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ALTOONA

NOVEMBER 2023

Living



EARLY RISERS

Residents share experiences working
while most others sleep.

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WELCOME

BEFORE the sun shines

I don't get on the road in the wee hours of the day too often, except when I have an early flight at the airport or I am driving out of state. On those 4 a.m. or so travels, I often wonder about the other folks I see driving at that time. Why are they up so early? Where do they work? Where are they going? Are they leaving from home or heading home?

I agree there is something rewarding about getting an early start on the day. It gives me the feeling of having a head start on others. Crossing a few tasks off my list before the sun comes up starts the day off right.

For some folks, though, this isn't a once-in-a-while thing. Their jobs or activities or habits have them rising early every day.

When I was in high school, I worked at a convenience store/gas station. On occasion, I would work the graveyard shift. Even in a small town, this was an exposure to another world. I would see the factory workers heading to their shifts or heading home, filling their tanks with gas and buying a few supplies. I would see the route delivery guys ensuring that milk and bread and soda and beer were in the stores. And I would get to know the late-shift police officers who would stop in. For the most part, it was quiet, which is exactly how most of the folks who choose to work those hours like it.

Getting up early wasn't so easy in my younger years, but it seems to be more challenging to sleep in now, even when I can. I used to laugh at all the retired guys who were at the café before 6 a.m. drinking coffee. It's all starting to make sense now. Even the coffee.

This month's cover story is dedicated to those who truly are early risers. We uncover the when and why and how as we interview these folks who prefer to — or must — get a head start on each day.

See you before the sun shines, and thanks for reading. ■

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EARLY RISERS

Residents share experiences working while most others sleep.

By Chantel Boyd

While most of us are catching our last few Zs before dragging ourselves out of bed, others have long been awake and busy, many of them making it possible for us to get our days off to a good start. After all, someone has to make the donuts, brew the coffee and deliver those energy drinks to the shelves. Others rise and shine to care for the early morning needs of patients in hospitals, residents of care centers and women in labor. The list of those working while we sleep goes on, and some of them share their experiences as early risers in this month's cover story.

Ashley and Andrew Manss find that Ashley's early-morning work schedule is a good fit for the family. It frees her afternoons and evenings for family.

A job that suits her family's needs

Ashley Manss has to be up and about early to make it to her shift at Amazon in Grimes.

"I absolutely love the work that I do and the people that I work with," she says, adding that the job meets her family's needs. "I chose this career specifically for the hours, type of work, and the benefits."

Her shift starts early processing, sorting and preparing packages for delivery.

"I have to start my shift early before the delivery drivers start because, if our shift runs late, it causes the delivery drivers to start late, and then everyone gets behind," she says. "If we run late, it causes customers to become upset."

Ashley says she likes being up early.

"I have always loved being up while others are sleeping," she says. "It is peaceful and empowering to accomplish a large portion of my day's 'to-do' list without interruptions."

She also appreciates the ease of the morning commute because she does not have to deal with the headaches that many commuters have.

"There are substantially fewer vehicles on the road, most of which are actively paying attention while driving, which is way different than the feeling during typical driving times," she says.

Ashley is a military veteran accustomed to being up early so did not have to adjust her schedule when she started her job at Amazon.

"I have always been a morning person. I spent around 11 years active-duty military, joining right out of high school," she says. "Because of my time in the military, being up in the morning at 5 a.m. or earlier was not an abnormal time to be at work."

Ashley spent the last six years of her service arriving at work between 3 a.m. and 4 a.m.

"After getting out of the military, I continued to look for early-morning work, as I greatly enjoy the schedule," she says.

When she transitioned to civilian life, Ashley only had to make minor adjustments to her schedule to incorporate her new employment.

"After working at Amazon for over a year, most days it is very easy to get up and go to work," she says.

On her days off, Ashley only adjusts her schedule a little.

"My schedule changes minorly on my days off. Mostly, it stays within an hour or two of my workdays," she says.



Ashley Manss has to be up and about early to make it to her shift at Amazon in Grimes.

As far as her family goes, Ashley says they work together well with her work schedule.

"My husband, Andrew, is a night owl and has been since we met, even though he was on active duty as well," she says.

Their opposite routines work well.

"My husband and I both get individual time to accomplish what we want, as well as quality awake family time with our kiddo," she says.

Ashley and Andrew both served in the Army with deployments to Iraq and Korea. Andrew served in Afghanistan as well.

Preparing so others can start their days

Before the sun shines, Dawn Pequignot is at her job in retail. Most people are not awake, let alone having commuted or begun their jobs by the time Dawn is clocked in.

"On days I do work early, 5 a.m. is when I must be at work, so I must be up before then to work the product after the truck delivers it," she says.

Dawn chose this part-time job because it is flexible and works with her schedule.

Some people who get up early say it is gratifying and an advantage to take on the day before others do. Crossing a few items off the to-do list, like putting in some part-time work, can feel like winning for people like Dawn.

Being up early can also give early risers like Dawn an advantage over the average commuter.

"It's nice because there is less traffic," she says. "However, winter can be tricky because all roads aren't always plowed yet."

Most people trade the potential for winter weather driving for the quiet commute they enjoy on most days.



Dawn Pequignot is at her job in retail early stocking inventory before the store opens.

Dawn reports for her early-morning shift to accomplish the tasks — sorting inventory — needed for the rest of the retail team to do their jobs when they arrive.

"We process our truck on the sales floor as our backroom is too small, so it has to be done before the store opens," she says.

On the home front, Dawn's schedule helps her and her family in their routines. With work out of the way early, she is free for family.

"Our schedule just works," she says. "I live with my daughter, and I work around her schedule. I take my grandson to and from school."

Dawn says she is naturally a morning person, so this routine was not a shock to her system. However, she changes her daily pattern by a couple of hours on her days off and allows herself to sleep until about 7 a.m.

Overall, she says she likes working early hours because she gets more time to enjoy her time off.

"I prefer to work early and have a longer afternoon and evening, especially in the summer," she says.

Skiping the commute

Emily Martin is at work by 4:30 a.m. — and it doesn't take her long to get there. She wakes up, gets ready for the day, and clocks in without ever leaving home.

"I apply processed funds from checks or credit cards to the accounts our patients intended for my employer, UnityPoint Health," she says.

Emily landed her role by happenstance, or maybe it was meant to be.

"I would not say I chose to do this specific

career, but, more so, I fell into it,” she says.

About seven years ago, Emily began her career with UnityPoint. Since then, she has switched her path a few times.

“I love helping people and found that lots of people need help paying for healthcare, which led to me working on the back end of things sort of behind the scenes,” she says.

Emily’s shift starts so early because banking also begins early. Emily must start moving funds before the banks’ cutoff times for posting funds.

“Most monies received need to be attached to accounts by noon for all the transactions to go through during the business day,” she says.

Emily, like many people who clock in early, says she enjoys the peace and quiet that allow her to focus and do her work.

“Working in the early morning, it is very dark and very quiet,” she says. “It’s peaceful, and I get much time to myself.”

The solitude doesn’t bother her.

“What I enjoy the most is the quiet and ability to just wake up on my own without interacting with other people.”

In the beginning, when she had to adjust to

being an early riser, coffee was her best friend.

“The adjustments started with lots of coffee,” she admits, adding that getting ready for work doesn’t take long. No need to worry about donning business attire and other such preparations.

“I work from home, so getting ready is easy and requires little effort,” she says.

Emily did have to adjust her bedtime routine in order to rise and shine early.

“The biggest adjustment was going to bed at an earlier time. I still have trouble getting in bed and getting to sleep earlier,” she says. “I would not call myself a morning person now, as funny as that sounds. I am up earlier than everyone, but I’m not chipper or super happy to do so.”

On her days off, Emily is happy to adjust her schedule a bit but still is mindful of her bedtime.

“I sleep in on my days off, but I still try to get to bed at a decent time,” she says.

Emily’s family benefits from her early hours.

“They do not get up with me, but, because I work so early, it gives me the afternoons with my kids to do all the school stuff, sports and activities we have going on.” ■



Emily Martin likes getting her work done early when it is quiet at home.

Join us for a **SEASON OF GIVING**

As the holiday season begins, the Broadlawns Foundation invites you to join us in giving back to the community by participating in our First Book Program.

The Broadlawns First Book Program was designed in 2013 by Broadlawns physicians to address a gap they were seeing in their pediatric patients’ access to educational and literacy tools, a key social determinant of health. Studies show that individuals with higher levels of education are healthier and live longer.



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ASHLEY MANSS

Military branch: Army
Rank at discharge: SGT
Deployments: Iraq, Korea
How can the public best honor veterans?
 "By volunteering to help your community and keeping pride alive!" — Ashley Manss

ANDREW MANSS

Military branch: Army
Rank at discharge: SFC
Deployments: Iraq, Afghanistan, Korea
How can the public best honor veterans?
 "Thank them for their service!" — Andrew Manss



HOWARD RUPP

Military branch: U.S. Army
Rank at discharge: Specialist 5
Deployments: 4th Infantry, Vietnam, 1967-1968
How can the public best honor veterans?
 "I like it when they say, 'Thank you for your service.'" — Howard Rupp



STEVEN MICHELS

Military branch: U.S. Air Force, January 1966 to September 1971
Rank at discharge: E-5 (SSgt.)
Deployments: 341st Minuteman Missile Communications, Malmstrom AFB, Montana; 351st Minuteman Missile Communications, Ellsworth AFB, South Dakota
How can the public best honor veterans? "Show respect for the flag and its colors, the symbol of this great country, because many men and women served in a military branch of the U.S. armed forces to preserve all that it represents." — Steven Michels



BABY delivered en route to hospital

Emma Kolb, an August 2023 graduate of the DMACC Paramedic certificate program, and her Altoona Fire Department colleague Gabriel Rivera, a 2016 DMACC Emergency Medical Technician (EMT) program alum, are all smiles while sporting new DMACC hats on Nov. 1 at the Altoona Fire Department. Kolb and Rivera were part of the three-person crew that responded to an Oct. 26 call of a pregnant woman in labor in Altoona. The delivery moved quickly, and while they were en route to the hospital, the crew realized they weren't going to make it there in time. Minutes later, Kolb delivered a healthy baby boy in the back of the ambulance after the crew had pulled onto the shoulder of I-80.

"The experience of helping deliver a baby, especially under those circumstances and so early in my career, was a privilege and something I'll always remember," Kolb said.

Both mother and baby are doing well.

To learn more about the DMACC Paramedic program, visit paramedic.dmac.edu. ■



Photo courtesy of Lisa Schmitz for DMACC

HELP Your Neighbor Day observed

The Eagle Ridge Neighborhood had their annual Help Your Neighbor Day on Saturday, Oct. 14, from 8 a.m. to 4 p.m. Twenty-one volunteers plus a few children worked on 17 projects. Nine helped with noon lunch at Vick and Fred's house. Projects completed included: trimmed trees, bushes, and flowers; pulled weeds; trimmed sidewalks and driveways; mowed lawns; raked leaves; fixed window blind; washed windows; cleaned outdoor and indoor light fixtures; hauled away yard brush; installed smoke and CO2 detectors; removed shower door; fastened loose toilet seat; changed batteries in smoke detectors; pulled out refrigerator and cleaned coils; cleaned above entertainment center; changed light bulbs; helped print from iPhone; put away all outdoor lawn ornaments; installed visqueen plastic on porch window; and put up Christmas lights.

Good neighbors are like stars. You don't always see them; however, they are always there. We are thankful for the neighbors in our neighborhood! ■

NEW stores open at Outlets of Des Moines

Outlets of Des Moines announces the opening of Iowa's first Ann Taylor Factory Store and Hot Topic.

Ann Taylor Factory Store features the brand's signature modern-day dressing interpreted with the newest fashion direction. The store has a wide selection of dresses, suits, separates and casual wear in regular and petite sizes, plus accessories and shoes to complete every look. Located in Suite 580, Ann Taylor Factory Store is 4,000 square feet.

Hot Topic is the leading destination for music, entertainment and pop culture merchandise. Shoppers will find a wide selection of band-related apparel and accessories, licensed merchandise, and fashion apparel and accessories. Hot Topic's square footage is 2,503, and it is located in Suite 905. ■



NOVEMBER 2023

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CITY HALL

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Building Official

515-967-5138

Planning & Zoning Department

515-967-5136

Public Works Director

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HOLIDAY CLOSINGS

City Offices will not be open on the following dates:

THANKSGIVING: 11/23 and 11/24

CHRISTMAS: 12/22 and 12/25

NEW YEAR'S: 1/1

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

THANKSGIVING: 11/23 and 11/24

CHRISTMAS: 12/24 and 12/25

NEW YEAR'S: 12/31 and 1/1

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



SNOW ORDINANCE

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

HOMEOWNER SNOW REMOVAL RESPONSIBILITIES

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



Streets may be temporarily closed if they become impassable due to accidents or stranded vehicles. City roads will be cleared only if City equipment can safely push the snow without hitting vehicles parked in the street. Cul-de-sacs will not be cleared if garbage and recycling carts are placed in the City street. The roads will be cleared when the obstructions are removed either by the owners, or towed at the owner's expense.

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

Clean around mailboxes and be sure they are properly installed behind the curb line to withstand the City's snow clearing efforts. **The City assumes NO responsibility for mailboxes damaged during snow removal.** Thank you for your help keeping Altoona safe and accessible!

CITY TRAILS IN WINTER

The City of Altoona does clear the snow off its trails during winter, but does not treat trails with salt or sand. Trails are the last thing cleared following the city facilities' sidewalks and parking lots. Please enjoy the trails but be cautious of the weather conditions.

ALTOONA TREE LIGHTING

The official tree lighting will take place as part of the Christmas in Olde Town Celebration on Saturday, Nov. 25. Festivities will take place in the Olde Town neighborhood of Altoona and begin at 2 p.m. For more information, follow the Altoona Historical Society on Facebook, or visit www.altoonahistory.org.



PASSIONATE reader enjoys library

Goldsberry has been going to the public library as long as she can remember.

Prior to moving to Altoona in 2017, Mindy Goldsberry and her husband, Kevin, lived in Runnells. They made the move for all the conveniences Altoona has to offer.

"It is so nice to be close to work, shopping, restaurants, the parks and trails, our family and friends, and the public library, my personal favorite," Goldsberry says. "Anything you need, you can find it in Altoona."

She says they picked their current home because Kevin fell in love with the shop.

"A big garage is nice, but a 'shop' is even better ... and the house is OK, too, I guess," Goldsberry jokes. "I am kind of a homebody, so, for me, there's no place like home."

What she appreciates most about their neighborhood is, hands-down, their neighbors.

"That's one thing you can't really pick when buying a home, so I feel very blessed that we have great neighbors all around us," she says.

While Altoona continues to grow, Goldsberry appreciates that the city still has some of that small-town feel where she can go somewhere and run into someone she knows.

"The traffic is still manageable, and the drivers are still 'Iowa Nice,' " she says. "Everything is centrally located, and it doesn't take too much time to get to the other side of town."

She also loves that she feels safe while out and about and that people look out for one another.

"I love that there are so many great volunteers who give their time at places like the Caring Hands Food Pantry, the Enabling Gardens, the Altoona Palooza event, the Kids Cafe, Jolly Holiday Lights and the Iowa Donor Network, just to name a few," Goldsberry says. "I love the Altoona Public Library and all the services they provide for citizens."

She appreciates the library so much so that she volunteers on the Altoona Public Library Board and sings the praises of all the services offered by the amazing staff.

"Seriously, you must meet them," Goldsberry says. "The library truly is for everyone. I have loved the library and reading since I was a little girl. I would spend the summers at my grandma and grandpa's house in Altoona, and the library was one of my all-time favorite places to visit. Still, today, I am an avid



Mindy and Kevin Goldsberry moved to Altoona to be close to its amenities, and they haven't been disappointed.

reader, and it is one of my favorite past-times. I am reading a book at almost all times."

As a passionate reader, Goldsberry enjoys telling people about all the services the public library provides, including books, audiobooks, movies, games, puzzles, hotspots, laptops, child development tools, adventure passes to places like the Blank Park Zoo, and so much more.

"Did you know they have super fun programs for all ages including children, teens, adults and seniors?" Goldsberry says. "Did you know there is an outdoor food pantry and a



refrigerator inside? There are so many things to do that I simply cannot list them all. So, visit the library, visit the library Facebook page, download the library app, go to a program and enjoy all they have to offer." ■

ALTOONA Public Library news



Join us for our Santa Buddy event on Sunday, Dec. 17. Visit Santa and drop in to see “Elf.” The movie will begin at 2:15 p.m. Santa will be available from 3-5 p.m. We’ll provide fresh-popped popcorn, and kids can make their own sweet treats. No registration needed. Drop in any time. The line for Santa will be capped to be completed by 5 p.m.

Adult programming – Ages 18 and older

Splat Studio

- For ages 18-plus - Fridays, Dec. 1 and Jan. 5, from 6-8 p.m.
- For ages 60-plus - Tuesdays, Dec. 5 and Jan. 2, from 1-3 p.m.

If you have a desire to dabble in acrylics, we’ve got an adult art studio for you. We’ll bring the supplies, you bring your inner artist. Registration required.

Puzzle Competish

Saturday, Dec. 2, 2 p.m.

Ready to puzzle your way to greatness? Register your team of three to five puzzlers 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.

Make & Gift Medley

Saturday, Dec. 2, 7 p.m.

Join us for an after-hours, relaxing evening of crafting. We’ll have snacks, warm drinks, and several holiday craft stations. Bring your friends. For ages 18 and older. Registration required.

Cardmaking

Wednesday, Dec. 6, 6:30 p.m.

Come make your own personalized greeting cards. We’ll provide the templates, materials and step-by-step instructions for you to make several cards. For ages 18 and older. Registration required.

Children’s Programming

Paint Along with Miss Amber

Wednesday, Dec. 6, from 3:30-4:30 p.m.

Come and paint a picture with our resident artist, Miss Amber. Learn some basic painting skills and make some art for free. Grades pre-K-sixth. Registration required.

After School BINGO

Wednesday, Dec. 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.

Crafternoon

Thursday, Dec. 14, from 4-5 p.m.

Drop by the children’s room to make a snow globe ornament. Available while supplies last. For grades Pre-K to sixth. No registration required.

Teen programming

VR Escape Room

Thursday, Dec. 7, from 6-7 p.m.

Virtual reality, actual awesomeness. Use your powers of deduction to puzzle your way out of some sticky situations on our Oculus Quest VR sets. For grades 7-12. Registration required.

Will It Waffle? Winter Edition

Thursday, Dec. 21, from 6-7 p.m.

Waffle makers aren’t just for waffles! We’ll have an assortment of favorite winter treats available to dunk in waffle or brownie batters and then cook to perfection in our mini waffle makers. For grades 7-12. Registration required.

Teen Cinema: “Barbie”

Thursday, Dec. 28, from 3-5 p.m.

Watch the “Barbie” movie while decorating cookies like Barbie and Ken. For grades 7-12. Registration required.

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

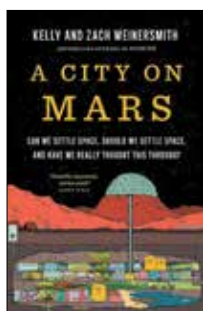
'A City on Mars

Can We Settle Space, Should We Settle Space, and Have We Really Thought This Through?'

One of the many common rebuttals to the idea of humanity expanding beyond our ailing, brink-of-climate-disaster of a planet is that there are other problems, right here, that need fixing before we go galivanting around the solar system. But, ask yourself, when has that ever stopped us before?

Humanity's need to explore, to push outward, to find the new is so ingrained, it seems inevitable we'll be on Mars long before we figure out how to feed everyone who needs it. With that in mind, the incomparably brilliant and hilarious Weinersmiths take on the many quirks of humanity to speculate on what it might really be like to become a multi-planet species. With excellent illustrations and a perfect sense of humor, this book is a rich examination of the pros and cons of space settlement using historical anecdotes, psychological studies, politics, sociology, and more to answer some questions and pose even more.

Like all the best pop science books, this is a deeply interesting topic that is totally accessible to anyone with an interest in space and futurism. That urge to run away from our problems will always plague us, but the authors do an excellent job of making a case to chill, just a bit, before we soar off to unknown skies. ■



By Kelly
Weinersmith
and Zach
Weinersmith
11/2/23
448 pages
\$32
Penguin Press

'Bookshops & Bonedust'

Do you remember when you fell in love with books? Did it involve one special book that whisked you away? An all-knowing librarian who magically knew what you'd like? An articulated skeleton spirit who lived in a bag on the counter of an old bookshop?

Viv is a mercenary with a lot of time to kill as she recovers from a grievous wound she suffered from doing what she does best — running headlong into danger. Stuck into a nowhere town while the action she longs for goes on without her, she stumbles in a bookshop run by a cranky caretaker. Escapades of literary, magical and even romantic nature ensure Viv is never bored during her convalescence.

I can remember the spell cast on me the first time I smelled the dust of an old bookshelf, teeming with stories to get lost in. This delightful book fully captured that feeling and brought all that joy back. This is the epitome of the small but growing cozy fantasy subgenre, and I am so ready for more. Keep some baked goods handy, you'll need them. ■



By Travis
Baldree
11/7/23
352 pages
\$17.99
Tor Books

You need customers. We have readers. Let's get together.

Let me show you how advertising creatively with this community magazine can bring our readers into your doors.

You want ideas? I have them.
Contact me today and expect results!

Angela Ossian

515-953-4822 x307

angela@iowalivingmagazines.com



A GRATITUDE that matters

Every year, companies in North America spend \$300 billion on advertising. The message is simple: "You need this thing. Your life is incomplete and empty without it. This will bring joy, peace and love to your life." When we get convinced that they are correct and make the purchase, we get a hit of dopamine. We feel happy. But it doesn't last. The excitement fades, and we get back to our never-ending quest for more. Always more.



In stark contrast to this exhausting pursuit, followers of Jesus for 2000 years have embraced a different approach to life: gratitude. Gratitude is more than being polite and saying, "Thank you." It is a condition of the heart, a state of contentment in a culture of more. The Bible mentions the word "gratitude" (χαριτ and other variations in Greek) 157 times. It's a recurring theme because it is so foundational to a healthy and whole life. Here are three benefits of gratitude.

• **First, gratitude breeds contentment.** Contentment is restful satisfaction, which protects us from greed and the compulsive desire for more. As someone insightfully stated, "We buy things we don't need with money we don't have to impress people we don't like." Gratitude allows us to resist this pressure and to actually enjoy what God has already given.

• **Second, gratitude for what God has done builds anticipation for what He will do.** When we pause and reflect on what God has done, we realize more fully His power and love for us. That realization leads to hope and a trust that God will keep acting on our behalf and that every morning His mercies are new. In a world full of anxiety and depression, gratitude is a gift that allows us to see what God has done and builds hope for the future.

• **Third, gratitude reminds us there is a Giver.** We are tempted to think we are in control and can arrange for what we want on our own. However, we are one layoff, recession, war, or sickness away from realizing we are not in control. From this place of humility, we realize that any good thing is actually a gift. As James, the brother of Jesus, said, "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" (James 1:17). God, not us, is the giver of all good things. Gratitude reorients us to that reality.

This holiday season, resist the temptation to try to purchase your happiness. Instead, practice gratitude. It matters. Every day, tell God three things for which you are grateful. Shift your focus from what you don't have to what you do have. And, remember, every good gift comes from above. ■

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

SWEETEN the holiday season with deliciously creamy desserts

(Family Features) Once the table is cleared and gifts are put away, it's often time for one of the favorite moments of holiday gatherings. The taste (and smell) of those divine desserts you may only make once a year is enough to keep guests hungry even after the main course.

Put a new staple on holiday menus for years to come with this Cran-Raspberry Quinoa Pudding Trifle that combines fresh raspberries, vibrant cranberry sauce, orange juice and orange zest for a unique dessert. Ready in 30 minutes, it can be an easy way to impress everyone at the table with a creamy pudding base inspired by favorite winter flavors.

As a tasty treat that's ideal for just about any occasion, this take on rice pudding is made using Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. Its light, nutty flavor and versatility creates a pudding that's perfect for a wide range of pairings, from satisfying chocoholics or pumpkin-spice fanatics to whipping up a sweet, simple dessert.

Find more sweet holiday recipe inspiration at SuccessRice.com. ■

Cran-raspberry quinoa pudding truffle

Prep time: 25 minutes

Cook time: 5 minutes

Servings: 6

QUINOA PUDDING:

- 2 bags Success Tri-Color Quinoa
- 4 cups almond milk
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

CREAMY YOGURT LAYER:

- 2 cups plain Greek yogurt
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1/2 cup heavy cream

CRAN-RASPBERRY LAYER:

- 1/2 cup cranberry sauce
- 1/4 cup orange juice
- 1 teaspoon orange zest
- 2 cups fresh raspberries
- 1/2 cup sliced almonds, toasted
- 2 cups gluten-free vanilla cookies, chopped
- 1/2 cup fresh raspberries

DIRECTIONS

- To make quinoa pudding: Prepare quinoa according to package directions, substituting almond milk for water. Drain, reserving almond milk.
- Remove quinoa from bags and stir into almond milk in saucepan over medium heat. Stir in honey, vanilla and cinnamon. Bring to simmer. Cook, stirring constantly, 5-8 minutes, or until thickened slightly. Refrigerate 45-60 minutes, or until well chilled.
- To make creamy yogurt layer: In large bowl, stir yogurt, honey and vanilla. In separate bowl, beat cream until stiff peaks form. Stir whipped cream into yogurt mixture until blended. Refrigerate until ready to use.
- To make cran-raspberry layer: In medium bowl, stir cranberry sauce, orange juice and orange zest. Gently fold in raspberries.
- To assemble: In 10-cup trifle dish, layer 1/3 quinoa mixture, 2 tablespoons almonds, 1/3 cran-raspberry mixture, 1/3 vanilla cookies and 1/3 yogurt mixture. Repeat layers twice. Garnish with remaining raspberries and almonds.



Christmas at Ivy

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Saturday, December 2
5:30-7:30 p.m. | Live Nativity

Sunday, December 24
7 & 11 p.m. | Christmas Eve Services

Join us in person and online.
Holy Communion is served the last Sunday and first Wednesday of each month.

Facebook: [CentennialUMCAtIvy](https://www.facebook.com/CentennialUMCAtIvy)
Website: www.ivycentennial.org

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EVENTS IN THE AREA

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

Be sure to check for cancelations.



Santa's Wonderland

Through Sunday, Dec. 24

Bass Pro Shops

Bass Pro Shops is proud to invite families to the beloved tradition of visiting Santa Claus this holiday season during the annual Santa's Wonderland experience. Visit Santa and receive a free photo. Reservations need to be made in advance online at basspro.com. Enjoy holiday-themed games, crafts and festive giveaways. Kids can send their holiday wish list to the North Pole via mailbox.

Breakfast with Santa and Mrs. Claus

Dec. 10, 8 a.m. to noon

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Clause, will be giving out goody bags, talking with the children and providing photo opportunities. There will also be a Christmas Bake Sale. Breakfast buffet includes: biscuits and gravy, French toast, scrambled eggs, bacon, sausage patties, cheesy potatoes, and all you can eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. Breakfast is served the second Sunday of each month. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



Live Music Wednesdays

Nov. 29

Historic East Village, AC Hotel,
401 E. Grand Ave., Des Moines
<https://therepublicongrand.com>

Catch live music performances every Wednesday through December for free from 6-8 p.m. Performing Nov. 29 is Brian Herrin.



Live Nativity

Dec. 2, 5:30-7:30 p.m.

Ivy Centennial United Methodist Church, 9150 N.E. University, Altoona

The public is invited to the Ivy Centennial United Methodist Church's Live Nativity Dec. 2.

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Festival of Trees and Lights

Nov. 24-26

Iowa Events Center, 833 Fifth Ave., Des Moines

<https://unitypoint.org/giving/blank-childrens-hospital-foundation/ways-to-give/events/festival-of-trees-and-lights>

Experience expertly decorated trees, local music, dance groups and a visit from Santa himself, all in the name of supporting Blank Children's Hospital. From 11 a.m. to 7 p.m. Friday and Saturday, 11 a.m. to 5 p.m. on Sunday.



• **NOV. 25: Christmas in Olde Town.** A holiday celebration in the heart of downtown Altoona. S.E. Second Street, Altoona; visitaltoona.com.

• **NOV. 24 through DEC. 31: Santa's Rock N Lights.** Holiday-themed light show occurring daily from 5-9 p.m. at Living History Farms, 11121 Hickman Road, Urbandale; lhf.org/event/santas-rock-n-lights.

Christkindlmarket

Principal Park, 1 Line Drive, Des Moines

www.christkindlmarketdsm.com

Nov. 30 through Dec. 3

You will find regional vendors with old-world, hand-crafted products at wooden vendor stalls, as well as lively performances of polka music, traditional dance and choirs in Yuletide Hall. Participate in children's activities or sip Glühwein (warm, mulled wine) and savor European Beer.

• **NOV. 22: A Night Under the Lights.** Waukee's second annual light parade, with activities, local food vendors and entertainment. From 6-9 p.m. at Centennial Park, Waukee; <https://fb.me/e/3nnUYFKhy>.

• **NOV. 23: Des Moines Turkey Trot.** Voted "Top Trot" in Iowa by Runner's World Magazine, the 5K and 5-mile race takes over Des Moines on Thanksgiving. Starting at 9 a.m. on Court Avenue; desmoines turkeytrot.com.

Visit With Father Christmas

Dec. 16, 10 a.m. to noon
Freedom Blend Coffee, 2329 Hickman Road, Des Moines

Celebrate the holiday season with your friends and family. Bring your children to speak with Father Christmas and make it a morning of warm winter memories. Bring your camera. A \$5 donation benefits Crossroads of Iowa.



• **NOV. 24: Winterset Festival of Lights.** The holiday season will be in full swing with live music, food and drinks to keep you warm and, of course, lights. From 5-8 p.m. at 73 Jefferson St., Winterset; madisoncounty.com/special-events.

• **NOV. 24 through DEC. 31: Holiday Hullabaloo.** Now in its second year, experience a family-friendly holiday event with festivities and entertainment every weekend through the dates posted. Horizon Events Center, 10320 Hickman Road, Clive; horizoneventscenter.com.

• **DEC. 1: Light Up Polk City** from 6-8 p.m. at the Polk City town square; gopolkcit.com/light-up-polk-city.

• **DEC. 1-2: Comedian Jeffrey Arcuri.** 560 S. Prairie View Drive, No. 100, West Des Moines; desmoines.funnybone.com.

• **DEC. 2: Movies in the Park.** Watch "Elf" at Colby Park. Event will be moved inside the community center depending on weather. Starting at 6 p.m. 6900 School St., Windsor Heights; windsorheights.org/523/Events.

• **DEC. 2: Family Christmas** at Living History Farms. 11121 Hickman Road, Urbandale; lhf.org.

• **DEC. 8-9: Winter Solstice Market.** 6-9 p.m. on Friday, 10 a.m. to 4 p.m. on Saturday. 116 S. First Ave., Winterset Courthouse Square; madisoncounty.com/special-events. ■

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We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Eastern Polk County Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish January Altoona and Bondurant editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES DEC. 15, 2023.

See rules and vote at www.iowalivingmagazines.com/residentpoll.
One vote per resident, please.

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FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership

COMMUNITY

- Preschool/Daycare
- Nonprofit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce
- Library
- Camping Spot

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman
- Consignment Store

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Child's Birthday Party
- Golf Course

HEALTH/BEAUTY

- Hair Salon
- Physicians Clinic
- Dental Office
- Orthodontist Office
- Mental Health Service
- Chiropractic Office
- Audiologist/Hearing Clinic
- Vision Care
- Health Club or Gym

HEALTH/BEAUTY

- CBD Store
- Pharmacy
- Physical Therapy
- Dance Studio
- Gymnastics/Tumbling Studio

OTHER PROFESSIONAL SERVICES

- Financial Planner
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- Lawn Care Business
- Nursery or Landscaping Company
- Heating and Cooling Business
- Electrical Business
- Plumbing Company
- Senior Living Establishment
- Insurance Agency
- Realtor
- Bank/Credit Union
- Photographer
- Place for Guests to Stay
- Home Builder/Remodeling
- Outdoor Lawn Equipment Store
- Pest Control

TOP 10 winter maintenance tips for your home

As winter approaches, follow these top 10 tips to help lower utility bills and avoid unexpected expenses.

1. Check your gutters:

Gutters can accumulate debris over time. If debris freezes in your gutters, it can cause damage and lead to expensive repairs. Clean your gutters before temperatures drop and consider installing gutter guards.

2. Detach hoses and insulate outdoor faucets:

Exterior pipes can freeze and burst if not disconnected before temperatures drop. Disconnect garden hoses from outdoor faucets, drain them and store inside. Protect your exterior faucets with an insulated cover.

3. Seal windows and doors: Prevent drafts that cause heat loss and increase your heating bill. Seal unused windows with plastic or insulator kits and possibly add caulk where heat is escaping.



4. Adjust ceiling fans: In the winter, adjust your ceiling fans to move in a clockwise direction. This will bring an updraft, circulating the hot air that naturally promotes furnace efficiency.

5. Check your furnace: You should have your furnace inspected annually. Check your furnace filter every three months and change it when needed.

6. Clean your fireplace and chimney:

Having your fireplace, vents and chimney cleaned and inspected by a professional can prevent chimney fires and carbon monoxide re-entering your home.

7. Check smoke and carbon monoxide detectors:

Typically, your home is full of trapped heat during the winter, which can increase exposure to carbon monoxide. With the furnace or space heaters running more in the winter, the possibility of house fires also increases. Ensuring detectors are in working order is essential.

8. Add insulation: Adding insulation to your home can prevent heat loss and allow you

to save on utility bills. Think about adding insulation to any areas with drafts and using rugs on hard floor surfaces.

9. Protect the A/C compressor: If you have an outdoor air conditioning unit, many manufacturers advise against wrapping the entire air conditioner during the winter. Consider putting plywood on top of the unit to protect the fan from damage caused by falling icicles.

10. Stock up on winter weather supplies:

See if your snow shovels or ice scrapers from last season need replacing. Make sure you're stocked up on salt and ice melt, as these items can go fast in stores.

Follow these tips to prevent high utility bills and ensure your home is winter-ready. ■

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



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HEALTH

By Paul Guerdet

TAKING a pause

It feels odd to acknowledge that we're already in the fall, and it feels even odder to admit that the holidays will be here before we know it. For some of us, the holidays involve a lot of planning and social interaction. For others, they can bring feelings of isolation and loss. Either way, the holidays tend to bring a lot of stress and anxiety. The arrival of fall is the perfect time to stop, take a breath, and pause.



We all tend to hit pause in our own way. For some, taking a pause might mean going for a walk and checking out the leaves or their neighbors' decorations. For others, taking a pause might be watching your favorite scary movie. Regardless of how we choose to hit pause, what's important is that we make the conscious effort to actually pause and attempt to slow ourselves down.

We live in an unfortunately high-paced society that puts more emphasis on deadlines and due dates than it does on our wellbeing. If we want to slow down, we must consciously choose to do so. We must choose to make ourselves a priority in our own lives, if only for a moment. ■

Information provided by Paul Guerdet, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, guerdet@sstherapyandconsulting.com.

HEALTH

By Dr. Kari Swain

START healthy habits now

Around this time of year, people often put off starting healthy habits until the new year. They use these last couple of months as a free pass to overindulge in unhealthy foods or skip exercise. Even putting small habits into place now will set you up to start the new year in a better, healthier place.

- **Drink more water.** Take in at least half your body weight in ounces of water each day.
- **Move your body.** Do whatever works for you, but just get started and get moving for 30 minutes each day.
- **Incorporate healthy food choices.** It's OK to have a treat or a small portion of your favorite holiday dish on occasion, but consistently making healthy choices the rest of the time will keep you on the right track.
- **Make time for rest.** Hit the pause button. Spend time slowing down and giving yourself moments to just breathe. Prioritize sleep because your body requires it to function optimally.
- **Schedule a chiropractic evaluation.** Wellness chiropractors identify nervous system dysfunction by conducting a thorough exam. Specific analysis reveals what needs to be adjusted to allow the body to return to a healthy state of being. Physical, chemical and emotional stressors affect nervous system function and alter the ability of the brain and body to communicate with each other, thus decreasing body function, adaptability and vitality. Chiropractic adjustments remove interference and enable the body to heal and adapt more successfully to stressors, resulting in happier, healthier kids and adults. ■

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

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CLASS includes construction fieldwork

Construction Technology Class includes hands-on projects.



Students in the Construction Technology Class visit worksites to learn about real-world projects.

The Construction Technology Class has been a part of the Southeast Polk High School curriculum since before technology and engineering educator Ryan Andersen joined the district more than seven years ago. Today, students in the course learn about hand and power tool safety, how to read blueprints, material estimation, and proper materials usage and selection.

These lessons are typically taught through a combination of classroom work and fieldwork where students build projects around the Southeast Polk Community. Some projects students have helped build include sheds for the district, decks, tiny houses, garages and more.

"I enjoy watching students grow from being uncomfortable with holding and operating tools in the fall to students who are confident enough to begin careers and make safe, smart building choices in the spring," Andersen says.

To qualify for the course, students must be in either their junior or senior year. They must also take the woodworking processes class at the high school and are encouraged to take the advanced woodworking class as well.

In addition, Andersen works to build connections for students by visiting local construction companies and trade unions as well as active construction projects. These connections provide students the opportunity to gain exposure into what real-world jobsites are like.

"I believe these programs are incredibly important to expose students to the career possibilities in the building trades industries and to help students learn about how to properly maintain the homes they will own one day," Andersen says.

This school year, Andersen is looking forward to working with a new group of excited students. He is also looking forward to the completion of the new Construction Trades Building. This building will help provide many more opportunities for Southeast Polk students to learn about building trades pathways. ■

CBD and a sense of wellbeing

A common question among many new cannabis users is, naturally, what does it feel like? Cannabinoids like THC produce an intoxicating "high" experience, but CBD does not. However, that doesn't mean it won't alter one's state of being in a noticeable way. CBD performs as an adaptogenic, meaning it helps the body adapt to various environmental stresses and biological changes. A person can expect to feel a sense of calm and relaxation, along with an improved mood. Many users can take CBD at various times throughout the day because of its adaptability. The proper dose of CBD during the day can give a person a sense of mental stimulation and energy but also can help one relax and sleep better when taken before bed. Again, this is due to its ability to adapt to what the body needs. It is common to notice changes within the first hour of using, but the most improved results tend to take several days or weeks of consistent use. Results will depend on the severity of what's being treated, personal biology and tolerance, and the product quality. It is recommended to start with a low dose and increase slowly as needed, and remember to keep a log of your results. CBD won't get you high, but it can certainly get you happy; give it a try to achieve that sense of wellbeing so many others have passionately reported. Stop in at a store where you can try free samples and talk to a certified CBD consultant. ■



Information provided by Ashley Powell, CBD American Shaman, 800 S. 50th St., No. 106, West Des Moines, 515-380-5251, and 3418 Eighth St. S.W., No. 3, Altoona, 515-967-4036. References: www.healthline.com/health/does-cbd-get-you-high.

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IN thanks

In 1954, President Eisenhower signed a bill proclaiming Nov. 11 as Veterans Day. Nov. 11 was chosen because there was hope at the end of World War I, which occurred on the 11th hour of the 11th day of the 11th month, that it would be the “war to end all wars.” Although this did not hold true, our government saw to it that there was a day set aside annually to honor all veterans from all wars and chose Nov. 11 in remembrance of that initial hope.

I would like to take this opportunity to extend my thanks to the men and women who have been willing to risk their lives so we can enjoy freedom in the United States of America. I encourage you to take the time to thank a veteran as well — pay for their meal, thank them with your words, send a letter, pray for them.

It is our privilege, as a veteran is laid to rest in our cemetery, to honor them for their service to our country. It is with pride that we get to see the deceased veteran receive the honor they deserve by witnessing the folding of the flag by fellow servicemen and hearing the bugler play Taps. It is never without reverence to these fine individuals that we witness these moments.

Thank you, veterans, for your service.

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



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

MAKE holidays inclusive for older loved ones

Thanksgiving marks the beginning of the holiday season. For most families, this is a time of celebration and togetherness. As we or our loved ones age, our needs and abilities change. It is important to take into consideration the changing needs of the older people in our lives to ensure inclusiveness during the holiday season.



Physical abilities can often change as we age. These physical changes can affect us in many ways, one being that spontaneity becomes more challenging. An older loved one who uses an assistive device such as a wheelchair or a walker may require assistance with transportation or specialized transportation that can be unavailable during busy times or holidays. For this reason, a schedule is very important. When planning dinner, consider not only transport to a family's home but an ending time. If dinner does not start until later, this could interfere with a loved one's ability to get their needed transportation back to their home.

Sometimes, as we age, our mouth and throat muscles begin to weaken, which can lead to swallowing difficulties. Additionally, people over the age of 60 have an increased risk of diabetes. Keep potential dietary restrictions in mind when planning holiday meals. Consider increasing the options of softer foods for those who have trouble chewing or swallowing. Plan meals so everyone in attendance can eat comfortably.

The holidays are a great time to reminisce but also to create new traditions to remain inclusive for our aging loved ones. An annual simple holiday craft together is a great way to share the holiday spirit and spend time together. Or including your aging loved one as a “consultant.” We gain so much knowledge and experience throughout our lives. Ask questions and get advice. You will be amazed at what you can learn, and your older loved one will be delighted you are interested.

If your loved one is unable to attend holiday celebrations due to distance or health, a video chat is a great way to help people feel included and connected even when you cannot be together in person.

All of this coordination and new changes can be stressful. Keep a positive attitude and appreciate these special and fleeting moments we have to share with our families. ■

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

You spend your life caring for your family
PREPARE THEM FOR WHEN YOU ARE GONE.

Make your pre-arrangements for traditional or cremation burials

Highland Memory Gardens Cemetery
One NE 60th Avenue, Des Moines
 Located on 2nd Avenue, 1 mile north of I-35/80
 515-289-2230 www.highlandmemorygardens.com

BE thankful

Each year, when November rolls around, society reacts with the “10 Days of Thankfulness” on social media platforms, we get the kids to make handprint turkeys with notes of what they’re thankful for, and there’s an overall sense of gratefulness in the air. Something that, in my opinion, should be year-round, and it should relate to the wellbeing of businesses, too.



As business owners, we know we should be incredibly thankful for our customers. I mean, they buy our product and services, put food on our table, provide us with the “American Dream” experience. But, are we equally as grateful for our employees? And, if so, how do we show it? After all, they provide the customer experience (good, bad or indifferent); they are the “boots on the ground,” “live in the trenches,” are the face to our business. How often do we show we’re beholden to those who make the world go round for our customers — who keep us in the good graces of those willing to invest in us?

I leaned into Forbes.com for some additional insight on this subject, and they did not disappoint:

“Gratitude in the workplace is especially critical because it satisfies the higher psychological need to feel a sense of belonging to something greater than ourselves — to feel a sense of meaning at work.

“Be the change you want to see.

“Leaders should model the habit of frequent and widespread expressions of recognition and appreciation to inspire others throughout the organization to emulate that behavior. Three tips for getting started:

“Never underestimate the power of ‘thank you.’ Everyone wants to feel recognized and appreciated, so encourage employees to thank the people around them, including their colleagues, senior leaders and employers, on a regular basis, year-round.

“Look beyond the ‘big wins’ to uncover lower-profile contributions that also deserve appreciation and recognition. Dr. Vickberg shared this insight in her recent LinkedIn article that summarized the findings of a Deloitte Greenhouse report she co-authored on employee recognition preferences. ‘Sometimes projects fail, despite a team’s heroic efforts. Not everyone’s role is closely tied to identifiable successes. Some people’s contributions are impactful, but less visible.’ Many of the 16,000 professionals surveyed expressed the importance of recognizing ‘the effort they put in, their knowledge and expertise, and their commitment to living the organization’s core values,’ not just the ‘big wins.’

“Give recognition to those who habitually recognize others.

Rewarding the employees who express their gratitude often and to many people can inspire others to follow their lead.” —*Intuition by Eric Mosley, pioneer of the Workhuman movement. Excerpts from Forbes online, the Business Impact of Gratitude 2019.* ■

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

PERKS Before Work

Perks Before Work was held at 21st Century Rehab on Nov. 7.



Jjuan Hakeem and Kelsey Redmond



Charlotte DePew



Paul Tekippe, Courtney Clark, Karen Yerena and Eric Pope



Christine O'Hern and Ashley Friday



Steve Olsen and Kyle Lee



Jjuan Hakeem and Carson Olde



Chad Quick and Rick Kroeger



Charlotte Baptie and Linda Lawson



Steve Olsen and Ashley Friday

MEMBERSHIP Appreciation

The Altoona Chamber's Membership Appreciation event was held Nov. 3 at Townsend Center.



Desiree Claypool and Heidi Kline



Nikki Barkhaus and Christine Clark



Keith Hyland, Shannon Fisher and Kayla Vanderploeg



Lori Duer, Julie Stewart and Riley Duer



Carson Odle, Kyle Lee, Angela Jones and Jjuan Hakeem



Steve Van Oort and Bruce Mason

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