

ALTOONA

MARCH 2024

Living Trips OF A lifetime

Residents share stories of their dreams-come-true vacations

Easter roast
RECIPE

Meet Brooke Ault
EDUCATION

Temporary home planned during upgrades
LIBRARY

PSRST STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131



*Now with availability
in Assisted Living!*



Established Senior Living Community with 60 Years of Service in the Des Moines Area

AMENITIES

- Well-designed apartments and suites
- Emergency call systems
- Delicious meals
- Scheduled transportation
- Lounges and sun rooms
- Beauty salon/barber shop
- Outdoor patios and gardens
- Full calendar of clubs, classes and events
- And more amenities you'll enjoy
- Your pets are welcome, too



a ministry of  CASSIA



**Call Marti today to
set up your
personal tour!**

515-299-1731

Marti.Stanley@CassiaLife.org

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE
SHORT-TERM REHABILITATION | LONG-TERM CARE | HOSPICE CARE

2571 Guthrie Avenue | Des Moines | ValleyViewVillage.org



WELCOME

104 vacation days

Dream vacation. You have heard the term. You may have even experienced one or two. But, more than likely, your dream vacation may still be something in your mind.

When I was a young man working at The Des Moines Register, I was planning a short vacation and told Denny, a customer of mine, that I would be off work. He looked at me with a stern face and said, "Vacation? You don't work Sundays, do you? That's 52 days of vacation a year." He continued, "Wait, you don't work Saturdays either, do you? That's another 52 days. That's 104 days of vacation per year. How much vacation do you need?"

I was without words. Denny was having fun with me, but there was some truth to what he was saying.

As a teenager, I worked at a local gas station that was open 24/7. Even in the 1980s, staffing was a challenge, especially on Thanksgiving, Christmas and New Year's Day. My family didn't take many vacations, so when the opportunity came to earn time-and-a-half for holiday pay, I was the first to sign up. I enjoyed working those days, as the store traffic was lighter, the customers were cheery, and I liked the paycheck.

When I worked at the Register, we were told that we would not be allowed to take vacation between Thanksgiving and Christmas. Those were the newspaper's busiest times with advertising, and we were to be there to make sure of it. We are not as strict today in our company, but a holiday does mean we have to complete five days of work in four days. The presses keep running.

Author Rob Hill said, "My goal is to build a life I don't need a vacation from." Now that makes sense to me. But, like most things in life, I have learned that there truly are different strokes for different folks. Some people love to travel and spend time on a beach; I get sunburned and have two days of diarrhea. Others want to take a week off and ride a bicycle 468 miles across the state in 90-degree weather; that's not my idea of a vacation. And a select few enjoy time at home working on a list of projects and relaxing with friends and family; that's more my style.

Meanwhile, my wife and kids not only enjoy vacations, they have come to expect them. I am slowly but surely learning to appreciate the time off as well. And, although our ideas of what a dream vacation may be differ, I am happy to be along for the ride.

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



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

Meta

Congratulations to
the 2024 Altoona Data
Center Community
Action Grants recipients!



Through our Data Center Community Action Grants program, Meta is proud to support these amazing community partners who are leading projects to put the power of technology to use for community benefit, connect people online or off and improve local STEM education.

Altoona Public Library

Bondurant Community
Library Foundation

Bondurant-Farrar
Community Schools

Central Place Family
Resource & Community
Education Center

Children & Families of Iowa

Class Act Productions

Delaware Elementary School

Four Mile Elementary

Science Center of Iowa

Southeast Polk Community
School District

Southeast Polk High School

Southeast Polk Home School
Assistance Program

Swerve Outreach
(Altoona Kids Cafe)

facebook.com/AltoonaDataCenter



3/10 - 4/30

Come Enjoy

10% OFF
YOUR ENTIRE PURCHASE
with promo code*:
IOWAMAR10

Bring this ad to our Ankeny
location to redeem.

*Exclusions apply, not combinable.



Delaware Center 1
1802 SE Delaware Ave. #109
Ankeny, IA 50021
515-400-0063

Shop anytime at www.christopherandbanks.com



Dan Ryan and his wife, Jane, along with other family members, visited Vietnam. Dan had served in the military there, and the return trip was an emotional one.

Trips OF A *lifetime*

Residents share stories of their dreams-come-true vacations

By Chantel Boyd

For some people, vacationing is a part of their routine. They plan, take and enjoy numerous trips to see the sights and “get away” from the usual hustle and bustle of life. They enjoy good times and make fond memories. They share photos and stories, but it isn’t long before they are looking forward to their next excursion. For some others, a vacation turns out to be much more than that — it is a dream come true, and, no matter how many vacations may follow, none will ever compare. It is a trip of a lifetime.



Carla Davis and her husband, Arnold Lewis, traveled to a remote area of Canada to see polar bears in their natural habitat.

In their natural habitat

Carla Davis and her husband, Arnold Lewis, of Altoona, went on a trip of a lifetime to Churchill, Manitoba, Canada, to see polar bears in 2016, and Carla says they will never forget it. The couple wanted to see polar bears outside a zoo.

"We wanted to go to an area to see polar bears in their natural habitat," Carla says.

That required going to the remote location in Canada, which was surrounded by rough terrain.

"You can only reach this area by plane, train or ship," Carla says. "There are a few vehicles in Churchill, but they have to be brought in by other means of transportation."

The trip became a reality after a lifetime of Arnold admiring polar bears. The animals first caught his attention as a young boy.

"Arnold's dad carved a polar bear from a piece of wood when he was 4. Ever since then, he has loved polar bears and wanted to see them in the wild," shares Carla.

Carla had heard on local WHO radio that Bonnie Lucas would lead a tour to Churchill. Immediately, Carla knew they would need to go on this trip.

"It was hosted by Holiday Travels, and they took care of everything," she says.

The highlight for Carla was seeing Arnold react to finally seeing polar bears in the wild.

"My favorite exciting thing was taking the tundra buggy with Arnold to the tundra to see the polar bears," she says.



Arnold Lewis' father carved this polar bear when Arnold was 4. It sparked a life-long interest in the animal.

Carla and Arnold were in awe.

"I was quite intrigued to see how they dealt with polar bears to keep the town safe," Carla says. "There is a constant polar bear patrol with guns that shoot blanks to warn the bears if they get too close to town."

If the bear gets too close, it will be tranquilized and relocated, she adds.

"The helicopter is dispatched, and the bear is loaded into a sling. The bear is then flown to the polar bear 'jail,' where it will be for 30 days or longer if it is a repeat offender."

Although the couple enjoyed their trip, Arnold admits he would have liked to have spent more time in town with the locals. Carla adds that she would have liked to have stayed longer and spent a couple of nights at the Tundra Lodge.

"There, you can see the stars and the aurora borealis (northern lights) without the ambient light," she says.

Arnold advises other would-be travelers to study the area and polar bear behaviors. Carla simply urges people to make the trip.

"You can see the polar bears, beluga whales in the summer, and the aurora borealis," she says.

A return to Vietnam

Dan Ryan and his wife, Jane, of Altoona, went on the trip of a lifetime to Vietnam last year for three weeks. This was Jane's first time in Vietnam and Dan's return trip — he was last there in 1968 and 1969 serving in the military.



Dan Ryan's only photo of himself in uniform in Vietnam is this one of his receiving the Army Commendation Medal.

The Ryans traveled with an entourage of others, including their son, Scott, and his wife, Erin, and three nieces, Laura, Mary Beth and Melissa, and Melissa's husband, Jeetu.

It was a memorable return trip for Mary Beth and Melissa, who had been there with their dad (Dan's brother), Pat Ryan, before he died in 2020.

In 1969, after spending a year in Vietnam, Dan remembers looking out the window of the Freedom Bird, thinking, "Goodbye, Vietnam. I'll never see you again!"

Over the years, many things stirred Dan's

FEATURE

emotions and made him want to return, yet it took a lot of factors to align before that could happen.

First, Dan had a coworker who grew up in South Vietnam and reassured him, “Dan, you really must go back... it’s very different.”

Second, Dan’s older brother, Pat, traveled to Vietnam with his family twice, and, both times, Dan declined to go with them because of financial reasons and his aversion to flying.

Third, Jane and Dan watched a TV show about the culture.

“It touched a lot of emotions,” he says.

While going back was cathartic, emotional healing wasn’t his mission.

Dan was stationed 20 miles northeast of Saigon at Long Binh and spent time immersed in the culture and helping the residents.

“I drove to Saigon often and went on MEDCAP (Medical Civic Action Program) missions and sponsored an orphanage in the area,” he says.

Over the intervening decades, Dan spent many nights on Google Earth “going back to Vietnam.”

“I knew I would like to be there and see it



Dan and Jane Ryan traveled to Vietnam with their three nieces and nephew-in-law.

again,” he says.

After his brother Pat’s death, Dan became acquainted with his niece’s new partner, Jeetu, who is from India.

“We found out that we had a love of motorcycles in common,” Dan says, and they soon began planning to ride motorcycles in Vietnam. Dan’s friend, Luu from Nha Trang, wanted to show Dan his hometown but eventually couldn’t come on the trip. However, he helped them choose the time of year to go — February.

The group of travelers spent days in Saigon

and the surrounding areas exploring green spaces, waterfalls and mountains.

“Jeetu and I rode motorcycles through the mountains to Nha Trang, mostly in the rain. It was absolutely heavenly,” says Dan.

The group stayed at Amiana, one of the most “stunningly beautiful resorts in the world,” he says.

From there, the crew visited landmarks related to TV and cinema, the ancient capital, and the site of a significant battle in the Vietnam War. On the way home, Dan went through the same airport (Tan Son Nhut) that



Scan to get a quote now!
or go to qrco.de/aplusquote

CALL NOW!

515-482-0153



“Our Organic Program!”

FREE 1st LAWN APPLICATION

Call for details!
New Customers Only. With full season program. Up to 20,000 sq ft. Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24.



We come to YOU!

\$7 OFF

mobile mower service

SHARP-N-LUBE

We Go Where You Mow

Push Mower - Regular Price \$99.95
Tune Up • Oil Change • Blades Sharpened • All brands • No trip charges.
Must present coupon at time of payment. Not valid with any other offer. Expires 5/31/24

he used to drive officers to and from many times when he was there serving.

"It was a kick for me to fly in and out of there for the first time," he says.

Dan's favorite memories include his motorcycle ride in the mountains, staying at the 5-star resort with its own private beach, and staying in two hotels that war correspondents stayed in during the war (The Continental for the first two nights and the Caravelle for the second two nights), but the pièce de résistance was visiting the place where he worked and lived.

"Seeing how they have changed was cathartic," he says. "I'm so proud of them and what they have accomplished with their country."

Dan admits a return trip is challenging for some who served during the Vietnam war, but he does recommend it.

"For those who can afford it and think they might want to, go for it," he urges.

With only a little Kodak Instamatic camera with him in 1968, Dan doesn't have many photos to share of his first time in Vietnam.

"The only photo I have of me in uniform

is of me receiving the Army Commendation Medal," he says.

Dan realizes many Vietnamese are too young to remember the war, but he is happy to see them doing well.

"They are just trying to make a living and care for their families," he reflects. "We thought we were doing a good thing helping the south Vietnamese at the time."

Preplanned tour has benefits, drawbacks

Logan Hudson, who has lived in Altoona for a few years, went on a trip of a lifetime to Israel in November of 2022.

"I was gone for 10 days. I flew out of Chicago and went to Istanbul, Turkey, and from there flew into Tel Aviv," he says.

Logan got the idea to make the pilgrimage when he heard about his friend going on a tour of Israel with a group from Pella.

"The group was going to see ancient and holy sites throughout most of the country," he says.

For Logan and his group, the trip was preplanned.



During his trip to Israel, Logan Hudson saw many historic and religious sites.

"There was an itinerary, and all the planning was done for us already; all we had to do was pay and show up," he says.

Logan's favorite part of the trip was being



broadlawns
MEDICAL CENTER

Now accepting new patients

Dr. Geetanjali Sahu, MD
Child & Adolescent Psychiatrist

Clinical interests include:
Childhood trauma, bipolar disorders, developmental disorders, school-based mental health, and family ecosystems.



Scan the QR code to learn more or schedule your appointment today!

“ I chose to work at Broadlawns because it values diversity and collaboration, and is committed to making a positive impact in its community's mental health and well-being.”
-Dr. Sahu

immersed in a slower, more grounded way of life. He notes it was almost like going back in time.

"I visited Tel Aviv, Jerusalem, Nazareth, Jericho and Bethlehem," he says, adding that amenities were more modest there. "The buildings were usually more compact, and so were the cars they drove. Occasionally, I would see a big pickup truck, but it was rare, and I didn't see any big SUVs or vans."

The same was true of the residences.

"Most of the homes people lived in were smaller, and many didn't have a backyard," he says. "The food in Israel was much different, too; I couldn't recognize most of what I ate. But boy, oh boy, was a lot of it good."

The communities they visited, too, seemed more approachable, Logan says.

"The towns and cities in Israel were much more walkable and pedestrian-friendly than the ones in America," he says. "There were sidewalks almost everywhere."

Logan enjoyed seeing where ordinary people lived and worked.

"While the ancient ruins were quite fascinating, they became old quickly," Logan

says. "After the first couple of days, I had seen enough."

Logan traveled to most of Israel on the tour.

"I visited the northern border with Lebanon and Syria," he says, adding he also visited the Jordan River, where Israel and Jordan share a border. "I came within about a foot of Jordanian territory. I spent a lot of time in the West Bank, which is part of Palestine. I did not visit Gaza or southern Israel."

Although he enjoyed the trip, Logan admits that following a pre-set itinerary had its drawbacks.

"I was on a schedule, and the only time I had to 'relax' was after a long day of scheduled sightseeing," he says, adding he didn't like that he could not choose the restaurants, shops, or hotels he wanted to explore. "I still had an excellent time but was a bit disappointed that I couldn't talk directly with many locals."

Logan advises travelers to Israel to go, but only when it's safe to do so.

"I went with a touring company called Tours of Hope and flew on Turkish Airlines, both of which I highly recommend to any future travelers," he says. "I had a great time



Logan Hudson traveled to several parts of Israel.

and would recommend others go, but maybe see if you could go before the tour officially starts so you can do a few things before the itinerary must be followed." ■

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



ALTOONA

MARCH 2024

City of Altoona • 900 Venbury Drive • Altoona, IA 50009 • 515-967-5136

CITY HALL

900 Venbury Drive

Altoona, IA 50009

Phone: 515-967-5136

FAX: 515-967-0842

Open 8 a.m. – 4:30 p.m.

Monday – Friday

Mayor Dean O'Connor

515-967-5136

City Council Members

Jeremy Boka 515-965-0951

Scott Duer 515-418-2227

Josh Dunwoody 515-720-8891

Jerry Evans 515-967-5136

Julie Stewart 515-967-5136

City Administrator

515-967-5136

City Clerk

515-967-5136

Police Chief

515-967-5132

Fire Chief

515-967-2216

Library Director

515-967-3881

Fax: 515-967-6934

Water Billing

515-967-5136

**Building Department/
Code Enforcement**

515-967-5138

Building Official

515-967-5138

**Planning & Zoning
Department**

515-967-5136

Public Works Director

515-967-5136

ALTOONA'S RESIDENTIAL TREE PRE-SALE UNDERWAY

In recognition of Arbor Day, the City of Altoona is selling a limited supply of trees to residents who live within Altoona City limits, with a limit of 2 trees per household.

The trees being offered include Serviceberry, Bald Cypress and Serbian Spruce. The trees will be 3/4" to 1" caliper in a 7 & 10-gallon pot. The cost is \$30 per tree. (NO GUARANTEE)

Pre-sale of the trees began on March 4 at Altoona City Hall, 900 Venbury Dr. SW Suite A. Sales continue until they are fully reserved, or until the pick-up event occurs.

Trees will be available for pick up at the Altoona Aquatic Center parking lot at 1200 Venbury Dr. on Saturday, April 27, from 9. - 11 a.m.

This program is sponsored by the City of Altoona and Iowa Native Trees and Shrubs and Gerdes Nursery INC.



CITY BRUSH PILE CHANGES

The first resident brush drop-off event will be held on Saturday, April 6 from 8 a.m. – Noon. As a reminder, the city holds two brush drop-off events in the spring, on the first Saturdays of April and May, and an additional two drop-off events in the fall on the first Saturdays in September and October.

As always, the brush drop site is for Altoona residents only, absolutely no contractors are allowed, and we only accept branches, limbs and trunks smaller than 12" in diameter. No leaves or bushes are allowed.

To locate the brush drop-off, enter the Utilities Department service road from 8th Street SW. Continue south on the road, past the Utilities Department buildings, and continue up the hill. The brush drop-off will be on your left.

SPRING INTO CLEANING MODE - CITY WIDE CLEAN-UP

Mark your calendar! Metro Waste Authority has set April 8 & 9 as Altoona's Spring Clean-Up Dates!

Spring Clean-up is an opportunity to get rid of unwanted trash that won't fit in your garbage cart or may require a large item sticker. Examples include a couch, desk, lamp or chair.

When you're considering setting an item out for Spring Cleanup, ask yourself:

- Can two people lift it?
- Is my pile smaller than the bed of a pick-up truck?

If the answers to these two questions are yes, then place your items at the curb by 6 a.m. on Monday, April 8 and please leave them out until they are picked up. Following the guidelines will help maintain consistent garbage rates, keep everyone safe, and get your items removed timely.

To learn more about what is, and isn't accepted as part of this event, visit the city's website at www.altoona-iowa.com.



TIRE DROP OFF EVENT

Residents have a safe, smart and FREE option for disposing of unwanted tires through the Tire Drop-Off Event. Tires can be dropped off April 8 & 9 between the hours of 8 a.m. and 4 p.m. at 406 5th Avenue SW, Altoona.



MOORE is a longtime Altoona resident

Finds much to appreciate about the growing community

Janee Moore knows Altoona inside and out.

That's in part because she's lived in town for nearly three decades. It's also due to the fact she's worked as a Realtor in the area for the past couple years.

Moore decided to move to Altoona because she wanted to be in the metro area, close to family.

"I liked Altoona for its smaller-town feel, as I was raised in small town Knoxville," Moore says.

Even though the town has grown exponentially since she arrived in 1997, Moore feels it has held on to its charm.

Through her job, Moore has seen all kinds of houses and layouts. But, of course, she's most fond of her own.

"I love the ranch style home with a covered deck," Moore says.

She also appreciates the subdivision in which she lives.

"My neighbors are social, and we all help each other out and watch out for each other and the kids in the neighborhood," Moore says. "There's also a neighborhood Facebook group for any notices or updates."

One of Moore's favorite involvements in town was being part of her kids' school PTA when they were younger.

"It was very easy to meet people in the community when the kids were in school," she says.

Today, Moore enjoys easy access to the interstate, shopping and fun community events like Altoona Palooza, as well as activities through the Altoona Campus.

Simply put, there's no place like home for Moore. ■



Janee Moore is fond of Altoona's charm and amenities.

Start your morning off right with an update from

the daily umbrella

Brief updates on local news, weather, events, career opportunities and the morning chuckle.



Delivered Mondays through Fridays to your inbox.

SCAN HERE

or subscribe at dmcityview.com

Brought to you by the publisher of CITYVIEW and the Iowa Living magazines.



TEACHERS' SUBTITLES. Another Frankenstein. More Spider-Verse. And laugh-out-loud moments.

If you have not been to the movies lately, you've missed some good films. Some of these will still be in theaters, but others might be close to streaming. Keep this article handy to remind you to look for them.



"The Teachers' Lounge"

I knew nothing about this movie going in and have praised it ever since that day. It is nominated for Best International Film (formerly known as Best Foreign Film). It is in German with subtitles. By the way, contrary to public opinion, no one has ever been injured by a subtitle. The movie is about a teacher in a German school who discovers a co-worker is responsible for thefts in the teachers' lounge. When she confronts her, you know what hits the fan. And, of course, the person denies the accusation, and it becomes a "she said/she said" battle with the accuser being the one who is persecuted. It is a powerful film and a powerful statement on the world we live in. One of the best films I saw last year. **Grade: A**



"Lisa Frankenstein"

I drove across Des Moines from the south-side Fleur Cinema to Waukee and The Palms Theatres to see the second movie of the day, a modern twist on the Frankenstein story. My expectations were low, but the film managed to surprise me. It was entertaining and, at times, charming. A high school girl hanging out with a guy who literally pulled himself from his grave during a lightning storm is a unique story, but Diablo Cody, who wrote the great movie "Juno" back in 2007, shows that she still has the chops to write a funny and clever film. **Grade: C+**



"The Zone of Interest"

"The Teachers' Lounge" was intense and powerful, but this look at the people living in an opulent home next to the notorious Auschwitz prison camp ranks close. It's an oddly made film, giving us scene after scene of their everyday life with little formal storytelling. It is a story that is difficult to believe. The screams and gunshots were completely ignored as if they didn't happen. Tough to sit through, but a fascinating tale. **Grade: A-**



"Madame Web"

Dakota Johnson from the "Shades of Grey" films joins the Marvel Universe as a fringe character in the Spider-Verse in an effort from the Sony company to continue to milk the Spider-Man deal they signed years ago with Marvel Comics. The film has been universally trashed, and Johnson has been excoriated. My grown son and I went to this with low expectations, and we both enjoyed it. Not sure what people were expecting. **Grade: C+**



"Bob Marley: One Love"

My knowledge of Bob Marley is limited. I know a couple of his songs, but the depth of

his political activism and his dogged artistic drive were surprising to me. The movie is well made, but I really could have used subtitles as the accents, though accurate, were difficult to understand. It is a good movie that I will rewatch at home with subtitles and will probably appreciate it even more. **Grade: B+**



"Drive-Away Dolls"

Director/writer Joel Coen (of the Coen brothers) gives us a raunchy and profane story of two women on a road-trip in a car with a unique present in the trunk. The movie and the language never hold back, which produces a mixture of shock and "laugh-out-loud" moments. One of the craziest movies I've seen in a while, and it is sure to offend many. **Grade: C**



"Dune: Part 2"

One of the movies I was most looking forward to this year. Director Denis Villeneuve and a tremendous returning cast deliver a super-long (2:45) sequel that, in my opinion, brings up more questions than answers. I loved the first film, but this sequel was long and confusing. Word to the wise — if you are going to see this film, do yourself a favor and drive to Waukee and see it in the IMAX theatre. Visually stunning! **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.

LIBRARY plans temporary move during upgrades

Upgrades are on the way! New carpet, paint and children's room furniture are scheduled for installation in April and May. To make that possible, the library will be closed starting April 15 for four to six weeks. Thanks to Legacy Commercial Property, we'll have a temporary home at 501 Eighth St. S.W., with a limited selection of items and the ability to pick up holds. We'll also offer curbside service.

Adult programming – ages 18 and older

• **Estate Planning Workshop with Smith Law, Thursday, April 11 at 6 p.m.** Learn how to protect your estate in three easy steps with Tyler Smith from Smith Law Firm. Registration required.

• **Book Clubs at Best Day Coffee.** Read the book, Patti Callahan Henry's "The Secret Book of Flora Lea," and attend one of our sessions to discuss. This month we'll be meeting at Best Day Coffee (404 Eighth St. S.W., Suite C). Who Picked this book? Club, Thursday, April 18 at 7 p.m.; Booked for Lunch, Monday, April 22 at noon.

• **Adult Coloring at Brightside Aleworks.** Thursdays, April 25 and May 30, from 6:30-8:30 p.m. No registration required.

Children's programming

• **Fun Size Kitchen.** Monday, April 1, noon. It's lunch time, so let's measure, mix and make something amazing together while learning important kitchen skills. Ages 2-6. Registration required.

• **LEGO Club.** Tuesday, April 9, 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, April 10, from 3:30-4:30 p.m. Play BINGO to win books and other cool prizes. Grades K-6. No registration required.

Teen Programming

• **Cupcakes in Disguise.** Monday, April 1, from 6-7 p.m. April Fool your friends and family with cupcakes that look like other foods. We'll decorate cupcakes to look like ramen, pie, nachos and spaghetti that you can take with you. Grades 6-12. Registration required.

• **Swift-Tea Party.** Monday, April 8, from 6-7 p.m. Celebrate Taylor Swift's upcoming new album with us. We'll have trivia, bingo, friendship bracelets, and tea to enjoy with fellow Swifties. Grades 6-12. Registration required.

To find a complete list of events, to register, or to see upgrade updates, visit altoonalibrary.com. ■

BOOK REVIEWS

Courtesy of Beaverdale Books

'An Education in Malice'

Is it weird that I wish I had been sent away to boarding school? I've read so many books about people having strange and fantastic adventures when sent to some gothic revival mansion in the deep woods, I feel like I missed something important at my run-of-the-mill school. At least I have the wildly popular dark academia genre to help me cope with my dull youth.

Laura Sheridan leaves her stifling childhood behind to attend a prestigious and secretive writing program at a mysterious east coast college. The normally introverted and awkward Laura soon finds herself drawn to Carmilla, a darkly beautiful and brilliant classmate she despises, at first. Both young women are soon caught under the spell of an enigmatic poetry professor who revels in their rivalry and encourages their adoration. The enemies quickly become something more intense as political and supernatural mysteries twist and turn their youthful naivete into something darker.

Lush, haunting and perfectly paced, this is a beautiful and unsettling story that wasn't nearly long enough. I recommend this to anyone who needs a little passion and intrigue in their life, or if your memories of school are as boring as mine. ■ — *Review by Julie Goodrich*



By S.T. Gibson
2/13/24
352 pages
\$18.99
Orbit

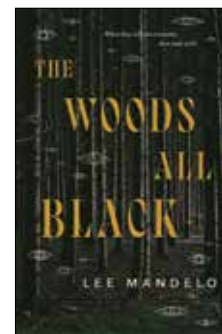
'The Woods All Black'

Appalachian horror is having a moment, and I am loving every second. There are threads of Shirley Jackson, William Faulkner and even Stephen King woven into this tale of a community gone bad. This twisted, dark novella is full of monsters — most, but not all, of them human.

It's the 1920s, and the frontier nursing service sends Leslie, a war-weary nurse, to Spar Creek to provide the backwater with the standard medical care they desperately need. Upon arrival, he finds a town on the verge of horrific violence in the name of religion. Acting quickly and with no regard for the horrors that await him, he tries to save a child with the unfortunate affliction of being different.

This is an unrelenting, high-speed thriller with a cast of complex characters who are still living in my brain. For a story set more than 100 years ago, it feels startlingly modern and serves not just as a cautionary tale but a grisly reminder of both the cost and value of being yourself, social pressure be damned. ■

— *Review by Julie Goodrich*



By Lee Mandelo
3/19/24
180 pages
\$19.99
Tordotcom

GOOD news

Every day, we receive and share news. Some of it is happy (you are going to be a grandparent), some of it is exciting (Caitlin Clark breaks the all-time scoring record), and some of it breaks your heart (a shooting, a war, a broken relationship).

There is certainly a lot of bad news out there. We watch it on cable news and click on it in our newsfeeds. There can also be bad news much closer to home, leaving us discouraged or numb.

When Jesus came to earth, he announced a “Good News” that transforms the news of this world. If you are tired of bad news and burned out by the constant flow of negativity, I want you to know there is Good News. It doesn’t make the headlines, but it is always there bringing hope to those who will embrace it. This good news shifts our focus and gives a perspective to deal with all the other news.

Shortly after Jesus returned to heaven after rising from the dead, Jesus’ first followers had a bad news day. They were arrested, flogged and ordered not to speak any more about Jesus. That is enough to discourage anyone and leave them wondering if they should give up on the Good News. But these early followers were so captivated by how good the Good News was that they rejoiced in their suffering, and they continued to live it and share it.

I wonder if we realize how good the Good News of Jesus is. This Good News has power to overcome the discouragement of this world. It creates hope for a better tomorrow. It forms resilience in us as we focus on the unwavering goodness of the Good News.

As the volume of bad news turns up, we need to turn up the volume of the Good News. This doesn’t mean we simply look for the silver lining in everything or bury our head in the sand and ignore reality. Rather, it means we give more of our attention to the Good News than to bad news. Practically, this looks like being around other “Good News” people, so you can explore, discover, and grow in the Good News. We need space to hear and reflect on God’s love for us, His forgiveness, His provision and His plans to make everything right and everything new. This process reshapes our minds and builds resilience.

Join the Good News movement. Church is not meant to only be a pew-sitting activity, but rather a lifestyle of receiving and sharing this Good News. Get caught up in the wonder. Share it with passion. Like a mighty river, may this Good News flow into you and then through you into every place you go. ■



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

YES!

We install and repair water heaters.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

**SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES**



OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

Celebrate EASTER with



**LUTHERAN
CHURCH OF THE CROSS**
PRACTICAL. FAITH.

SAT, MAR 30 AT 5:30 PM
SUN, MAR 31 AT 8:30 AND 11 AM

WWW.LCCALTOONA.ORG/EASTER

1701 8th St SW, Altoona
515-967-4818

EASY Easter eats

(Family Features) Even if Easter hosting duties fell on your plate this year and added one more thing to your holiday to-do list, that doesn't mean it has to be difficult. After all, Easter is a time meant for fun and fellowship with the food just one part of the celebration.

Building the menu around simple, one-pan dishes can keep the focus where it needs to be: spending time and creating memories with family and friends. These dishes call for short lists of ingredients, many of which you may already have in your pantry, and simple preparation to create a full spread perfect for sharing with loved ones. Plus, using only one pan makes cleanup a breeze, so you can get back to the festivities quickly.

A dish like this Easter roast lets you check both the main course and side dishes off your list, relying on the oven to do most of the work for you after some quick prep work.

For more Easter recipe inspiration, visit Culinary.net. ■

Easter roast

Yield: 1 roast

- Salt
- pepper
- garlic powder
- 1 roast (3 pounds)
- 1 bag (1 pound) baby carrots
- 1 bag (1 1/2 pounds) trio potatoes or potato of choice
- 3 cups beef broth
- 1 can (10 ounces) cream of mushroom soup
- 1 tablespoon garlic pepper
- 3 tablespoons brown sugar
- 1 onion, roughly chopped
- 1 bundle asparagus

Directions

- Preheat oven to 350 F.
- Sprinkle salt, pepper and garlic powder over roast and rub into front, back and sides. Place seasoned roast in middle of large roasting pan.



- Place carrots on one side of roasting pan and potatoes on other side.
- In large bowl, mix beef broth and cream of mushroom soup with garlic pepper. Pour mixture over roast, potatoes and carrots. Sprinkle brown sugar over carrots and add chopped onion. Cover and cook 2 1/2 hours then remove from oven, add asparagus and cook uncovered 30 minutes.
- Serve from pan or place on platter for more formal presentation.

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

PAWS

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

GET ZAPPAR
ZAP THE CODE TO DONATE

App Store | Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan

WE SPECIALIZE IN:

- Installation and service of lawn irrigation
- Landscape lighting
- Drainage
- Free estimates

T&S

SPRINKLER SERVICE INC. 1821 SE Miehle Dr., Ste. A, Grimes

View projects on our website
WWW.TANDTSPRINKLER.COM **515-986-1172**

**At your side.
On your side.**

- Rewarding career ► Inclusive team
- Competitive pay ► No nights/weekends

We're hiring nurses & HHAs!

optimaeliveservices.com/join-OHH

515-277-0134

Optimae Home Health Services Central Iowa

Optimae
HOME HEALTH SERVICES

BEWARE of phone call scams

Have you received a phone call urging you to act immediately because you owe money to the IRS, something is wrong with your bank account or debit/credit card, or there's a warrant out for your arrest? These are common messages scammers may use to scare you into providing your personal information or sending them money. These attempts have become more sophisticated with messaging and technology that makes their call appear to come from a known phone number.



account or computer, or there's a warrant out for your arrest.

Once the scammer gets you on the phone, they instill a sense of urgency, requesting you act quickly to either obtain your personal information, receive access to your personal computer, or complete a money transfer. If the fraudster gets ahold of the desired information, they go on to commit identity theft, steal additional funds and more. It's important to note that these attacks are random, and victims are not usually targeted.

How to protect yourself from phone call scams

If you answer a call and notice any of the red flags mentioned above, hang up immediately. Never give out your information to someone you don't know or for a request you didn't expect. Keep in mind, even when a phone number appears to be local and looks like the organization's legitimate number, it could be fake. Scammers have evolved over time and can now even "spoof" phone numbers.

What to do if you're a victim of a phone call scam

If you've received a phone call scam and have already given out your information or made a payment, or you believe your identity may be compromised, here are immediate steps to take:

1. Contact the Federal Trade Commission (FTC) to file a complaint online or by calling 877-FTC-HELP (877-382-4357).
2. File an identity theft claim at identitytheft.gov.
3. Notify the financial institution(s) you work with.
4. Notify the three major credit agencies, Equifax, Experian and TransUnion, to place a freeze on your credit.
5. File a police report with your local police department.
6. Change all your internet banking passwords. ■

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.



Your Mortgage Professional

For 105+ years, customers have counted on Bankers Trust to help meet their financial needs. The Bankers Trust mortgage team has a variety of loan products to meet your needs, including:

- Construction loans
- Fixed rate and ARM loans
- Purchase or refinance
- Rehab loans
- FHA, VA and USDA RD
- 100% financing available for qualified purchase transactions

Let Bankers Trust be your financing solution. Call me today!

Lori Slings

VP, Mortgage Loan Originator
NMLS ID#: 406021
3820 8th St. SW, Altoona
LSlings@BankersTrust.com

Office: (515) 245-5624
Cell: (515) 975-8240
Fax: (515) 645-9307

BankersTrust.com/LSlings

THE DIFFERENCE IS

SOLUTIONS.

BANKING | LENDING | WEALTH MANAGEMENT



Bankers Trust.
Member FDIC

NMLS ID: 440379



EQUAL HOUSING
LENDER

Be sure to check for cancelations.

Altoona Chamber Annual Dinner: Murder on the Green

April 5, 6-9 p.m.

Terrace Hills Events Center

More information was yet to be released. Visit www.altoonachamber.org for updates.



Brush Drop Off

April 6 and May 4, 8 a.m. to noon

To locate the brush drop-off site, enter the Utilities Department service road from Eighth Street S.W. Continue south on the road, past the Utilities Department buildings, and continue up the hill. The brush drop-off will be on your left. The brush drop-off is for Altoona residents only. Have information identifying you as a resident ready when you drop off brush. Only branches and small diameter (12 inches or less) trunks are allowed. No leaves or bushes allowed.



Zagazig Shrine Chocolate and Champagne Dinner

April 27, 5:30-11 p.m.

Holiday Inn Downtown - Top Floor, 1050 Sixth Ave., Des Moines

This black tie event will feature a menu of fire grilled 8-ounce filet mignon with steak butter or fire grilled fresh Atlantic salmon topped with lemon and chef's special sauce with a side of vegetables, side of potato, rolls with butter, and a salad. Enjoy a chocolate fountain with assorted dipping items, chocolates from Stam and various cupcakes. Champagne, water, lemonade and iced tea and a full cash bar will be available. Cocktail hour starts at 5:30 p.m. with dinner at 6:30 p.m. A silent auction will be held from 5:30 to 8:30 p.m., followed by a live auction and dance until 11 p.m. Tickets are \$75 per person and \$500 for table of eight. For information and tickets, visit www.simplerix.com/e/chocolate-and-champagne-gala-tickets-157130.

Alzheimer's Association programs

Monday, April 22, 7-8 p.m.

Monday, May 13, 7-8 p.m.

Lions' Park, 507 13th Ave. S.W., Altoona

The Alzheimer's Association of Iowa will be giving two programs at Altoona Lions Club meetings. The topic April 22 is an Introduction to Alzheimer's. The May 13 topic is 10 Healthy Habits for Your Brain.



Live music events in Altoona

- **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.
- **Hold On**, March 30, 8 p.m. Hold On covers the last 40 years of rock. Must be 21 or older to attend this free show. Prairie Meadows
- **Dale Menning & The Stardusters**, April 2, 11 a.m. Must be 21 or older to attend this free show. Prairie Meadows
- **Taylor King**, April 5, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **The Unfortunate Sons**, April 5, 8 p.m. Must be 21 or older to attend this free show. Prairie Meadows
- **Grind 80s Rock Show**, April 6, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Drive Thirty5**, April 12, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **Touch of Grey**, April 20, 7-10 p.m., Brightside Aleworks, 480 Center Place
- **Recoil**, April 20, 9-11:55 p.m., Hawk Heaven Tavern, 805 17th Ave. S.W.
- **ABBAmania -ABBA Tribute**, April 20, 7 p.m. Must be 21 or older. Tickets on sale in the Prairie Meadows Gift Shop. Prairie Meadows



Gary's Ride: Beat Brain Cancer

Saturday, May 18, 10 a.m.

Waukee Raccoon River Valley Trailhead, Hickman Road and N. 10th St., Waukee

Help support local brain cancer patients and their families by making a charitable contribution toward Gary's Ride's \$45,000 goal. Registration is now open for Gary's Ride. Adult riders registered by May 6 receive the 2024 T-shirt. Register at www.garysrideiowa.org.

53rd Annual Juried Student Exhibition

Through April 14

Anderson Gallery, 1310 25th St., Des Moines

andersongallery.wp.drake.edu

A showcase of the students of the Drake Art & Design program, this competitive juried exhibition highlights student work in a variety of media.

You Can Grow Orchids

Saturday, April 13, 10 a.m. to 3 p.m.

Canoyer Garden Center, 3355 S.E.

Gateway Drive, Grimes

The Central Iowa Orchid Society is hosting an orchid event, with an orchid display, culture information, orchid sale and orchid clinic in which experts will answer questions about your troubled orchid and even help to repot it. Follow them on: Central Iowa Orchid Society Facebook page.

EVENTS IN THE AREA

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

Be sure to check for cancelations.

Central Iowa Wind Ensemble presents 'Lollipops & Posies'

Sunday, May 5, 3 p.m.

Franklin Events Center, 4801 Franklin Ave., Des Moines

Step into a world of musical brilliance and artistic triumph with the Central Iowa Wind Ensemble's grand season finale concert, "Lollipops and Posies." Get ready to be mesmerized by an enchanting afternoon filled with captivating melodies, exhilarating performances, and a celebration of talent that will leave you in awe. The concert features the iconic band piece "Lincolnshire Posy" by Percy Grainger and a selection of familiar popular themes from movies and Broadway. Admission is free but tickets are required and are available at www.ciwe.org.



Elks Spring Style Show Fundraiser

Saturday, April 6 from 10 a.m. to 2:30 p.m.
West Des Moines Elks Lodge, 2060 N.W.
94th St., Clive

Go shopping and enjoy lunch at the Elks Spring Style Show Fundraiser. Many fabulous vendors and terrific door prizes are included. Cost is \$15 for admission, and funds benefit the Elks' veterans projects. Fashion show starts at 11 a.m. with shopping and lunch to follow. A 50/50 raffle will also be held. Must be present to win prizes.

Michael Jefry Stevens and Christian Howes

Sunday, May 5, 2 p.m. • Caspe Terrace, 33158 Ute Ave., Waukee

Over the past 40 years pianist/composer Michael Jefry Stevens has been associated with some of the most important figures in modern jazz. Ranked among the top violinists in jazz, Christian Howes has demonstrated his virtuosity and creativity on numerous recordings since the early 2000s. As evidenced by their 2023 release, "Precipice," when you combine these two improvisers, you end up with pure beauty and joy in every note. Tickets for Jazz at Caspe Terrace concerts are \$30 each and can be ordered by calling 515-279-6452 or emailing abegold1951@gmail.com. You can also purchase tickets at jazzatcaspe.weebly.com. Seating is limited to 130 so reservations are encouraged. Caspe Terrace is owned and operated by the Jewish Federation of Greater Des Moines.

Events at The Brenton Arboretum

25141 260th St., Dallas Center

For more information or to register, visit www.thebrentonarboretum.org.

- April 4 and April 18, Nature Club, varying times. Register by age group.
- April 21, Earth Day Celebrations; Exploratory Beekeeping.
- April 27, Birds & Bagels. ■

Part-time work. Consistent pay.

We are seeking delivery drivers!

*Want to get out of the house? Get some exercise?
Make some extra cash? If you like driving and
know your way around town, this may be the
perfect fit for you.*

- Compensated weekly on a per-stop basis
- Must provide proof of insurance, valid driver's license and a reliable vehicle
- Driver must be able to lift 20 pounds to waist height
- Must be able to communicate clearly, be honest and dependable.

Scan to learn more!



Contact Mike Chiston at mike@dmcityview.com or
515-953-4822 x304 for more information.



IT TRULY starts with a simple conversation

Addressing one's own final arrangements can seem like an overwhelming task. There are many important decisions that need to be considered. It sometimes just seems to be easier to think about it another day. However, by doing this, it remains on your "to-do" list.

What people do not always realize is that the advanced planning process starts with a simple conversation.

An advanced planning counselor will guide you through all of the options available and help you with planning the final arrangements that are right for you.

We find that most of the people we meet with find the process to be surprisingly pleasant and are relieved to have it done.

As one client wrote after meeting with one of our staff members, "It was a joyful experience. I can honestly say that it was fun to think about how I would like to be remembered. I want my loved ones to have a chance to say good-bye and then live on with happy memories of our times together."

It doesn't cost anything to start the conversation, and you may find yourself happy that you did. ■

Information provided by Kathy Dunbar, Advanced Planning Counselor, Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3681



MEET Brooke Ault

The lessons of cooking pancakes

Brooke Ault began her teaching career as a third-grade educator for the Johnston Community School District, but, as a Southeast Polk alumni, she wanted to return to the district where she grew up. She joined the Southeast Polk Community School District this school year, her fourth year teaching overall. She is a second-grade teacher at Mitchellville Elementary School.

"I feel like I can be successful here because I am

supported and encouraged to try new things and step out of my comfort zone. I love being in the same district that I grew up in. I love working alongside teachers that I grew up knowing and admiring. I also love being a support system for students and families in the community that I love," Ault says.

She likes working with second graders because her students are excited about school and their learning as well as curious and kindhearted.

This school year, Ault's students have learned about solids, liquids and gasses in science class with some fun experiments to go along with their lessons. For example, Ault's students made, and taste tested, pancakes. They talked about the process of solids becoming liquids and what was happening to the pancake batter when put on the griddle. They also talked about how some materials can be mixed.

Ault's students also finished a book study on "Charlie and the Chocolate Factory." After reading the book, the students worked in small groups to create a diorama of a scene from the book or their own unique candy to tell the class about. Ault says it was a fun activity for the students in the small group and the whole class, who learned as the students shared their projects.

"As an educator, I feel like anything that has been a challenge to me can also be turned into a success or reward. I try to focus on the positive as much as I can," Ault says. "I would say the biggest reward for me so far is the connections I am able to make with students and their families. I love that each year is a chance for me to impact more students and help them along their learning journey."

When not teaching, Ault likes to read. She also enjoys spending time with her family and friends and has a niece she enjoys watching. She also travels and bakes when she gets the chance. ■



Brooke Ault says she is glad to be back in the community where she grew up.

Plan Ahead for PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

**Contact Hamilton's to start
your plan.**



HAMILTON'S
FUNERAL & AFTER LIFE SERVICES

Funerals
Cremation
Advanced Planning
Academy of Grief & Loss
Pet Services
Memorial Gift Shop



515-243-5221
6 Area Locations

HamiltonsFuneralHome.com

POLK COUNTY Conservation events

Visit www.polkcountyiowa.gov/conservation/events/ for information about upcoming programs offered by Polk County Conservation and for registration links.

Homeschool Program, Friday, April 12, 10 a.m. and 1 p.m. (The Desert, 1.5 hours), at Jester Park Nature Center

This program series will be delivered in a flexible format that is specially designed for homeschool students. These programs will immerse children and parents in the natural world and drive us to learn, discover and appreciate our environment. Registration is due two days before the event. The program is free and recommended for grades K-5.



Women in the Woods with Wine - Light the Night: Tuesday, April 16, 7 p.m., Jester Park Nature Center

Enjoy the sights and sounds of nature with a glass of wine before we light up the night — with fire. Learn tips and tricks so that you can easily master or improve fire building. Show off your new skill as a pro fire starter at your next camp, cookout or bonfire. Dress for the weather as the program will take place outdoors. This program is for women, female-identifying, or non-binary adults ages 21 and older who are interested in getting outside. Become more comfortable and knowledgeable about the natural world as you unwind and have fun. Registration required.

Older, Wiser, Livelier, Seniors - African Wildlife Adventures, Tuesday, April 2, 11 a.m., Jester Park Nature Center

Jim and Cindy Pease have been on and led several trips to Kenya, Tanzania and South Africa. This presentation will share photos and stories of the incredible wildlife and natural history of the grasslands and savannas of eastern Africa. This program is for ages 12 and older, free, and does not require registration.



Mindfulness and Movement, at 6:30 p.m. on Tuesday, April 9, Jester Park Nature Center

Sometimes we forget we are part of nature, sharing water and air with all other beings on the planet. Controlling our breath and moving our bodies in focused ways can bring back a connection with the natural world. This class will offer ways to connect with breath, body and the earth, regardless of experience with yoga. Instructors will vary each month. Bring a yoga mat and wear comfortable clothes. This Rooted in Nature program is in sponsorship with UnityPoint. Registration is due the day before. Cost is \$15 and the program is for ages 12 and older.

Nature Center After Dark: Hawaiian Luau, Friday, April 12, 6 p.m., Jester Park Nature Center

Here's your chance to visit the Jester Park Nature Center after dark. The hour will include storytelling, crafts, open Nature Center exhibits, and a short program on the theme of the night. Feel free to wear your grass skirts and Hawaiian leis. No registration required for this free event for all ages.

Pony Tales, Monday, April 15, 1 p.m., Jester Park Equestrian Center

Enjoy listening to a pony-themed story while the ponies of the Equestrian Center are listening nearby. A pony meet and greet will follow. We will meet at the outdoor picnic shelter or the arena concourse depending on the weather. Bring a blanket or camp chair to spread out on the lawn. This event is free. Registration is not required but is encouraged.

Story Tellebration, Wednesday, April 17 (April Showers), 10 a.m., Jester Park Nature Center

Join volunteer storyteller Carmen Epstein for a fun, interactive tale tailored toward children ages 2 to 6 that explores the wonders of the outdoors. During each program, participants enjoy interactive stories and an activity. No registration required for this free event. ■



CBD^{THC} American Shaman
Let's Keep it **Sweet!**

Relief | Relaxation | Recreation

CBD American Shaman
VETERAN OWNED & OPERATED
www.cbdshamaniowa.com

800 S 50th St, #106, West Des Moines • 515-380-5251
3418 8th St SW, #3, Altoona • 515-967-4036
1709 N Jefferson Way #300, Indianola • 515-962-5099

VETERAN & MILITARY
DISCOUNT 15% OFF

HEALTH

By Ashley Powell

THERAPEUTIC synergy of CBD and THC

As March unfolds, explore the therapeutic synergy of CBD and THC from the hemp plant. CBD is renowned for anxiety relief, while THC offers unique benefits. Research suggests the entourage effect, enhancing outcomes when both compounds are used together. This synergy may provide a broader range of therapeutic benefits compared to isolating each cannabinoid. CBD, known for its non-psychoactive nature, is popular for managing anxiety, promoting relaxation, and supporting overall wellbeing. THC, with psychoactive properties, shows promise for addressing chronic pain, nausea and appetite loss. Balancing CBD and THC allows for tailored cannabinoid intake to meet specific needs. For those seeking pain or inflammation relief, a balanced CBD-THC product may be particularly beneficial. As spring brings renewal, now is an ideal time to delve into the harmonious relationship between CBD and THC. March offers an opportune moment to embrace the holistic potential of these plant compounds for a well-rounded approach to wellness. Visit a local CBD store and consult with a certified hemp consultant to gain insights into the dynamic benefits of CBD and THC tailored to your individual wellness needs. Whether you are a seasoned enthusiast or a newcomer to cannabinoids, this exploration can contribute to a more comprehensive understanding of their therapeutic potential. ■



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. Russo, E. B. (2011). Taming THC: Potential Cannabis Synergy and Phytocannabinoid-Terpenoid. Entourage Effects. British Journal of Pharmacology.



SS Therapy and Consulting

Adolescent STEPPS Starting April 2 3-5 pm

Taking on life's challenges one step at a time.

Free Therapy
Offered with Interns
Immediate Availability

Therapy for All Ages
Most Insurances Accepted

Neurofeedback
Brain Maps and Training Available

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

Contact admin@sstherapyandconsulting.com
(515) 528-8135 to schedule

TELEHEALTH APPOINTMENTS AVAILABLE

4725 Merle Hay Rd. Ste 205, Des Moines, IA
www.sstherapyandconsulting.com

HEALTH

By Elijah Evans

EMOTIONAL granularity

The way we describe our emotions has a strong influence on how much relief we get from talking about them. For instance, simply acknowledging "I was mad" isn't likely to change our feelings much, whereas something more specific has a much higher likelihood of creating insight and consolation, such as: "I felt disrespected because I had previously explained why I didn't want a surprise birthday party, so when my friends threw me one anyway, it seemed like they were disregarding my wishes, on my birthday of all days. It also made me worried I couldn't trust them to respect my feelings going forward." Lisa Feldman Barrett explains this phenomenon in her book "How Emotions Are Made," and she terms it emotional granularity. She also explains research she has carried out showing that, when people use more specificity (higher emotional granularity), this has the effect of heightening positive emotions and down-regulating the intensity of negative ones. Therefore, a simple (but not always easy) principle for enhancing our emotional wellness is pushing ourselves to be more detailed in how we label and explain our feelings. If this is something you are struggling to do on your own, a licensed mental health professional can help expand your emotional vocabulary and understand the source of troubling feelings. ■



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

HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

REST and restore state

In our daily lives, we continuously encounter stressors — physical, chemical, and emotional — in our environments. Our bodies were designed to interpret stress responses and use them to shift into a state of sympathetic dominance, also known as fight or flight mode, becoming more alert, energized, and able to withstand physical injury. This response was designed to protect during times of danger, but the body was not designed to sustain this state long-term. Clinically, we have seen a significant increase in sympathetic dominance in adults and children living in a prolonged and constant state of stress. When stuck in sympathetic dominance, the body's natural state of self-healing and self-regulation is inhibited.

Signs that you or your child's nervous system is in fight or flight include being overwhelmed, emotional outbursts, disruptions in sleep, fatigue, moodiness/irritability, anxiousness/hypervigilance, headaches, weight gain, reduced inhibition, high blood pressure, increased heart rate, frequent or prolonged illnesses, muscle aches/tension, and regulation issues with breathing, blood sugar handling, hormones and digestion.

By recognizing the signs your nervous system is giving you, you can choose responses that help your body downshift and return to a parasympathetic, rest and restore state, such as: **Pause and breathe.** Breathe in for four counts, hold for four counts, breathe out for four counts. **Sun exposure.** Get outside first thing in the morning and get sunlight. **Get moving.** Movement changes the feedback to the brain. **Chiropractic adjustments.** Chiropractic adjustments remove interference in the nervous system and enable the body to return to a parasympathetic, rest and restore state. A neurologically focused chiropractor will perform a thorough exam with nervous system scans to detect areas of stress followed by a care plan to address dysfunction and restore optimal health and function. ■

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

A Healthy Family is a Happy Family!

Families under chiropractic care report:

- ♥ Healthier Kids & Parents
- ♥ Less School and Work Absences
- ♥ Better Sleep Patterns
- ♥ Less Behavioral Issues
- ♥ Faster Healing & Increased Immunity



SWAIN
CHIROPRACTIC

Dr. Kari Swain & Dr. Elizabeth Ellrich

Family Wellness Chiropractors • Pediatric & Prenatal Certified

SwainChiropractic.com

515-967-9300 • 410 Center Pl SW, Altoona



HEALTH

By Nikki Morgan

VITAMIN C: a skin health powerhouse

April 4 is National Vitamin C Day, so let's recognize the benefits of topical vitamin C for skin health. Vitamin C (ascorbic acid) is a powerhouse skincare ingredient and a powerful antioxidant that fights against environmental aggressors like pollution and UV rays. When used together with SPF, vitamin C can decrease redness and protect the skin from long-term sun damage.

Vitamin C is essential in the production of collagen, which is one of the main building blocks of skin and what gives skin its plump, youthful look. As we age, collagen production stops, and we start losing around 1% of our skin's collagen annually. Skin begins to appear crepe-like, wrinkled and saggy. Topical vitamin C alone, or in combination with collagen-induction therapy (like microneedling), can boost levels of collagen within the skin and improve skin quality and texture.

Vitamin C is helpful in promoting a more even skin tone for those who experience discoloration from conditions like melasma, sun spots and post-acne marks. It works by both blocking the overproduction of pigment within the skin and by brightening the skin. You'll notice a beautiful glow within just a couple of weeks after starting a vitamin C serum.

Lastly, the anti-inflammatory benefits of topical vitamin C can also reduce acne by controlling sebum production, particularly when combined with other topical ingredients, such as silymarin.

Topical vitamin C is generally well-tolerated, but not all vitamin Cs are created equal. Talk to your skin health provider about which vitamin C is right for you. ■



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



MEDICAL AESTHETICS & IV LOUNGE
LOCATED AT 410 8TH STREET SW | ALTOONA, IA 50009



OUR PROVIDERS SPECIALIZE IN THE PREVENTION AND REJUVENATION OF AGING SKIN, ACNE, LASER HAIR REMOVAL, AND MORE THROUGH PERSONALIZED TREATMENT REGIMENS BUILT FOR YOUR UNIQUE CONCERNS AND BUDGET.

SKINFUSIONFX.COM | NIKKI@SKINFUSIONFX.COM | 515.499.4167



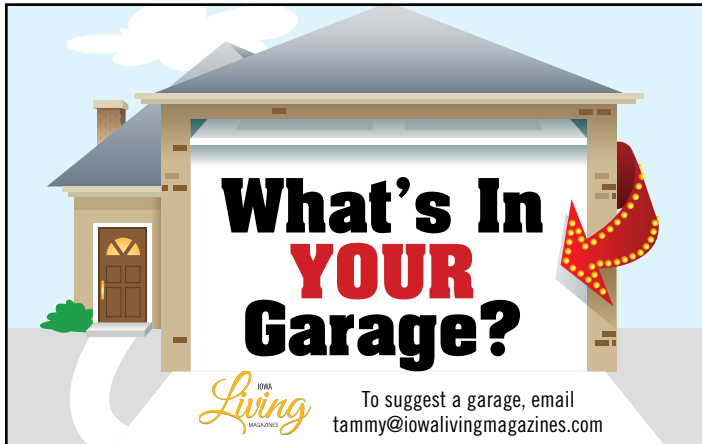
BANK IOWA names Allen branch manager

Bank Iowa has appointed Abby Allen as a retail branch manager for its Altoona location. Allen has been in the banking industry for more than 10 years, more than seven of which were spent serving in a management role.

"We are very pleased to welcome Abby to the Bank Iowa team," said John Rathjen, Bank Iowa regional president. "We are confident she will excel in serving team members and clients here."

In addition to her prior experience as a branch manager, Allen also has worked as a member service executive. Rathjen says her service experience is an optimal fit for Bank Iowa's people-centered values.

Allen grew up in Runnells and graduated from Southeast Polk High School. "My career is coming full circle," said Allen. "It feels great to be back home in Altoona with the support of the bank's positive and inclusive team." ■



NEW HOURS

AT CARING HANDS THRIFT STORE!

New extended store hours to serve you better.
Monday-Friday 10am-6pm & Saturdays 10am-3pm

602 3rd St SW, Altoona
 (515) 967-4533
caringhandsiowa.org
[@CaringHandsOutreachCenter](https://www.facebook.com/CaringHandsOutreachCenter)

THE DIFFERENT levels of senior living

Senior care lingo can be confusing. What does it all mean? What does each level of living offer, and what choice is best for your loved one? This month, let's focus on independent living and assisted living. Keep in mind, some communities may offer even more specialized programs than the options below. This is a good starting reference point for your search.



Independent living: Independent living is exactly how it sounds: You are independent. You will enjoy maintenance-free living with the freedom to stay active and do the things you want to do. Some communities may offer a social dining room experience, while others may have meals to go, or maybe not offer meal/dining choices at all. There are typically not many services available in a fully independent living community. Some enhanced independent communities may offer services such as weekly housekeeping and emergency response pendants. The benefits to this level of living are the friendships, the neighborly feel, and maintenance-free living. So put the lawnmower and shovels away and don't worry about calling a plumber. They will have you covered.

Assisted living: The goal of assisted living is to stay independent longer, through the benefit of a personalized service menu. These services address the specific needs of each person, whether that means assistance with medication, help with oxygen management, or just housekeeping and providing meals. A good way to think about assisted living is an "independent living apartment" with "built in" home-health services. Assisted living also offers a great deal of social opportunities and encouragement to stay active and independent. Emergency call pendants are provided, and staff members are available 24/7, which also brings a great sense of safety and security to tenants and their family members. Some programs are all inclusive while others have tailored packages with a broad range of pricing/service options.

If you are unsure what level of care your loved one needs, don't hesitate to pick up the phone and ask questions. There are continuum care communities that may offer all levels of living. These can be a great resource in your search. The most common comment we hear when people move to the needed level of care is, "Why didn't I do this sooner?" We agree. With spring right around the corner, now is a great time to start your search. ■

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

WHY BE a chamber member?

Being a chamber member means joining a strong network of businesses dedicated to growth, success and community engagement. What exactly does being a chamber member entail, and what do we as a chamber do for our member businesses? Let me elaborate.

Networking opportunities: Networking is the heart of a business, and the Chamber provides ample opportunities for our members to connect, collaborate, and create meaningful relationships. From networking events to workshops and seminars, we facilitate connections that encourage growth, innovation and support. Our networking opportunities provide solid ground for expanding your professional network and unlocking new opportunities.

Advocacy and representation: One of the primary roles of the Chamber is to advocate on behalf of our members at the local, regional, and sometimes even national levels, on issues that affect businesses. We actively engage with policymakers, government officials and community leaders to address concerns that impact the local economy.

Business resources and support: In today's rapidly changing business landscape, staying ahead of the curve requires access to the right resources and support systems. That's where the chamber comes in. We offer a wide range of resources, programs and services designed to equip our members with the tools, knowledge and insights they need to thrive. From educational and training workshops to business development assistance, we are committed to empowering our members to reach their full potential.

Visibility and promotion: Visibility is key to standing out and attracting customers. Chamber members receive increased visibility and promotion through the chamber's website, social media channels, newsletters and other marketing efforts. Being listed as a chamber member can lend credibility to a business and attract potential customers.

Community involvement and engagement: The chamber plays a vital role in the local community, and membership provides opportunities for businesses to get involved in community events, sponsorships and charitable initiatives. Through these opportunities, we encourage our members to actively contribute to the betterment of our community.

So, why should you be a part of the chamber? Because it's the ultimate win-win — you get to grow your business, make connections, and have support every step of the way, all while making a positive impact on the community. ■

Information provided by Alyssa Knudsen, 2024 Altoona Area Chamber of Commerce President and Marketing Director of Outlets of Des Moines.



area chamber of commerce
altoona

Make today epic.

Join the Altoona Chamber of Commerce

www.altoonachamber.org/join-today

(515)967-3366
Give us a Call!

Success Through Synergy

OUT & ABOUT

RIBBON Cutting

A ribbon cutting for Sylvan Learning was held Feb. 16.



The Jones family: Mark Jones, Dawn Jones, Chris Jones, Krysten Jones, Angela Jones, Nic Jones, Lidia Jones, Jaci Whitten, Erin Whitten, Colton Lambertz and Carole Weaver



Chaz Cooney, Angela Jones and Joe White



Jaci Whitten and Erin Whitten



Nic and Angela Jones and Lidia



Lidia, Nic and Angela Jones and Nathan Anenson and Levi



Carole Weaver and Krysten and Chris Jones



Rochelle Wallace, Leah Johnson, Angela Jones and Kelly Trissler



Ali Hansen, Shannon Green, Angela Jones, Rochelle Wallace, Leah Johnson, Holi Devnich and Kelly Trissler



Melissa Horton and Angela Jones



Erin Green, Shannon Green, Ali Hansen and Holi Devnich



Mary Simon, Stef Seger, Melissa Horton, Gary Palmer, Julie Stewart and Dean R. O'Connor at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Chad Crabb, Dirk Halupnik and Bruce Mason at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Tony Hughes, Steve Van Oort and Gary Palmer at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Julie Stewart and Brian Ohorilko at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Gina Vitiritto and Chantel Olsen at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Eric Gosselink, Kevin Brannen and Clint Pursley at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Sarah Walkup, Kelly Beeck and Bill Rooney at the Anniversary Kick-Off Celebration for Adventureland, Prairie Meadows, and Meta Data Center, held Feb. 28 at the Meadows Events Center.



Letzabeth Romero accepts the Residents' Choice certificate for Scornovacca's.



Glenda Gregory and Brandy Gossman accept the Residents' Choice certificates for Bass Pro Shops.



Tami Hansen, Bernie and Alex Payne accept the Residents' Choice certificates for Adventureland.



Natalie Carroll accepts the Residents' Choice certificate for Over the Top.



Rita West accepts the Residents' Choice certificates for Caring Hands.

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

MANUFACTURED HOMES, (2024, Vinyl/ Shingled. 2Br start at \$39,999). (16x80) (3Br- 2Ba.) \$74,999. (28X64) (4Br-2Ba) \$84,999. Delivered Factory-Direct, E. Of I-35, North of I-80, to Minnesota Border. 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer **CENTURY HOMES** of **OSKALOOSA** 641-672-2344 (mcn)

AUTOMOBILES

CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! **NEWER MODELS** too! Call 1-877-978-2510. (mcn)

GOT AN UNWANTED CAR??? **DONATE IT TO PATRIOTIC HEARTS.** Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 844-913-2887. (mcn)

Get your deduction ahead of the year-end! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous year-end tax credit. Call Heritage for the Blind Today at 1-855-977-7030 today! (mcn)

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-888-429-2331 today! (mcn)

CABLE/INTERNET

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DIRECTV Sports Pack. 3 Months on Us! Watch pro and college sports LIVE. Plus over 40 regional and specialty networks included. NFL, College Football, MLB, NBA, NHL, Golf and more. Some restrictions apply. Call DIRECTV 1-866-296-1409. (mcn)

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-434-0020 (mcn)

HI-SPEED INTERNET, ANYWHERE! Shop With A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. CALL NOW 1-877-449-1844. (mcn)

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 877-683-5440. (mcn)

FINANCIAL

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call **NATIONAL DEBT RELIEF!** We can help! Get a FREE debt relief quote: Call 1-866-552-0649. (mcn)

HEALTH & MEDICAL

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a

discount plan. Do not wait! Call now! Get your **FREE Dental Information Kit** with all the details! 1-855-973-9175 [#6258](http://www.dental50plus.com/mid-west). (mcn)

DIAGNOSED WITH LUNG CANCER and 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7, 1-866-533-1701. (mcn)

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 855-846-4036. (mcn)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411. (mcn)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-877-916-2093. (mcn)

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 1-888-772-8454. You will need to have your zip code to connect to the right provider. (mcn)

HOME SERVICES

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call: 1-877-743-7971 (mcn)

AGING ROOF? NEW HOMEOWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-770-8025. Have zip code of property ready when calling! (mcn)

WATER DAMAGE CLEANUP: A small amount of water can lead to major damage to your home. Our trusted professionals dry out the wet area and do repairs to protect your family and your home's value! If you have water in your home that needs to be dried, call 24/7: 1-888-750-5574. Have zip code of service location ready when you call! (mcn)

MISCELLANEOUS

LONG DISTANCE MOVING: Call today for a **FREE QUOTE** from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 1-855-315-1216. (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a **FREE in-home estimate** on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

BATH & SHOWER UPDATES in as little as **ONE DAY!** Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-855-315-1330. (mcn)

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a **FREE 7-Year warranty** with qualifying purchase. Call 1-877-228-5789 today to schedule a free quote. It's not just a generator. It's a power move. (mcn)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a **FREE LeafFilter estimate** today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-855-577-1268. (mcn)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusts by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-516-0706 or visit dorranceinfo.com/ Midwest (mcn)

Safe Step. North America's #1 Walk-In Tub.

Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our **FREE shower package** and **\$1600 Off** for a limited time! Call today! Financing available. Call Safe Step 1-844-290-5083. (mcn)

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-888-909-7338. (mcn)

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-833-618-1178. (mcn)

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-907-2386. (mcn)

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-767-0798 (mcn)

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-888-924-0449. (mcn)

Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a **FREE safety upgrade!** (Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24. Call 1-855-963-1988. (mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills **SPECIAL \$99.00.** 100% guaranteed. 24/7 **CALL NOW!** 888-445-5928 **Hablamos Español** (ACP)

Dental insurance from Physicians Mutual Insurance Company. Coverage for 400+ procedures. Real dental insurance - not just a discount plan. Get your free Information Kit with details! 1-855-526-1060 [#6258 \(ACP\)](http://www.dental50plus.com/ads)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

HOME SERVICES

Aging Roof? New Homeowner? Got Storm Damage? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-888-878-9091 (ACP)

Water damage cleanup & restoration: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your

family and your home's value! Call 24/7: 1-888-872-2809 (ACP)

Professional lawn service: Fertilization, weed control, seeding, aeration & mosquito control. Call now for a free quote. Ask about our first application special! 1-833-606-6777 (ACP)

MISCELLANEOUS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a **FREE 5-Year warranty** with qualifying purchase* Call 1-855-948-6176 today to schedule a free quote. It's not just a generator. It's a power move. (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

BATH & SHOWER UPDATES in as little as **ONE DAY!** Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Get **DISH Satellite TV + Internet!** Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-479-1516 (ACP)

Safe Step. North America's #1 Walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 1-855-417-1306 (ACP)

Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 (ACP)

DIRECTV Stream - Carries the most local MLB Games! Choice Package \$89.99/mo for 12 mos Stream on 20 devices at once. HBO Max included for 3 mos (w/Choice Package or higher.) No contract or hidden fees! Some restrictions apply. Call IVS 1-866-859-0405 (ACP)

Diagnosed with lung cancer & 65+? You may qualify for a substantial cash award. No obligation! We've recovered millions. Let us help! Call 24/7 1-877-707-5707 (ACP)

Replace your roof w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 1-833-370-1234 (ACP)

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a **FREE safety upgrade!** Additional terms apply. Subject to change and vary by dealer. Offer ends soon. Call 1-844-501-3208 (ACP)

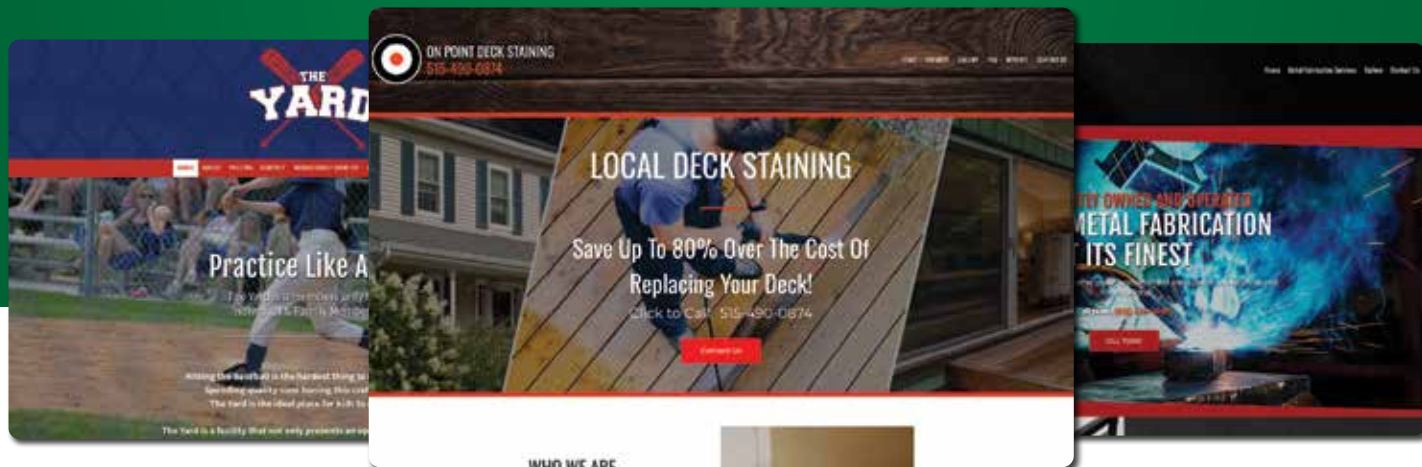
Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-833-399-3595 (ACP)

Alaska, Europe, Hawaii & dozens of other popular trips! Starting at \$1649 pp (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax & enjoy. Call 1-877-626-1958 M-F for more details. Use promo code YMT2024 for \$250 off. Limited time only. (ACP)

Home Break-ins take less than 60 seconds. Don't wait! Protect your family, your home, your assets now for as little as 70¢ a day! Call 855-401-1151 (ACP)

We create professional websites that Grow Your Business

Finally... a fast, easy, and affordable way to get your small business online.



Professionally Designed

We customize your website to match the look and feel of your brand



Easy to Update

Manage your site with ease and add coupons, photos, video and more.



Search Engine Optimized

Attract more local customers on search engines like Google, Yahoo, and Bing



Responsive

Customers use desktops, laptops, tablets, and mobile devices. We create your website to format for any screen.



Secure

All our websites come with an SSL certificate. That means website communications and customer transactions are secure.



Site Analytics

Gain insight by measuring site visitors and their behavior, so you can make smart business decisions



Ready to get started?
Contact us today for a free demo.

www.biggreenwebdesign.com • 515-953-4822 x301

A GOOD THING

IS TO BE BUILDING EQUITY.



REALTOR
LAURA AGUERO
806-790-0899



LICENSED IN THE STATE OF IOWA