Thursday April 29, 2010 1 PEG eq, Auto • Farm, Lawn & Garden • Garage Sales • Merchandise • Pets • Real Estate • Wanted • Lost/Found 1985 Yamaha XJ 700N-2004 F150 stepside ext. Central Iowa's #1 FREE Weekly Classified R Maxim, carbs need cab FX 4X4, fancy truck, Please visit our site for Free quote. cleaned, new battery, leather, chrome inside, Covering Clemon-Maki Jasper, Poweshiek, other wise runs good, askall power, true blue color \$14,900. 641-831-9571 Marion, Polk ing \$250. 641-417-9516 INSURANCE Simply e-mail your ad to 2000 Hyundai Elantra 2008 VIP moped scooter. stellar@iowatelecom.net. "Where Choice and Experience Counts" wagon, great shape, extra street legal \$500, runs Go to: 1-888-792-5040 clean, low miles (under good; 2 trolling motors www.myiowainfo.com 30,000) like new car and 2 man boat, call for www.Clemonmaki.com to place your ad or read the \$6,800, see at 2079 W. prices. 515-289-6780 Free Weekly Classifieds. Baxter • 227-3311 Newton • 792-5040 18th St. S. 641-521-9807 Deadline is Friday at 10pm. 1987 Lund 16 ft. boat, 40 2007 Ford Taurus SEL, HP motor, trolling motor, PHYSICAL MEDICINE Auto/Recreation sunroof, spoiler, loaded, 2 acons, 2 fas tanks, new 70K, must sell \$8,000 battery \$2,000. 1991 Dodge Sport, 4 cyl, & REHABILITATION 641-417-9696 obo. 6410521-9541 4 dr. auto \$550. 641-521-6471 Occupational Therapy 2003 90cc polaris 4 2-matching Zeus motorcy- Physical Therapy cle helmets flip-up fronts, wheeler 4 sale-\$900.00 2 new tires, 255x65x16,. ICAL CENTER Speech Therapy size medium \$140 pr, obo 641-831-9478 with locations in: \$100.641-521-6471 Newton Audiology must sell. 641-521-9541 Colfax Baxter Massage Therapy

Call 641-791-4380 • Sports Medicine





5-speed transmission (standard) for Ford Ranger \$45: rear end for Ranger \$20; 8-bolt Chevy rear 11" brake drums. 641-793-2955

2007 Ford Taurus, loaded, 196,000 all highway miles, looks/runs good \$6,800; 2000 Ford Taurus, loaded, always used and saved as my good car, 88,000 miles, mint condition inside/out \$5,250 firm. Cash only. 641-236-4458

Parting out 72 Chevy 3/4 ton 4x4, good tranny and cast transfer case, no engine, poor body \$600 good title. 641-594-2702

97 Dodge Neon, 4-door, 4 cyl, new pipes, auto, no rust or dents, white \$2,300. 641-750-2437

1993 Ford Escort 2-door,

parts car, 1.9, 5-speed, GT parts \$400 obo 641-521-9541

2005 Ford 500, 80% rubber, 25-30 mpg, great car, 66K miles, champaign metallic, keyless entry, CD player, power driver seat, lots of extras, book value \$11,000 selling for \$9,000, bought newer one just like it. 641-831-9571

2002 Honda Shadow Spirit 750cc, windshield, leather bags, travel bags, backrest, 16K miles, clean and in excellent cond .. \$3.200. 641-521-8308

2008 35ft. travel trailer Seirra by Forest river tri0ple slide loaded with options, must sell. 641-275-5675

1985 Oldsmobile 442, 2-tone silver, gold decal, t-tops, all original, 54,658 actual miles, power windows, power locks, Collector's Dream, call Jason @ 641-990-4796.

1998 Savanna Conversion van. Loaded. Great for vacations! \$3600.00 or offer. Mingo 515-681-4455

2007 Honda VTX1300C Low Low miles, like new, Memphis Shades detachable windshield, backrest, remainder of 4 yr extended warranty. \$8500.00. 641-792-7086 or 641-787-1258

Canoe 17' Sea Nymph Good shape, Aluminum, includes 2 paddles & 2 seat cushions, licensed for 4. 641-787-1258 evenings

#### **JASPER COUNTY CONSERVATION**

# WOODLAND WILDFLOWER WALK

A woodland wildflower and birding walk will be held on Saturday, May 1, from 10:00 – 11:00 A.M. at Ashton Wildwood Park. Katie Cantu, Naturalist with the Jasper County Conservation Board, will lead the walk that is open to the public. Local amateur photographer Howard Vrankin will share some of his outdoor photography tips.

Ashton Wildwood Park is located 7 miles west of Baxter on Highway F-17, and 1/4 mile south on West 122nd St. North. The walk will begin at the second picnic shelter near the start of the nature trail. Participants are welcome to bring binoculars and cameras if they wish.

The walk will be canceled in the event of rain.

# Conservation Greeting Cards Available

Jasper Conservation Connection (JCC) hosted their second annual photo contest this year, with the top placing photos used on greeting cards. The photographs had to be taken by amateur photographers in Jasper County, featuring wildlife, landscapes, or people enjoying the outdoors.

Eight photos were selected for the cards, two from each season of the year. The photographers are Linda Hotger, Sandy Clark, Linda Greene, Teresa Arrowood, James Powell, Barbara Van Zante, and Danna Fruetel. They will each receive 16 free cards. To view the photographs, go to www.jaspercountyconservation.com.

The cards will be sold in packages of sixteen at \$15.00 a package. They are available for purchase at the Jasper County Conservation Board office, 115 N. 2nd Ave. E. in Newton. The cards are blank inside, so they are perfect for use throughout the year, and make a great gift! In addition, if you purchase 3 sets of cards, you will receive a free JCC canvas shopping bag.

Thanks to everyone who participated in this year's contest, and keep those cameras ready throughout the coming year!

1995 Chevy Blazer, Leather Interior, Black exterior with black interior V6 153,000 miles 4X4 runs great just had some work done to it \$3000 o.b.o Alex 641-752-6077

2007 Dodge Caliber R/T All wheel drive Beautiful orange red color. 52000 Miles, New tires Most options gray leather interior heated seats. 12400.00 OBO 515-961-8657 Leave message if no answer.

Four Wheeler Suzuki 250 R 1986? Comes with 2 sets of tires and wheels. Runs good plastic good. 1300.00 OBO 515-961-8657 Leave message if no answer.

1982 Mercedes 240D, 56 miles per gallon/diesel, Sunroof, dark blue Stored in garage/never seen snow Needs oil cooler Comes with lots of extra parts Shipped over from Germany Nice collector's car; only one other car like this in U.S. \$3000 obo 641-750-5521

4 passenger Cheetah 150 Bass Boat. Silver fiberglass body with 60 HP outboard motor and trailer. Accessories will go with boat. 641-990-0737 to make appt to see.

2000 Four Winns 22 ft boat Open bow. 5.7 fuel injected. Duel prop, thru hull exhaust. Skies,Ropes,and life jackets. Very low hours, very clean not a nicer used baot. \$15,0000.00 641-792-6426

Electric gocart lift stand gave \$750 will sell for \$350, youth chest protector \$50 and small racing suite \$15. 641-521-6981

## Jersey Freeze Hwy 14 S. • Monroe Everyday Noon - 9

BBQ Pork Sandwiches People Love Our Strawberry Soft Serve!

2008 Hyundai Accent 10,400mi, stick , apple green, Take over payments 515-852-4149

2001 Chrysler Sebring convertible Sharp car \$5,800 OBO 515-852-4149

Heavy duty 24' dually tandem 5th wheel flat bed trailer. (2) 10, 000 dexter oil bath axles. Trailer has elec. over hydraulic jacks and full width ramp. Also 18' X 6' 5th whl trailer with fold over ramps, (2) 7000# axles 641-521-0751.

Tool box and fuel transfer tank. Holds aprox. 30 gallons with 12 volt pump with hose and nozzle. Used very little. Fits into box of small pickup, Dakota, S 10, Ranger, etc. Like new. Asking \$500. Also a 50 gal. tank with manual pump. 641-521-0751

1973 Ford 400 bushel grain truck, wood sides with steel bottom, \$3000; IH 8-row no-till 3 point air planter No. 500; \$500. Phone 641-944-5484.

1991 Chevy 1500 Silverado Ext. 2wd, 5.7 liter engine, pw, pl, topper, tow package, locking differential, very clean and runs great. price reduced \$2150 641-660-1592 4 tires and wheels. 15 inch trailer tires and spoke wheels. Tires have 80% tread, wheels have some rust. Wheels are off a Haulmark trailer. 5x41/2 bolt pattern. 125.00 for the set.

#### Farm, Lawn & Garden

8 HP Snapper snow blower, hvy dty, 1 season use, great shape, new 41,175 selling \$300. Also have trailer for \$50, 4x8. 641-526-2626

8n ford tractor with hydraulic bucket and 7' rear blade, has 12 volt electrical system, and newer seals on loader, with rebuilt hydraulic-pump. Had a rebuilt starter, new throw out bearing, pressure plate and fly wheel and gear in last 4 years. Does need some work on the brakes and motor needs some TLC. Asking \$2500.00 (641-521-9453)

Cub Cadet "2006" Model Lt 1045 Series 1000 Hydrostatic Lawn Tractor 46in. deck 195 hrs. \$1100.00 OBO 515-964-7027 or 641-275-7544

1716 Deutz-Aliss Lawnmower. Hydrostat, 16 hp Van Guard engine 44 inch deck. Excellent condition \$600. 641-594-4252





10 foot slide-in steel stock rack for full size pickup. Stand and floor included. Like new. 641-484-4825

Hosta plants in 6 inch pots. Will be ready in 3-4 weeks. \$2 ea. All proceeds to JDRF. 515 897 8229

Two Massey Harris 44 tractors, one for parts and one which has a loader for refurbishment. \$1000 for both. 791-3325.

TALLMAN'S MARTIAL ARTS Tae Kwon Do – Black-belt instructors Classes: Mondays: 7:00 p.m. JUDO – Black-belt instructor -U.S. National Champion Pan-American Champion Classes: Tues/Thurs: 7:00 p.m. Several MMA fighters use judo as basic technique for on-the-mat fighting. Knoxville 641-842-3554

Woods Model RM372 6ft finishing mower Cat. 1 3pt, Rear discharge, New blades, New Belt \$550 641-891-6477

1-garden,gas/hoe /cultivitor/lawn edger \$125 792-7370

50lb Bag Of Kentucky Bluegrass Seed 99%pure 0 Weeds 85%germ Lab Tested In 2010 100.00 Firm Retails For 150.00 Plus Tax 641 275 3557 Cell 847 323 6905

720 JD/Pony Motor \$5000. Homelite 18" chain saw used very little \$75. 515-994-2558



#### Garage Sales

Grinnell

Garage Sale: 819 Center, Grinnell, IA, April 30th 4-6pm; May 1st 9-1pm, table w/4 chairs cherry wood, microwave, bread maker, dishes, lamps, Indian art, 10,000 BTU A/C only used one season, some antiques, large women clothing, much more nice things.

#### <u>Monroe</u>

Garage Sale: 34th semiannual garage sale, Sat. May 1st, 2012 8am – 3pm, over 60 different locations. Kids clothes, toys, small appliances, furniture and antiques, all kinds of things to take home, come join in the fun. Maps available Friday after 5 pm at Casey's and Monroe foods. See you on May first.

Three generation garage sale: outdoor play house; sand table; girl's clothes: some 2t, lots of 3-5, many name brand; outdoor/indoor toys; books; small furniture pieces, small appliances, kitchen and other house hold items. linens - including girls twin comforter set, new Partylite pieces, some women's clothing size XL, and lots more. 601 West Marion Street, Monroe. Friday, April 30 2pm-6pm and Saturday, May 1, 8am-noon.



603 Westview, Monroe, May 1st. 3 families, mens jeans, scrapbooking items, entertainment centers, shelves, books, kitchen items, 2 twin bed frames with mattress and box springs, red hat items, much misc.

#### Newton

Garage Sale: Fri. April 30th 5-8; Sat. May 1st 9-1, 1532 W. 14th St. S. Lts of nice, clean items, don't miss.

Garage Sale: May 1st, 7:30 am – Noon. 2204 North 2nd Avenue East.

Garage Sale: April 30th 8-5; May 1st 8-noon, 724 E. 10th St. N. Paper shredder, old jewelry, clothes all sizes ladies/mens, pillows, hurricane lamps, flower pots, hanging baskets, 3 ring pool, motorcycle helmets, throw rugs, patterns children's/adults, humidifier, books, puzzles, floers, lots of misc.

Garage Sale: love seats, wooden craftsman style rocker, lamps, glass collectables,shoes, plants,clothing, decorative items, 330 N 8th Ave E Newton, IA, 50208

Maxim's Big Annual Garage Sale! Lots of great stuff, new t-shirts, polos, jackets, great gift items, travel mugs, coolers, bags, duffels and more. 1111 N. 3rd Ave E. Fri. April 30th - 4-7pm Sat. May 1st - 9-1pm





2008 Mercury Milan Dark blue, Mileage 31,792 \$14,995



2006 Ford Fusion Black, Mileage 30,096 \$11,995



2006 Lincoln Zephyr Black, Mileage 24,968 \$16,995

Located Exit 164 off I-80 & Hwy. 14 in Newton 641-787-9990 • 800-905-4309 www.chevykingdom.com



"Service Around Your Schedule"

We service all makes and models. Our technicians are factory trained. Service while you wait.



**All Tires \$5.00** 

**Over Dealer Cost.** 

### DOLLARS AND SENSE BY David Uffington

# Straight Talk About Debt

Anytime somebody talks about having a "strategy" to get out of debt, it pays to be leery. There are scams galore, including those that promise (for a fee) to take your payments and make arrangements with lenders to accept a smaller amount each month. (Unless you send the check yourself, you really don't know where it's going.) However, there's a new book out that talks about strategy, and it's one you can trust: "Debt-Free Forever (Take Control of Your Money and Your Life)" by Gail Vaz-Oxlade (Collins, \$14.95).

There's a lot of no-nonsense tough love in Vaz-Oxlade's plans, and there should be if a strategy to reduce debt is going to succeed. After all, the average consumer has \$16,000 in credit-card debt. But under the humor (yes, there's that, too) is a sound plan. She tells you upfront that it's going to be hard work, right in the first line of Chapter One, then moves quickly into the all-important first step: Find out where your money's going (spreadsheets are provided in the book). Step two, facing your debt, is where Vaz-Oxlade takes things beyond the typical "get out of debt" book. Not only are debts written down and categorized, they're critiqued and analyzed for what they really cost. There is plenty of hands-on help. Focus on long-term goals. Decide what you really want, because with debt control, it matters. Write down your core values, prioritize and set a goal. Find friends who are compatible with that goal (spending less to have fun). Swap bad habits for good ones.

"Debt-Free Forever" explains how to get a handle on disappearing money (what happens when the pocket monster eats all the change when you break a \$20), 401(k) plans, insurance, credit cards and more. There are worksheets, guidelines, instructions on how to make a budget -- everything you need to become debt free, except for a pencil, piece of paper and a calculator.

Vaz-Oxlade has a television show called "Til Debt Do Us Part" (about couples in debt) on CNBC and has written 11 books on finances. As she says on her blog: "Money is only a tool. You can use it to your advantage or you can misuse it to your detriment. You decide."

#### PRAIRIE CREEK TRADING POST

GIFTS, HOME & GARDEN DECOR. ANTIQUES, CUSTOM T-SHIRTS & Wide Selection of Hinge Boxes! 10310 S 96 Ave W, **Rural-Prairie City** 515-994-2974 Watch Signs At school, go 2 Mi. So. on Co. Rd. S6G & 1/4 Mi. W. on S. 96 Ave. W. OR From Wildlife Area, go 1 & 1/2 Mi. East.

Hrs. T,T,F,Sa 10-7 (M,W Chance/Appt.)

#### Merchandise

Twin size youth captains bed w/bookcase headboard, reversible storage on one side, oak/oak veneers. \$250. 641-792-6174

Toddler booster seat for table (no tray) Straps for child and to attach to chair. \$5. 521-2948.

Firewood, \$60 pickup load, delivered in Newton, \$70 surrounding areas. 641-275-7109

Oak table and buffet aprox. 100 years old, 8 chairs, 1 arm chair, will seat 10-12 people w/leaves. 641-526-8204

Rally 5 hp Front Tine Tiller Exclent shape \$150.00 OBO HP Printer \$35.00, Wheel Horse Cultivator \$50.00 OBO Brand New Antique Door Knob Set with skelitor key lock 3 Brand new antique packages door hinges, 4 brand new antique packages drawer & cabinet locks Call 641-828-6112

2 old gas pumps 641-792-3276 Nearly new Kenmore clothes washer. High-efficiency, front load, white. Model 110.47791701. Used for only a few cycles at a testing facility. \$750 obo 641-787-8812 (leave message if no answer).

92%, 60,000 BTU furnace, new in 1990, working when replaced in April \$100; 12.0 Seer, 2 ton air conditioner, new in 1990, working when replaced in April \$ 100 or\$175 for both. 641-792-7186

Craftsman 10" radial arm saw w/laser guide, like new \$350 firm; old fiberglass canoe, needs work \$100. 831-5417

Brett Farve #4 Green Bay uniform; 8x10 color autographed and framed, asking \$75. 641-792-7017

Variety of pocket knives, various sizes, quantities, etc.. All must go. 641-792-7017

Boys 18" bicycle, navy blue, Next brand, good shape \$20. 641-275-5144

Radio Flyer red plastic wagon, 2-seats, storage compartment, opening side door, great condition. \$40. 641-275-5144

1,300 gal. Rd. plastic water barrel \$125. 641-526-3138

2-IA Speedway tickets for May 23 East/West Pro Series \$25 obo. 641-792-2039

1.8 cu. Ft. Haier "Dorm" refrigerator, 2 years old, asking \$65 obo. 441-792-7017

12" Schwinn Beginner's Bike Purple with training wheels \$15.00 641-521-9686 Lg. box coke items \$30; antique wall bottle opener \$5; Coke desk lamp \$10; 2-lg. boxes presidential memoirabillia \$30; 5axes/7pitch forks/3 spades \$7 each; antique horse collar w/hane \$20; 3 old tractor cranks \$8. 641-521-2910

300+ pounds Olympic style and steel style weights ranging from 2 lbs to 45 lbs, bench, cable machine, bars, curl bars, dumbbell bars, 90 lb heavy bag, medicine ball \$150 obo takes all. 641-787-1088

Oak pedestal table w/lg. leaf, 4 chairs 641-791-1126

Wood & metal patio love seat and chair \$15; 4pc red/white/blue wood set \$15; vinyl/wood occasional chair \$20; new indoor/ outdoor thermometer \$10; 4 metal tea kettles \$5 ea; 3 wooden clothes racks \$30 ea; 3 men's straw hats \$5. 641-521-2910

Hide-a-Bed, standard size, like new Hide-a-Bed, queen size, excellent condition Oak Bedroom Set, queen size, good condition 641-628-3812



SS Aladdin thermos used twice, like new \$5; BHG garden book \$4; 19 hard back cook books \$1 each or 6 for \$5; red plaid picnic bag w/handles \$. 641-275-7600

Craft books consisting of wooden toys, cross stitch, candle making, tote bags – 167 things to make for children, blue ribbon crafts, most are HB \$2 each or 6 for \$10; 2 1991 "circle of friends" perfect gift and harvest time \$5. 641-275-7600

60x48 wht vinyl single hung twin windows, energy eff., in house only 4 wks \$150 each, have 3 sets. 641-417-9506

Refrigerator is a Roper by Whirlpool, nice, clean, 4yrs old \$150 obo. 641-521-6533

6-14" tires of off Chevy S10 \$10 each. 641-521-6533

Right rear corner panel for 2000 Dodge Caravan \$70 obo. 641-750-5521

Large quilting frame (up to king size) 3 poles=1 pole for top, 1 for batting, 1 for lining, new cond. 641-521-5980

Computer desk, solid oak, 2 part w/ lock and key \$30 obo lots of misc. baby boy clothes 0-12 mos., all seasons – look through make offer; baby toys, king size bed \$20; baby organizer disk, dark wood \$20 obo. 641-750-6585

1997 Magnavox tv 27" \$50; Antique twin bed, Head board, Foot board Side rails 2 slats \$100 Call 641-521-2463.

Norman Rockwell Collector Plate with certificate \$20/cash 515-210-4180 Oil Painting Classes Tue. nite, 6 to 8, Wed. Morn. 9 to 12. 20 yrs. teaching experience. Call, Lynda

Roller Blades and pads, Youth size 6\ \$15/cash 515-210-4180

515-674-3878

Computer, DSL Ready, CD, NetCard, \$75/cash 515-210-4180

16" Quest Foxy girls bike with hand brakes. Purple and white \$15.00 641-521-9686

Antique Pie Safe, Pine Wood, unfinished, punched tin sides, 57" high, 41" wide and 15 " deep, two-drawers on top, two doors in middle and one drawer at the bottom. \$200.00. 792-2574

Cedar Wine Racks 22 shelves each rack. Have 20 plus sets Like new. 20.00 OBO for each rack. 515-961-8657 Leave message if no answer.

Stainless Steel Commercial Stove by Volcan Has 2 ovens, 4 burners, and griddles Very good condition. 2800.00 OBO 515-961-8657 Leave message if no answer.

Used flatbed trailer. Tilt Bed Good condition. For riding lawn mower or Golf cart 385.00 OBO 515-961-8657 Leave message if no answer.

Clothed In Love is now accepting donations of Men, Women, and Children's clothing and baby items. Please call 792-1793.

# **Event Calendar**

Civic and Non Profit Organizations, email us at: stellar@iowatelecom.net

#### May 1. 1st annual New Sharon Spring Festival Community Auction.

Community auction will be held at city park in new sharon with biscuit and gravy breakfast at 8 am. Consignment auction at 10 am and lunch at 11 am. Please bring items to be consigned items friday April 30 starting at noon and Saturday May 1st before auction. For additional information. Call Teresa at 641-780-7833. treese196902@yahoo.com or Ralphi 641-990-9947

#### May 1 - Special Dedication of a Mural

"Centre for Arts and Artists invites the public to a special dedication of a mural created in partnership with Big Brothers/Big Sisters of Newton. An interpretation of work by Diego Rivera, the interactive mural will be dedicated at 10:00AM Saturday, May 1, 2010 at the East side of the bldg. Sponsors of this project include Arts Connection, RENEW Newton, and CAA. Refreshments will be served during which CAA will be open until noon for an Open House of 8 artist studios, gallery, and classrooms. Please join us to celebrate the creative spirit of BB/BS!"

#### The Newton Athletic Boosters will be having a clearence sale

All merchandise from this year and years past. Newton Cardinal clothing and other items at great sale prices. Saturday May 1st from 9 to 1. On the sidewalk outsde the football stadium on West 6th St South Come and take advantage of the savings.

#### May 5-8 Tulip Time Quilt Show in the Pella Opera House Grand Ballroom.

Hours are 10am-6pm each day. Over 100 quilts of all sizes in full bloom for your enjoyment. Also raffle quilt to be given away, and Silent Auction quilted items for sale. Admission \$3.00. Info-628-6862.

#### May 6,7, and 8 - Serving Tulip Time Breakfast

Come relax and enjoy a great breakfast at the 1st Christian Reformed Church at 914 Liberty St. {Across from West Market Park} in Pella.Serving Thur. Friday and Sat. from 7:00 a.m. -10:00 a.m. in the church basement. The menu will consist of egg casseroles,fruit,muffin,homemade pancakes, sausage and beverage. Free parking while you have breakfast. Carry out available. Info. call 641-627-5581.

#### Child Care Provider Appreciation Day is Friday, May 7th

Locally, the Child Care Resource & Referral (CCR&R) of Jasper County will recognize child care providers and the quality care they provide daily, weekly, and monthly to the children of Jasper County. Parents with children in child care are encouraged to take this Friday to show their child care provider how much they appreciate them. From more information, contact Denice Fischer or Vrankin at CCR&R of Jasper County at 792-76433 or 792-5437.

#### May 8th, 2010 Just Ride It youth and open horse show.

at the Jasper County fair grounds arena. Office opens at 9:00 am and the show will start at 10:00 am. This is a pay back show with the proceeds going to benifit camp sunnyside.

#### Saturday, May 8th - Vendor & Craft Fair from 10am to 3pm

Location: McCann Center, Sacred Heart Church, 1115 S. 8th Ave E., Newton. Mission Coalition of Jasper County is having a vendor and craft fair. The fundraiser to benefit the Newton Area Ministerial Association's Compassion Fund, which serves families and people in need. For more information call Rita Ayers 641-521-4733 or Lisa Griffith 641-521-9545

#### Help support Peoria Christian School during Tulip Time

During Pella's 75th Annual Tulip Time, May 6-8. Come enjoy a snack or a meal at the Pella Memorial Building located on the west side of the town square. They'll be serving hot roast beef sundae's, homemade pies, ice cream, and Dutch letters. Come dine in a comfortable setting rain or shine. You won't be disappointed.

#### Clay Classes In May At Centre For Arts And Artists

Your instructor will be Beth Tepe of Newton. Create a box, make tiles. Picture frames. Throw a pot. This is an opportunity to create a gift of your choice! Beth will be holding class in May, 2010. Tuesdays or Wednesdays 6:15-8:15pm (majority sign up determines which night!). 4 sessions with make-up dates. Class fee \$55. new members. Class fee for past CAA clay participants \$45. Call or email now for reservations: Beth at 641-792-0130 bwkyup@iowatelecom. net. Linda at CAA: 641-521-3554 cell or 792-1391 caa@iowatelecom.net







1008 N 11th Ave E • 641-792-3015

Childs play work bench made from wood. Includes all toy tools. \$50; Bach Aristocrat Trombone with case \$450; Youth bowling ball (green/blue) with Star

1. 4 Peerless Widetrack Baja H/T P235R16 tires purchased new in Nov. 09 and replaced in March 2010, 6000 miles on tires. 300.00 dollars or best offer. Call 515-720-5135

50 feet of chain link fence 6 post with all attachment hardware and has all the top rail. No corner posts 75.00 or best offer.Call 515-720-2210 or 515-720-5135

Pella custom made window, arched 2 feet in the middle and is ten feet long with 6-8 inch vertical ends. Make offer Call 515-720-2210 or 515-720-5135

36x38 inch dinning room table with fold down wings and 2 chairs \$75, cracker barrel cane back rocking chair adult size \$65 kid size \$40 will email pictures 641 831 3064

Two (2) Double Walled Plastic Tubes. 36" x 20 feet long. \$1000 for both. Ph. 641-363-4563

Starter Fertilizer 12 volt pump kit. Double head pump, tee jet rate controller with eleven (11) nozzle bodies. \$1,000 ph:641-363-4563

27" color Philips tv. Surround sound. Box type, but the screen itself is flat screen. 2 years old; barely used (has been in storage), excellent condition. \$100 firm. Paid \$356.00. Cash Only. Call Patty at (641) 792-4220

Sun 10-4

Gorgeous Burnt Orange gown by Alexia, size 12-14, Tall. Worn once as Bridesmaid. A strapless gown with a bead design on the bodice and beads where the "folds" come from the back zipper and meet in the front! Comes with optional shoulder wrap. Easy to alter if necessary. New \$500 asking \$200 OBO. 641-363-4563



Everything Baby! Maternity s-xxl, boys 0-4T, shoes & socks infant & toddler, girls nb-9mo, infant shoes & socks, unisex 0-6mo, double stroller, toddler wooden table w/ stools, kids books, microwave, golf clubs, teen/mens sxxl, teen/womens 5/6, kids bedding & decor. Cash only. 641-521-7849.

General Electric 19" Color TV Cable ready approximately 15 years old \$30 Youth Bowling Shoes- In Great Shape. Size 6 Purple/ Pink Etonic \$10 Adult Bowling shoes - used for 4 games Size 10 1/2 Dexter SST8 641.787.9508

Oak coffee table with 2 drop sides and clawfoottype (curved) legs. Excellent Condition and very solid! \$30.00 (price firm) Cash Only. Ask for Patty, 641-792-4220.

Glass wine carraff and 2 wines glasses. Each piece says "Cheap Red Wine" on them. Fun conversation piece! \$5 for the set. Cash Only (641) 792-4220

Wood & Metal Twin/Futon Bunk Bed. Can convert to a twin size bed & a futon. Futon Pad & Mattress Included. Like New. \$125.00. Call 641-831-5227.

2010 Knoxville Nationals 50th Anniversary Tickets Section L Row 25 Seats 32 & 33. Two tickets for all 4 nights.Value \$354, but will sell for \$300.641-891-1166 or 641-842-2583

Attention Collectors! Must see to appreciate. 23 McCormick, Elvis musical liquor decanters. Excellent condition. Still in boxes and seals unbroken. Must be 21 years of age to purchase. CASH **ONLY.** Serious buyers only please. Will not sell individually. \$2,000 Firm. (641) 792-4220

Pottery Barn, extra large, spiral wall sconce, black iron. Holds 18 votive cups and candles (included); great in any room! Excellent condition.\$100 when new, selling for \$40. Call Patty at (641) 792-4220. Cash Only.

Large Pet Porter, excellent condition. Perfect for Lab sized dog. \$30. Turntable \$25, Manual typewriter with case \$25. Shelter Cove 36x36 inch shower, new in box. \$150. Pull type golf cart, new in box \$15. 791-3325.

(3) boxes, 24 per box GE F25T8/SPX35 fluorescent light bulbs (36" length). 792-3099

LB White Tradesman K150 Portable space heater for garage, 13.5 gal fuel tank capacity, \$75.00 792-3099

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#### TO YOUR GOOD HEALTH By Paul G. Donohue, M.D.

# Low Sodium Level Causes Many Symptoms

DEAR DR. DONOHUE: What can you tell me about a low sodium level? My visiting friend (from England) was refused embarkation on his cruise because he was acting belligerent and confused. The ship's doctor sent him to a hospital. He had scans, an EEG and numerous blood and urine tests. Everything was normal except he had low sodium. His insurance carrier sent a doctor from England to accompany him on a flight back to London. He has since seen his own doctor. His sodium level has risen. What happened to him? -- B.L.

ANSWER: Sodium has many functions. It keeps body fluids at the right level. It maintains blood pressure. It's essential for muscle contractions. It participates in generating the heartbeat. It carries a positive electric charge, so it balances the negatively charged body substances. A drop in blood sodium leads to fatigue, nausea and weakness. If the level dips farther, people become confused and dizzy. At very low levels, they could have a seizure and lapse into a coma.

Your friend's doctor has the task of finding out why your friend's sodium level fell. In quite a few instances, it comes about from an inappropriate release of a body hormone called ADH, antidiuretic hormone. This hormone stops kidney urine production. The result is too much water in the body. The extra water dilutes sodium and produces a low reading. Liver diseases, troubles with the adrenal glands and a sluggish thyroid gland are other causes for a lowering of blood sodium. Restoring the body's sodium content is not too difficult. Tracking the reason why it dropped is.

Has your friend's mental function normalized now that his sodium level has returned to normal? If it has not, then his doctor has to look for explanations of his erratic behavior that have nothing to do with his sodium. \*\*\*

DEAR DR. DONOHUE: I have been eating ice cream and cookies sweetened with Splenda for about four years, enjoying them very much and not experiencing any bad side effects. Then someone told me that Splenda is really bug poison and that it has made a lot of people sick, so I stopped using it. I have noticed no improvement, but I didn't have anything wrong in the first place. I miss Splenda foods. What is your opinion? -- N.B.

ANSWER: Splenda is not bug poison. It's made from sugar. It's a product that is 600 times sweeter than sugar. It is not absorbed, so it contributes no calories to those who eat it. It's FDA-approved, and I trust the people at the Food and Drug Administration more than I trust your informant. There's no reason for you not to use it. Some people delight in passing on alarming information. Your "some-one" has to be one of them.\*\*\*



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Call 641.521.1334 or 641.792.4909

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Wanted: Class A motorhome, one owner, 30' or more, gas motor only, Ford or Chevy, must be in great shape, no storm or accident damage. 641-236-4458

Wanted: Someone to mow 7/8 acre in Mitchellville area 515-937-0013

Wanted: 1970's Ford 4X4 - does not need to run but prefer a decent body - looking for something cheap, call Jason @ 641-990-4796.

Wanted: LP stove w/working oven. 641-521-2415

Wanted: Patio umbrella base. 641-792-8079

Wanted: Want to Buy or Trade Wysocki Puzzles 641-628-1145 WANTED RideShare passengers for van(s) going to Wells Fargo or Aviva in West Des Moines. For more details, please call Brad Freese at (641) 521-4611 or Linda Riggs at (641) 521-3565.

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Wanted: Old farm equipment. 641-275-0046

Wanted: Tools and equipment gathering dust in your garage to serve families in south central Iowa. Local service ministry needs safe/working extension and step ladders, as well as scaffolding & planks for painting projects. Want to make our year? Donate your small skid steer for snow removal and minor excavation projects. All donations tax deductible with tax receipt provided. www.actsofiowa.org

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## THIS IS A HAMMER By Samantha Mazzotta Heavy Rains Take Toll on Basements

*Q: I have a dry basement. But recently, after heavy rains, I noticed that in two corners of the basement the paint was bubbling up a bit and, when I pressed one of the bubbles, the paint split and water trickled out. I haven't experienced dampness issues before. What's the problem? --Gary in Waltham, Mass.* 

A: Considering all the pump hoses I saw trailing from basements around my neighborhood following recent heavy rains in the Northeast, a little dampness doesn't seem like much. But you're paying attention to the problem right away, when it's relatively small and new -- and that's actually very important. It can save you from having to bale out the basement a few years from now.

The first thing to do is to find out if water is draining correctly away from your foundation, or if something is impeding that drainage. Check outside the house, near those corners. Are there gutter downspouts nearby? Do you have shrubs, hedges or other plants in place next to the foundation?

If gutter downspouts are near the corners, make sure the water is draining well away from the foundation and that it disperses evenly. The small bend at the bottom of the downspout may not be enough -- water should be directed at least a foot away from the foundation, so you might need to purchase a gutter extension.

Should the rains return before you're able to do that, you could do what my neighbor did in a pinch during the storms, and improvise a drain extension. What he did was set a flat piece of concrete directly beneath the downspout opening, raised the end slightly by placing a few pebbles underneath so the water flowed away faster. He then found a length of flexible plastic tubing about 4 feet long in his shed and duct-taped that to the end of the downspout.

Check the distance of plants from the house. They should be planted more than a foot away from the foundation to prevent their roots from extending to the foundation and allowing water to seep in through the cracks they exploit. Plants that are set too near, or plants whose roots have crept to the foundation, should be removed and new plants placed farther away.

If you don't see improvement in the water seepage, or would just like to make sure, have a licensed contractor double-check the basement and foundation for unseen damage. The faster you tackle any issues, the less you'll have to shell out for repairs down the road.

HOME TIP: Inspect your home's gutter system twice a year, in spring and fall, for debris clogs and damage to the gutters.



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