

ALTOONA

FEBRUARY 2024

Living

MAGAZINE

Golden EMPLOYEES

Retirement-age workers
share why they continue
to report for duty

Meet Kylee Coale
EDUCATION

Lynn shares passion for art and culture.
WHERE WE LIVE

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RECIPE

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WELCOME

WHAT'S next?

Five years ago, retirement wasn't even a thought in my wandering mind. Today, at age 55, it's becoming more of a reality. Not next week, next month, next year or likely even the next decade, but it's coming around the corner, sooner than I may realize.

I enjoy my job, and I like to work. Those are good things. At this point, it is difficult for me to imagine what I would do to fill my day if I wasn't working. I don't particularly enjoy traveling, I am not old enough to golf, and I would likely drive my wife crazy if I was around the house too much. I have a feeling many of you who are reading this can relate, in one way or another.

With the labor force in short supply, many opportunities abound for retired people who still want to work. Part time. Full time. Employee. Contractor. As a retired person in today's world, you can take your pick of jobs. In years past, this age group was highly desired among many employers, as those in it were quite often dependable and experienced. The COVID-19 scare changed this, as many retired folks who had come back to work opted to not do so any longer. This created a massive employment gap for many businesses that continues to exist today. Little by little, some seniors who are willing and able are coming back to the workforce. That's good news for everyone.

We have been fortunate in our business to have many folks who are past the traditional retirement age continue to contribute to our company. Some have written stories. Others have sold advertising. And many deliver publications for us. We are grateful and appreciative of the work those in the past have done and those currently continue to do. If I am blessed with good health and a sound mind in my later years, I hope to be able to do the same. And in a few decades, I might even take up golf. Maybe.

Thanks for reading. ■



SHANE GOODMAN

President and Publisher
Big Green Umbrella Media
shane@dmcityview.com
515-953-4822, ext. 305



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

Angela Ossian
Advertising Account Executive
515-953-4822 x307
angela@iowalivingmagazines.com



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Lou Ann Seavey may be past retirement age, but she enjoys her 4 a.m. shift at Hy-Vee, saying she can get some work in yet still have much of the day for other activities.

Golden EMPLOYEES

Retirement-age workers share why they continue to report for duty

By Chantel Boyd

The vision of what life is like “after retirement” is as unique as each individual. For some, that vision focuses on leisure: traveling to warm beaches, afternoons spent reading, extra rounds of golf, more time for hobbies, friends and families. For others, however, employment continues to be an important aspect of their lives. From those who continue full-time careers to those who put in a few hours to keep busy, work can be a key part of life after retirement age.

Working security

Bruce Snethen works at Outlets of Des Moines, Altoona, as a member of the security team — a new career for the spritely 72-year-old.

While security guards and seniors may not often be associated with each other, this type of employment is attractive to retirees like Bruce.

Bruce works in Altoona now but is not new to the area. He lived in Altoona for 43 years before moving to an area of Des Moines within the Southeast Polk School District.

Like many retirees, Bruce was juggling his own retirement and his family's needs.

"I left the workforce for a year, coincidental with my dad's terminal illness," he says.

Bruce shares that his dad's battle with illness was not the reason for his brief retirement, but that time did allow him to be there for his dad.

"His health was not a factor in deciding to retire, but I was executor of his will and knew winding up his estate would require some time commitment," he says.

Bruce decided to reenter the workforce for many common reasons.

"I returned to work to occupy some time, maintain structure, be physically active, and provide a social outlet," he says. "I didn't want to watch 'Jeopardy' all day."

Previously, Bruce was in leadership roles for a few state departments. Now, he is a team member.

"I am now in a non-managerial role at work. I no longer supervise employees, make personnel decisions, etc."

Bruce enjoys that his new role has less responsibility and interruptions during his off time.

"There are also no more emails at 10:30 p.m. on Saturday night," he says.

Though he still works full-time, Bruce says it is not as demanding.

"I work full-time, yet fewer hours, and have different working hours and days off. I have considerably more freedom now."

Bruce admits that, though he likes his new job, he could also be happier with less time working.

"I would be content with still fewer hours than I currently work," he says.

Bruce says the most significant change is having more control over his schedule.

"I am as busy as I desire to be," he says.

Bruce enjoys being a grandpa and staying physically fit when he is not working.

"My non-working hours are mostly occupied with grandparenthood — the best gig you can get — and Crossfit," he says.



Bruce Snethen works at Outlets of Des Moines, Altoona, as a member of the security team in his post-retirement years.

Continuing in education

John Jones of Altoona could be retired, but he chooses to still work.

"I am 57 and still teaching driver's education after school," he says.

Soon, John will begin another venture with school-aged children in his retirement years.

"I just put my name in for substitute teaching at Southeast Polk."

John also has been actively working with the football team over the years.

"I still do video work with the football program on Friday nights," he says.

As if those three roles are not enough for John in his retirement age, he is also an Uber driver.

"I have a new side job of driving Uber. I mostly do it in the mornings but have done this work in the evenings, too."

John did retire from his many roles for a brief time.

After 32 years of teaching in Iowa, John became eligible for retirement. Iowa Public Employee Retirement System (IPERS) members who retire and receive benefits before age 70 must have a bona fide retirement before they

may return to work — usually 180 days.

"I did leave for the mandatory time until Oct. 1. Then, I got back into the football position. I did not start driving for Uber until mid-September," he says.

John could not stay away from his work with the football team long because he missed it too much.

"I love the game, the coaching staff, and the players," he says. "I like being a part of that family. The coaches and players are what make me happy to be around."

John's work now is different from when he first became a teacher.

"I started teaching back when teachers had to make copies on a spirit duplicator. You had to know how to thread a 16mm projector, use chalk on a chalkboard, and, if you were fortunate, you got a big overhead projector you could show lessons on."

The technology of computers has advanced much.

"Computers when I started teaching were big and bulky and only on the teacher's desk, not students'. Cell phones were not as popular yet, and most were flip phones with no internet connection."

“There’s no senior citizen here. I do have free time now. I do not spend my entire weekend making plans; I do not spend three to five hours a night grading papers.”

— John Jones

Schoolwork was not done on computers either.

“We made and conducted tests with answer sheets on a Scantron sheet (fill in the oval). Classroom books were checked out to students then returned at the end of the semester.”

John says working for Uber, with all the technology available with that app, allows him to enjoy a more flexible schedule than teaching during school days.

“Now, with Uber, I work when, how long, and where I want,” he says.

Though past his official retirement, John doesn’t see himself as a regular retiree.

“There’s no senior citizen here,” he says. “I do have free time now. I do not spend my entire weekend making plans; I do not spend three to five hours a night grading papers.”



John Jones has enjoyed working with the football team so returned to do so after early retirement.

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However, John finds that he has less on his plate to do with work.

"I still have things I like to do that I never had time to do before. My wife and I went out west for two weeks hiking and sightseeing the Grand Canyon, Arches National Park, and Zion National Park."

John is still adding to his many part-time roles in his early retirement and taking his time choosing what he will do.

"I am looking into some other roles now that I have retired. But the best part is that I can be choosy in what I take on," he says.

Early riser

Lou Ann Seavey continues to work well past retirement age.

"I work at Hy-Vee in Altoona. I'm 70 years old and show up at work at 4 o'clock in the morning," she says.

Lou Ann had a completely different career for decades.

"I was an Avon representative for over 40 years," she says.

When her children were younger, Lou Ann's husband had a hectic schedule, so she chose a

career with a flexible schedule.

"I was an Avon Representative because my husband used to work crazy hours, and the kids were little."

Because of the flexibility of being a cosmetic sales representative, Lou Ann could be present for her children as they grew.

"I had to be there for them and pick them up from school. I took them to school, concerts, and school trips out of town. I was the one that did all that stuff," she says.

Lou Ann was also a business owner.

"I opened a consignment store about 12 or 13 years ago."

Like many business owners, the pandemic threw a wrench in that plan.

"With everything after the pandemic, it just wasn't working out well," she says. "That's why I decided to work here (at Hy-Vee). I love it."

Lou Ann says some things have changed from when she was working before retirement age, and some have not. It is just a different season of life for her.

"I feel like, in some ways, I am busier, yet, in some ways, I am not as busy," she says. "I absolutely love my job, so I will work as long as

possible."

Lou Ann is "up and at 'em" early in the morning to get to work.

"I go to the 4 a.m. shift because many people don't want that shift. So, I can get in there, get my job done, and have the rest of the day to do things I want to do," she says. "I like the convenience of working part-time."

That convenience means time for enjoying herself.

"We are going to Sioux City for a clown convention in a couple of weeks," she says. "I am a clown judge, and then we have a ball. This is for the Shriners. I have been a certified clown judge for over 25 years."

Shrine Clowns are often considered the most visible ambassadors of the Shriners organization. All Shrine Clowns donate their time and resources as unpaid volunteers.

In March, Lou Ann is going to Topeka for something else for the Shriners — but she doesn't neglect her work.

"I can go to work early, so, before we leave for our trips, I can get my job done in the morning, and then we leave as soon as I get off work so I don't have to take off that day." ■

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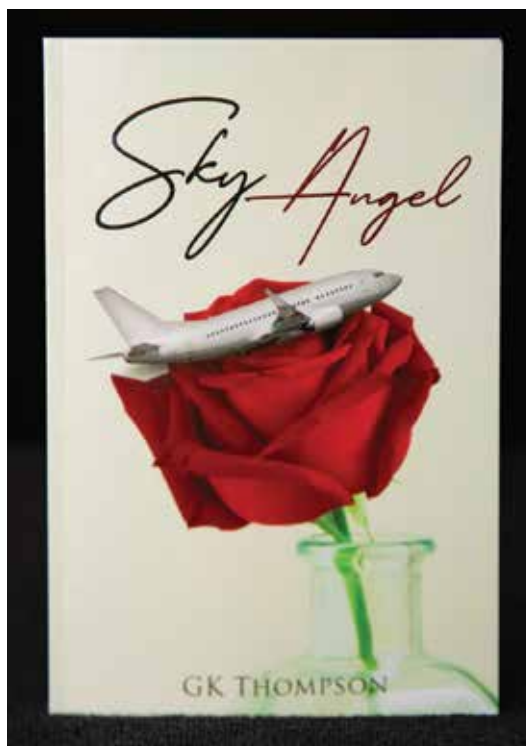


THOMPSON announces book

GK Thompson of Altoona announces the publication of his book, "Sky Angel."

The book is a compilation of poems and writings written from his own "journey from love to hurt and all that lies between."

Thompson is a veteran paratrooper, retired sprinkler fitter, poet and writer. He is a unique new voice in poetry describing feelings about love from a male perspective. "Sky Angel" has been selected to be included in The Iowa Authors Collection at the University of Iowa. GK lives and works out of his home and spends his spare time riding his Harley Davidson motorcycle. ■



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CALLING ALL ARTISTS

Artists are wanted to help highlight the history of Altoona's Olde Town neighborhood and draw visitors to new pocket park planned for the area by designing and creating a mural for the space on the wall of the Borseth Law Office (111 2nd St SE). This park will welcome visitors into Olde Town by connecting the organizations, businesses and restaurants located along and near 2nd Street SE to the nearby bike trail access. The mural will act as a focal point for the park project, anchoring the space to bring people together and draw them into the heart of historic Altoona.

The artist will be recognized with an unveiling and promoted on the city's website and through other city communication channels when the mural is completed. A permanent plaque listing the artwork title and artist information will also be included as part of the mural in the pocket park.

To find the complete call for artists application, and to learn more about this project, visit the city's website: www.altoona-iowa.com.



ALTOONA'S 2024 RESIDENTIAL TREE PROGRAM

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

Pre-sale of the trees will begin in March at Altoona City Hall (900 Venbury Drive, Suite A). An exact date that the pre-sale will begin will be set by Altoona's Parks Department and announced on the city's social media pages and on the city website www.altoona-iowa.com.

SAVE THE DATE: SPRING CLEAN-UP

Metro Waste Authority has set the date for the annual spring clean-up event in Altoona for 2024. Items will be picked up from curbs on resident's trash/recycling pick-up day on Monday, April 8 and Tuesday, April 9. A scrap tire collection event will also be held on both of those days, with collection taking place at Altoona's Street Department (406 5th St SW). More details will be shared on the city's social media pages and on the city's website www.altoona-iowa.com.



EMERGENCY ACCESS

Winter isn't over just yet! Maintain your sidewalks and driveway of snow and ice. If you do require an emergency response, a clear approach to your door will be the safest route for the emergency responders and you. Maintain your outdoor lights to illuminate your numerical house numbers. If you call "911" for an emergency response, turn on your lights to make it easier and faster for responders to find your home.

TWO decades of loving Altoona

Lynn shares passion for art and culture.

After Christina Lynn and her husband, Terry, graduated from Drake University years ago, they moved to Omaha and then New Jersey. After they had kids, though, they desired to live in a place that was less congested and closer to family.

That brought the couple to Altoona, where they've lived for 23 years.

One thing Lynn likes about the location of their home is that it's walking distance to parks, stores and their church. When their kids were younger, they could also walk to the elementary school.

"I was able to do this growing up, and I wanted my kids to be able to do this, too," she says.

The Lynns' neighbors have always been friendly, and getting to know them over the years has been "the best."

"We help each other and lend a hand when needed," Lynn says.

What surprises her the most about Altoona is that, while it's a large city with lots to do, it still offers a small-town vibe with a nice selection of locally-owned businesses.

"Altoona is a great town," Lynn says. "It has a lot to offer families. The city has done a great job of creating residential neighborhoods separate from the commercial sites. I have attended a few of the Historical Society presentations, and it makes you feel wonder for the history we have here and appreciate the people that grew up here and have added so much to this city."

Throughout the years, the entire Lynn family has been involved with community activities. Lynn is in a local women's BUNCO group that was started in 2001. She and her husband were also active with their kids' activities when they were in school, including as leaders for Girl Scouts and Boy Scouts.

At one point, their son auditioned for a play at the children's community theatre (CAP Theatre) in town and got a part.



Christina Lynn, center, with family at a corn maze.

"So, we became a part of that theatre family, helping with many plays and eventually being on the CAP board," Lynn says. "My son has long since graduated and started his own family, but I still enjoy helping at the theatre, including as its summer camp director."

Lynn also serves as the Music in the Park coordinator for summer music events at Haines Park.

"This is so enjoyable to bring Altoona folks together and enjoy sounds of local talent," she says.

In addition, she is part of the newly formed Altoona Arts and Culture Commission.

"Being a new commission to bring more art and culture to Altoona is so exciting and an honor for me," she says. "Altoona is growing, and our commission is dedicated to enhancing our city with more interactive and physical works of art along with initiatives to make a more impactful experience for residents and visitors." ■

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ALTOONA Public Library news

Connecting with social services and community resources can be confusing. Altoona Public Library's social work intern is here to help. Our intern, Alex, is available for walk-in assistance and scheduled appointments until the end of April. Walk-in hours are Tuesdays from 2-5 p.m. and Fridays from 10 a.m. to 1 p.m. Appointments are available on Wednesdays and can be scheduled through our website or by giving us a call. All are welcome, and this is a great first step if you have questions about something and don't know where to start.

Adult programming – Ages 18 and older

Self-Care Sessions: Stress 101, Wednesdays, March 6 and 20, April 3 and 17, from 6-7 p.m. Is the phrase "stress less" on your list of 2024 resolutions? If so, join us for a series of self-care sessions to learn about the impact of stress and ways to manage the toll it takes on mental and physical health. These sessions build on one another, so it's best to attend all four, but it's not required. Registration required.

Peaceful Puzzling, Thursday, March 5, 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 Competish, Saturday, March 9, at 2 p.m. Ready to puzzle your way to greatness? Register your team of two to five puzzlers for a battle jigsaw style. The fastest team to finish the 500-750 piece puzzle takes home the win and a prize or two. Teams can have teens ages 15 and older with at least one adult on a team. Registration required to participate.

Children's programming

Crafternoon, Monday, March 11, from 4-5 p.m. Stop by the Children's Room to make a quick craft. Available while supplies last. Grades PreK-6. No registration required.

LEGO Club, Tuesday, March 12, from 5:30-6:30 p.m. Build a LEGO masterpiece. We'll supply the LEGOs; you bring the creativity. Grades K-6. Registration required.

After School BINGO, Wednesday, March 13, from 3:30-4:30 p.m. Play BINGO to win

books and other cool prizes. Grades K-6. No registration required.

Teen programming

Emoji Spelling Bee, Monday, March 4, from 6-7 p.m. A spelling bee for good and bad spellers alike. We'll give you a phrase to "spell" using only emojis, then vote for our favorite answer. The winner for each phrase will win a prize. Grades 6-12. Registration required.

Oops, I Arted: Stained Glass, Thursday, March 21, from 6-7 p.m. Everybody arts, so come art with friends. This month we'll channel our chill vibes into stained glass jars. Grades 6-12. Registration required.

War and Peeps, Monday, March 25, from 6-7 p.m. It's the Great Peeps Battle of 2024. Build up your fortress to keep your Peeps safe while you try to knock down your opponent's. May the strongest Peeps win. Grades 6-12. Registration required.

To find a complete list of events and to register, visit altoonalibrary.com. ■

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THE GOD-SHAPED hole

What are you hungering for these days? Some grilled steak? Nice weather? Some time to relax? Dig deeper... what are you really hungry for? Or do you just feel empty?

Bernard Levin, one of the greatest English columnists of the modern generation, wrote this: "Countries like ours are full of people who have all the material comforts they desire, together with such non-material blessings as a happy family, and yet lead lives of quiet and, at times, noisy desperation, understanding nothing but the fact that there is a hole inside them. And, however much food and drink they pour into it, however many cars and television sets they stuff it with, however many well-balanced children and loyal friends they parade around the edges of it, it aches."

Can you relate? Many of us get to the point where we have so much of what the world says will satisfy our deepest desires, and yet we're left hungry.

I recently had the opportunity to eat at a Brazilian steakhouse. And it was awesome. It started with a salad bar. But not just any salad bar. A buffet of the finest meats and cheeses, the sweetest fruits, and the tastiest of all salads.

Then came the unending meats: filet mignon, beef ribs, bacon-wrapped steak, New York strip, spicy pork sausage, and long-bone ribeye dry aged for a minimum of 42 days. Each available in endless quantities. You can eat as much as your heart — or stomach — desires. If you leave that place hungry, you have a problem. There is an abundance of goodness.

I need that kind of fullness in my life — a deep, abundant satisfaction at the core of who I am. But where do we find it? One unknown author said it like this: "There is a God-shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God the Creator, made known through Jesus Christ."

We all have a God-shaped hole in our lives. We can try to find satisfaction in all the good things (or not-so-good things) of this world. But we will find at some point we're still hungry. It is only in a relationship with Jesus that you will find the peace and wholeness you are hungry for. So, ask Jesus to fill the hole inside of you. Let His presence satisfy your deepest desires. Get connected with a church and feast upon the banquet of God's goodness and love for you. ■



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

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RECIPE

A BETTER-FOR-YOU breakfast favorite

(Family Features) Whether you're encouraging loved ones to start a new wellness kick or looking to add new ideas to an already-nutritious menu, families at any stage of a journey toward better health can use newfound favorites to bring fresh flavors to the table.

Start by ramping up your family's breakfast with these slightly sweet mini Greek yogurt pancakes with cinnamon-maple topping for a protein-packed way to start the day with a healthy addition of fresh berries. This dish from Milk Means More provides a delicious breakfast that allows you to bring everyone together for a tasty, nutritious meal no matter the occasion. Dairy foods, like the low-fat or fat-free milk and yogurt found in this recipe, are fundamental to good nutrition.

Constructing a better-for-you menu calls for a balanced diet with a variety of foods to get essential nutrients. This balance is important for maintaining healthy gut and immune function while optimizing overall wellness.

Find additional better-for-you recipe inspiration at MilkMeansMore.org. ■

Mini Greek yogurt pancakes with cinnamon-maple topping

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More
Total time: 25 minutes
Servings: 6

Topping:

- 1 3/4 cups plain Greek yogurt (fat free, 2% or 5%)
- 1/3 cup maple syrup
- 1/2 teaspoon ground cinnamon

Pancakes:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1 egg, lightly beaten
- 3/4 cup plain Greek yogurt (fat free, 2% or 5%)
- 1/2 cup milk (skim, 2% or whole)
- 3 tablespoons melted butter
- 1 teaspoon vanilla
- oil
- 1 cup fresh blueberries or chopped fresh strawberries

To make topping:

Stir yogurt, syrup and cinnamon. Cover and refrigerate.

To make pancakes:

In mixing bowl, stir flour, sugar, baking powder, baking soda and salt. In separate bowl, whisk egg, yogurt, milk, butter and vanilla. Add yogurt mixture to flour mixture. Stir just until combined (batter should be slightly lumpy).

- Scrape batter into large plastic food storage bag. Oil nonstick griddle or large nonstick skillet. Heat over medium heat. Cut off about 1/2 inch from corner of plastic bag. Squeeze batter, about 1 tablespoon at a time, onto hot griddle. Cook 1-2 minutes per side, or until pancakes are golden brown, turning to second sides when bubbles form on surface of pancakes and edges are slightly dry.
- Serve warm pancakes topped with cinnamon-maple yogurt and sprinkled with berries.



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HEALTHY financial habits

Many of the things we do each day are done out of habit, including the ways we choose to spend our money. And just like bad spending habits can get you into financial trouble, healthy financial habits can help you spend more wisely and save enough to reach your financial goals.

Here are four healthy financial habits you can start implementing to help you spend more wisely, save for unexpected expenses, and invest for your future.

1. Reduce emotional spending

Especially during stressful times, it can be tempting to find joy in buying new things or spending money on fun experiences. Too much of this emotional spending can derail your budget and therefore create a larger problem.



A few habits you can implement to reduce emotional spending are setting a discretionary spending allowance, shopping with a list, and instituting a “cool-off” spending period when you’ve exceeded your set allowance.

2. Regularly review transactions and eliminate unnecessary expenses

Remember that “free trial” you signed up for months ago and forgot about? Take some time each month to review your account statements and transactions, which will help you identify subscriptions you don’t use or need, as well as other expenses that could have been avoided, such as overdraft or late fees.

3. Sell belongings you no longer need

We’re all guilty of accumulating belongings we no longer use. Like canceling unused subscriptions, selling belongings you no longer need can free up more space in your budget, and you won’t even miss having them. And with online marketplaces, consumer-to-

consumer sales are easier than ever. Or you can always go old school and have a yard sale.

4. Pay yourself first using automated savings

An easy way to save for specific goals is to automate a monthly transfer from your checking account. You can set this transfer to occur right around or after the time you expect your paycheck to settle on your account; that way, before you spend it on anything else, you’ve set aside a portion for savings — effectively paying yourself first.

No matter where you are in your financial journey, there’s almost always room for improvement. Right now, at the beginning of a new year, is the perfect time to start these healthy financial habits. ■

Information provided by Mary Simon, VP, Altoona Branch Manager, 3820 Eighth St. S.W., Altoona, 515-245-5480, MSimon@BankersTrust.com. Bankers Trust NMLS ID: 440379.



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"The Music Man JR."

Feb. 16 - March 3, Fridays 7 p.m.,
Saturdays and Sundays at 2 p.m.
CAP Theatre, 201 First Ave. S.,
Altoona

The next MainStage performance by Class Act Productions is "The Music Man JR." Performances at CAP are live theatre for families of all ages, with familiar stories condensed into 90-minute performances that appeal to audiences with shorter attention spans. Tickets are \$10 for students, \$16 for adults and \$13 for seniors. Visit www.captheatre.org for more information.

"The Music Man JR." follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys band that he vows to organize. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.



Live music in Altoona

- Exit 185, March 1, 9-11:55 p.m., Brick & Ivy Rooftop, 400 34th Ave.
- Jordan Beem, March 2, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- Cody Hicks, March 9, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- John Burtch, March 15, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- St. Patty's Day Bash with Mike Moody & The Outlaws, March 16, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- Suede, March 23, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- Brittany Sword, March 29, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- The Snacks, March 30, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.



Hoyt Sherman Place

1501 Woodland Ave., Des Moines
hoytsherman.org

- Feb. 23: Postmodern Jukebox at 8 p.m.
- Feb. 24: Marty Stuart and his Fabulous Superlatives at 7:30 p.m.
- Feb. 29: Cat Power sings Dylan: The 1966 Royal Albert Hall concert at 7:30 p.m.



Iowa Wolves home games

Wells Fargo Arena, 233
Center St., Des Moines
iowa.gleague.nba.com

- Feb. 23 at 7 p.m. vs. Rio Grande Valley Vipers

Dome After Dark

Fridays, 6-10 p.m. through March
Des Moines Botanical Garden,
909 Robert D. Ray Drive, Des
Moines

Enjoy the conservatory and gardeners show house which will be illuminated with unique and colorful lighting. Details at dmbotanicalgarden.com

Des Moines Performing Arts productions

Des Moines Civic Center, Cowles Commons, Stoner Theater, Temple Theatre, 221 Walnut St., Des Moines
dmpa.org

- Feb. 27 through March 3: "Les Misérables"
- Feb. 27 through March 17: "Dixie's Never Wear a Tube Top While Riding a Mechanical Bull"

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Stephens Auditorium

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- Feb. 29 through March 3: "Always Plenty of Light at the Starlight All Night Diner"

Des Moines Civic Center

Des Moines Civic Center, 221 Walnut St., Des Moines
dmpa.org

- Feb. 23-24: "Harry Potter and the Order of the Phoenix"™ in concert

Be sure to check for cancellations.



More events

- **Feb. 28: Coldest Night of the Year Fun Run/Walk.** Held by Central Iowa Shelter and Services at Principal Park, 1 Line Drive, Des Moines; centraliowashelter.org
- **Feb. 29: Greensky Bluegrass.** Val Air Ballroom. 301 Ashworth Road, West Des Moines; firstfleetconcerts.com/events
- **March 1: Iowa Deer Classic.** Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com
- **March 4-8: IHSAA Iowa State Boys Basketball Tournament.** Wells Fargo Arena, 223 Center St., Des Moines; iahsaa.org/basketball
- **March 8: Iowa Home Expo.** Iowa State Fairgrounds, 3000 E. Grand Ave., Des Moines; iowahomeexpo.com
- **March 15: All Iowa Auto Show.** Iowa Events Center, 730 Third St., Des Moines; iowaeventscenter.com
- **March 15: Mateo Lane: The Al Dente Tour.** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoyshtsherman.org/events
- **March 16: St. Patrick's Day Parade,** starting at the corner of Grand Ave. and Robert D. Ray Drive, downtown Des Moines; friendlysonsiowa.com/Parade/parade.htm
- **March 16: St. Paddy's Marathon, Half Marathon, 5k.** Iowa State Capitol, E. Locust St. and Pennsylvania Ave., Des Moines; iowaruns.com/desmoinesstpaddys5k
- **March 17: Dude Dad Live!** Hoyt Sherman Place, 1501 Woodland Ave., Des Moines; hoyshtsherman.org/events
- **March 22: Jim Jefferies: Give 'Em What They Want Tour.** Des Moines Civic Center, 221 Walnut St., Des Moines; desmoinesperformingarts.org/events



Judy Niemack jazz concert

Sunday, March 17, 2 p.m.
Caspe Terrace, 33158 Ute Ave., Waukee

Jazz critic Dan Morgenstern said it best — "If you want to know what real jazz singing can be (but rarely is), listen to Judy Niemack." Niemack has perfected her beautiful voice, fearless improvisational skills, impressive musicianship and exceptional versatility for more than 40 years and on many critically-acclaimed recordings. She also enjoys a worldwide reputation as a jazz vocal teacher and author of several "must-have" vocal jazz improvisation books. Niemack will be accompanied by pianist John DiMartino, who appeared at Caspe Terrace several years ago with vocalist Jay Clayton. For more information and tickets, visit <https://jazzatcaspe.weebly.com/tickets.html>.



CITYVIEW Chocolate Walk

Friday, Feb. 23, 5-9 p.m.

West Glen Town Center, 5465 Mills Civic Parkway, West Des Moines

Like chocolate? Like chocolate drinks? Then you'll love this event. For a ticket price of \$25 (\$35 at the door), attendees will receive 10 tickets that can be redeemed for sample cocktails at participating venues. Attendees will also be provided tickets for chocolate dessert samples at participating retail stores. A shuttle bus from Majestic Limousine will be providing transportation to each location, although most are only a short walk away. For a link to purchase tickets, visit chocolatewalk.dmcityview.com. ■

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WHY would I prepay funeral expenses?

Preplanning one's final arrangements is something that everyone should do. While it is not necessarily an easy topic to address, having arrangements in place can provide a great deal of peace of mind, both for the person making the arrangements and for those loved ones who will be left behind.

No one comes through the doors of the funeral home on the day that their loved one has died and regrets that the plans have already been made. In fact, it is quite the opposite. Families experience great relief knowing that plans are in place, decisions have been made and, perhaps, the expenses have already been handled.

While prepaying funeral expenses is never a requirement for someone to place their arrangements on file with a funeral home, it is an option available and one that you should know about.

There are many benefits to prepaying funeral expenses. Most importantly, it allows a person the opportunity to purchase funeral arrangements at current prices, with the guarantee that those services and merchandise selections will be provided, at no additional expense to the family, at the time the funeral home's services are needed.

Keep in mind, funeral arrangements will never be less expensive than they are today.

Whatever your funeral home of choice is, make sure you understand your options, and then make the decision that is right for you. ■

Information provided by Sarah Masteller, Advanced Planning Counselor, Hamilton's Southtown Funeral Home, 5400 S.W. Ninth St., Des Moines, 515-697-3679



MEET Kylee Coale

Enjoys seeing progress in her students and herself



Kylee Coale says her preschool students have a love for learning.

Kylee Coale grew up in Prairie City before earning a degree in early childhood education and early childhood special education from the University of Northern Iowa. She started her teaching career eight years ago as a preschool teacher and continues teaching preschool today at Willowbrook Elementary School. This is Coale's first year with the Southeast Polk Community School District, and one thing she enjoys about working with the district is the community.

"It is supportive of both the students and the district and is a community that leads to greatness. I have felt welcomed and valued from the moment I received my position. You really do feel a part of a large family and a valued member of the RAMFAM," she says.

Coale likes working with students at the preschool level because she enjoys that all students, no matter their ability, are under one roof, learning together. She also values making a difference in the lives of young children. She says the love and reassurance she receives each day from her students lets her know she is making a difference.

"The biggest reward is seeing the 'aha' moment in their eyes and the love my preschoolers have for learning. You are welcomed each day with the biggest smiles and hugs. I love seeing the growth socially and academically in my students. I take pride in seeing the growth in my students from when they step foot in the classroom to when they walk out for the year," Coale says.

As a big outdoor person, Coale is looking forward to spring. The students she has had in the past have had the opportunity to watch caterpillars go through the life cycle of becoming a butterfly and then be released during their study of insects. She hopes to continue this tradition at the Southeast Polk School District so that her students can experience the beauty of nature.

"I look forward to seeing the growth in not only my students but also myself. Each year, I see my students and myself make tremendous progress as a family. We protect and push each other each day to be our best selves," Coale says.

When not teaching, Coale enjoys spending time with family and friends as well as watching her three children, ages 5, 3 and 8 months, grow up. She enjoys watching her children learn and discover new things. ■

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GIRLS. Bees. Poor Things. And A Missing Apostle.

So, how were your holidays? See any good movies? Me neither! I am somewhat joking on that one, but I was not blown away by much that I saw. We tend to expect high-impact movies during the holiday season. This one came up short.

Meanwhile, we trudge forward into 2024, eagerly awaiting "Dune Part 2" on March 1. If you didn't see the original, you only have a short time to catch up. Watch it on the biggest television in your house, and you will be blown away.

Alright, let's catch up.



"MEAN GIRLS" (in theaters)

I loved the original movie and was looking forward to what I thought was an update. I was wrong. It is a film version of the award-winning Broadway play. So you know the story, but every once in a while they stop to break into song and dance. It is still a lot of fun, just not quite as much as I was hoping for. **Grade: B**



"THE BEEKEEPER" (in theaters)

I like Jason Statham, but the man makes some stupid action movies. That being said, he does make a good one every once in a while. Based on the box office draw, I'm not alone in saying that "The Beekeeper" is one of his better, maybe his best? He is retired military and minding his own business in the back of a rented barn. His business is honey and keeping a few beehives. When a scam caller takes all of

the money from the old woman he rents from, Statham is on the trail immediately and, let me tell you, he is unhappy. No one is going to stop him from catching these idiots. From there we get lots of punches, kicks, gunshots and a kitchen sink. It is non-stop action with a flimsy story but enough to keep you entertained. The action is great, the bad guys are really slimy, and you will relish the butt-kicking you get to watch. The box office has been brisk, so this will likely not be the last time we see this beekeeper. **Grade: B-**



"I.S.S."

The International Space Station is the setting for this movie that tells the story of an American crew that joins the Russians at the Space Station for a joint venture. When huge trouble on Earth strikes, both teams are told to take over the station. An action film in a tight situation in space always proves to be fun. It is not a great film, but it has enough moments for me to mildly recommend it. **Grade: C+**



"POOR THINGS"

This film is by director Yorgos Lanthimos, who gave us "The Lobster" and "The Killing of a Sacred Deer," two movies I reluctantly suffered through. His new film, "Poor Things," has received the same type of praise as those earlier films, and I will respectfully disagree. The cast includes Willem Dafoe, Mark Ruffalo and a brilliant (and Oscar-nominated) Emma Stone in a film that defies description — and that's not

a good thing. It is dark and disturbing but also tries to be funny. Let's just agree to disagree.

Grade: D-



"SOCIETY OF THE SNOW"

You can find this one on Netflix. It's a remake of the true and harrowing story of a plane full of rugby players who crash in the Andes mountains. There was a movie titled "Alive" years ago that tackled this same story but not nearly as well. Both movies are good, but this one ramps it up yet tempers itself in certain areas that are controversial. This is well made and enthralling, to say the least. **Grade: A-**



"THE BOOK OF CLARENCE"

My Catholic education failed to clue me in on this missing Apostle who has quite a bit to do and quite a bit to say. It is a thought-provoking and well-produced film that will challenge you and might even start some very interesting conversations. **Grade: B+ ■**

Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.

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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

HEALTHY habits to love yourself well

During this season of love, take time to check in with yourself and incorporate these healthy habits to love yourself well.

Have your nervous system checked. Our lives are filled with physical, emotional and environmental stressors that wreak havoc on our nervous system function. Chiropractic adjustments reduce nervous system stress and increase the body and brain's ability to adapt to stress. Adjustments disrupt the sympathetic, fight or flight, dominance that stress gets us stuck in and restores the body to a parasympathetic, rest and restore, state.

Prioritize sleep. Your hormones, mood, digestion, energy levels and overall brain and body function are completely dependent on the rest and regeneration that happens during sleep.

Go for a walk. Movement and fresh air are good for body and mind.

Take a mental break. Pause running around checking things off your to do list and halt scrolling social media to take 10 minutes for yourself. Practice deep breathing or do a short meditation.

Supplement with high-quality essential nutrients. You can't supplement your way out of a poor diet, but even with a nutritious diet there are nutrients we are not getting enough of. Talk to your holistic healthcare provider about what supplements are right for you and your health goals.

Drink half your body weight in ounces of water daily. Add electrolytes one to twice daily. Electrolytes are vital minerals your body needs for proper muscle and nerve function and to maintain a balance of fluids in your blood and body's cells. ■

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

HEALTH

By Nikki Morgan

PROBLEMATIC effects of acne

Acne is a problematic condition for many pre-teens, teens and even adults. Whether breakouts are occasional and mild or chronic and severe, acne can have many negative impacts. Those effects may be physical, due to scarring and lingering post-acne inflammation and discoloration; emotional, due to diminished self-confidence; psychosocial, due to avoidance of activities during outbreaks; and financial, due to the direct and indirect costs of medical visits, medications, skincare and other treatments.

While acne has many triggers, the ultimate underlying cause is overactive sebaceous glands. Pores become clogged as oil and dead skin build up, triggering an inflammatory response resulting in pimples, white heads, blackheads, cysts and nodules.

Dermatology guidelines exist for the treatment of acne, and there are many complementary products and services that can help prevent, treat and heal both acne and its aftermath: skincare products, professional exfoliating services, blue and/or Red LED therapy to kill acne bacteria and calm inflammation, Intense Pulsed Light therapy, and lasers, such as AviClear, that directly target the sebaceous glands to shrink them and control oil production.

Always consult with a healthcare professional with the knowledge and experience in the treatment of acne to find the best solution for your skin type, acne type and severity, lifestyle and budget. ■



Information provided by Nikki Morgan, DNP, ARNP, SkinFusion FX, 410 Eighth St. S.W., Altoona, 515-967-0587, www.skinfusionfx.com, nikki.skinfusionfx@gmail.com



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GET LOST — in a daydream

"How will you go about finding that thing the nature of which is totally unknown to you?" —Meno.

This may seem like a philosophical question, but it appears just as important for every individual to answer today as when it was first said in ancient Greece. Wishing others to "get lost" could be well intentioned, because getting lost can cause what was unfamiliar to appear. "Lost" comes from the Old Norse "los," and one translation is "falling out of formation." This implies it's an action rather than a state of being.



Good news is you can access the expansive blue from anywhere thanks to the power of your mind. Daydreaming stimulates creative innovation in the brain's right hemisphere but also activates the hippocampus, which suggests this could help improve learning and memory. Somewhat paradoxically, daydreaming about recent events helps cement them into memory, so the wandering mind is perhaps never lost. If daydreaming sounds lazy, call it "quiet wakefulness," which is a relaxed state of environmental awareness that helps us process things when we are both awake and at rest. Without it, we may never have heard of Einstein. It's up to you to find what "flow state" helps spontaneous connections in your brain. It's clear from MRI scans that your brain is very active during daydreaming, but how active is it at other times? ■

Information provided by Lance Andersen, LMSW, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, andersen@sstherapyandconsulting.com.

NAVIGATING seasonal depression

CBD, or cannabidiol, has gained widespread attention for its potential benefits in addressing anxiety and depression. Research shows that CBD interacts with the endocannabinoid system, a complex network of receptors in the body, which plays a crucial role in regulating mood and stress responses.

Several studies, such as one published in the Journal of Clinical Psychology, indicate that CBD has anxiolytic (anxiety-reducing) properties. The compound influences serotonin receptors, impacting the brain's neurotransmitter levels associated with mood regulation. This contributes to the reported calming effects observed in individuals using CBD.

Moreover, a review in the Neurotherapeutics journal highlights CBD's potential in managing various anxiety disorders, including generalized anxiety disorder (GAD), social anxiety disorder (SAD), and post-traumatic stress disorder (PTSD).

Research, such as a study in the Journal of Chemical Neuroanatomy, proposes that CBD also has antidepressant effects by interacting with receptors involved in the regulation of mood and emotions.

While more research is needed to fully understand the mechanisms and long-term effects, these findings indicate that CBD holds promise as a natural option for individuals dealing with anxiety and depression. ■



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: 1. Blessing, E. M., et al. (2015). Cannabidiol as a Potential Treatment for Anxiety Disorders. Journal of Clinical Psychology. 2. Campos, A. C., et al. (2016). Cannabidiol rescues acute hepatic toxicity and seizure induced by cocaine. Frontiers in Behavioral Neuroscience. 3. Sales, A. J., et al. (2019). Cannabidiol Induces Rapid and Sustained Antidepressant-Like Effects Through Increased BDNF Signaling and Synaptogenesis in the Prefrontal Cortex. Journal of Chemical Neuroanatomy.

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'The Parliament'

I'm a huge fan of parallel stories — books that flutter back and forth between two worlds, two people's lives, or the past and the future. Here, in this gorgeous, deliciously dark modern fairy tale, the author gives us two stories in one in the best way — a book within a book.

Madeline "Mad" Purdy returns to her hometown to teach a group of teenagers at the local library. This is certainly not her forte, as she much prefers being alone at home. But when the library is surrounded by thousands of killer owls intent on tearing the trapped group to pieces, a new side of Mad blooms in the midst of the terror. Reading to the kids in her care to keep them calm as they look for a way out, the second story nested in the book "The Silent Queen" provides the perfect accompaniment to claustrophobic horror the characters experience.

This is a survivor's tale at its heart, a rich, gorgeously written story full of grief and strangeness but, above all, hope. I loved flipping between "real life" and the fairy tale. It stretched the already taut tension while pulling new threads in the narrative. A perfect balance. — *Review by Julie Goodrich*



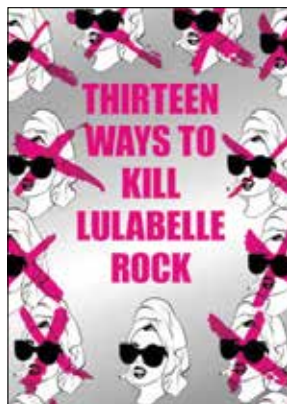
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'Thirteen Ways to Kill Lulabelle Rock'

I don't think I'm the only person who's ever wished for a clone. It would be so nice to send a body double off to shovel the driveway while I stay warm inside with some coffee and a book. But what happens after the driveway is shoveled? Would that clone go off to read a different book? Does she need her own cup of coffee? Is she now a different person with a set of memories I'll never have?

These questions and more abound in this speculative thriller. In the riotous town of Bubble City, the richest and most famous have "Portraits," which are clones to ensure they are seen and involved in the dizzyingly complex social scene. Lulabelle Rock has 12 such beings wandering around, building unique lives and divergent personalities in surprising ways. When she creates a 13th copy with the sole purpose of killing the others, a wild ride ensues, full of questions about personhood and the limits of humanity.

A brilliant premise with a brisk pace and razor sharp writing that never falters, this book is highly recommended for readers who can never get enough of the question, what if? ■ — *Review by Julie Goodrich*



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TIPS for better heart health

February is a time to think about hearts. While Valentine hearts, flowers and chocolates are important (and yummy), let's talk about a different type of heart: our own.

February is American Heart Month. This is the month the American Heart Association encourages you to talk and think about your own heart health. Heart disease and stroke are the leading causes of death in the United States. One out of every five people will develop heart failure, and most can prevent it.

Your heart changes as you get older. Aging can cause changes in your blood vessels, and your heart can no longer beat as fast during physical activity. These changes can increase the risk of heart disease. The most common change in our hearts from aging is an increase in the stiffness of the large arteries in our hearts. This stiffness can result in high blood pressure. Signs of heart disease include pain, numbness/tingling in the shoulders, arms, back or jaw. It can also cause dizziness, confusion, tiredness and headaches.

We can all make small changes to help prevent heart disease, such as changing our eating habits. Small changes can make a big difference. Choose items that are low in sodium and increase the amount of fruits and vegetables you eat. Follow your doctor's orders and take your medication as prescribed. If you smoke, quit. Smoking damages the artery walls. Even if you have smoked for years, quitting now can lower your risk of heart disease. Increase your physical activity. The Centers for Disease Control advises us to "move more and sit less." You should get at least 150 minutes of exercise a week. That may sound like a lot, but it's as easy as 30 minutes a day, five days a week. If 30 minutes still sounds daunting, break it up into smaller time frames during the day. Do activities you enjoy so it doesn't feel like work. Go for a walk, garden or go bowling.

A benefit to living in a senior community is having access to exercise classes that are tailored to work with those over the age of 55 or those with physical limitations. You also get the added bonus of friends living next door to help motivate you to participate. There are various clubs to keep you busy and active and to keep your heart healthy. Grab a friend and come up with a plan you can commit to, and don't forget to make it fun. Challenge one another and find ways to celebrate your successes. Let's make 2024 your best year yet. ■

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



WHAT IS ART, and why is it important?

Art can be just about anything that stirs an emotional response. Is there a song that digs deep into your soul and makes you cry or makes you physically get up out of your chair and dance? That is art. Can a great theatrical performance move you? That is art. When you see meaningful graffiti or an explosion of color on a bridge or rail car, does it incite you or make you smile? That is art. And it is everywhere if you only take the time to really see it, feel it.



Philosophy Now posed the question, “What is art? And/or what is beauty?” and the comments of William Joseph Nieters of Lake of the Ozarks are a good fit for this discussion:

“Art is something we do, a verb. Art is an expression of our thoughts, emotions, intuitions and desires, but it is even more personal than that: It’s about sharing the way we experience the world, which for many is an extension of personality. It is the communication of intimate concepts that cannot be faithfully portrayed by words alone. And because words alone are not enough, we must find some other vehicle to carry our intent. But the content that we instill on or in our chosen media is not in itself the art. Art is to be found in how the media is used, the way in which the content is expressed.”

Your response to art is based on your experiences — good or bad. Your emotions depend entirely on your history, your story, anything and everything that makes you who you are. Because it is so personal, three different people can have three different responses to the exact same work of art. Regardless of the differences, each had a response. Art is something we do.

I say all that to say this: The city of Altoona is becoming more culturally diverse, not only in our population, but in how we tell our story. City leadership is embracing art by creating the Arts & Culture Commission — a group of like-minded residents passionate about celebrating art in all forms, working with local and national artists to add new and unusual sculptures in non-traditional spaces, and to commission wall art that will speak to and connect our community.

There is an opportunity right now for local artists to apply for a chance to be selected as the creator of the Olde Town pocket park (or segue) mural. Is that you? Do you want to be part of the catalyst movement to bring more life to the once vibrant heart of Altoona? Let’s do this — make art what we do! ■

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

**CALLING
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OUT & ABOUT



Twila Shreves at the Altoona Chamber Noon Networking Jan. 16.



Nikki Morgan and Kyle Lee at the Altoona Chamber Noon Networking Jan. 16.



Phil Simmons at the Altoona Chamber Noon Networking Jan. 16.



Jon Yesulis at the Altoona Chamber Noon Networking Jan. 16.



Jessman Smith and Lori Baldwin at the Altoona Perk Before Work held at Smith Law Firm PLC on Feb. 6.



Roxann Crabb, Kennedy Horton and Angie Zimer at the Altoona Perk Before Work held at Smith Law Firm PLC on Feb. 6.



Tyler and Hollie Finders at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Katie Addington and Nikki Barkhaus at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Emily and Benjamin Shivers at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Loral Rainey, Dr. Kari Swain and Dr. Elizabeth Ellrich at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Christine Clark at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Dr. Jennifer Hill at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Pam Christiansen at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Bev Lloyd at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.

OUT & ABOUT



Joe Krentz, Dominic Schnepf, Maya Blass, Russ Gilman, Vic Scaglione, Rocky Sposato and Mitch Hewitt of Terrace Hills Golf Course accept the Residents' Choice certificate for favorite golf course.



Nathan Anenson, Luke Berry, Chris Vorrie, Laurel Swanson, Joyce Ingram, Shelley Herrin, Eli Suddarth, Brad Hallberg and Tim Hummel of Lutheran Church of the Cross accept their Residents' Choice certificates for favorite pastor and church.



Dr. Marcus Dawson of Dawson Chiropractic accepts the Residents' Choice certificate for favorite chiropractic clinic.



Instructors Ashlee Lamb and Katie Cooper of Altoona Campus accept the Residents' Choice certificate for favorite gymnastics/tumbling studio.



Ryan Moore accepts Copper Shores Village's Residents' Choice certificate.



Dylan Albrecht, Kristyn Miller, Molly Deutmeyer and Chris Gesink of Greens Appliance accept their Residents' Choice certificate.



Tim Forbes of State Farm Insurance accepts his Residents' Choice certificate.



Bill Stearns accepts Fareway Meat and Grocery's Residents' Choice certificate.



Julie Duer at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Lisa Holtan at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Jen Alexander at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.



Deanna Blocher at the Revive, Restore, Renew Eastern Polk County Wellness Expo on Saturday, Feb. 3, at Terrace Hills Golf & Events Pavilion, Altoona.

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