

ALTOONA

JULY 2024

Living

MAGAZINE

YARDS WITH

personality

Residents share how their
landscaping choices
reflect their style.

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WELCOME

DIRT under the fingernails

My dad worked in the “dirt business” much of his life. He and my uncle owned a gravel and excavation company in a small town in northern Iowa. They dug basements, built pads, cleared out groves, hauled gravel and did most anything else that involved heavy equipment and moving dirt. Dad’s hands were stained from years of exposure to dirt and oil and grease, a symbol of his many years of manual work and service to his customers.



My hands may be stained with ink from time to time, but I don’t work in the dirt like Dad did. The exceptions are when I am motivated to tackle a landscaping project or two, and those seem to be annual events. Tearing shrubbery out. Putting new bushes in. Wheelbarrowing dirt. Setting stones. Planting flowers. And watering, watering, watering. It’s all part of the landscaping process. I am certainly not an expert, and I need to call in the pros from time to time, but I don’t hesitate to dig in the dirt when I get a chance to do so.

Landscaping is something my wife and I can do together and not disagree much about. She has a good eye for landscaping design, and I still have a reasonably strong back — at least I think so until the day after proves otherwise.

We have done our share of landscaping in each home we have lived in, and we would like to think that each place looked better when we were done. Of course, the new owners likely tore out what we did and replaced it with something more their style, but that’s OK. Landscaping is art, and beauty is in the eye of the beholder in lawns, too.

This month, we share examples of landscaping projects local residents have embarked on. We hope these stories inspire you to break out the shovels and get some dirt under your fingernails, too.

Thanks for reading. ■

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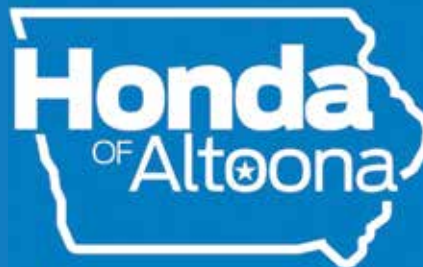
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YARDS WITH

personality

Residents share how their landscaping choices reflect their style.

By Lindsey Giardino

A plethora of pots. A hillside of hostas. Wildflowers willy nilly. Manicured hedges and straight edges. From wild and unruly to precise and planned, the landscaping around a home often reflects the owner's own unique style. While some prefer lush, thick foliage, others enjoy succulents among a garden of rocks. From a tropical vibe to the charm of a country cottage. From mad about mulch to mad for magnolias. Whatever their preferences, homeowners with a green thumb and plenty of imagination enjoy creating landscaping masterpieces with pizzazz.

Natalie and
Brian Hoover

Passion for gardening

In recent years, Shannon Hayes and his wife, Johanna, have turned their front yard into an outdoor living space that features landscaping and flowers that bloom throughout the spring and summer. It also features a large pergola — something more typically found in backyards.

“We wanted to create something different than the usual,” Shannon Hayes shares. “This was the perfect location for air circulation and shade.”

When they were planning the space, they knew they wanted it to be a gathering spot to bring people together.

“Landscaping and gardening should have an element that sparks conversation,” Hayes says. “Our idea was to bring in our love for Captiva, Florida, and Hawaii. The inspiration was to create a tropical oasis in the Midwest.”

A limestone path lined with boulders leads from the front to backyard. Hayes has planted a number of flowers along the yard’s hardscape, including roses, lilies, ferns, native grasses, palms, summer peonies, succulents, lavender and more.

Hayes shares one of the highlights of their yard is the Weeping Mulberry tree that shields their private sitting area under the back porch.

In the past three years, Johanna has added three raised beds and a garden area in the backyard for vegetables and fruits.

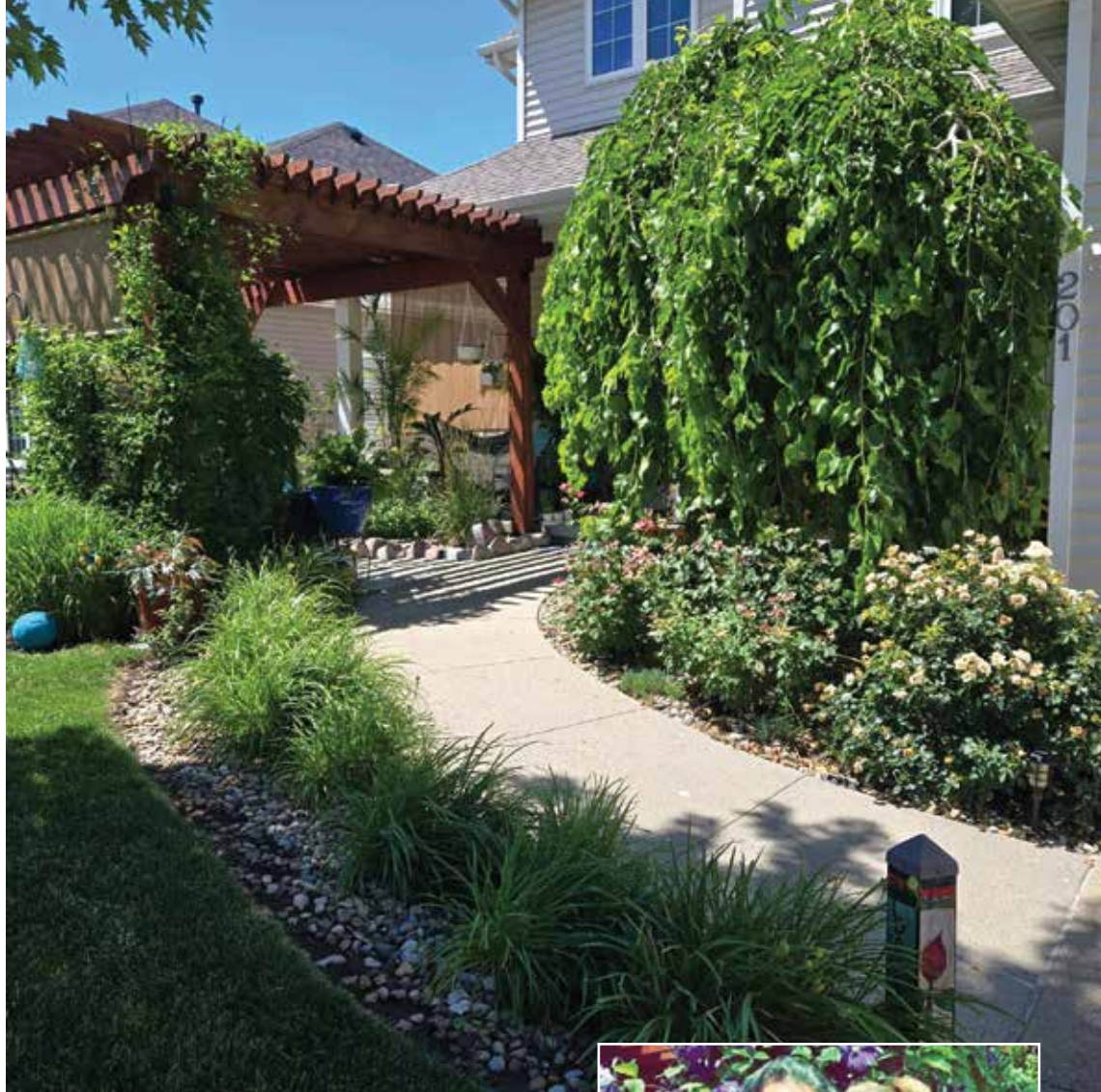
“I have turned her into a gardener as well,” Hayes says.

For all their flowers and plants, the couple only uses organic fertilizers once a month. They’re firm believers in the impact of using worm castings, too.

“My aunt, Toni, who’s a very experienced gardener, told us about this, and once we started implementing them, we started seeing good results on hardiness, pests and flowering,” Hayes explains. “It does a good job of replenishing the soil. We encourage natural pollinators and try to stay away from harsh chemicals. We will use neem oil, baking soda and vinegar, or a Dawn dish soap mixture for pests. These work well on both garden areas.”

One of the couple’s favorite areas of the yard is where their palms and hammock are situated.

“It’s a private, beautiful and peaceful oasis that we have created,” Hayes says. “It brings in shade and sunlight, depending on the time of day. Our dogs even love it. You’ll find them relaxing outside as much as



The Hayes family's yard features roses, lilies, ferns, native grasses, palms, summer peonies, succulents, lavender and more.

we do. It’s our favorite place on the property.”

For Hayes, who’s been working on the yard for more than 12 years, landscaping can be both rewarding and humbling.

“It takes a lot of patience,” he says. “As of now, it never stops changing and advancing, as I have more ideas to further my landscaping addiction.”

Hayes notes that his interest in gardening and landscaping started in his late teens. He draws inspiration from his family, whose ancestors began gardening way back in the 1800s. In fact, there’s a family history on his grandmother’s side of being garden caretakers for the English monarchy. Now, the Hayes’ yard features a climbing autumn, which was planted in his grandmother’s memory.



FEATURE

Yard is a sanctuary

Leslie Sufficool Malcom's yard is filled with perennials — everything from hostas to peonies, yellow buttercups, black-eyed Susans, spider wart, red native grass, Russian sage and much more.

To maintain this abundance of flowers, Sufficool-Malcom works in her yard daily. She deadheads the flowers, waters them and cuts back if needed.

In addition to her foliage, she has scattered a bunch of shells she collected from her travels, as well as many crystals she mined in Arkansas, throughout her landscaped areas.

While Sufficool-Malcom's entire outdoor space is an oasis, it's her backyard that's her "sanctuary." The area features an in-ground pool surrounded by large potted flowers and a nice-sized vegetable garden.

"The yard is my happy place," she says. "I love it when the different plants pop, the colors are so beautiful, and it makes me happy to see the blooming



Large rocks are incorporated into the landscaping of Leslie Sufficool Malcom's front yard.



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flowers when I come home. I also love the praise from neighbors and friends.”

Maintaining her outdoor space is a lot of work, but Sufficool-Malcom feels it’s well worth it. Her annuals are surrounded by pea gravel, which she keeps looking clean and tidy. About eight years ago, she invested in putting in a large rock wall and building up the front yard so it is level.

“It is stunning,” she says. “I love having folks walk by — as we are on a busy main street — and tell me how much they love our yard.”

Backyard full of nature

If you’re looking for a yard of serenity, Natalie Hoover and her husband, Brian, have it.

Their back deck leads to a koi pond with a waterfall, a pavilion and a garden with several bird feeders. Each feature has landscape around it consisting of big stones and lights surrounded by different plants.

The Hoovers clean their koi pond weekly and feed the koi fish daily.

“The pond is an ecosystem that consists of a wetland filter,” Hoover explains. “It sucks the nutrients out of the water that feeds the plants and helps keep the pond clean.”

The couple also water plants daily, depending on how much rain they get, and restock their birdfeeders weekly.

This is all to say that the Hoovers’ backyard requires a lot of upkeep, but they don’t mind.

“We enjoy everything about the backyard including the sights and sounds it all brings,” Hoover says. “The animals we get include ducks, turtles, frogs and birds. The beginning of summer, we had a momma and baby ducks hanging around, and it was so fun to watch them grow.”

The couple also appreciates seeing the growth of the plants around the pond and pavilion, watching the koi fish grow and feeding them.

“At night, it’s so peaceful to sit outside under the pavilion and just relax, especially during rain,” Hoover says. “It’s our happy place.” ■



Leslie Sufficool Malcom’s yard is filled with perennials — everything from hostas to peonies, yellow buttercups, black-eyed Susans, spider wart, red native grass, Russian sage and much more.



Natalie and Brian Hoover’s back deck leads to a koi pond with a waterfall, a pavilion and a garden with several bird feeders.



The Hoovers’ covered patio provides a place to relax and visit.

RECIPE

BRING joy to mealtimes by dining together

(Family Features) The renowned Mediterranean Diet, celebrated for its myriad benefits, has been rated as a top diet in the world for years.

Recognizing the benefits of the foods included in the Mediterranean Diet, it's important to broaden the understanding beyond its ingredients to embrace the elements of the Mediterranean lifestyle, which also contribute to these benefits. Essentially, it's not just about what you eat; it's also about how you enjoy it and with whom you share the experience.

Nutrition, physical activity, sleep and togetherness comprise this balanced way of living, with preparing, eating and enjoying food together being key elements of the Mediterranean lifestyle. You can immerse yourself in the vibrant spirit of the Mediterranean lifestyle simply by inviting friends or family to gather around the table for a meal — like a family favorite pasta dish.

“Eating together is a joyful and important practice of the Mediterranean lifestyle that truly contributes to overall well-being,” said Michele Lefebvre, registered dietitian nutritionist and manager of nutrition and well-being at Barilla America. “As a traditional yet versatile food, pasta brings a sense of nostalgia to meals as people gather together around the table and connect in an impactful way.”

Visit barilla.com/recipes to discover more dishes that can help you follow the Mediterranean lifestyle. ■

Cellentani Caprese pasta salad

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 7

- 1 box Barilla Protein+ Cellentani pasta
- 4 tablespoons extra-virgin olive oil, divided
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons lemon juice
- 8 basil leaves, julienned
- 2 cups small mozzarella cheese balls, halved
- salt, to taste
- black pepper, to taste



DIRECTIONS

- Bring large pot of water to boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on sheet tray to cool. Set aside.
- In large bowl, combine tomatoes, lemon juice, basil, remaining olive oil and cheese. Season with salt and pepper, to taste. Add pasta and stir.

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BUDGETING for your next vacation

The notion that a little saving goes a long way is especially applicable to budgeting for a vacation. If careful thought is put into budgeting, then the vacation you need may be within reach. In this article, we'll go over how you can plan, budget and save.



If you fly, be sure to consider whether you will need a rental car once you arrive, or factor in ride share and public transportation costs. If you drive, try to estimate the cost of gas and the impact on your vehicle.

3. Food – Will you eat out for every meal or buy a few groceries when you arrive and make some meals yourself? There are probably meals you'll want to splurge on, and you may find perks such as breakfast being included at your hotel.

4. Activities – Most tourist destinations have a website that lists all the activities in the area. While some activities will surely cost money, usually there are a lot of free things to do at almost every destination. You can also look for deals if you buy tickets early online, or as part of a package. When building your budget for this category, also consider whether you will be bringing home souvenirs or memorabilia from your trip.

Finding room in your budget

If you don't already, track your spending for two

or three weeks. This will allow you to see where you put every dollar, and you may find yourself saying, "I spend that much money at the coffee shop each week?" There may be items like this in your budget that aren't crucial to your day-to-day life. Cutting back in those areas leaves more money to put toward your goal each month. If you can be disciplined in this area, you will reach your goal before you know it.

Expect the unexpected

It is also a good idea to set aside a small amount of money for unplanned expenses on vacation. For example, if you forget to pack everyday items such as soap or shampoo. Bigger ticket items like car problems or lost luggage can also pop up unexpectedly. You will have more peace of mind knowing you can cover these expenses.

If you remember to plan, budget and save, you can soon be on vacation. ■

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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I still remember seeing the original “Star Wars” trilogy as a kid. I loved the lightsabers, the Millennium Falcon and the Ewoks. Watching those movies opened a different universe to me, beyond what I could see and touch. They captured my imagination and shaped my playtime. I remember make-believe battles in the snow, fighting off Darth Vader and the Stormtroopers. I even remember nailing boards together and finding old electronics to make my own Starfighter.

Movies have a way of transporting us to a different world. They can help us see beyond ourselves to what could be.

God loves stories. In fact, the Bible is one continuous, true story of God creating, pursuing, and redeeming humanity. When Jesus came to earth, he told stories all the time. These stories, called parables, had a purpose. They were meant to help people see the world in a different way, to transport them beyond themselves to what life could look like with Jesus in charge. Jesus, through these stories, moved people to find peace and security in God’s ever-present care, to extend radical forgiveness to those who didn’t deserve it, and to find their worth not in what they did or accomplished, but in being loved by God.

Today, we continue to hear stories through the movies we watch. Every writer and director is made in the image of God, and thus their best work can echo the work of their Creator, the greatest storyteller. While some movies are so dark that no one needs to watch them, many movies point to the bigger story that God is telling. These movies speak to our own brokenness, show us our need for a hero who sacrifices everything, and remind us of the life we long to live happily ever after.

This summer, as you watch movies (or stream your favorite show), watch with intentionality. Where do you see parallels to your own struggles, reminders of what truly matters, and echoes of the rescue that Jesus accomplished for you? God taught me through “Star Wars” that there is a real battle between good and evil happening all around us, and we are called to fight for good. I learned that even when things seem hopeless, there is always hope. And I realized that no one, even Darth Vader, is beyond redemption.

God is inviting us into a new life with him. He uses stories to help us see beyond ourselves to what is possible with him. Start reading the Gospel of John to be shaped by Jesus’ story and know that God will even use movies to help you see what life can be like with Jesus in charge. ■

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

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OLDE TOWN MURAL

Artist Mila Sketch will arrive in Altoona mid-July, ready to transform the blank wall of the Borseth Law Office (111 2nd St SE) into her work of art, entitled Altus. This mural highlights memorable moments and locations in Altoona's history, blending with visions of present-day Altoona and our community's future. Mila was selected from more than 65 artists from around the world who submitted designs for this mural. The mural will be the highlight of a new pocket park planned for the vacant lot adjacent to the Borseth Law Office.

Work to create the park in the lot will begin later this summer, once Mila has completed her design. Once completed, the pocket park will welcome visitors from the nearby bike trail into the historic neighborhood. This project is one of many phases of several private and public projects to revitalize Altoona's Olde Town.

Mila will paint most days starting at 7 a.m., and residents are invited to stop by Olde Town to view her work in progress. Several events are being planned for her stay to give residents a chance to meet Mila. Information on those events will be shared on the city's social media accounts, and website www.altoona-iowa.com.

MOWING REMINDERS

Please do not blow grass clippings into the street. Not only does the city have an ordinance against such action, grass clogs the storm sewer system and creeks, causing flooding and back up problems during heavy rains. Try mulching your grass on your yard. This will cut down on your need for fertilizers.



FALL BRUSH DROP OFFS BEGIN IN SEPTEMBER

The first of two resident brush drop-off events for this fall will be held on Saturday, September 7 from 8 a.m. – Noon. Following this event, the final fall drop-off will be held on Saturday, October 5. Following these events, the brush drop site won't be available until Spring 2025.

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.



LABOR DAY

City Hall and offices, and the Altoona Library are closed for Labor Day on Monday, September 2, 2024. Garbage, yard waste and recycling pickup will be delayed one day the week of the holiday. This means that Monday collection will happen on Tuesday, September 3 and Tuesday collection will happen on Wednesday, September 4.



LOCAL soccer team finds success

2007 Spring Creek Football Club competes in Nationals.

The 2007 boys SCFC Presidents Cup Team from Altoona found themselves in elite territory following a strong tournament run this summer.

The team, which consists of athletes mainly from the Southeast Polk School District (and one from Colfax-Mingo) won the United States Youth Soccer (USYS) Presidents Cup in Norwalk in October 2023 to secure a place in the Midwest Presidents Cup Regionals that were held in Sioux Falls, South Dakota, in June. The team ended as a finalist in the tournament and, in the process, punched its ticket to the National Presidents Cup.

The National Presidents Cup was held in Wichita, Kansas, July



Front row: Pete Green, Tony DenHartog, Brady Wiegel, Charlie Hintz, Samer Arafa, Gabe Gobin, Gage Byal and Sam Wilson. Back row: Coach Josh Birchmier, Cole Skinner, Caden Platt, Preston Davis, Darin Litwiler, Logan Gibson, Charlie Fisher, Carson Holmes, Jaxon Payton and Coach Misha Seebeck.

12-16. The team was guaranteed three games, then there were semi finals and finals. There were two teams from the East, South and Far West playing in this tournament, as well as the Midwest.

Courtney Payton, the mother of one of the players, Jaxon Payton, says part of the reason for the squad's success is that this group of boys — and their parents — have blended into more than just a team.

"This is a unique group of boys and parents. We have all become an extended family," she says. "We cherish every moment we get together."

Along the way, the team has beaten some of the most successful youth clubs in the United States, including a 3-2 victory over a team from St. Louis that is considered one of the best teams in the country.

Most of the players have participated in soccer since they were young, having played together since they were 8 or 9 years old.

The team's roster consists of Samer Arafa, Charlie Fisher, Caden Platt, Darin Litwiler, Pete Green, Jaxon Payton, Sam Wilson, Charlie Hintz, Brady Weigel, Tony Dehartog, Preston Davis, Logan Gibson, Cole Skinner, Carson Holmes, Gage Byal and Gabe Gobin. Coaches are Josh Birchmier and Misha Seebeck.

The team practices two or three nights per week at Spring Creek Soccer Complex in Altoona, usually two hours each night.

Spring Creek FC offers soccer programs for boys and girls from preschool through high school at Spring Creek Soccer Complex in Altoona. The club is part of the Iowa Soccer Association. ■

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VOLLEYBALL teams compete at national tourney

18U team finishes fifth in the nation.

Two local boys volleyball teams returned from a national tournament in Dallas, Texas, after having gone toe to toe with some of the best squads from across the nation for four days.

The 18U and 16U teams, based at the Ohana Volleyball Club in Grimes, performed well, with the 18U team having an exceptionally strong showing, placing fifth in the nation in Tier 2 of the three-tier competition. Jesse Schumacher, a student at Southeast Polk High School, is a member of the team.

"It was great, and what's even more awesome about that is we will lose only two seniors from this team, so I basically have all my guys coming back next year," Anderson says.

The 16U team finished 16th out of 32 teams, having to overcome a rough first day, according to Anderson, to finish strong.

The Ohana club teams have made big strides in a short period of time. When first formed, the group consisted of athletes from Johnston and Des Moines Public Schools, Anderson says. Now, the club has grown to the point where athletes are traveling from as far as Bettendorf to be a part of the team.

The state of Iowa does not have a sanctioned boys volleyball season, but Anderson says the boys have been quick learners.

"They are coming in not knowing what to play or what to do, but when you relate it to other sports, they just pick it up so fast," he says.

Although not true across the board, it seems as though basketball players have the easiest time transitioning to volleyball, he says.

"We love basketball players," Anderson jokes. "They're usually tall, quick on their feet, and a lot of the quick movements that are good for basketball are good for volleyball as well."

The program's growth has basically been due to word of mouth at this juncture, Anderson says. Anderson holds some free camps and clinics during the summer as well to give kids who might not be familiar with the game an opportunity to see what the sport is about.

"Once the boys get past that initial stigma that it's only a girls sport, they end up liking the sport," Anderson says.

Anyone is welcome to try out and participate in the clinics.

This year, the club will be expanding to two 18U teams, a 16U team and a 14U team.

Anderson says the season begins in October and runs through June. Practices are held at the Ohana Sports Complex at 1400 S.E. Gateway Drive in Grimes twice a week for two hours each. ■



The Ohana Volleyball Club, Grimes, 18U team recently finished fifth at a national tournament in Dallas, Texas. Front row, from left, Jackson Miller, Ames High School, and Jesse Schumacher, Southeast Polk High School. Back row: Coach Brandon Anderson; Jerze Simonson, Bondurant-Farrar High School; Eli Melz, Bettendorf High School; Chris Davis, Johnston; Tyler Nguyen, Johnston; Philip McClure, Valley High School; Max Sampson, Johnston; Nolan Edkin, Moline High School; and Coach Matt Belling.

Be sure to check for cancelations.

"Antigone"

July 25-28

Thursday through Saturday, 7 p.m.
at Haines Park Amphitheatre, 711
Third Ave. S.E. (at CAP Theatre in
case of bad weather)
Sunday, 2 p.m. at CAP Theatre,
201 First Ave. S.

CAP Theatre and the CAP Classic present "Antigone," the final installment in Sophocles' trilogy, the Theban Plays. The plot follows the titular character, Antigone, as she defies King Creon's decree by burying her brother, Polyneices, who was declared a traitor. Creon, adamant about upholding the state's authority, orders Antigone's execution. Antigone, however, believes her actions were justified by her belief in honoring family and divine laws above all else. Despite warnings, Creon remains stubborn, leading to a series of tragic events including the suicides of Antigone, Haemon (Creon's son and Antigone's fiancé), and Creon's wife, Eurydice. Through this, Sophocles explores motifs of morality, authority and the consequences of pride, leaving audiences trapped in the clash between individual conscience and state law. Tickets are \$7, available online and at the park. For more information or to purchase tickets, visit www.capttheatre.org.



Brightside Market

Thursday nights through
Sept. 26, 5-8 p.m.
Brightside Aleworks, 480
Center Place, Altoona

Enjoy this farmers market with "grow it or make it" vendors, food trucks, beer, music and theme nights that are fun for the whole family.

Pleasant Hill Summer Fest

July 26-27
Copper Creek Lake Park, 4390
E. University Ave.

Friday night, 6-9:30 p.m., enjoy a concert by Suede followed by fireworks at Copper Creek Lake Park. Saturday, the parade goes through town starting at 10 a.m. followed by family-friendly activities from noon to 3 p.m. at Copper Creek Lake Park



Citywide Garage Sales

Aug. 1-3
Altoona
Enjoy bargain
hunting at garage sales
around Altoona.

Book signing

Sept. 7, 11 a.m. to 2 p.m.
Hidden Treasures, Altoona

Shelba Oberto will hold a book signing of her latest book, "On My Way Home," her third children's book. This 28-page children's Christian fiction addresses the belief in an eternal home.



Altoona Music in the Park

July 28 and Aug. 25, 6 p.m.
Haines Park Outdoor Stage, 700
Block of Third Ave. S.E.

Enjoy free concerts in the park. Sponsored by Altoona Parks and Recreation Board. CAP Theatre will provide popcorn and pop for sale to support the children's theatre.

Hinterland Music Festival

Aug. 2-4

Avenue of the Saints Amphitheatre,
3357 St. Charles Road, St. Charles
www.hinterlandiowa.com



Just a half hour outside of Des Moines is the state's largest music festival that continues to draw nationally renowned names to the small city of St. Charles. More than 20 musical acts will take the main stage and entertain travelers, campers and music lovers alike. Headliners: Aug. 2: Hozier; Aug. 3: Vampire Weekend; Aug. 4: Noah Kahan.



National Balloon Classic

July 26-Aug. 3
Memorial Balloon Field, 1136
150th Ave., Indianola
www.nationalballoonclassic.com

Just look up. Beautifully colored hot air balloons adorn the skies of Indianola. The National Balloon Classic has been dropping jaws of Iowans and travelers with its wondrous display for more than 50 years.

Square Dance Lessons

Sundays starting Sept. 8, 6:30 p.m.
Douglas Avenue Presbyterian Church,
4601 Douglas Ave., Des Moines

Ankeny Square Dance Club is sponsoring lessons. Cost is \$20 per person for the entire session, accepted at the third lesson. Attend with or without a dance partner. You'll learn the calls, one at a time, taught by a caller (instructor) and volunteers. For more information, call Sandy Townsend, 515-294-2624, or visit www.ankenysquares.com.



EVENTS IN THE AREA

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

Be sure to check for cancelations.

Together Through Sound Music Festival

Sept. 8, 1-10 p.m.

Riverview Park, 710 Corning Ave., Des Moines

This free, family-friendly event promises a vibrant day filled with diverse musical performances, interactive activities and community spirit. The festival will showcase an incredible lineup of local talent, featuring performances by the Blake Shaw Big-ish Band, Soten Taiko, Son Peruchos, Sonny Side Up, DJ Loose and the Real Afro Warriors, and a full symphony orchestra directed by Joshua Barlage. These artists will bring a rich tapestry of musical genres to life, ensuring there's something for everyone to enjoy and new genres to explore. Young attendees can explore their creativity at the Make Your Own Instrument Bar, enjoy face painting, and experience the magic of music at the Instrument Petting Zoo. In addition to the musical performances, the festival will feature local artists showcasing their unique creations and a variety of food trucks. For more information, visit www.togetherthroughsound.com or email info@togetherthroughsound.com

STAGE PRODUCTIONS

Ankeny Community Theatre

1932 S.W. Third St., Ankeny

www.ankenycommunitytheatre.com

• Aug. 2-11: "Vanya and Sonya and Masha and Spike"

Des Moines Performing Arts

Des Moines Civic Center, 221

Walnut St., Des Moines

www.dmpa.org

• Aug. 20 - Sept. 1: "Moulin Rouge: The Musical"

Urbandale Community Theatre

Urbandale High School

Performing Arts Center, 7111

N.W. Aurora Ave., Urbandale

www.urbandaletheatre.com

• July 26-28, Aug. 2-4: "The Wizard of Oz"



CITYVIEW's Summer Stir - East Village

Friday, July 26, 5-9 p.m.

East Village, E. Locust St., Des Moines

CITYVIEW's traveling cocktail party is back in East Village. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit summerstirs.dmcityview.com. ■



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ALTOONA Public Library news

ADULT PROGRAMMING – AGES 18 AND OLDER

Murder Mystery Night with The Dealt Hand, Wednesday, Aug. 7, from 6-8 p.m. Blood on the Clocktower is a social deduction game where players are residents in a village plagued by supernatural forces. Each player takes on a unique role with special abilities and must uncover or conceal these identities through discussion and deduction. This is a game for ages 18 and older, and space is limited. Registration required.

Glowforge Basics, Tuesday, Aug. 20 at 7 p.m. Interested in using our Glowforge Pro in the Maker Hub? This is where to start. We'll go over safety, cleaning, materials and basic operation. Registration required.

Craft Supply Swap, Saturday, Aug. 31, from 1-3 p.m. Too many craft projects? Art supplies out of control? Swap them out. Bring items to be swapped to the front desk during regular library hours Aug. 23-30 to receive a voucher and get first access to the swap on Aug. 31. During the swap, you can use your vouchers from 1-2 p.m. From 2-3 p.m., anyone can stop by and choose some "new-to-you" supplies. No registration required.

CHILDREN'S PROGRAMMING

Crafternoon, Thursday, Aug. 8, 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, Aug. 13, from 5:30-6:30 p.m. and Wednesday, Aug. 28, from 3:30-4:30 p.m. Come to the library to build a LEGO masterpiece. We'll supply the LEGOs; you bring the creativity. Grades K-6. Registration required.

Play Dough Playtime, Tuesday, Aug. 27, from 10-11 a.m. Try out the play dough activity stations and learn about the important skills and benefits children gain by playing and exploring. Ages 5 and younger. No registration required.

TEEN PROGRAMMING

Water Balloon Wars, Friday, Aug. 9, from 3:30-4:30 p.m. Make a splash and cool down with refreshing summer games. We'll be playing Musical Chairs, Relay Race and Hot Potato with water balloons and then end with a Battle Royale. Please bring a towel, wear sneakers for safety, and come dressed to get wet. Grades 6-12. No registration required.

Teen Hangout, Fridays in August, from 3:30-4:30 p.m. Need to unwind after a long week? Come join us in the library meeting room to meet friends and chill. There will be a weekly activity, from crafts to food to VR, or you can just hang out, study or relax. Grades 6-12. No registration required.

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

MEET Wade and Rhonda Fridley

Couple relocated to Iowa to live and teach.

When Wade Fridley met his wife, Rhonda, they were country and western line dancing in Nashville, Tennessee.

"I just got home from my first tour in Iraq. I proposed after three songs, and she laughed at me," Wade says.

The two graduated from Waldorf University together. Wade has since taught in Alaska, and they both taught in Florida before moving to Iowa. They have taught in Iowa for about a decade and have lived in Altoona for almost five years.

"I love Altoona because of its location. We are near family, and we don't travel far for work and can always find fun activities to do together," Rhonda says.

Wade and Rhonda were both motivated to become special education teachers after working with adults with special needs at Opportunity Village. Wade currently teaches at the Saydel Community School District while Rhonda teaches at the Baxter Community School District. Wade says that one reward of being a special education teacher is helping students learn life skills.

"I'm a big fan of project-based learning, like taking the class to a retirement home and sharing our Powerpoint presentation with seniors as the audience," Wade says. "There is a serious need for special education teachers, so, for that reason, I enjoy helping students be as independent as possible."

Since both Rhonda and Wade teach special education, they often discuss teaching styles. Wade says Rhonda is better at empathy and sympathy, so he often asks her what she would do. Rhonda says Wade is her sounding board, often providing ideas she hadn't thought of.

"I love special education because of my students. I learn something new every day and am always learning new and better ways to provide support," Rhonda says. "I love when my students have that 'ah ha' moment. When I see that, it makes everything better. Every student is different. Forming a relationship with that child and knowing how best to support them can be unique and demanding every day."

In their free time, Wade and Rhonda enjoy all things hockey. They play Risk together on the Xbox weekly, and horse racing is their thing when the NHL and AHL are in their off seasons. Wade and Rhonda are excited to experience more of what Altoona and its surrounding area have to offer. This year, their son, who is in the Iowa National Guard, will graduate from Iowa Lakes College as a pilot, and their daughter is getting married in October. ■



Rhonda and Wade Fridley of Altoona teach special education in different districts.

GOODWILL opens donation center in Altoona

Goodwill of Central Iowa announces the expansion of its mission-driven services with the official opening of a new Goodwill Donation Center in Altoona. This new facility is part of Goodwill's ongoing commitment to enhancing community service and providing residents with convenient donation options, promoting sustainability and providing employment training in the area.

Located at 550 36th Ave. S.W., suite AA/BB in Altoona, the new Goodwill Donation Center is strategically placed to serve Altoona and the surrounding area. The center is designed to offer an easy and efficient donation process for gently used clothing, electronics and household items. By donating, community members contribute to Goodwill's broader mission of job training, education and placement services for individuals with barriers to employment.

"Our new Donation Center in Altoona represents an exciting growth opportunity for Goodwill of Central Iowa. We are so excited to join the Altoona community. It allows us to extend our reach, impacting more lives through job creation and environmental sustainability," said Mary Hunter, president and CEO of Goodwill of Central Iowa. "Every item donated supports our mission to make purposeful employment possible for all by fostering a more inclusive and sustainable community."



The Goodwill Donation Center is open Monday through Saturday from 10 a.m. to 7 p.m. and Sunday from noon to 5 p.m. Due to space constraints, the Donation Center will not be able to accept furniture donations. For a detailed list of accepted items, visit Goodwill of Central Iowa's website, www.dmgoodwill.org/donate-your-stuff. ■

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HEALTH

By Nikki Morgan


LASER hair removal 101

Laser hair removal is one of the most popular aesthetic treatments. Benefits include drastically reduced hair growth, resulting in smoother skin, freedom from ingrown hairs and folliculitis, money and time saved, and boosted confidence. This procedure uses highly concentrated light energy to target pigment within the hair follicle, producing heat and destroying the follicle. Depending on the type of laser used, such as an 810 Diode laser, LHR is suitable for all skin types, from fair to dark skin. LHR works best on pigmented hair, such as brown or black hair. Lighter hair colors, such as red, white or gray, do not respond well to LHR. LHR is most effective when hair is actively growing, as that is when the hair is thickest in the follicle with more target pigment present. Since only a percentage of hair is in a growth phase at any given time, multiple sessions are recommended at varying intervals, depending on which area of the body is being treated. Facial hair can be treated more often, while legs require less frequent treatments. LHR sessions are quick (just seconds for an upper lip to several minutes for a larger area), and surprisingly comfortable when using an 810 Diode laser. Destruction of hair follicles is permanent, with up to 90% reduction in hair growth. Remaining hair is typically much finer and lighter in color.



A consultation with your medical aesthetic provider can help you learn more about laser hair removal and whether you are a good candidate. ■


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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HEALTH

By Dr. Kari Swain and Dr. Elizabeth Ellrich

SUMMER: a great time to reset

Have you given yourself a chance to enjoy summer? Have you relaxed and enjoyed a slower pace, or have you rushed from one event or activity to the next? The summer bucket list can get long and overwhelming when you try to fit everything in.

Summer is a great opportunity to reset from the fast pace of life during the school year. Take a pause and reflect on how your family is spending its time and energy and whether those habits are bringing you closer to health and connectedness or leaving you feeling tired, anxious, disconnected or even sick. Making a conscious effort to slow down this summer can make a significant impact on your health.

Stress manifests in different ways but can show up as digestive issues, difficulty sleeping, poor immune system, hyperactivity and attention issues, moodiness or outbursts, anxiousness, learning and sensory issues. Our bodies and our minds need rest. When you are in a state of stress, also referred to as sympathetic dominance or fight or flight, your body is unable to adapt and self-regulate.

Seize the summer break opportunity to focus on your health by scheduling your family for a chiropractic evaluation. Build up the nervous system's ability to adapt to stressors by adding neurologically focused chiropractic this summer before kids go back to school and the schedules get full again. A board certified pediatric chiropractor can identify interferences to the nervous system and help kids and parents reach their full expression of health potential and connectedness. ■

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

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THE ROLE of funeral staff

“We don’t need to worry about it; the church will take care of everything.”

I have recently experienced the planning that goes into a family member’s funeral service. When you want a celebration that truly reflects and honors the loved one who has died, you learn firsthand about the many details which need to come together.

You also appreciate the job of the funeral director and support staff, who make sure all of these details come together seamlessly.

So, when a family says they do not need the funeral home involved with services... we cringe.

We cringe because we know that churches don’t typically have staff ready to take care of the many details that need to be attended to: creating memorial folders, memorial DVDs and other service items; checking in flowers and arranging them for the service; setting up displays of personal items for the service; and providing ushers, just to name a few.

Individually, these may not seem like big things; however, these details can quickly become overwhelming. That is why I urge you to take my personal experience to heart and let the funeral home do what they are here to do for the family. Let the funeral director “direct” and guide the family through these many details and decisions.

And remember... planning in advance will make this a smoother and less stressful process for everyone. ■

Information provided by Scott Eriksen, Director of Hamilton’s Advanced Planning, Hamilton’s Funeral Home, 605 Lyon St., Des Moines, 515-697-3670, www.HamiltonsFuneralHome.com.



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PEACE OF MIND

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6 Area Locations

TAKE precautions in summer heat

It has been scorching hot. I enjoy the heat, not the humidity, so dry summer heat is something I look forward to experiencing every year.

Unfortunately, heat can be dangerous for people of all ages. Heatstroke occurs due to your body struggling to regulate its core temperature.

Heatstroke or heat exhaustion can cause severe dehydration and damage your heart, muscles and brain. It can even lead to death. Possible symptoms are dizziness, weakness, nausea, muscle cramps and headaches. If you start experiencing these symptoms, stop what you are doing and rest, sit inside in the air conditioning, and drink a nice glass of water. If your symptoms persist for more than an hour, seek medical attention.

While it is important to enjoy the blissfulness of summer, it is vital to operate with caution and plan ahead to prevent any adverse events. It should be a high priority to stay active, but we also must have a plan for keeping cool. If you go on a walk, wear light-colored clothing and bring a bottle of water. If you are away from home, there are cooling centers all over the metro and surrounding areas. A cooling center is a place where the public can sit indoors in the air conditioning to cool down. Libraries and community and senior centers are often cooling centers.

Avoid working or exercising outside between 11 a.m. and 2 p.m. This is when the sun is the most intense. You should also stay hydrated. Have I mentioned drinking water? Staying hydrated is important for everyone all the time, but it is imperative to stay hydrated in the hot summer months as we age. As we get older, our body loses fluids more quickly, causing us to dehydrate. Our aging bodies do not communicate with us like they used to. Our body’s messages telling us that we are thirsty and to drink can decrease over time. Your body could need water, and you may not feel like it due to your body not signaling thirst like it once did. Remind yourself to drink water by marking the bottle with a permanent marker with time goals on the water bottle itself.

Always be aware of those who may struggle to stay hydrated and cool. This could be a parent, neighbor, beloved pet or even a stranger in a parking lot.

“Always have a willing hand to help someone; you might be the only one that does.” — Roy Bennett ■

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



CONSIDER hiring high school students

As summer draws to a close, local businesses are gearing up for the bustling back-to-school season. This time of year presents a fantastic opportunity for businesses to consider hiring high school students. Not only can these young individuals provide valuable support, but the experience can also significantly benefit them in numerous ways.

For many retailers, restaurants and service providers, the back-to-school period brings a surge in demand. From stocking up on school supplies to preparing for busy afternoons filled with student customers, businesses often need extra hands. High school students can step in as part-time workers, offering flexible schedules that fit around their classes and extracurricular activities. Their availability during evenings and weekends makes them ideal for meeting the increased demand.

One of the advantages of hiring high school students is the fresh energy they bring to the workplace. These young workers are often tech-savvy and comfortable with social media, which can be particularly beneficial for businesses looking to enhance their online presence. Their enthusiasm can also create a positive atmosphere for both customers and employees, leading to a lively and engaging environment.

Furthermore, employing local students fosters community ties. When businesses invest in the youth of their area, they're building a stronger local economy. This support can resonate with customers, many of whom value businesses that contribute to the community's growth and development. By hiring students, businesses not only gain extra help but also enhance their reputation as community-focused establishments.

For students, the benefits of part-time employment are substantial. First and foremost, a job provides practical experience that can be pivotal for future career opportunities. Students learn essential skills such as teamwork, communication and time management — skills that are invaluable whether they pursue higher education or enter the workforce directly after high school.

Additionally, having a part-time job gives students a sense of financial independence. Earning their own money allows them to save for future goals, contribute to their families, or simply enjoy spending on leisure activities. This financial responsibility can instill a sense of accomplishment and boost their confidence as they navigate their teenage years.

Essentially, hiring high school students during the back-to-school season offers a win-win situation for businesses and the students themselves. By leveraging this dynamic workforce, businesses can effectively manage seasonal demands while helping shape the next generation of workers. ■

Information provided by Alyssa Knudsen, 2024 Altoona Area Chamber of Commerce President and owner of Altar Stationery.



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GOLF Outing

Altoona Area Chamber of Commerce held its golf outing on July 12 at Terrace Hills Golf Course.



Nick Ross, Mark Waters, Dakota Gibson and Alex Lynch



Ethan Hafner, Alex Vasiljevic and Nate Achilli



Frankie Martiez and Eric Abbey



Chuck Lee and Brian Benson



Adam Davis and Jake Viggers



Adam Gatton and Steve Grove



Tracy Mott, Jarrett Duer and Riley Duer



Mallory Grove and Steve Grove



Michael Berst and Jordan Setser



Anglea Jones and Jaci Whitten



Chaz Cooney and Nic Jones

SUMMER Fiesta

Summer Fiesta Party was held at Pennie Carroll & Associates Real Estate on June 6.



Penny and Dave Bellnap



Aly Carroll and Pennie Carroll



Michelle Warner and family



Mark Vander Tuig, Kendal Burzacott and Kristin Goodwin



Rena and Rick Thomas



John and Angie Jorgensen



Brian and Amanda Pierce



Sierra Scouten, Jayse Scouten and Olivia Burkhardt



Day's Live Music



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Paul Teikppe, Eric Pope and Karen Yerena

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MISCELLANEOUS

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2.75 Bath
1,820sqft
.34 Acres

\$644,000



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3 Bed
2.25 Bath
1,940sqft
.29 Acres

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