

BONDURANT

AUGUST 2022

Living

MAGAZINE

GARDEN harvest

Where does all the produce go?

Meet Megan Weaver
EDUCATION

Unearthing the town's untold stories
COMMUNITY

Overnight apple cinnamon French toast casserole
RECIPE

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WELCOME

ONE TOMATO, two tomato, three tomato, four...

My childhood home had a backyard full of tomato plants. Mom was obsessed with this, especially in canning the tomato juice. Our basement was full of Mason jars of the red stuff, and most everything we seemed to eat had tomato juice in it.

The entire process seemed like a lot of work for something that could be purchased at the grocery store for pennies. Whenever I told Mom this, I was given the task of immediately pulling weeds in the garden. I learned to keep that opinion to myself.

Today, I am convinced that we would all be healthier if we ate more foods that we grew ourselves in the ground and less foods that we unwrapped from plastic. Maybe not a 100-percent diet of things made with tomato juice, but you get the idea.

That sounds like a good plan, but it does take a change of habits — and some patience.

I am often poked at by friends for not eating enough vegetables. I don't understand the criticism. After all, I eat potatoes. But what about green vegetables, I am often asked. Well, I eat pickles, too.

My wife, Jolene, helped broaden my vegetable diet, and our daughter, Abby, pushed it along. For years, we had a "salsa" garden off our deck. It was a humble display but one that kept them both busy with tomatoes, peppers, onions, lettuce, carrots, green beans, cucumbers and kale, among other items. To be honest, some of it tasted like grass, but I kept an open mind.

I would like to tell you that I have shunned all pre-packaged foods and am eating out of the garden now, but that would be a lie — unless there are Snickers candy bar seeds. Meanwhile, stories like the ones we feature this month are a gentle nudge to remind us all about not only the nutritional benefits of gardening but the social ones as well.

Thanks for reading. ■



SHANE GOODMAN

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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FEATURE

GARDEN harvest

Where does all the produce go?

By Lindsey Giardino

Tomatoes are ripening on the vines. Ears of sweet corn with their plump kernels are being shucked, grilled and devoured. Cucumber vines are spreading, and, below the ground, carrots and potatoes are approaching that just-right time for being pulled or dug up, washed and added to pot roasts and soups.

For gardeners, the bounty of the harvest delivers fresh ingredients for now and plenty to preserve for the upcoming winter. And, as often happens, they find themselves with an overabundance. Where do all those tomatoes, zucchini, cucumbers, onions and more go?

Sweet corn is among the produce the Grapp family harvests from their garden.

FEATURE

Long list of produce

Last year, Desiree and Jason Gould focused on updating their house, which they moved into in late 2020. This year, it's been all about their garden.

The couple has a 70-foot by 23-foot vegetable and herb garden, as well as a pumpkin patch. The list of what they grow is lengthy and includes cilantro, three types of mint, arugula, several types of lettuce, a dozen varieties of tomatoes, nine varieties of peppers, okra, watermelon and much, much more.

The pumpkin patch has about eight decent-sized carving pumpkins coming in, a handful of large white ones, a dozen huge birdhouse gourds and a bunch of little white crown varieties.

"Given this was our first year with this garden, we over-planted, assuming a fair amount wouldn't take, but they took," Desiree says. "We now have an abundance, so we're able to share with friends, family and neighbors almost daily."

Recently, some of the couple's close

friends had a celebration, so they put together a gift basket for them with zucchini, ground cherries, cucumbers, carrots, green beans, a few varieties of peppers and tomatoes. It was a hit, Desiree says.

Desiree has also used the produce they grow to bake countless loaves of zucchini bread, including a batch of lemon zucchini bread with lemon glaze. The couple enjoys making fresh BLTs, salsa, stuffed peppers and a ground cherry jam, too.

"It's sweet, but also tart," Desiree says. "It'll be even better on a fall charcuterie."

The couple has big plans for the future of their gardening endeavors. They plan to expand both their garden and the pumpkin patch, as well as turn another large section of their lot into a native pollinator prairie garden.

"Gardening is therapeutic for us, so it's nice to go out there and tend to it to relieve stress and relax," Desiree says. "Plus, it's cool to watch a tiny seed turn into so much food."



The harvest from Desiree and Jason Gould's garden has been bountiful.



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FEATURE

Sapling Farms is a family affair

Hannah Grapp and her husband, Andrew, have been working on turning their hobby farm into a mostly self-sustaining homestead. They homeschool their kids, who learn about producing their own food.

The Grapps' garden is about 40 feet by 60 feet, and they've planted as much as the space can fit. Their produce includes watermelon, peppers (sweet and spicy), two varieties of tomatoes, herbs (parsley, basil, oregano, dill), cauliflower, green beans, broccoli, carrots, spinach, strawberries, sunflowers, asparagus, potatoes, sweet potatoes, garlic, onions, lettuce, corn, Brussels sprouts, peas, eggplant, cucumbers and loofah.

Anything they don't can, freeze or cook helps the kids earn money for their piggy banks. They set up a produce stand — called Mesler and Martin's Roadside Market — at the end of their road to attract people who drive by.

Along with their garden, the family also raises meat rabbits and just raised their first cow this year. They also have a flock of chickens for farm-fresh eggs and goats for goat milk.

While Grapp enjoys the process of canning, preserving and storing their food, her favorite part of the garden is watching their hard work come to fruition.

"It's incredibly fulfilling to start something from a seed to then, in turn, feed my family for seasons to come," she says.



The Grapp family harvests an abundance of vegetables.

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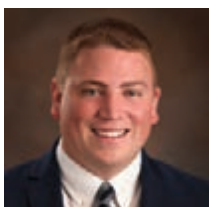


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Daycare kids learn from garden

"My garden grew because of time and circumstances," Alissa Fastenau explains.

In 2020, amid the COVID-19 pandemic, she switched to growing more veggies to prepare for shortages — and had the time to do so with the quarantine.

Fastenau, who is a daycare provider, also needed more food for her daycare kids. She made it through 2020 by stocking up when she could, but, in 2021, her friend Jan Graham offered Fastenau use of her land to plant a big garden for her daycare and family. Today, that garden is more than 8,000 square feet and includes an incredible amount of produce, such as more than 100 pepper plants, beans, cucumbers, eggplant, squash, melons, okra, 15 varieties of pumpkin and lots and lots of sunflowers.

Fastenau also keeps a garden at her own house that is now a sensory garden for her kids and daycare.

"People are so consumed with teaching kids academics before preschool that so many of life's skills are just lost," Fastenau says. "Don't get me wrong, I push academics as well, but we learn our colors by veggies and count beans, etc. It's play-based learning and something I believe in with everything that I am."

In fact, Fastenau's daycare kids even get to help her pick what they want to grow every year and plant the seeds.

"My favorite part is when they start to see them flower and the bees

pollinating everything," she says. "That first baby veggie gets them squealing every time, right up to the time they get to eat it. My kids will eat everything. I think a big part of it is watching and growing it."

Fastenau also enjoys the undisturbed time she gets with her family as they harvest the gardens.

"My boys and husband help, and there are no electronics except for music playing," she shares. "It's just us, our conversations and plants. Many talk around the dinner table; we talk at the garden and while canning the excess."

Whatever produce Fastenau doesn't use for her family or daycare, she gives to neighbors and friends, as well as sells at the Bondurant farmers market. She also gives to Bondurant Hope Boxes for those in need.

Ohana Garden helped residents through pandemic

Back in March 2020, as the pandemic reached Iowa, community member Denyse Abruzzise Dar posted an idea on Facebook about starting a community garden as a way to help families suffering from the initial impact of COVID-19. Some folks leaned into the idea, including Amy Weerheim.

She explains no framework was in place, so everything began from scratch in terms of finding volunteers, land for the garden and donations of seeds and plants, as well as help with tilling and irrigation. The group also sought out support from the City and built a social media presence while finding families whom the garden could benefit.

Denyse used her experience to build a team of leaders who then volunteered to oversee certain facets of the garden. Some roles were based on their professional area of expertise while others were simply based on interest and time to donate to the collective effort.

"We quickly branded ourselves Ohana Garden, which means 'family garden,' even donning matching T-shirts while digging in the dirt together," Amy says.

She adds that the garden became difficult to manage at times. Volunteers were abundant at the beginning due to business closures, but the most labor-intensive part was later in the summer months, and fewer volunteers participated.

For Amy, though, the entire volunteer experience was well worth her time.

"As a novice gardener, I thought it was a great trade-off and a worthy cause to donate my time to — and learn about gardening while doing it," she says. "Not having kids at the time, I found it difficult to connect with likeminded people in town, so it also provided me that community connection. The experienced volunteers shared their knowledge freely, and it has grown my knowledge base and interest on this topic immensely. I've even gained some friends that I wouldn't otherwise have crossed paths with."

Amy's favorite part of being involved with the Ohana Garden was seeing all that the garden produced. A lot of sweat equity was put into the garden, and getting to share the first few radishes it produced around a bonfire was a highlight. She says it's amazing what strangers can accomplish when motivated by a common goal.

"Sharing with neighbors and the senior community feels so good," she says. "I have kept my eye on other community gardens that have been around and have a sustainable infrastructure. I'm hopeful Bondurant will reprioritize this like surrounding communities have and provide a permanent space for those wanting to again contribute." ■



Alissa Fastenau started her garden to produce food for her family and daycare. Now she plants a large garden on a friend's property to grow an even greater variety.

SENIOR

By Stephanie Proper

THE DIMENSIONS of wellness

When we think of health and wellness, we often just think of physical health, but wellness involves much more than just physical health. Did you know there are eight different types or “dimensions” of wellness? These eight dimensions are: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. All of these together create a “wheel of wellness,” and each of these dimensions help shape who we are and every aspect of our day-to-day lives. If one piece is lacking, we do not have a functioning healthy wheel.



For example, if we don't have physical wellness, it affects what we can do or where we can work. If we do not have occupational wellness, we could be miserable in our job, which then leads to declining emotional wellness. Our well-being is intricately intertwined to each of these dimensions, and having issues or concerns in one area can affect everything. Let's look into a few of these dimensions.

Emotional wellness is defined by the National Institutes of Health as “the ability to successfully handle life's stresses and adapt to change and difficult times.” Emotional wellness is the key to a happier life.

Here are a few tips to help maintain or improve emotional wellness.

Be positive. I use an app that sends me motivational messages and positive reminders throughout my day to help me practice positivity. If you use an app or are able to do so without a reminder, take a moment to recognize everything that is good in your day and your life. It is normal to occasionally be in a bad mood; we just do not want to live our lives in a bad mood.

Another step to achieve emotional wellness is to acknowledge your loss and take steps to cope. Whether this be the loss of a loved one, the loss of a job, or the loss of a lifestyle, work towards the acceptance of that change and moving forward.

Occupational wellness is boosting your happiness at work by focusing on tasks that bring you a sense of joy, satisfaction and accomplishment. Having a career that is enjoyable and meaningful to each individual is vital to occupational wellness. You can also find occupational wellness in retirement by finding a purpose or something to do. You may be volunteering or maybe your goal to occupational wellness is to read a book a week. Whatever it is, find your purpose, create connections, don't settle and keep motivated, and you will find occupational wellness.

Improving or maintaining our wellness is vital to living a happy and higher quality of life. Take a moment now to reflect on your wellness. How do you feel? ■

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

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MEET Megan Weaver

Mentor suggested Bondurant-Farrar Schools.

Originally from Urbandale, Megan Weaver earned her teaching degree from the University of Iowa before earning a master's degree from Viterbo University. She began teaching with the Bondurant-Farrar Community School District as a resource teacher before transitioning to fifth grade where she continues to teach today. Now, starting this school year, Weaver will transition her classroom from Anderson Elementary School to the Intermediate School.

"I am also looking forward to getting to see my former fifth graders in the hallways next year. This is something I have not had in previous years as they moved on from Anderson Elementary to the former Middle School," Weaver says.

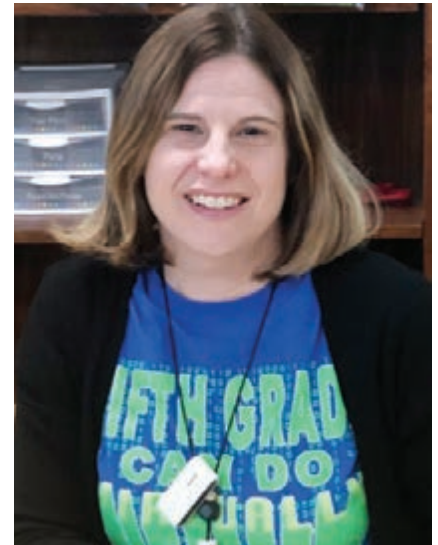
For Weaver, working with the Bondurant students is one of her favorite parts of coming to work in the district each day. She also enjoys working with her fifth-grade teaching team. Together, Weaver and her team collaborate on a daily basis in order to support student achievement.

"This collaboration helps the team to see that we all are responsible for every learner in the fifth grade, not just the students that are in our homeroom. Bondurant values collaboration between teachers and sees to it that we are provided time within the week or day to make collaboration happen," Weaver says.

In addition, Weaver likes teaching students at the fifth-grade level because they are a mix of independent learners and dependent learners. She says they are very social and talkative, making classroom discussions easy. They also not only know when it is time to ask for help but make her feel appreciated and needed as a teacher.

In science, Weaver's students complete the Lead The Way Robotics and Automation Unit. Throughout this unit, students work in groups to build a robotic chassis that they are then able to move around with a controller. Weaver says that it takes time and patience to complete the building process. She also says that one of her greatest challenges of being an educator is making sure she is meeting the learning needs of all her students on a daily basis.

"As I was searching for possible districts to start my teaching career, a fellow mentor recommended that the district would not only be a great fit for me, but a great place to work. This mentor's advice turned out to be correct. Eighteen years later, I am still making the drive to Bondurant from Waukee because I truly enjoy working with the administration, teachers and students of the district," Weaver says. ■



Megan Weaver has been with the Bondurant-Farrar School District for years and is looking forward to the move to the new intermediate school.

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BONDURANT Community Library news

After a super summer at the library, it is back to school and back to reality. Thank you to all the businesses and individuals who donated to our 2022 Summer Reading Program. We are so thankful that our community library is just as important to all of you as it is to us.

"A library should be like a pair of open arms." — Roger Rosenblatt

We are looking forward to the programs and events the library has planned this year, including three separate youth book clubs for those in grades 3-12.

Bound Together (grades 3-5) meets the first Tuesday of each month at 6 p.m. Miss Megan S. will read a short book, and then we will play a game. Snacks provided.

In the Middle (grades 6-8) meets the third Tuesday of each month at 6 p.m. We will read a designated book and discuss it, then watch the movie at the following month's meeting. Snacks provided.

Inspired Minds (grades 9-12) meets the fourth Tuesday every other month at 7 p.m. We will read a designated book and discuss it every other month. Snacks provided.

Do you know a high-school student looking for silver cord/volunteer hours? Our Teen Advisory Group meets each month on the second Sunday at 3 p.m. We will discuss suggestions and ideas for programming and then follow up each meeting with taste testing, craft activities or a movie and pizza.

Upcoming events:

- Geri-Fit – Mondays and Thursdays at 9 a.m.
 - Story time – Tuesday at 10:30 a.m. and 3:45 p.m. Wednesday at 10:30 a.m., Friday at 12:45 p.m.
 - Aug. 29 at 2:30 p.m. – Movie "The BFG" and popcorn
 - Sept. 1 at 6 p.m. – Adult Craft Night
 - Sept. 6 at 6 p.m. – Bound Together Book Club meeting
 - Sept. 11, 3-5 p.m. – Teen Advisory Group movie ("The Sandlot") and popcorn bar
 - Sept. 12, 2:30 p.m. – BINGO
 - Sept. 13, 6 p.m. – Book discussion for adults
 - Sept. 14, 5-7 p.m. – Coloring night at Reclaimed Rails
 - Sept. 15, 6 p.m. – Third Thursday at Hoover's
 - Sept. 19, 2:30 p.m. – Craft: Fall Leaf Wreath
 - Sept. 20, 6 p.m. – Books on Tap at Reclaimed Rails
 - Sept. 20, 6 p.m. – In the Middle Book Club meeting and virtual author visit
 - Sept. 26, 2:30 p.m. – Movie "Sing 2" and popcorn
 - Oct. 1, 6-8 p.m. – Alternative Homecoming Event for teens in grades 9-12.

For up-to-date information on the programming offered each month, pick up a paper calendar at the library, visit our website or Facebook page or give us a call at 515-967-4790. ■

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RECIPE

WAKE UP to a wonderful brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net. ■

Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)

- Spray 8- by 8-inch glass baking dish with nonstick cooking spray.
- In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.
- In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.
- Cover with aluminum foil and chill overnight.
- Heat oven to 325 F.
- Remove foil and bake 50-60 minutes.
- Let cool 10-15 minutes.



- In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.



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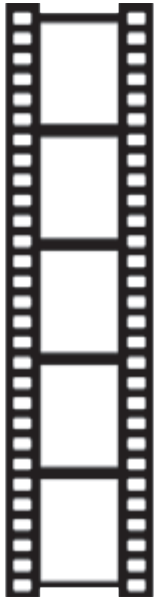
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EVENTS IN THE AREA

Be sure to check for cancellations.

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



Movies in the Park

Saturday, Sept. 10,
7:30 p.m.
Bondurant Regional
Trailhead

Come to the Bondurant Regional Trailhead at dusk to enjoy some popcorn and the show, Steven Spielberg's "The Goonies" Warner Bros. Entertainment Inc. A group of young misfits called The Goonies discover an ancient map and set out on an adventure to find a legendary pirate's long-lost treasure. The movie is approximately 1 hour and 54 minutes. Come in your pajamas, bring a blanket, and prepare for a flick full of adventure. Freshly popped popcorn will be provided.



Bondurant American Legion Community Breakfast

Saturday, Sept. 17, 7-9:30 a.m.
American Legion Hall, 315 Second
St. N.W.

Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month at the Legion Hall starting at 7 a.m. The menu consist of pancakes, eggs, toast, hash browns, biscuits and gravy, sausage, coffee, milk and orange juice.



Music at Haines Park

Sunday, Aug. 28, 6 p.m.
Haines Park Outdoor Stage,
700 block of Third Ave. S.E.,
Altoona


Altoona Parks and Recreation Board is hosting Music at Haines Park, featuring free entertainment. Pop and popcorn are sold to support CAP Children's Theatre.




Cruise In

Sept. 2 and Sept. 16, 4-8 p.m.
Outlets of Des Moines, 801 Bass Pro Drive, Altoona


Cruise In events are the first and third Friday of each month through September. Co-hosted with the Iowa Street Rod Association, Friday Cruise Ins take place in Lot C at Outlets of Des Moines. The Iowa Street Rod Association (ISRA) is a non profit 501(c)3 organization with the mission to preserve and promote the street rod and custom car hobby. There is no fee to attend. All types of cars are invited to cruise in. For more information, visit OutletsofDesMoines.com.




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EVENTS IN THE AREA

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West Glen Town Center,
West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.



Rollin Relics Cruise to the Carousel Car Show

Sunday, Aug. 28
Heritage Carousel of Des Moines
in Union Park

The Rollin Relics car club of Des Moines will be hosting its 21st annual Cruise to the Carousel Car Show. It is one of the largest car shows in Iowa with more



than 200 cars and directly benefits the Carousel. Registration begins at 9 a.m. with the judging of the cars taking place from noon to 1:30 p.m. There will be food, door prizes, a 50/50 drawing, music, free rides on the Carousel and an auction. The winning cars will be announced after the auction. Visitors are encouraged to stick around to see the parade of cars as they leave Union Park. For information about entering your car, go to www.rollinrelicsds.com. The event is open to the public, and there is no admission fee for those not entering a car.

Dallas Center Annual Fall Festival

Friday and Saturday, Aug. 26-27
Various locations in Dallas Center

Highlights include the Leonard Moss Memorial Parade at 10 a.m. Saturday, fireworks with music at dusk on Saturday at Burnett Complex football field, and a car and truck show Saturday from 11 a.m. to 4 p.m. at the east end of Walnut Street. The 5K, 1 Mile and Tot Trot races are Saturday morning. And don't miss the carnival, ugly cake contest, bingo, cow pie drop and many family events and games at the east side of Mound Park. See a full schedule of events for times and locations online at <http://dallascentercelebrations.com/event-schedule.html>.

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EVENTS IN THE AREA

Be sure to check for cancellations.

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

An Evening With Grant Wood

Tuesday, Sept. 20, 6:30 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Enjoy this program at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. In this 45-minute one-man show, the presenter will tell us about the life of Grant Wood, the famous Iowa painter, and how he changed the art world forever with his work. Refreshments will be available after the program, and the first and second floors of the residence will be open for self-guided tours. This presentation is free but registration is required. To register, call the Terrace Hill office at 515-281-7205 or register online: <https://terracehill-grantwood.eventbrite.com>.



Multicultural Music Festival

Friday and Saturday, Sept. 2-3, 2-10 p.m.

Friday: Raccoon River Nature Lodge,

2500 Grand Ave., West Des Moines

Saturday: Railroad Park, Historic Valley Junction, West Des Moines

The outdoor festival includes live music, food trucks, arts, culture, crafts and a kid fun zone. For more information, visit www.tasteofthejunction.org.

25-Year Celebration

Saturday, Aug. 27

The Brenton Arboretum,
25141 260th St., Dallas Center

Celebrate the Brenton Arboretum's 25th anniversary. The ticketed event marks the 25th year of the planting of its first trees. The event includes dinner, music, good times and gorgeous trees. Individual or table sponsorship tickets can be purchased online at thebrentonarboretum.org/cheers or by phone, 515-992-4211 ext. 3.



Author reading

Thursday, Sept. 1, 6:30-8 p.m.

Beaverdale Books, 2629 Beaver Ave., Des Moines

Author Jennifer Ohman-Rodriguez will read from her memoir, "A Time to Mourn & A Time to Dance: A Love Story of Grief, Trauma, Healing & Faith" (Chalice Press, 2022). Interspersed with reading passages from her book, Ohman-Rodriguez will present real-life applications of somatic and spiritual healing practices. More information is available at: <https://beaverdalebooks.com/event/jennifer-ohman-rodriguez>.

White Eagle Multicultural Powwow

Friday, Sept. 2, 5-8 p.m.

Saturday, Sept. 3, 10 a.m. to 9 p.m.

Sunday, Sept. 4, 10 a.m. to 5 p.m.

Jester Park, 12130 N.W. 28th St., Granger

This is a free, family-friendly outdoors event to celebrate diversity in our community through performances, retail vendors and food vendors.



Summer Concert Series

Sept. 13, 6-8 p.m.

The Iowa Arboretum & Gardens,
1875 Peach Ave., Madrid

The Iowa Arboretum & Gardens is hosting its first-ever Summer Concert Series at the Beckwith Grand Pavilion. Tickets can be purchased at each event, free for members (kids 12 and under free) and \$5 for nonmembers. Food trucks will be onsite and drinks (including beer and wine) will be available for purchase. Bring a lawn chair and blanket and enjoy this beautiful setting. Entertainment will be Diva and the Deacons featuring Tina Haase Findlay, with food by Smokin' Big Dawgs.

The Iowa Arboretum is an educational nonprofit organization. All proceeds from this event support its mission. For more information about the Summer Concert Series, visit www.iowaarboretum.org or contact Event Specialist Amber Schmidt at amber@iowaarboretum.org or 515-795-3216.

Prostate Cancer

Awareness 5K Run/Walk

Sunday, Sept. 11

Principal Park, 1 Line Drive,
Des Moines

Prostate Cancer Awareness of Central Iowa and the Urology Center of Iowa are partnering to hold a fundraising and awareness-raising 5K Run/Walk, along with a 1-mile walk and a Junior Blue Believers Run.

Funds raised stay in the area to provide support and awareness to men and their family affected by prostate cancer. For more information, including partnership opportunities, visit www.prostatecancerawarenessofcentraliowa.com.



FIRST SATURDAY OF EACH MONTH IS A SCHEDULED OUTDOOR WARNING SIREN TEST

1. What does it mean when I hear the outdoor warning sirens? In short, it means something life-threatening is happening, and you should go indoors and get more information. The specific guidelines (tornado, hail, wind, etc.) for sounding sirens vary by jurisdiction, so check with your local community to determine the specifics.
2. Why can't I hear the outdoor warning sirens in my house? Sirens are an outdoor warning system designed only to alert those who are outside that something dangerous is approaching.
3. How can I get alerts when I'm at work or in my house? Every home and business should have an NOAA Weather Radio All-Hazards for alerts indoors. NOAA Weather Radio is like a smoke detector for severe weather and can wake you up when a warning is issued for your area so you can take appropriate action.

BONDURANT WAS AWARDED AS THE 2022 COMMUNITY OF CHARACTER

The Robert D. and Billie Ray Center annually recognize Iowa individuals, organizations, and communities who show the Six Pillars of CHARACTER COUNTS®: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. Many active organizations, volunteers, and leaders in Bondurant do great work, making Bondurant an excellent place to live, work, and raise a family. It is an honor that the Bondurant was selected as the 2022 Community of Character. Thank you to all the community organizations, volunteers, and leaders that make this a community, specifically, a Community of Character!

INTRODUCING DISC GOLF TO BONDURANT

Bondurant City Council approved the Eagle Park Master Plan on Monday, August 1. This project includes a crushed limestone walking path throughout Eagle Park from 2nd St NW to the north, an access to the stream, butterfly gardens, native grass nodes, urban forestry, aggregate trails shooting from the main trail system for exploring nature and natural habitats, educational signs, and future creek crossing for both (east and west) residential areas. The southern section will include a 9-hole Disc Golf Course - a fun recreational area that the community doesn't have today. Disc Golf includes many benefits: Social - Disc golf offers park visitors a fun, healthy way to exercise with friends and family. Economical - Disc Golf equipment is surprisingly inexpensive to install and maintain. Environmental: Disc Golf can highlight the features of the property and utilize areas that can't support other activities. Programming: Disc Golf can provide your park with competitive and recreational activities. Tourism: A well-designed course draws recreational disc golfers to your town. Disc Golf can benefit you and our community in many ways. Plus, it really is addictive and fun!

CITY CODE CORNER

- **No parking in the grass or in yards**
reference chapter 69.12 PARKING OF VEHICLES ON PRIVATE PROPERTY
- **Keep campers, trailers, etc off city streets**
reference chapter 69.14 TRUCK, TRAILER AND BOAT PARKING LIMITED
- **All junk and yard debris must be orderly or out of sight**
reference chapter 51 Junk and Junk Vehicles
- **It's a good time to evaluate sidewalks; curb stop valves and concrete repairs that are property owners responsibility - keep our community safe**
reference chapter 136 Sidewalk Regulations
- **Please keep up on mowing, if anything exceeds eight (8) inches in height is a nuisance**
reference City Code Chapter 50.02 Nuisances Enumerated

EVENTS:

LIFE IN PETALS WREATH WORKSHOP

Enjoy the ambiance of Founder's Irish Pub and make a beautiful wreath for your exterior door, in your home, as a cemetery memorial, or give it to someone special. Registration includes an 18-inch hoop base, a superb selection of good-quality faux flowers and instruction. The two-hour workshop will cost \$43. Thursday, September 15 at 6:00 pm at Founder's Irish Pub (upstairs is where you will find the workshop) 110 1st St SE. Register today!

BREAKDANCE CLASSES

Register your kids for the fall 6-week Little Breakerz Series that begins September 12. The classes are tailored to three levels; level I is for ages 3-5 year old's, level II is for 6-7 year old's, and level III is for 8-12 year old's. Classes are led by the Des Moines Breakerz, the #1 'breaking' group in DSM. Register on the City's website.

MOVIES IN THE PARK

Come in your pajamas, bring a blanket, and prepare for a flick full of magic, adventure, and memories! Freshly popped popcorn will be provided. The next showtime will be sunset on Saturday, September 10 nestled under the stars to watch The Goonies. The last showtime will be sunset on Saturday, October 8 preparing for the Halloween season with Hocus Pocus. No need to sign up, just show up! There is no fee.



FALL 2022

BONDURANT-FARRAR BLUEJAYS



VARSITY FOOTBALL

DATE	TIME	OPPONENT	LOCATION
Aug 26	7:30PM	Ballard	Ballard
Sep 2	7:30PM	Dallas Center-Grimes	Bondurant-Farrar
Sep 9	7:30PM	Gilbert	Bondurant-Farrar
Sep 16	7:30PM	Pella	Pella
Sep 23	7:30PM	Carlisle	Carlisle
Sep 30	7:30PM	Perry	Bondurant-Farrar
Oct 7	7:30PM	Boone	Boone High School
Oct 14	7:30PM	Indianola	Bondurant-Farrar
Oct 21	7:30PM	Norwalk	Norwalk

FOOTBALL JV

DATE	TIME	OPPONENT	LOCATION
Aug 29	6:00PM	Ballard	Bondurant-Farrar
Sep 5	6:00PM	Dallas Center-Grimes	DCG Stadium
Sep 12	6:00PM	Gilbert	Gilbert
Sep 19	6:00PM	Pella	Bondurant-Farrar
Sep 26	6:00PM	Carlisle	Bondurant-Farrar
Oct 3	6:00PM	Winterset	Winterset
Oct 10	6:00PM	Boone	Bondurant-Farrar
Oct 17	6:00PM	Indianola	Indianola

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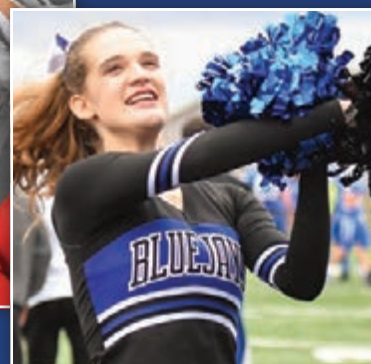
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VOLLEYBALL VARSITY

DATE	TIME	OPPONENT	LOCATION
AAug 23	7:00PM	Norwalk	Norwalk
Aug 25	7:00PM	Humboldt	Bondurant-Farrar
Aug 27	8:00AM	Multiple Schools	Bondurant-Farrar
Aug 30	7:00PM	Winterset	Bondurant-Farrar
Sep 6	7:00PM	Ballard	Ballard
Sep 13	7:00PM	ADM	Bondurant-Farrar
Sep 15	7:00PM	Boone	Boone
Sep 17	8:00AM	Multiple Schools	Bondurant-Farrar
Sep 20	7:00PM	Carlisle	Bondurant-Farrar
Sep 24	8:30AM	Multiple Schools	Nevada
Sep 27	7:00PM	Gilbert	Bondurant-Farrar
Oct 4	7:00PM	North Polk	North Polk
Oct 8	9:00AM	Multiple Schools	Pella
Oct 13	7:00PM	Carroll	Carroll



VOLLEYBALL JV

DATE	TIME	OPPONENT	LOCATION
Aug 23	5:30PM	Norwalk	Norwalk
Aug 25	5:30PM	Humboldt	Bondurant-Farrar
Aug 29	5:30PM	Multiple Schools	Gilbert
Aug 30	5:30PM	Winterset	Bondurant-Farrar
Sep 1	4:30PM	Multiple Schools	Carlisle
Sep 6	5:30PM	Ballard	Ballard
Sep 10	8:00AM	ADM	ADM
Sep 13	5:30PM	ADM	Bondurant-Farrar
Sep 15	5:30PM	Boone	Boone
Sep 20	5:30PM	Carlisle	Bondurant-Farrar
Sep 26	5:30PM	Multiple Schools	ADM
Sep 27	5:30PM	Gilbert	Bondurant-Farrar
Sep 29	4:30PM	Multiple Schools	Bondurant-Farrar
Oct 3	5:30PM	Multiple Schools	Gilbert
	5:30PM	Multiple Schools	Pella
Oct 4	5:30PM	North Polk	North Polk
Oct 13	5:30PM	Carroll	Carroll

CROSS COUNTRY

DATE	TIME	OPPONENT	LOCATION
Aug 30	4:30PM	Multiple Schools	DCG Middle School
Sep 3	10:00AM	Pella	Central College
Sep 6	4:30PM	Multiple Schools	Grinnell
Sep 12	4:30PM	Ballard	Ballard
Sep 22	4:30PM	Roland-Story	Roland-Story
Sep 29	4:30PM	Perry	Perry
Oct 3	4:30PM	Multiple Schools	North Polk
Oct 11	4:00PM	Multiple Schools	A-D-M

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10:00AM
WORSHIP

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FAITH By Mark Spencer

BACK to school



I remember the euphoria I felt on the bus ride home on the last day of school each year. I also vividly remember the most depressing night of each year of my childhood — the Sunday night before school started. The “tick,” “tick,” “tick” sound of the opening segment of the TV show “60 minutes” would sink my soul, knowing I would be back in school the next morning. I was so motivated to be done with school that an important factor in choosing my college was the likeliness I’d be done in four years. I tip my hat to our school district because, while my kids have mixed emotions about back to school, they don’t have the loathing reaction I did.

How about you? Are you sitting back and enjoying being done with school? Do you sit back in relief that the school season has passed in your life?

The book of Acts is a narrative of the birth and early experiences of the Christian church. In Chapter 2, Peter boldly steps up and preaches a sermon that cuts the Jews listening to their hearts, and about 3,000 people are converted that day. What did the early days of the church look like? Verse 42 tells us, “They devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.”

Yes, there was sharing meals and group prayer time, but did you catch the fact that there was devoted teaching and learning that happened? Unlike my early childhood, the early church members seemed to enjoy it because we later read: “And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favor with all the people.” Sounds like the early church members enjoyed this whole experience.

The Bible wasn’t designed to be something used for an hour each Sunday morning. Instead, it’s a gift given to feed us daily. When’s the last time you opened up your Bible during the week? Do you devote yourself to the apostle’s teaching regularly? As you provide emotional support for your kids returning to school, why not join them in regular study of God’s word? I know many people struggle with where to start their Bible reading. If that’s you, I’ll suggest something simple. Pick one of the Gospels — Matthew, Mark, Luke or John. Read a chapter each day and then start a journal where you write down a summary of what you read and answer the question, “What did this section teach about Jesus?”

Embrace the fact that school is back in session! ■

Information provided by Mark Spencer, lead pastor, First Family Church Bondurant, 515-587-5930.

ALLED to the community

Svoboda family enjoys old home.

A home built 114 years ago holds a lot of stories.

The current owners of said Bondurant home, Amanda Svoboda and her husband, Zach, are currently adding to its long line of history.

“Although very little is left on the inside from a century ago, it’s really cool to know that this home was one of the first ones in Bondurant,” she says.

The family of six enjoys the large covered front porch and the mature trees surrounding the home. City Park is basically in their backyard, too.

Although they genuinely love where they live now, the Svobodas initially had other ideas in mind. They own land outside of town where they had plans to build a custom home this year.

“Then we strongly felt we needed to be in town, downtown, to be in community with others and have more opportunity to love and serve our neighbors,” Svoboda says. “We believe where we are now was definitely not a coincidence, but the result of prayer and God’s leading.”

In their current neighborhood, the family enjoys being around active and friendly neighbors.

“A lot of people are always out and about,” Svoboda says. “Being in the heart of town is a new endeavor for us, and we are loving every bit of it.”

Zach and Amanda also appreciate that Bondurant holds onto its small-town feel while being conveniently located within the Des Moines metro. Most importantly, though, they like the people.

“We’ve met some of our best friends and built lifelong relationships here,” Svoboda says.

The couple is also active in the community — something they’re passionate about. In addition to their business, Little House on Main, Zach is currently helping lead a new church being planted in Bondurant called Be Church. This summer, the church held a series of events in the evening where a free meal, snacks and water were provided while offering



Amanda and Zach Svoboda and their family are adding to the history of their 114-year-old home.



a time of fellowship.

“We love getting to the heart of life with others,” Svoboda shares.

For the Svoboda family, the absolute best part of living in Bondurant is simply that it feels like home.

“We feel strongly that we’re supposed to be here,” Svoboda says. “Not only that, but that we are to use our gifts, resources and time investing into others here. We’re blessed by that. The relationships and community built here is something that continues to bring us incredible joy.” ■

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BOOK REVIEWS

Courtesy of Beaverdale Books

'Babel, or The Necessity of Violence: An Arcane History of the Oxford Translators' Revolution'

R. F. Kuang's Poppy War Trilogy lives rent-free in my head years after I read it, so I picked up her newest book with buckets of anticipation and high expectations. Lucky for me, "Babel" more than met every bar I set.

Set in the world of a subtly fantastical academia, this is an alternate history with deep ties to the real world. For all, it's a magic-filled fantasy. While this book has a wildly different setting and tone, it is soaked with a familiar thread of dread and realism that echoes her first books.

Robin Swift immigrated to London in 1828 after losing his parents in his native China. Taken under the wing of a shadowy professor, he's soon enraptured with the world of Oxford — high academics and mysterious magic that make the British Empire incredibly wealthy. The extent of their colonial efforts is seemingly endless as a result. Soon, though, an unjustified war against Robin's homeland calls everything he's been working on into question and upends his life in profound ways.

If you've never read a R.F. Kuang novel, prepare yourself to confront the dark side of humanity in ways both profound and intense, all while being highly entertained. ■ — *Review by Julie Goodrich*



By R.F. Kuang
8/23/22
560 pages
\$27.99
Harper Voyager

'The Book Eaters'

Do you remember the first time you discovered "real" fairy tales? The dark and deliciously brutal versions of "Cinderella," "Snow White" and "Hansel and Gretel" were nothing like the sweet, fluffy stories we were told as children. It seemed like a secret, exciting new world. That's what this book feels like: a decadent, gothic horror fable filled with monsters and magic and a moral that has less to do with obedience and more with how humanity can be both beautiful and, frankly, appalling.

Devon is raised in an isolated family that places no value on women. The family are book eaters — magical folk who can physically eat a book and retain the information therein. Devon, however, is limited to boring, moralistic meals — for her future is set. She will be sold off as a wife to create more book eaters — no matter what she wants.

When her son is born with a rare family curse, everything suddenly changes and Devon is forced to flee to protect him. Now left to her own strength, she will discover the true meaning of family and what it means to be a monster.

Full of gorgeously haunted prose and stark characters, this is a lovely, sad tale that will stick in your mind — however you consume it. ■ — *Review by Julie Goodrich*



By Sunyi Dean
8/2/22
304 pages
\$26.99
Tor Books

BONDURANT selected as the Community of Character

The Robert D. and Billie Ray Center annually recognizes Iowa individuals, organizations and communities who show the Six Pillars of CHARACTER COUNTS®: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Bondurant officials say they are thrilled for the Community to be selected as the 2022 Community of Character.

When it comes to the Six Pillars of Character, Bondurant displays them frequently. Below are stories included in the nomination to illustrate how Bondurant embraces those pillars.

• **Trustworthiness:** During the global health pandemic, community members know they can trust the City and School District to deliver services no matter what. Bondurant Emergency Services provided medical care for those in need. The Bondurant-Farrar Community School District and the Bondurant Community Library collaborated to identify students needing internet access. Therefore, the City wrote a grant to secure additional hotspots so that students could continue their education remotely. They were distributed through the Library in consultation with the District. The Bondurant Community Library developed drive-thru pickup and began Facebook story time to prevent interruption of services during the pandemic. The Library also continued and expanded delivery services, distributing items in a no-contact manner to people's doorsteps for those who could not venture out. The City pivoted to online business, providing residents with an electronic and no-contact way of accessing city services. Community members

knew they could trust that they would meet their needs.

• **Respect:** The Bondurant-Farrar Community School District does a fantastic job of modeling and teaching respect to our future generations, which naturally spreads throughout our community. The City, the School, and local businesses respect our residents through our cooperative and collaborative working relationship. We embark on joint projects to reduce community members' burdens and support a common goal.

• **Responsibility:** Bondurant was hit by an F2 tornado in 2018 that charted a swath through the entire width of the town. In the wake of the tornado, our residents came together so quickly to help their neighbors and their community that by the time representatives from the Federal Emergency Management Agency arrived, it was difficult to assess the damage because it had been cleaned up so well. Residents took on the responsibility of cleaning their own properties and helping around town in the city parks that had been damaged. There was so much help that, within 12 hours of the event, brush and debris had been cut, piled and prepared for hauler pickup. The Bondurant Chamber of Commerce raised funds for victims' relief. Individual Chamber members also offered individual assistance to those affected.

• **Fairness:** The School District, the City, and the Library have DEI committees. These efforts were born from the community's desire to ensure that all community members are welcomed and treated fairly.

• **Caring:** There are so many examples of this it is hard to know where to begin. The operators of the local gym recently coordinated volunteers assisting older residents who were having difficulty taking care of their yards. Another example is the snow removal program for low-income disabled residents that the City Council approved. Under the program, Public Works will help people with snow removal; however, the vast majority of the time, when Public Works arrives at the property, a neighbor has already cleared the sidewalk for them.

• **Citizenship:** The Bondurant Community Foundation, Chamber of Commerce, the Men's Club, the American Legion, the Lion's Club — all of these organizations in Bondurant are incredibly active and contribute significantly to the quality of life and our hometown feel. The Foundation spearheaded the effort to designate Bondurant as one of Iowa's Great Places. They also work to incorporate art throughout Bondurant and have started a historical society. The Bondurant Chamber members have a laser focus on engaging in activities that support Bondurant's community members and host events to bring neighbors together throughout the year. The Men's Club hosts Summerfest each year and contributes to many projects throughout the City all year long. The American Legion brings people together each month with their community breakfast.

There are so many active organizations in Bondurant that do great work making Bondurant an excellent place to live, work and raise a family. ■

CHILDREN'S Cancer Connection announces Empowering Scholarship recipients

Statewide nonprofit Children's Cancer Connection (CCC) selected 12 students to receive Empowering Scholarships for the 2022-2023 school year, including Emma Hutchinson, Bondurant, who is attending Briar Cliff University.

Empowering Scholarships are awarded to applicants in Iowa who are directly affected by childhood cancer, including those who have or have had cancer before

age 18, or a sibling. Applicants submitted essays and letters of recommendation from school, medical or business professionals.

"Thanks to generous gifts from the Ockenfels Family Foundation and other donors, Children's Cancer Connection is thrilled to award this year's outstanding students a total of \$20,000 in Empowering Scholarships," said CCC CEO Jennifer Hines. "CCC is pleased

to assist in furthering these recipients' education, and we look forward to growing the program in future years."

Children's Cancer Connection provides support resources and programs for nearly 750 families in Iowa who are affected by childhood cancer. The Empowering Scholarships program is just one of many ways CCC aims to support the entire family for the entire journey. ■



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HEALTH

By Dr. Amanda Korth

VEGGIES are good for the eyes

We all want to eat healthy, and summer time is a great excuse to eat fresh veggies from your (or someone else's) garden. We are in the middle of zucchini season, and, if your neighbors have extra, be sure to lock your doors at night or a bag might find its way into your car's front seat. But zucchini season is not a bad time of year for eating healthy for your eyes.



Yes, veggies can be good for your eyes beyond the famous beta-carotene found in carrots. All colorful vegetables including red, orange, yellow and greens are full of lutein and zeaxanthin. We know from studies, if macular degeneration runs in your family, you should be eating 10 mg of lutein, 2 mg of zeaxanthin plus at least 25 mg of zinc. (Check out AREDS 2 if you want to see the study.)

Zinc is a great excuse to eat surf and turf. Oysters rank No. 1 for zinc, but steak sirloin comes in second with more than 10 mg per 8 ounces of sirloin. We also know omega-3s are beneficial for your tear film as you have a very thin oily layer on the top to keep your normal tears from evaporating. ■

Information provided by Dr. Amanda Korth, Prairie Vision Center of Bondurant, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.

HEALTH

By Dr. Katrina Smith, MD FAAD

POISON ivy

"Leaves of three, let it be!" Poison ivy, poison oak and poison sumac — plants commonly found in the Midwest — contain an oil called urushiol which causes an allergic reaction when it touches the skin. This rash appears as red, itchy streaks and sometimes black dots (the sap) occur within it. These rashes are so common that I see them daily in the dermatology clinic during the summer. If you are not watching for the telltale "leaves of three," you may be the next victim.



What do you do if you touch one of these plants?

- Immediately wash the area with soapy water. You may also use rubbing alcohol or commercial poison ivy cleansers.
- Remove any contaminated clothing and wash thoroughly with warm soapy water.

- Wash other contaminated surfaces such as garden tools or pets.

If a rash develops, follow these tips:

- Don't scratch or pop blisters; this can lead to infection.
- Take cool showers or baths with colloidal oatmeal preparations.
- For mild rashes, apply calamine lotion or hydrocortisone to relieve itching.
- For severe rashes, especially on the face, eyes or genitals, see a board-certified dermatologist for treatment. ■

Information provided by Dr. Katrina Smith, MD FAAD, co-owner, Iowa Dermatology Consultants, 2675 N. Ankeny Blvd., Suites 101/103, Ankeny, 515-348-4097.

PROTECT your heart in the heat

Whatever brings you outside — RAGBRAI, a bike ride with friends, a walk around the block or a barbecue with family — it's important to stay safe when the temperature rises.

Studies show that, when it gets hot outside, your heart has to beat faster and work harder to pump blood to the surface of your skin to assist with sweating to cool your body. If your body can't cool itself enough, strain is put on the heart, and organs can begin to suffer damage.

Anyone can suffer heat stroke, but people with heart disease and other cardiovascular diseases are at greater risk. If you have heart disease, your heart may not be able to work harder in the heat to maintain cooler body temperatures. Some medications prescribed to patients with heart conditions reduce water in the bloodstream. These medications can reduce a



person's ability to cool off in the heat.

Heat exhaustion can lead to heat stroke. If you experience the following symptoms, move to a cooler place and use cool wet cloths, compresses and fanning. Drink cool water as well. You may also need to seek medical attention:

- Heavy sweating with cool, moist/clammy skin
- Dizziness and light-headedness
- Nausea and vomiting
- Headaches
- Weakness
- Dark urine

Heat stroke is an emergency. If you experience the following, apply cool water to your skin immediately and seek medical help by calling 911 or going to your nearest emergency department right away.

- High fever (temperature above 104 degrees F)
- Hot, dry, red skin without sweating
- Pounding pulse

- Rapid shallow breathing
- Nausea and/or vomiting
- Extreme confusion or dizziness
- Unconsciousness or seizures

Everyone is at risk in high heat, but the risks are even higher for those with heart disease or high blood pressure.

Whether it's a single hot day or a heat wave, remember these tips to stay cool and safe.

- Avoid vigorous physical activity in high heat
- Stay hydrated by drinking water and sports drinks that contain electrolytes
- Avoid caffeine and alcohol
- Choose a cooler environment
- Wear light-colored, lightweight clothing in breathable fabrics
- Apply sunscreen before you go outside. ■

Information provided by Eric Martin, MD, board-certified cardiologist specializing in prevention and wellness at MercyOne Iowa Heart Center, 5880 University Ave., West Des Moines, 515-633-3600, IowaHeart.com.

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HEALTH

By Leslie (Foley) Brant

BACK pain

Back pain is one of the most common reasons people seek out physical therapists, chiropractors, massage therapists and physicians. According to the Mayo Clinic, more than 80% of the general population will experience back pain some time in their lifetime, and some will require medical interventions.

There are many causes of back pain, ranging from structural deficits to minor muscle strains and ligament sprains. Some of these include low back strain, arthritis, spinal stenosis, bulging or herniated discs, scoliosis and poor posture. Also, risk factors such as a sedentary lifestyle, smoking, strenuous physical work/exercise, lifting with poor body mechanics, obesity, depression and pregnancy may put people at higher risk for developing back pain.

To reduce the risk of developing back pain, the first step is to reduce your risk factors. For people who lead a sedentary lifestyle, starting with increasing your activity level by adding more walking or an exercise program can help. Healthy eating to assist with weight management, quitting smoking and posture modifications also help.

However, there is good news. In some cases, back pain will resolve itself with over-the-counter remedies and with active rest (performing only movements that are pain free). However, if it lasts longer than one week, see a health care professional. ■



Information provided by Leslie (Foley) Brant, PT, DPT, FAFS, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E. Suite B, 515-528-2326.

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HEALTH

By Dr. Kari Swain

CHIROPRACTIC for back to school

Incorporating chiropractic as part of a healthy lifestyle can help with the back-to-school transition and set kids up for success throughout the school year. Sitting at desks, using electronic devices, and lack of physical activity all affect posture and the curvature of the spine. The nervous system connects the brain to the body, and, when spinal subluxations are present, the messages are distorted or blocked. A board-certified pediatric chiropractor conducts a thorough examination to identify subluxations and is specially trained to adjust children and adolescents.

Chiropractic adjustments remove interferences to the nervous system and allow the communication between the brain and the body to flow uninterrupted. This ease of communication manifests in the body as: improved attention span and ability to focus, decreased behavioral issues, and increased balance and coordination.

Other benefits of chiropractic care that set the foundation for success in the school year include: increased immune system function, improved sleep and ability to calm, and optimal growth and development. ■

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

HEALTH

By Dr. Steven Neville

GINGIVITIS vs. periodontitis

Gingivitis: Teeth are not loose, and there is no irreversible damage to the jaw bone, which supports the teeth. The gums become red and inflamed because bacterial plaque and tartar accumulate on the surface of the tooth. Without treatment, gingivitis can progress to periodontitis.

Periodontitis: The gum and bone recede from the teeth and form large pockets. Bone and gum loss is irreversible and cannot grow back once it is lost. Dental plaque and tartar collect in the pockets between the gums and teeth, and bacteria populate the pockets. The immune system responds to the bacteria in the pockets and cannot remove plaque and bacteria which causes gums and jaw bone to back away from the bacteria and their toxins and ultimately the teeth.

It's important to remove plaque and calculus by a dental professional. This may be done using hand tools or an ultrasonic water stream that removes plaque and tartar. This process is called scaling and root planing or gum therapy. A professional cleaning is normally recommended twice a year, and possibly more often, depending on how much plaque accumulates. See your dentist regularly based on the recommended interval. ■

Information provided by Dr. Steven Neville, Bondurant Family Dentistry, 100 Second St. N.E., Bondurant, 515-967-4002.



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HEALTH

By Kendall Way

END of summer transition

As summer ends, it signals colder days ahead and kids returning to school, which can cause mixed reactions between parents and children. Often children are not ecstatic about this change, and resistance arises as summer fun ends and old routines return. As a caregiver, it is beneficial to ease this transition by reestablishing old habits early. Children thrive with structure and consistency, so start these conversations now.

Similar to coping skills, which are most effective when practiced early, having conversations weeks in advance can help children ease back into the school year. Discuss what it means to go back to school, how it will be different than being at home, and how sleeping habits will change. During this time, discuss their positive achievements from previous years such as friends that were made and things that were learned.

During this transition phase, discussing and enforcing sleep and wake schedules can reduce resistance on the first day. Throughout this process, it is important to maintain a positive attitude and remind your children that school plays a significant role and provides numerous opportunities for them. Overall, to ease your children back into school routines, be consistent, create structure and establish positive school relationships. ■

Information provided by Kendall Way, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, www.sstherapyandconsulting.com, way@sstherapyandconsulting.com.



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AUTO By Keith Williamson

THE RISING costs today



The cost of almost everything has gone up the last few years. Repairing and maintaining your vehicle is no different. From oil changes to major repairs, costs and prices have increased. Insurance, gasoline, electricity, payroll, parts and supplies are all more expensive now than last year. Why are prices higher than three years ago?

1. Inflation: Most items we frequently use are a minimum 30% higher than three years ago. When one item goes up, it affects all others. Fuel is a prime example. Shipping costs have increased dramatically due to higher fuel and labor costs. Everything is affected by fuel costs, like it or not.

2. A shortage of skilled workers: Unemployment is very low. If you want a job, there are two or three available. This creates higher wages because nearly everyone is hiring.

3. Delivery costs are way up: Fuel prices, employee wages and vehicle costs all are factored into the delivery costs, along with the increased cost of the truck itself.

4. Supply and demand: Less supply creates more demand, which drives prices up.

5. Technology: Today's vehicles are more fuel efficient than ever before. To increase fuel efficiency more and more, computer controls are needed. This adds cost to the vehicle but also adds repair costs. We need a more skilled workforce than ever before to keep up with the technological advancements.

When small businesses are raising prices, it's not to make more money; it's because we are incurring increased expenses ourselves. Our employees need to make more money to just make a living. Our costs have increased, and, to stay in business, we must pass that on. You yourself have noticed the increased costs in your budget, I'm sure.

To many, shopping around becomes a choice. I will warn you: Anyone can offer a cheap price. In order to offer a lower price, they have to do one of the following:

1. Use cheaper parts. Many cheaper parts come from other countries with very cheap labor. Anyone who has ever bought something online cheap can attest to the quality you miss.

2. Use cheaper labor. Cheap labor sounds great. However, all the great skilled technicians who have jobs are going to demand a great wage and will not work for a "cheap shop." You are then left with someone with less experience. This can cost in mistakes made and even replacing the wrong part altogether.

3. Make less profit for the business. This probably sounds great for you, the consumer. However, if they choose this route, they will not have money for proper training, proper equipment or skilled employees. If they do not make a profit, will they be around to honor a warranty?

Quality always costs less over the long term. Don't make a choice today you will regret next week. ■

Information provided by Keith Williamson, Williamson's Repair & Tire, 515-967-0900, www.williamsonsrepair.com.

BONDURANT Family Association to visit

Family tree dates back to 1400s.

Just as the Bondurant Historical Society began to regroup following the hiatus during the pandemic lockdown, they received an interesting call. The Bondurant Family Association (BFA) wanted to hold its annual meeting in Bondurant.

The Bondurant Family Association is well known for tracing the ancestry of Jean Pierre Bondurant, who fled to Jamestown, Virginia, to avoid religious persecution in France. Over the years, the association has researched and documented the family tree with roots dating into the 1400s.

Alexander Conley Bondurant founded Bondurant in 1857. The public is invited to accompany the BFA members on Saturday, Sept. 24 at 9 a.m. as they tour local historical sites related to their ancestry — mainly Alexander's homestead location, the train station, cemetery, downtown, and other specific locations regarding the breadth of Alexander's original trek into Bondurant. Residents can envision the early days of Bondurant and how their home came alive, and some may possibly connect with cousins or family members they didn't know they had.

"Bondurant's population has doubled since 2010, and many residents do not know its beginnings or history," explains Deb Harwood of the Bondurant Historical Society. "It's exciting when 'family' comes to town. They have stories; you have stories. This family is the living embodiment of our town's founder and most significant resident."

This particular event has invigorated Harwood and the entire Bondurant Historical Society. Each member has a passion for history and has dedicated hours of research to prepare for the September BFA visit.

"We are a viable group that has dedicated members who care about Bondurant's past and future," Harwood says. "We are committed to unearthing the untold stories and artifacts of the people, families and businesses that were instrumental in fostering the town and community we know today."

The Bondurant Historical Society meets the third Monday of every month at 6 p.m. at the Bondurant Library and welcomes new members or historical enthusiasts who want to learn more about the area. ■



Alexander Conley Bondurant

TALK about it

As my brother approached the end of his 25-year struggle with diabetes (many years before I started working in the deathcare industry), he wanted to make things as easy as possible for us. He began sharing with me what he wanted for his memorial service. At the time, I didn't want to hear it, but I was thankful when that day finally arrived that I knew exactly what he wanted.



Some of the things he shared: location of service and officiant, songs he wanted sung and who should sing them, pallbearers (he had asked each one himself — I just had to confirm time and place) and type of flowers he wanted (that was a given, he loved roses).

When the time came to meet with the funeral director, I was surprised to learn that he had pre-paid for everything — even his roses.

Maybe you are like I was. You don't want to discuss a loved one's inevitable death. Those visits were the hardest I had ever encountered. But I listened because I knew it was important to him.

Whether you are facing your own death or that of a loved one, don't be afraid to talk about it.

Give your family a gift of love and care for your future end-of-life needs now. ■

Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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CHAMBER

By Doug Martin

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If your nonprofit of choice isn't registered, sign them up. It is a simple way to give back to the Bondurant Community. Thank you for your continued support. ■

Information provided by Doug Martin, Bondurant Chamber of Commerce Board of Directors, Amazon.

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OUT & ABOUT



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Shawn Kinnison and Amanda Svoboda at the Regional Business After Hours at Reclaimed Rails on July 21.



Alex Lynch and Rick Kroeger at the Regional Business After Hours at Reclaimed Rails on July 21.



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Tiffany Luing, Marketa Oliver and Heather Bittner at the Regional Business After Hours at Reclaimed Rails on July 21.



Becca Squiers and Curt Gause at the Regional Business After Hours at Reclaimed Rails on July 21.



Chad Martin and Morgan Van Der Sluis at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.



Kodee Wood with May and Layton at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.



Amy Fleck with Lincoln, Logan and Gardner at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.



Zakk DeVries, Colt DeVries, and Leo at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.



Charity Pearson with Miles and Emery at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.



Emily Martin and Cooper at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.



Adam and Anna Knepper with Case and Chloe at Touch-A-Truck at the Bondurant Regional Trailhead on July 29.

OUT & ABOUT

TOUCH-A-Truck

Touch-A-Truck was held at the Bondurant Regional Trailhead on July 29.



Emma and John Horton



Abby Johnson with Beckett, Emery, Peyton and Cameron



Jane Showalter with Leo, Holly and Welsey



Colby Burt with Declan and Killian



Lorraine Patten with Maddon and Liam



Krystal Scovel with Gracie



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Jody Freel with Lilly and Evie



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Nicole Aleman with Oliver

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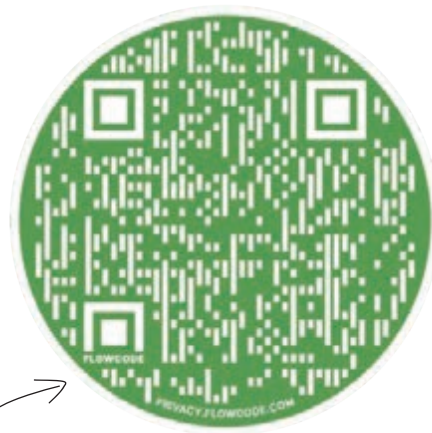
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