole family, from competitions, to inflatables and games, food and drinks and live music. Learn more at www.altoonapalooza.com.

ALTOONA PALOOZA

SAVE THE DATE: CORNIVAL FALL FAMILY FESTIVAL

We're capping off our celebrations of 100-years of hybrid seed corn planting, which happened right here in Altoona, with a fall event. Intrinsic Ag, partnered with the Altoona Arts and Culture Commission to plant a corn maze near where the first hybrid seed corn was planted all those years ago. Along with the corn maze, there will be many family-friendly activities at a festival, with most activities free of charge.

The festival will be held at Intrinsic Ag (102 1st Ave N) on **Saturday, Sept. 23**. Event details will be shared on the city's social media channels, and online on the Altoona Arts and Culture Commission's page on the city website, altoona-iowa.com.



CITY OFFICES CLOSED FOR LABOR DAY

Please remember that City offices and the Altoona Public Library will be closed in observance of the Labor Day holiday on **Monday, Sept. 6**. Trash pickup will be delayed by one day due to the holiday.

WHY REGULAR rebalancing makes sense

Everyone loves a winner. If an investment is successful, most people naturally want to stick with it. But is that the best approach?

It may sound counterintuitive, but it may be possible to have too much of a good thing. Over time, the performance of different investments can shift a portfolio's intent — and its risk profile. It's a phenomenon sometimes referred to as "risk creep," and it happens when a portfolio has its risk profile shift over time.

When deciding how to allocate investments, many start by taking into account their time horizon, risk tolerance and specific goals. Next, individual investments are selected that pursue the overall objective. If all the investments selected had the same return, that balance — that allocation — would remain steady for a period of time. But, if the



investments have varying returns, over time, the portfolio may bear little resemblance to its original allocation.

Rebalancing is the process of restoring a portfolio to its original risk profile. But remember, asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss.

There are two ways to rebalance a portfolio.

The first is to use new money. When adding money to a portfolio, allocate these new funds to those assets or asset classes that have underperformed.

For example, if one investment fell from 40% of a portfolio to 30%, consider purchasing more of that investment to return the portfolio to its original 40% allocation. Diversification is an investment principle designed to manage risk. However, diversification does not guarantee against a loss.

The second way of rebalancing is to sell enough of the "winners" to buy more underperforming assets. Ironically, this type of

rebalancing actually forces you to buy low and sell high.

Keep in mind, however, that the information in this material is not intended as tax advice and may not be used for the purpose of avoiding any federal tax penalties. Please consult your tax professional before rebalancing. Rebalancing by selling "winners" may result in a taxable event.

Periodically rebalancing your portfolio to match your desired risk tolerance is a sound practice regardless of the market conditions. One approach is to set a specific time each year to schedule an appointment to review your portfolio and determine if adjustments are appropriate. ■

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A BETTER way

If you were asked to describe American culture, what would you say? While there are many great things about our culture, I would also describe us like this: materialistic, isolated, busy, polarized, lonely, screen-addicted, hurried, divided, exhausted, consumeristic, and driven to compare.

I don't know about you, but I don't want my life defined by those forces. They lead to anxiety, burnout, depression, loneliness, stress, and a host of other negative places.

We live in the flow of these cultural forces. This flow is like a powerful current moving us along, leading us to wherever the river goes next. There comes a point in our lives when we must decide if we want to float along in the cultural current — wherever it may take us — or get off the raft, stand up, and find another way to live.

But where do we find another way, a better way? The early followers of Christ referred to themselves as followers of the Way. Christianity is not simply a set of beliefs, but a way of life designed, modeled and empowered by Jesus himself. This way of life complements certain aspects of our culture and also stands in contrast to our culture. The way of Jesus provides an alternative to the fear-based, polarized, greedy and exhausted culture of our day.

The Apostle Paul challenged followers of the Way: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind" (Romans 12:1). By default, we conform to the culture around us; we're carried along in its flow. But there is an alternative: Be transformed. This is not something we can do on our own but rather demands a rescue from the powerful cultural current. Transformation necessitates a renewing of our minds to think and live differently. Jesus is the Rescuer and His Way renews our minds.

Therefore, we don't have to settle for life as we know it. There is a better way. Jesus teaches us to store up treasures in heaven and not on earth so that we don't try to build an identity in what we buy. Jesus trains us to slow down, step out of the hurry, and be present to God and those around us. Jesus equips us to live in healthy relationship with one another so we can find unity and connection. Jesus gives us an identity based on His love for us instead of our constant attempts to create an identity on our own. Therefore, we can have confidence and peace. There is a better way, and His name is Jesus. ■

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



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RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes
Cook time: 8 minutes
Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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Fall Market on Hubbell
Saturday, Sept. 30,
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3232 Hubbell Ave.



Music in the Park
Aug. 27 from 6-8 p.m.
Haines Park Outdoor
Stage, 700 Block of Third
Ave. S.E., Altoona
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in the park for this summer.



World Food & Music Festival
Aug. 25-27
Western Gateway Park,
1205 Locust St., Des Moines
Enjoy a weekend of international
cuisine, live music and performances. For
a full schedule, visit www.dsmpartnership.com/worldfoodandmusicfestival.



Ingersoll Live
Aug. 26, 3-10 p.m.
2800 block of 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.

Log Cabin Days Festival
Sept. 23
Warren County Fairgrounds,
1400 W. Second Ave., Indianola
The annual festival brings you in for a taste
of Indianola history
that will include craft
booths, quilt exhibit,
an antique car show
and classic car show
at the Warren County
Fairgrounds.



Harmony Central Chorus of Des Moines concert
Sept. 30, 3 p.m.
First Baptist Church of Greater Des Moines,
8250 N.W. 62nd Ave., Johnston
Harmony Central Chorus of Des Moines, a four-part a
Capella harmony chorus, will present a concert. Tickets are \$20
per adult and \$15 per student and may be purchased at the door.

Latino Heritage Festival
Sept. 23-24
Western Gateway Park, 100 Grand Ave., Des Moines
Latino Heritage Festival presents a taste of Latin America
with more than 20 food vendors and tons of live music over the
weekend at Western Gateway Park, 100 Grand Ave., Des Moines.
www.latinoheritagefestival.org.

Halfway to St. Pat's Car Show
Sunday, Sept. 17
Mugsy's Pizza House, 1225 Copper Creek Drive,
Pleasant Hill

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St. Patrick are holding a
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Oktoberfest

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Oktoberfest returns for the 18th year with all your favorite authentic celebrations including a huge selection of German and craft beers, delicious German food, beer puppeteer, live music, bier maiden and stein holding competitions, a Silent Disco featuring 11 DJs over three days, and much more. www.oktoberfestdsm.com.



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 scheduled throughout the season. Music starts at 6 p.m. Scheduled are: Aug. 31, Gimikk; Sept. 7, Rhythematics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; Sept. 28, The Crust. ■

The Water Ride

Saturday, Aug. 26

Confluence Brewing Company

Start at Confluence Brewing Company and enjoy the Des Moines trails. Join in riding for a cause and help raise awareness and funds to support water and education projects in Ghana, Africa. Show up around 11 a.m. to sign in or register and get your Water Ride gear. Start riding your bicycle at noon from Confluence with riders throughout the community. Over the past 10 years, the money raised through various Water Ride events has helped fund three wells and the creation of TMP Academy, a primary school in Ghana. All proceeds from this event go directly to ensuring all students of TMP Academy have access to education when finances would otherwise be a barrier they are unable to get around. TMP Academy currently educates more than 150 kids. To date, more than \$45,000 has been raised. Official 2023 Water Ride stops are Confluence Brewing Co., 515 Brewing and Peace Tree Brewing DSM. The event link is www.facebook.com/events/278203251215477/?active_tab=discussion.

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CBD and THC health benefits

CBD (cannabidiol) and THC (tetrahydrocannabinol) are two prominent cannabinoids found in the cannabis plant, each offering unique health benefits supported by scientific studies.

1. Pain management: Research shows that CBD reduces chronic pain and improves the quality of life in patients with neuropathic pain. Similarly, THC has significant pain-relieving properties.

2. Anxiety and depression: CBD displays anxiolytic effects, making it beneficial for individuals with generalized anxiety disorder. THC shows potential as an antidepressant, alleviating symptoms in treatment-resistant depression. The effects can vary depending on the individual and dosage.

3. Epilepsy: Studies have shown that CBD significantly reduces seizure frequency and improves the quality of life. Emerging research suggests that THC may also possess anticonvulsant properties.

4. Neuroprotection: CBD has shown promise in slowing the progression of conditions like Alzheimer's and Parkinson's disease. THC has been found to protect brain cells, potentially offering benefits in neuroprotection as well.

5. Cancer symptom management: CBD and THC have demonstrated the ability to alleviate cancer-related symptoms in reducing pain and improving sleep. ■



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. References: A Balanced Approach for Cannabidiol Use in Chronic Pain. Frontiers in pharmacology. <https://doi.org/10.3389/fphar.2020.00561>. <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/medical-marijuana/art-20137855>

MEET Allyvia Von Ahnen

Making a difference for her students

Allyvia Von Ahnen has been a RAM ever since kindergarten when she attended Four Mile Elementary School. Now, after graduating from Iowa State University, she has returned to her alma mater as a first grade teacher at Delaware Elementary School. When choosing a position, she says she knew she wanted to come back to Southeast Polk because of the family-oriented community and overall initiative to help all students achieve their goals.

"One of the best things about working in the Southeast Polk district are the people who I work with. Every day I come into work, my colleagues are there to support me, lift me up, help me learn from my mistakes and

celebrate my successes. It makes a huge difference to work with those who care for you, and I feel very grateful for the relationships I have made at Delaware Elementary and throughout the district," Von Ahnen says.

She adds, she enjoys teaching students at the first grade level because of the amount of growth they make through the year, as well as the determination her students have to continue improving their skills.

During the last week of school, Von Ahnen's students had the opportunity to participate in a unique activity where their classroom was turned into a camp. The students got to celebrate all the learning they have accomplished, spent quality time with one another, built tents with their desks, and participated in all sorts of activities focused around the theme of camping.

"One of the best things about being a teacher is that you have the opportunity to make a difference to the students you serve. You have a chance to put a smile on their face, help them feel confident and loved. Every day is a new day with a fresh start, and, in return, those kids love you and help teach you life lessons," Von Ahnen says.

This fall, Von Ahnen is excited to meet every one of her students and build a relationship with them and their families. In her free time, she enjoys spending time with family and friends. She also teaches at the Pat Barton Dance Studio located in Altoona. Von Ahnen grew up dancing at the studio and has enjoyed teaching and sharing the same passion she had growing up. ■



Allyvia Von Ahnen teaches first grade at Delaware Elementary, where she says she works with a staff that cares for each other.



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HEALTH

By Shelly Stewart-Sandusky

ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

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HEALTH

By Dr. Kari Swain

PRENATAL chiropractic care

Restoring and building health are essential for optimal fertility and healthy pregnancy. Adding a board-certified prenatal chiropractor to your healthcare team can help tremendously in your preparation for conception, pregnancy and birth. Chiropractic care is important for both mothers and fathers as both of their fertility plays an integral role in conception.

Chiropractors are doctors of the nervous system, and the nervous system is the master controller of all the systems in the body, including the reproductive and endocrine systems. Prolonged stress can disrupt function, including hormonal and fertility.

Spinal misalignment can disrupt communication and blood flow to the reproductive organs. Imbalance in the pelvis also impacts the vitality of the reproductive organs by placing undue stress on them. Chiropractic adjustments remove the interference to the nervous system, allowing it to function optimally and also increase blood flow, encouraging sperm production in men and easier movement of fertilized eggs in the fallopian tubes for women.

A thorough exam to assess the function and state of the nervous system provides the information and findings needed for the doctor to recommend individualized care.

Prenatal chiropractors can also be a resource for lifestyle recommendations to help support the mother and father's overall health. Nutrient rich diet and supplementation, adequate sleep and hydration, and stress reduction and exercise are all important. ■

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

DRESSING up fruits and veggies

Enjoying a balanced diet filled with fresh fruits and vegetables does not have to be bland or boring. Taking time to infuse flavor can transform plant-based favorites. With hot summer temperatures, now is the time to whip up a cold bean salad or veggie-heavy slaw that requires minimal cooking. Think of it as prepping a salad that will marinate and deepen in flavor.



Try a few simple tips and techniques to liven up your palate and favorite plants. These are my favorite fool-proof techniques to dress up fruits and veggies:

Start with a crunch

While most of these tips are going to focus on flavor enhancers, do not forget to add variety with texture. Adding a crunch factor can help with avoiding a soggy salad. Vegetables are going to deliver a crisper bite than most fruit counterparts. Try these veggie picks to increase crunch factor: shredded or baby carrots, sliced bell peppers, sugar snap peas, shaved cabbage, broccoli slaw, Persian cucumber or radish.

Balance sweet and savory

While salads typically conjure thoughts of vegetable-filled bowls, fruit can add a pop of color and sweetness. A serving of fruit offers additional vitamins, minerals, fiber and antioxidants. Favorite fruit add-ins: pineapple, citrus fruit, mango, pomegranate, grapes, pears or apples.

Herbaceous flavor

Flavor, or lack thereof, is a common contributing factor to not eating enough fruits and vegetables. Herbs can help boost the flavors, smells, looks and texture in recipes and have also been linked to health benefits. Fresh herbs are preferable for a raw dish, like a salad. If using dried, a general guideline is one teaspoon of dried herbs equals four teaspoons of fresh.

Here a few favorite herb pairings to spice up your palate:

- basil – with chives, chili, garlic, oregano
- cilantro – with garlic, ginger, lemon grass, mint, parsley
- dill – with chives, cumin, parsley, tarragon

Get saucy

Sauce, marinade or dressing — no matter the name, the mission is the same: marrying the flavors and textures of each individual component for a cohesive final dish. When it comes to sauces, this can be in the form of creamy dressings or an oil-based marinade.

For a creamy dressing, try using Greek yogurt, avocado, hummus, or nut purees as the base. These options feature more mono and poly unsaturated fats, which are better for heart health and can help with absorption of fat-soluble vitamins from salad ingredients. For a simple and versatile choice, pair oil, vinegar and herbs. To punch up the flavor, use a combination of citrus juice and citrus zest. Do not be afraid to experiment and try dressing up your favorite produce pick. ■

Information provided by Caitlyn Ferin, LD, RD, corporate dietitian, Fareway, 620 Eighth St. S.E., Altoona, 515-252-9962.

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THE MEANING in a memorial

I hadn't spent time in cemeteries previous to working in one enough to notice the patterns and meaning behind how memorials are designed and even laid out on the grounds. Reasons behind a cemetery layout are often biblical. Many of the individual areas within a cemetery have biblical context — Trinity, Prayer, Resurrection. The way the memorial is facing is even of biblical relevance. The Bible teaches that when Jesus returns, He will come from the east, and the dead in Christ will be raised to meet him. If two had been joined in matrimony, Christian tradition would have the man standing on the right of his wife facing the east, therefore, being buried on her left. I challenge you to look closer the next time you're visiting a cemetery.

While this is some interesting history, every family's story, beliefs and desires are different and should be honored. Many times the wife is buried on the left side because it is closer to her family. Perhaps they just liked how it looked on the memorial better. You may see three names on a memorial or a single name. Nearly every aspect of a memorial can be customized. Whether driven by tradition, faith or the unique life lived by a person, designing a memorial is a meaningful process.

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.



WHAT IS transfer trauma?

Moving is often cited as one of life's most stressful events. Leaving a familiar setting is not only stressful, it can also result in depression. As we age, we must sometimes move to a different home or setting to meet our changing needs. These changes as we age can be unwanted and often feel forced upon us, and this can result in "transfer trauma."



Transfer trauma, also known as relocation stress syndrome, is a physical, behavioral and emotional reaction to a sudden change in your surroundings. Increasingly, older Americans are experiencing transfer trauma when transitioning through care settings, from home to an apartment, from independent living to assisted living, or from independent or assisted living to a long-term care facility. These transitions are hard and stressful. People experiencing these transitions are grieving the loss of not only a familiar environment but also a sense of safety and security that comes with being in a well-known setting.

The mood, behavioral and physiological symptoms from transfer trauma can include depression, combativeness, wandering, poor appetite, anger, confusion, weight loss/gain, screaming and incontinence issues. It is not uncommon for older adults who are experiencing transfer trauma to continually ask to go home and express dislike for their new environment. Because of these symptoms, transfer trauma can often be misdiagnosed as dementia.

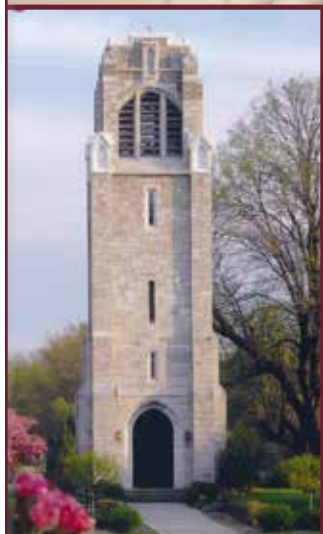
Everyone has a potential risk of experiencing transfer trauma. The risk increases in older adults and those living with dementia. Often times those living with dementia do not recognize their own physical or cognitive deficits and believe they are capable of staying where they are and caring for themselves when in actuality they need a higher level of care.

Including your loved one in decisions and offering them a choice in their living arrangements, no matter their cognitive level, can significantly reduce the risk of experiencing trauma. Plan ahead and move slowly through the process, allowing self-choice. If there is a feeling of being bossed around and having choices stripped away, trauma is more likely to occur. Those who agree to the needed transitions have a much easier time adjusting to the change.

In an ideal world, we would all be able to age in our homes and stay there until our passing. Unfortunately, sometimes these transitions are necessary. Watching your loved one experience transfer trauma can be incredibly difficult. Knowing what to expect can help you help your loved ones have a safe, healthy and well-adjusted move. ■

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

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WHAT TO expect in the final months of 2023

By all accounts (and multiple articles of late), the U.S. economy could be headed toward, and most likely will experience, a “slight” recession in the final months of 2023 with a possible upturn in the beginnings of 2024. Not exactly what we all want to hear, but there it is. Most of us have been feeling the pinch since March and aren’t really surprised. So, what do we all do in this last stretch? If you’re a business owner, here are a few tips I’ve been reading about on Indeed.



Strong businesses survive recessions more frequently than their weaker counterparts. Before the going gets too tough, prepare your company by:

1. Making customers your priority. Consumer-focused brands outperform equivalent businesses in recessions because their customers stay loyal. Get back to that super customer experience, above-and-beyond attitude, when dealing with the public. (Especially if they, too, are making it their goal to have a great experience. See last month’s article on how we’re behaving lately.)

2. Adopting a broad marketing strategy. Using free and paid marketing methods, you can build an expansive consumer base in advance of a recession. Use your social media platforms with purpose and confidence. Drive consumers to your e-commerce site and have an awesome delivery strategy.

3. Creating a cash flow strategy. Brainstorming recession scenarios before they happen can help you figure out how to handle cash assets in an economic downturn.

4. Nurturing a positive workplace. Happy staff members stay focused and maintain morale for longer when the chips are down. Take. Care. Of. Your. People! Now would not be the time to be short-staffed and making do. Play your best game, be the best version of you/your business and celebrate those who are in it with you.

5. Networking with other businesses. Community businesses usually come together to help each other during hard times. Collaboration can be another great way to market yourselves and gain followers/customers by partnering with another successful business.

6. Fostering innovation. Innovative business practices can help you overcome adversity and stay ahead of the competition. Dig deeper into your processes and eliminate waste.

You can strengthen your company by putting these safeguards in place well before a recession — so, start making changes now.

Upcoming events

- **Thursday, Sept. 14** – SEP Homecoming Parade at 6 p.m.
- **Saturday, Sept. 23** – Evening in Olde Town BBQ, 6-8 p.m.
- **Wednesday, Oct. 4** – First Responders Luncheon at noon
- **Wednesday, Oct. 25** – Business Trick or Treat, 5-7 p.m. ■

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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Evening in Olde Town

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Desiree Claypool and Nyle Claypool at the ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, on July 26.



Melissa Horton and Stephanie Groom at the ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, on July 26.



Rusty Claypool and Randy Pelham at the ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, on July 26.



Kelsey Redmond, Kennedy Horton, Twila Shreves and Makenzie Appleton at the ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, on July 26.



A ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, was held July 26.



Payton Underwood, Becky Underwood and Tina Steffen at the ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, on July 26.



Alexandrea Ndoutoume and Payton Underwood at the ribbon cutting for Style by Desiree Salon + Boutique, 305 First Ave. S., Altoona, on July 26.



Trenton Bacus with Max at Altoona's National Night Out Aug. 1 at the Sam Wise Sports Complex.



Debbie Richard and Gabby Wilson at Altoona's National Night Out Aug. 1 at the Sam Wise Sports Complex.



Shane and Libby Johns at Altoona's National Night Out Aug. 1 at the Sam Wise Sports Complex.



Royce Johns at Altoona's National Night Out Aug. 1 at the Sam Wise Sports Complex.

NATIONAL Night Out

National Night Out in Altoona Aug. 1 at the Sam Wise Sports Complex featured a variety of information booths, activities, and chances to meet with police.



Members of the Beaver Hustlers brought their petting zoo of cows, goats, sheep, ducks, chickens and more.



Prudence Gisel and Ames Ziebol



Officer Roger Drown and Chief of Police Greg Stallman



Matt Millard and Larry Cullinan



Matt Breitbach



Detective Tia Frederick and Police Chief Greg Stallman



Justin and Rebecca Smith with crisis response canine Glory.



Rose Shiver, Meg Pliner and Keith McFadgen



Heather Christensen, Patricia Mason, Lisa Stallman and Brenna Konrad

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