

BONDURANT

DECEMBER 2021

Living

MAGAZINE

Christmas *then and now*

Residents reflect on changing
holiday observances

Meet Olivia Denham

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WELCOME

ANTICIPATION

I can't see the word anticipation without singing along to the 1971 Carly Simon song with the same name and that all-too-familiar drumroll. I was only 3 years old at that time, so I couldn't hardly remember that song's debut. But what I do remember from "Anticipation" is the 1979 Heinz ketchup ad that used the popular song as its jingle. Not knowing the original song or Carly Simon, I improperly thought the words to the jingle were "Heinz is the patience" that played along images of the ketchup slowly oozing out of the glass bottle. My sister, who is 12 years older than me and did know the original song and artist, promptly corrected me while laughing at my confusion.

I may not have had the words to the TV commercial down, but I most certainly knew the definition of anticipation, because I experienced it as a child each Christmas season. My mother was the ultimate planner. She had all our Christmas presents purchased and wrapped and positioned under a fully decorated tree prior to Thanksgiving.

As much as I appreciated Mom's planning ahead, the weeks of anticipation in wondering what was underneath the holiday wrapping paper was more than this kid could handle. So, when nobody was in the room, I would carefully pull back the tape and paper on the presents and get a peek at what was inside my gifts. Of course, I didn't tell anyone about this at the time, and I learned to still act quite surprised when I opened the presents on Christmas day.

Mom's type of planning for Christmas didn't happen as often with Jolene and me when our kids were at home. It's not that we didn't have good intentions; we just couldn't seem to get to the shopping and wrapping until the last minute, and I was the worst offender (and still am). This procrastination may have taken away some of the anticipation for our kids — and maybe the temptation to peel back the paper for a look, too. Maybe. As much as we would like to think that things have changed since we were kids, many things have remained the same, too — including anticipation.

Happy holidays, merry Christmas, and, as always, thanks for reading. ■

SHANE GOODMAN

Publisher

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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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Christmas

then and now

Residents reflect on changing holiday observances

By Lindsey Giardino

When reminiscing about the holidays and the accompanying joyful celebrations, the brightest and most vivid memories vary. For some, it's the decorating and ornaments, the tinsel and trees that come to mind first. For others, special moments are centered on baking holiday goodies. Still others recall the fun of surprising family and friends with bits of Christmas cheer. For many, the memories they make today are quite different from those of their childhood. As people start their own families, meld traditions with their spouses', and adapt to the changing times, they find their Christmases "then and now" are quite different.

For Amanda Svoboda and her family, the holidays are extra special because they get to share their heart for giving even more so than other times of the year.

“Just seeing their eyes light up when talking about that truly warms my heart because everybody has their own traditions and things they do as a family.”

— Desiree Claypool

Family time is the best time

“My mom and dad have always made a huge deal of Christmas, so I always felt like it was very special for us as kids,” says Desiree Claypool.

One thing she specifically remembers was baking and decorating cookies with her mom and two younger sisters the week leading up to Christmas. She also fondly recalls attending church services on Christmas Eve and going to bed early so that they’d be bright-eyed and bushy-tailed the next morning to see what Santa brought. Claypool says she was usually the first person awake on Christmas morning because she could barely contain her excitement.

After seeing all the goodies that Santa brought on Christmas, Claypool and her family would go to her grandparents’ house and have a big dinner.

These days, because Claypool and her husband, Nyle, don’t have kids of their own, they make sure to accommodate both sides of their family at Christmas time. One thing that hasn’t changed, though, is that they have dinner at her parents’ home in Oskalooska on Christmas Day. This tradition reminds her of eating at her grandparents’ home when she was growing up.

“It really hasn’t changed much as far as what the fixings and all of the menu items are,” Claypool explains. “It’s always the same because it’s such a tradition in our family.”

The menu consists of ham balls, green-bean casserole, corn noodle casserole, candied yams with brown sugar and marshmallows, and dinner rolls. Claypool says her mom makes the best apple and pumpkin pies, too.

Claypool is a hairstylist by trade — she

owns Style by Desiree, which recently moved from a location in Bondurant to one in Altoona — and she mentions she now starts thinking about Christmas a lot sooner than she used to since she must plan ahead of time to ensure she has enough product in stock and her ducks in a row.

“I look more together in my business than I do in real life,” Claypool jokes. “I’m always rushing around trying to find last-minute gifts, but, as a business owner, I look like I have my stuff together.”

One thing she especially loves during the holiday season is chatting with her clients about their own Christmas traditions and what they’re doing to celebrate.

“Just seeing their eyes light up when talking about that truly warms my heart because everybody has their own traditions and things they do as a family,” she says. “I think it’s really cool to hear about everybody else’s traditions and what they most look forward to at Christmas time.”

Ultimately, as Claypool has gotten older, the best part of the holiday season is spending time with family.

“I know that’s super cliché, but there’s nothing better than Christmastime when everybody is together, you’re in a house with the fireplace on, the Christmas tree is decorated, and everybody’s spending time together and talking,” she says. “That’s my favorite thing.”



Desiree Claypool enjoys the holiday season for a number of reasons, but it’s an especially exciting time for her and her husband, Nyle, because they were married in December.

A heart for giving

For Amanda Svoboda, the holiday season growing up started the day after Thanksgiving. That’s when her family would decorate for Christmas and go Black Friday shopping.

Another one of their big traditions was having a traditional sit-down dinner on Christmas Eve. On Christmas morning, her family would visit members of their extended family to celebrate the day.

“For me, Christmas is definitely a special time,” she says. “I don’t remember the hustle and bustle. I just remember it being cozy and warm and time for family.”

Svoboda recalls giving being a big part of the holiday season for her family. They’d open gifts on Christmas Eve and looked forward to giving to each other, as well as other family and friends. She says she took her time picking out the perfect gift for each of her loved ones, including her parents, which she’d buy together with her brother.

Svoboda says she has a giving heart, which “explodes a hundred times more during the holiday season.”

She says her store, Little House on Main,

“For me, Christmas is definitely a special time. I don’t remember the hustle and bustle. I just remember it being cozy and warm and time for family.”

— Amanda Svoboda

is mission-based and was established with the purpose to give back, with a percentage of every sale going to a cause or organization based in Iowa. She’s also currently collecting donations for the Ronald McDonald House.

Having her own family now has also added new traditions to her holidays. She and her husband, Zach, take one day together as a family to decorate for Christmas. When it comes to decorating the tree in particular, they give the reins to their four kids as much as possible.

Since Zach works in ministry, the Svobodas are sure to attend Christmas Eve church

services, which is a tradition for them as well. She says they cherish their time together on Christmas morning, too, and enjoy a homemade breakfast before heading out to visit extended family.

“We really just embrace family and our time together,” she says.

Holidays are for simplicity

Glen Hanson grew up in a small town, where “family was a very key thing.”

During the holidays, he spent time with his grandparents and extended family, although perhaps the most important tradition for his

family was attending their church’s Christmas Eve service. Hanson remembers the kids were able to open one gift that night, and the rest were opened on Christmas morning after Santa came. He says his mom was the “baker of the county,” so homemade cookies were a big deal for the family, too.

Overall, Hanson remembers the simplicity of the holiday season of his youth. Nowadays, people are busy and distracted, he says, and they try to make things perfect.

“I’m a little biased because I’m a pastor, but the first Christmas sure wasn’t perfect,” says Hanson, the lead pastor at Cross Point Family Church of Bondurant.

It’s the simple things during the holidays that are priceless, he says, like a peaceful snowfall on Christmas Day, playing games with loved ones, or decorating cookies. When his three kids were young, they’d make ornaments every year, and he and his wife would buy them one as well. They’d store each child’s ornaments separately, and, when each of their children started lives of their own, they were given their box.

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FEATURE

"There's going to be memories with that," Hanson says.

He still tries to keep simplicity at the core of the holiday season for his family so they can focus on spending quality time together. Hanson shares stories of his parents and grandparents with his kids and passes down their Christmas traditions, like his grandmother's holiday recipes and his father's old ornaments.

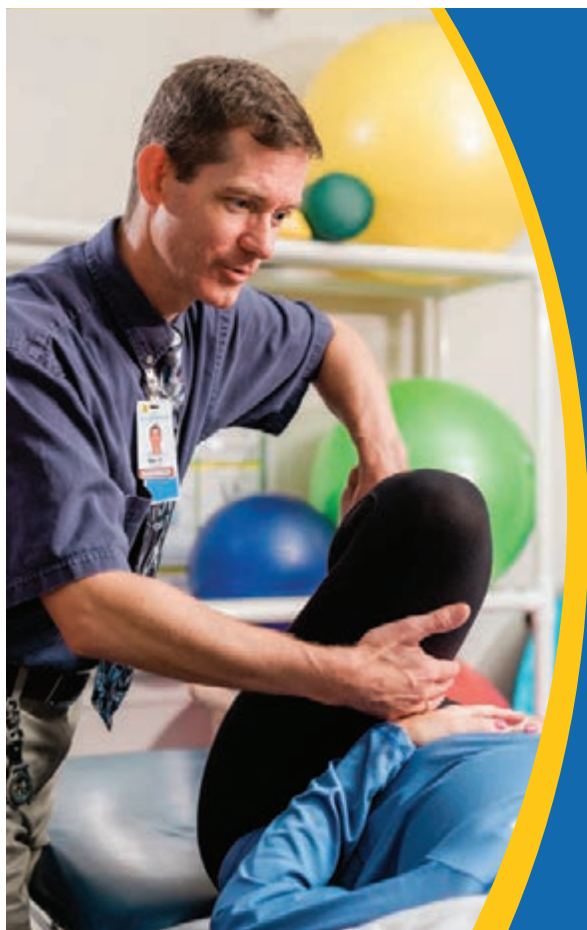
One of Hanson's fondest Christmas memories from years past illustrates how powerful simplicity can be.

Before the pandemic, he would hold a Christmas Eve service at Courtyard Estates for the residents there. The residents would sit in a circle, and children from the church would stand in the middle and sing Christmas carols for them.

"That was the greatest gift that I could give the residents there," Hanson says. ■



Pastor Glen Hanson encourages folks to focus on simplicity during the holiday season. His favorite part of the season is simply spending time with his family.



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END of the year is a time to take stock

2021 has been a challenging year for all of us. The uncertainty and anxiety will continue into 2022. Still, the end of the year is a good time to take stock of your personal situation.

Update your estate plan

Putting your legal affairs in order is important. It reduces the burdens on loved ones in the event of poor health or death. It can save time and expense. And it allows you to have control over how your assets pass. Every person should have three basic estate planning documents: a Last Will and Testament, a Durable Financial Power of Attorney, and a Living Will / Health Care Power of Attorney.

A will directs the distribution of your assets upon your death. Through the power of attorney, you give another person the ability to make financial decisions for you should you become incapacitated. If you're too ill to speak

for yourself, you can express your wishes and have your voice heard through a living will. This advance directive lets you detail your preferences for your medical care.

Make a list of key contacts

When you update your estate planning documents, you should also make a master list of important information. If you die or become incapacitated, your family will spend time figuring out what you own and whom they should contact. List your investment advisor, insurance agent, tax professional, banker and attorney. Make sure you have the correct contact information for each advisor listed.

Review the title to your home

You should review how you hold title to your home. When you purchased your house, the seller executed a deed. The deed contained

important vesting information — the names on the title and the legal relationship between those titleholders.

If you are married, you probably want to ensure that both spouses are on title to the house. This may not be the case if the parties were married after one bought the house or if it is a second marriage. You also probably want to ensure that, if one titleholder were to die, the house would pass to the survivor. A simple review of who holds title and how title is held can prevent expensive problems later.

These are three simple yet effective steps that can save time and expense in the future. Contact an experienced attorney to help you. ■

Information provided by Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.



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CITY HALL UPCOMING CLOSURES

In celebration of the Christmas holiday, City office buildings will be closed on December 23 and 24. The Bondurant Community Library closed at 1 pm December 22 and City Hall closed at noon on December 22. City office buildings will be closed on December 31 for the New Year's holiday. The Bondurant Community Library will close at 1 pm December 30 and City Hall will close at noon of December 30. Trash and recycling are not affected by these holidays.

WINTER YARD WASTE COLLECTION

Purchase a \$1 yard waste sticker at City Hall to dispose of live trees. Have left over lawn clippings? Mark your calendar for December 29 and January 5 for the winter yard waste season.

DRIVE SAFE

This holiday season be sure to take extra precautions while driving. Pack your winter weather car kits. What do you put in your winter car kit? Check out recommendations from the National Safety Council www.nsc.org/home-safety/safety-topics/emergency-preparedness/car-kit

PARKS CLOSED FOR THE SEASON

The City's Parks Department team has winterized the City Parks. Park users may continue to use park shelters during the restroom closures.

WHAT IS A SNOW ORDINANCE?

A snow ordinance requires all cars to be removed from public streets anytime there are more than two inches of snowfall. Snow ordinance details are typically published on the City's website and social media accounts. A press release is sent to local news outlets.

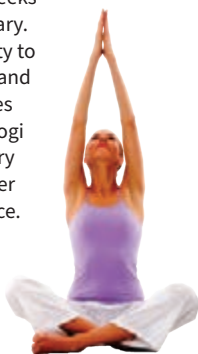
BONDURANT EARNED DISTINGUISHED BUDGET PRESENTATION AWARD

Bondurant is the smallest city in Iowa to achieve this designation and plan to continue to pursue each year.

EVENTS:

WINTER YOGA

Beginning Jan 7 and offered weekly on Fridays at 5:30 for 5 weeks at the Bondurant Library. It is a great opportunity to beat the winter blues and holiday fatigue. Classes are brought to us by Yogi Nikki Ballantyne-Emery registered Yoga Teacher (RYT) with Yoga Alliance. Registration will be required. More details will be shared on the City's website and on social media.



CRIBBAGE TOURNAMENT

This is a Bondurant Tradition which dates back many years ago. Bondurant men and women would come together to play this classic card game. Bring your own board and cards. Pre-registration will be required. First place will receive 80% of the pot and runner-up will receive 20% of the pot. Registration on the City's website. January 9. Check in at 12:30 at Reclaimed Rails Brewing Co.



CHOWDER RIDE

Enjoy a free, easy winter bicycle ride on the Chichaqua Valley Trail from Bondurant to Berwick and back (approximately 10 miles). Saturday, February 12. Ride begins at 11 am, check-in is at 10:45 am, make sure to stop by the Berwick Congressional Church to warm up and return to enjoy a bowl of chowder at Founder's Irish Pub or a bowl of chili at Reclaimed Rails Brewing Co. Register on the City's website.



EVENTS IN THE AREA

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

Be sure to check for cancellations.

Registration underway for Blue Jays Bondurant Little League Online

Registration for the 2022 baseball and softball season is underway at www.bondurantlittleleague.org. A \$20 discount is available until Jan. 31. Registration continues through February without the discount. Payment is due at registration. Coaches and volunteers are needed. For more information, click on the Volunteer tab after setting up an account.



Iowa Wild Hockey home games

Various December dates
Wells Fargo Arena,
730 Third St., Des Moines

Enjoy hockey at the American Hockey League level, with players that regularly go on to play for the Minnesota Wild. For more information, visit www.iowawild.com. Home games are:

- Monday, Dec. 27 vs. Rockford Icehogs, 6 p.m.
- Wednesday, Dec. 29 vs. Colorado Eagles, 6 p.m.
- Friday, Dec. 31 vs. Colorado Eagles, 2 p.m.



Des Moines Symphony New Year's Eve Pops: 'The Music of Elton John'

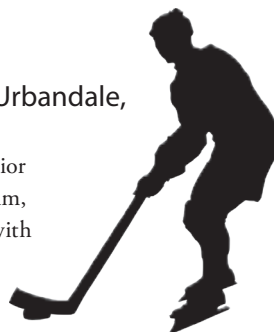
Tuesday, Dec. 31 at 8 p.m.
Des Moines Civic Center,
221 Walnut St., Des Moines

Ring in the New Year with the Des Moines Symphony. The New Year's Eve Pops brings the Symphony together with "The Music of Elton John," starring Michael Cavanaugh and his band. The high-energy celebration will have you singing along to classic hits and rock favorites. For more information, visit www.dmsymphony.org.

Des Moines Buccaneers home game

Dec. 29, 6:30 p.m.
Buccaneer Arena in Urbandale,
7201 Hickman Road

The Buccaneers, a Junior A Amateur Ice Hockey team, entertain local audiences with fast-paced action. For more information, visit www.bucshockey.com.



Fire & Ice Winter Pub Crawl

Saturday, Jan. 22, 1-4 p.m.
Valley Junction

CITYVIEW'S winter event returns. Tickets, ordered in advance, are \$20. Cost is \$30 at the door. Ticket covers 10 sample winter specialty drinks at participating establishments in Valley Junction. Tickets are available online at fire-and-ice.dmcityview.com.



Pop-Up Christmas Bar

Through Jan. 2
Exile Brewing Company,
1514 Walnut St., Des Moines

Exile Brewing Company will open Des Moines' first-ever Pop-Up Christmas Bar. The experience, known as SnowGlobe DSM, will feature more than 100,000 Christmas lights and nearly a semi-full of holiday decorations installed at Exile's Bar and Restaurant in downtown Des Moines. For more information, visit www.snowglobedsm.com.



Santa's Rock N Lights

Through Jan. 2
Living History Farms

More than 100,000 attendees are expected at this popular drive-through light show. The over-a-mile-long route will feature hundreds of thousands of lights, miles of cords, and tens of thousands of zip ties — all to spread holiday cheer in a responsible, COVID-safe way. New this year will be larger-than-life polar bears and 3D dinosaurs. Limited time slots must be reserved and will minimize wait times. Paid online reservation required. Visit <https://santasrocknlights.com/>.



Jolly Holiday Lights

Through Jan. 2
Adventureland Resort,
3200 Adventureland Drive

Make-A-Wish Iowa started Jolly Holiday Lights more than 25 years ago to raise money to grant Iowa children's wishes. Since then, Jolly Holiday Lights has become the organization's largest fundraising event, funding more than 1,000 wishes to date.

Iowa Quilt Museum exhibit

Through Jan. 23
68 E. Court Ave., Winterset

Iowa Quilt Museum welcomes quilters, quilt lovers, history buffs and appreciators of American art and culture. Showing is "Here Comes the Sun," an exhibit honoring the sun with a study of the color orange in both historic and contemporary quilts. For more information, visit www.iowaquiltmuseum.org.



BEFORE YOU GO

By Jan Shawver

ENJOYING Christmas after the loss of a loved one

Christmas traditions are joyous times families look forward to each year.

My family would always give gifts to every member of the family — no drawing of names in our clan. As our immediate family grew to 13, we began having a “progressive Christmas,” going from one family member’s house to another.

For some, the thought of participating in holiday traditions is more than they can bear, as a precious member of the family will be missing the celebration.

As the holidays approach, do not isolate yourself from family and friends. Many of them are grieving your loss as well. Perhaps this year you should begin some new traditions: create a scrapbook of photos and memories of your loved one; volunteer at a homeless shelter — the possibilities are endless.

Most of all, don’t be afraid of tears. You are hurting, and others are, too. Someone you loved is no longer with you. ■

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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CREDIT COUNSELING

By Tom Coates

FINANCIAL wellness planning 2022

Before we know it, this year will be over, and 2022 will be here. Along with a New Year comes fresh goals, hopes, dreams and resolutions. Budgets and personal financial goals are important to review on an ongoing basis, but it is also good to look at those things as a whole on a yearly basis if you anticipate changes and to check your progress. Do you have a new yearly expense? Are you anticipating a large raise this year? Will you be able to direct more funds to debts? Did you meet a short-term goal so that now you can add a new one or direct those funds to a long-term goal? Did you get married, divorced or have a child? Gas and grocery prices are rising, so do you need to change your budget amounts for these items? Employer benefit changes also occur this time of year, so there could be increases to the deductions from your paycheck to account for.

Here are some other important tasks to review as the year ends: beneficiary designations; flexible spending accounts; credit report (www.annualcreditreport.com); subscriptions and memberships; auto, home and life insurance policies; estate plans.

Making an annual financial review part of your year-end traditions will set you up for success in the coming year. ■

Information provided by Tom Coates, Consumer Credit of Des Moines, 6129 S.W. 63rd St., Des Moines, IA 50321, 515-287-6428.



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- 2) Get to church
- 3) Give my kids church values

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FAITH By Mark Spencer

A PROMISE kept

I often watched "Gilligan's Island" growing up. I can still sing the opening song from the show. The skipper and mate of the SS Minnow with five passengers set sail for "a three-hour tour" only to encounter a storm and crash on an uncharted island. Most episodes fit the same mold: the castaways would come close to being rescued, but some mishap (read, Gilligan) would block their rescue. The show was so frustrating for me to watch. Rescue would come oh so close and then Gilligan would mess it up. Each time I tuned in, I wondered, "Would this be the day?" Eventually I tired of waiting for the rescue and gave up watching the show.



For me, an unresolved crisis can be numbing. I'm not very patient. How about you? How patient are you?

As I've grown in my walk with Jesus, I've come to see Christmas in a different light. As a kid, I started out viewing Christmas as awesome for being a break from school and receiving presents. As I came to faith in Jesus Christ as my Savior, I enjoyed celebrating the birth of Jesus. And, now, I see it within the bigger context of a promise kept. For centuries, the Israelites would have read the Scriptures which talk frequently about the coming Messiah. Yet, for generation after generation, He didn't come. Had I lived then, I probably would have gotten tired of hearing of this future rescue, the coming Messiah.

We're so blessed to be on this side of Jesus's birth. Each Christmas, we can look back and remember that God did keep His promise. His rescue plan was carried out. Joshua 21:43-45 summarily states that God gave His chosen people land, rest, and victory and then concludes that not a single word of all the promises of God had failed. All His promises came to pass.

Christmas isn't the end of God's book, but an important chapter within it. There are more promises in God's redemptive story yet to come. Not only did the Messiah come the first time, but He will come again. I know this will happen because God always keeps His promises even though He keeps them on His timeline, not ours.

The seven castaways were eventually rescued from their uncharted island. Christmas reminds us that God's rescue plan has, in one sense, already happened, yet, in another sense, is yet to come.. ■

Information provided by Mark Spencer, Lead Pastor, First Family Church Bondurant, 515-587-5930.

MEET Olivia Denham

Incorporating fun into P.E. and health classes

Originally from Bondurant, Olivia Denham attended the Bondurant-Farrar School District. She then graduated from Central College where she played soccer all four years while working towards her bachelor's degree. Because she enjoyed physical activity and working with children, she decided that a career teaching P.E. would be the perfect fit.

"Bondurant is such a fun, welcoming, and supportive community that I am proud and lucky to be a part of," Denham says. "I love this community and have received so much love and support, so I wanted to come back home to teach. I absolutely love it."

Today, Denham teaches physical education and health at the Bondurant-Farrar High School. She says she enjoys teaching at the high school level because her students already have a feel of what is expected from them. She also likes that her students are more mature, making being competitive and playing games fun.

"What I like best about teaching in the Bondurant-Farrar School District is all the support behind me. My administration, coworkers and students are always giving me the best support and making it feel like home. They make work not feel like work; they make it fun. I also have the best students," she says.

In addition to playing games every day in their P.E. classes, Denham's students also participate in a variety of fun activities throughout the academic year. This includes blindfold food tasting during the nutrition unit as well as creating their own healthy snacks.

Denham says there are both rewards and challenges to being a physical education teacher. However, the rewards definitely outweigh the challenges, she adds.

"Having students come in just to talk or ask questions about my life and sharing things about their lives just shows that they care about their relationship with you just as much as you do with them. I also get to wear athletic clothes every day, and who wouldn't love that?" she jokes.

When not teaching, Denham enjoys spending time with her family and friends. She also enjoys going on walks, reading and shopping. She is also busy working towards a master's degree through Iowa State University with plans to complete the degree in May. ■



Olivia Denham returned to teach in the district she attended because of her fondness of the community and schools.



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ALLEVIATING seniors' holiday loneliness

It is the time of year for joy, laughter and Christmas cheer. It is also the time of year when many people get the "holiday blues." Those who suffer from the holiday blues often express feelings of irritability, tiredness and sadness. The United States Department of Health and Human Services report that one in five older Americans feel lonely or socially isolated, and the number of people who experience loneliness increases during the holidays.



Here are a few ideas of what you can do to help your aging friends and family feel included and supported during the holiday season to help alleviate loneliness.

- **Help them look their best.** We feel great when we get a new outfit or after a hair appointment. Plan a special day out together to help them look and feel good. It can boost confidence, and they get bonus time with you.
- **Include them in the planning of holiday events,** whether it be family meals, a football game get-together, or shopping. Planning and then participating can help anyone feel needed and increase their excitement about the upcoming events.
- **Cook or bake some of their favorite treats or meals.** Food can

bring up cherished memories. Did you wake up Christmas morning and enjoy cinnamon rolls? Maybe you grew up having ham on Christmas Eve. Whatever the goodies may be, try to include their favorite foods in the holiday festivities.

• **Mix in different family traditions or start your own.** Start a tradition of driving around to see lights or pick a holiday movie to watch annually. Traditions don't have to be grand; they could be simple and funny like wearing an "ugly sweater." Chances are your loved one will relish in the joy and laughter the experience of traditions can bring.

A couple things to not do this holiday season with your loved ones with the holiday blues.

Don't expect everyone to be happy all the time. It is OK to be sad; do not dismiss it. Talk and help conjure positive memories and share stories. You don't have to force things to enjoy your time together.

Adjust your expectations; a Norman Rockwell Christmas isn't real. This season is magical. Enjoy the Christmas that is perfect for you and your loved ones. I hope the holidays bring you lots of reasons to smile. ■

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

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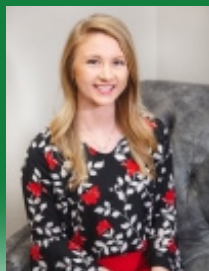
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INSURANCE

By Rachel Schwab

GET YOUR home ready for winter

Shorter days and colder nights are upon us. While curling up under a blanket with a good book sounds appealing, be sure to knock these DIY projects off your to-do list.

Cleaning your gutters sounds daunting, but what's even more daunting is when your gutters get clogged and start to back up, leading to overflow. When the water cannot flow correctly, it'll run down your home, increasing the likelihood of your home exterior deteriorating. Clogged gutters can also cause deterioration of your foundation when water infiltrates the basement, consequently settling under your concrete porches and walks.

Winter is the time of year when most house fires happen. Testing your smoke and carbon monoxide detectors can help save lives. It's that time of year when blasting your furnace and building fires is a must. Keeping our windows and doors closed increases the risk of carbon monoxide exposure. Be sure to check your smoke detectors to make sure they are working properly and have fresh batteries installed. Don't have a carbon monoxide detector? Now is the time to think about installing one in your home. Some insurance carriers offer discounts for this, as well.

Make sure your pool is properly shut down, as well as your sprinkler system and outdoor water faucets. These lines are typically unprotected from the elements, causing freezing over the winter. If this happens, it's likely that the water lines could split inside your home, flooding your basement and leaving you with a costly clean-up. Keep in mind that a professional winterizing is cheaper than replacing a bunch of broken lines the following spring.

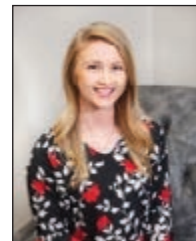
Before you start building those cozy fires, be sure to have your fireplace cleaned and inspected. You want your fireplace to be safe to use, and a quality chimney sweep company will make sure you're taken care of. They can also identify any maintenance problems. Remember to take the time to stack and cover your firewood in a good location in your yard — someplace convenient where you can quickly grab a few pieces.

While you're walking around your home in your warm slippers, be sure to notice your doors and windows. Do you see any trim around your exterior doors and windows that needs a little TLC? Protect your home from the elements and start sealing all the wood trim on any exterior exposures. This will help keep your home warm, so your heating bill doesn't skyrocket.

As if that's not enough, consider adding the following ideas to your to-do list:

- Prepare for snow removal.
- Prep your lawn equipment by draining the gas.
- Inspect your masonry and hard surfaces for cracks.
- Check your home's heating and air conditioning system. ■

Information provided by Rachel Schwab, The Insurance Station, Inc.
116 Second St. S.E., Altoona, IA 50009, 515-967-0489.



BESIDES smoking, lung cancer risks include radon and occupational hazards

Lung cancer is projected as the leading cause of cancer deaths in Iowa in 2021, with more than 1,400 lives lost. Smoking is the most common and preventable cause of lung cancer; however, the odorless, colorless, tasteless, radioactive gas radon is second.

“Everyone in Iowa knows smoking cigarettes causes cancer, but many people are not aware that radon exists, let alone in high levels in their homes. They may be inhaling it unknowingly, and that causes cancer,” said Neil Horning, MD, a specialist in pulmonary and critical care medicine with MercyOne Des Moines Pulmonary and Infectious Disease Care.

“We’ll have patients with no other risk factors develop lung cancer from the high radon levels in their house’s basement or



at their jobs, including agriculture, where farmers work with phosphate fertilizers.”

Some careers may have an increased risk of lung cancer due to the high levels of chemicals, pollution and more. These positions include:

- Mechanics and car hobbyists
- Military positions, especially those previously in the Navy
- Painters and construction workers

Minimize your risk of lung cancer through healthy lifestyle choices and by contacting your primary care provider for more information on available lung cancer screening options. ■

Information provided Neil Horning, MD, pulmonary and critical care specialist with MercyOne Des Moines Pulmonary and Infectious Disease Care, 411 Laurel St., Suite A120, Des Moines, 515-643-7900, [MercyOne.org/desmoines](https://www.mercyone.org/desmoines).

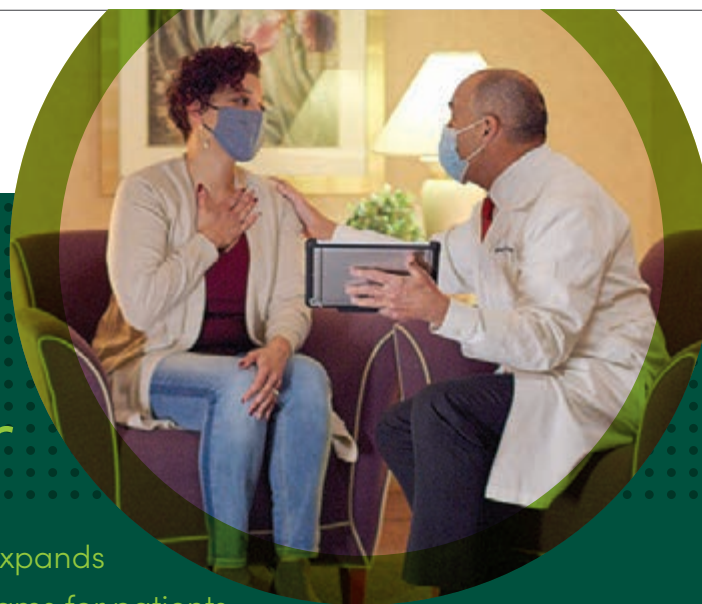
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START your year with a movement assessment

Physical therapists are experts on the movement system. Like the braking or ignition system in a car, most people only think of the movement system when it's not working the way it should. Most people have a mechanic for when their car breaks down, and most people have regular maintenance performed. Less common is having a physical therapist and having regular checkups of your movement system. Similar to the systems in your car, problems with your movement system are much easier to treat if they are found early. If you have a little bit of weakness and balance that's not quite up to par, improving those early could prevent a sprained ankle or a fall and a broken wrist. An annual movement screen from your physical therapist can find small issues that you may not have noticed. Many minor issues can be fixed with a few exercises at home or with just a few visits.

Your annual visit may include: A history of your injuries, a health history, an assessment of your strength, balance, flexibility, and a review of your movement goals. (Do you want to run a marathon? Get on and off the floor easily playing with your grandkids?) A review and update of your exercise program. ■

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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BONDURANT Community Library news

Goodbye 2021 and hello 2022 from the Bondurant Community Library. As we look forward to a new year at the library, we want to make sure everyone is aware of the many services we offer to the residents of Bondurant and rural Polk County: public computer access and mobile printing; hotspots, DVDs, and tablets available for checkout; teen, tween and adult book clubs; Wonderbooks and Playaway children's tablets for check out; public meeting space, single and group study rooms; and online homework assistance through Brainfuse – HelpNow, among others. For a full list, visit our website, www.cityofbondurant.com/bondurant-community-library, call 515-967-4790 or stop in and see us today.

The library would not be able to offer programming without the generous donations from our community. We are currently looking for sponsors to assist us with our book-in-a-bag kits and several other programming costs. If you know of a business or individual that would be willing to help, please contact us for more information about making donations.

Studies show the pandemic has put a strain on mental health for most of us. We are pleased to offer a special presentation from NAMI (National Alliance of Mental Illness) called "Ending the Silence" for tweens/teens and/or their parents. Please join us at the library in Meeting Room A on Saturday, Jan. 15 at 2 p.m.

"A library is a place that is a repository of information and gives every citizen equal access to it. That includes health information. And mental health information. It's a community space. It's a place of safety, a haven from the world." — Neil Gaiman

January events

Join the Adult Winter Read Event on Wandoo Reader from Jan. 3-28. Contact Michell at the library for more information.

- Story time and crafts with Miss Margaret, in-person every Tuesday at 10:30 a.m. and 3:45 p.m., Wednesday at 10:30 a.m., and Friday at 12:45 p.m.
- Geri-Fit Mondays and Thursdays at 10 a.m.
- Monday, Jan. 3 – Winter break movie, "Homeward Bound" at 1 p.m.
- Saturday, Jan. 8 – New Device/Libby Training at 10 a.m.
- Monday, Jan. 10 – After-school STEM at 2:30 p.m.
- Tuesday, Jan. 11 – Adult Book Discussion on "The Color of Water" at 6 p.m.
- Wednesday, Jan. 12 – Virtual school-age story time at 7 p.m. live on Facebook
- Saturday, Jan. 15 – NAMI – Ending the Silence presentation at 2 p.m. in Meeting Room A
- Monday, Jan. 17 – MLK Day activities from 11:30 a.m. to 2 p.m. in Meeting Room A
- Thursday, Jan. 20 – Third Thursday at Hoover's at 6 p.m.
- Monday, Jan. 24 – After-school craft; Paper Lanterns at 2:30 p.m.
- Tuesday, Jan. 25 – Inspired Minds Book Club for Teens & Tweens – book discussion and craft, DIY jewelry and key chains at 7 p.m.
- Monday, Jan. 31 – After-school movie, "Mulan" at 2:30 p.m. ■

HEALTH

By Dr. Kari Swain

PRIORITIZE your health

The start of a new year provides a new opportunity to shift your priorities. Making your health a top priority will bring you both immediate and long-term benefits to your physical, mental and emotional wellbeing. Bridging the gap between wanting to live a healthy lifestyle and actually living the lifestyle can be done with commitment and preparation.

Have a plan. Planning allows growth in all aspects of our lives. Planning helps create a clear idea — a visualization — of how to reach your goals. Don't be afraid to ask for help.

Become goal-oriented. Write your goals down. Place them in a place where you can read them throughout the day. Choose to move forward toward your goals.

Take action. Repetition breeds habits, and habits turn into character traits. Do something, and be consistent and persistent. With the increase in quantity comes a sudden and dramatic change in quality.

Tune up your engine. It is impossible to function at your highest level when you are not in optimal health.

- Drink water. Drink half your body weight in ounces daily.
- Exercise. Move, move, move, and stretch daily.
- Eat a high quantity of raw, organically grown vegetables along with lean proteins and high-quality fats.
- A well-balanced, whole foods-based purification/detoxification can help to eliminate toxins and improve immune and metabolic functions.
- Regular chiropractic adjustments. A healthy nervous system is essential for optimal function and expression of health. ■

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

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HEALTH

By Dr. Katrina Smith

CARING for dry hands

The holidays are coming, which means cold weather, baking, entertaining and sitting by a fire. This also means dry air and frequent hand washing. All of these factors may contribute to dry, chapped hands.

Hand rashes can be frustrating as the cause is not always apparent. Frequently, these rashes are caused by eczema, chemicals, soap irritants and even psoriasis. Hand eczema typically appears as dry, red, itchy skin. In severe cases, hand eczema may blister, crack or bleed. Moisturizers may help. You should choose a moisturizing ointment or cream, as these work better than lotions. Some of the best moisturizing ingredients are dimethicone, hyaluronic acid, petrolatum, and glycerin.



Tips for dry hands:

1. Wash hands with a mild cleanser (avoid harsh soaps).
2. Apply a thick moisturizer immediately after hand washing.
3. Wear waterproof gloves when doing dishes or wet work.
4. Wear gloves while handling harsh chemicals or detergents.
5. Avoid picking, scratching or peeling skin on your hands.

See a board-certified dermatologist if you have extremely dry, itchy or painful hands, and moisturizers are ineffective. You may have eczema or even a contact allergy. A dermatologist will provide a treatment plan to alleviate your symptoms. ■

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

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HEALTH

By Dr. Steven Neville

A BRIGHTER, whiter smile

Millions of Americans have stained and discolored teeth. When dental professionals ask patients what they would like to improve most about their smile, one of the most common answers is they want whiter teeth. Understanding whitening in the dental profession involves understanding two different types of stains: intrinsic and extrinsic. Extrinsic stain is on the surface of the tooth. Tobacco, coffee stain and tartar buildup are examples and can easily be removed by a dental hygienist when getting your teeth cleaned. Intrinsic stains are below the surface and difficult to remove. Aging, medications, and trauma are causes of intrinsic stain. We have several solutions to help you remove the stain: whitening toothpaste, rinse, at-home strips, custom trays, and in-office whitening. Whitening toothpaste, strips and custom trays are the most common choices among patients. One thing we recommend when you whiten your teeth is to use sensitivity toothpaste at least once daily to help with sensitivity you may experience. If you are interested in a whiter and brighter smile, let your dental provider know, and they will help guide you to the right solution. ■



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

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HEALTH

By Sheryl Frye

REDUCE holiday stress

The holiday season can be both joyful and stressful. Here are some strategies to increase your joy and reduce your stress this holiday season.

Make sure to honor any feelings you may be having this season such as sadness and grief. Don't try to force yourself to be happy because of the holidays. If you have lost a loved one, reach out to a support group online or attend community or religious events. Seek out companionship from others. Volunteering your time to help others can lift your spirits, too.

It is important to be realistic. Families grow and change; therefore, our traditions and rituals can change, too. If adult children and other family are not able to visit, find new ways to connect through photos, videos and video calls. Think about the importance of your attachments. Share with others the things you find meaningful and special about them.

Plan ahead — create your menus and shopping lists. Then set aside specific days for shopping, baking, connecting with friends and other activities. The holidays are about the quality of our time together, not the magnificence of the gifts or meals. Make time for yourself. By spending 10 minutes just breathing, you can create a sense of peace. ■



Source: The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>. Information provided by Sheryl Frye, LISW, SS Therapy and Consulting, Ltd, 2675 N. Ankeny Blvd., Suite 105, Ankeny, IA 50023, 515-528-8135, frye@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

LIFELONG resident loves hometown

For Glade, Bondurant has always been “home”



The Glades’ old home was completely lost to a house fire in 2017. They rebuilt a new one on the property right after.

Tammy Glade has lived in Bondurant her entire life, save for a brief stint in southeast Texas when she was in her early 20s. While she was there, though, “All I wanted to do was go back home,” she says.

In fact, pretty much her whole family was born and raised in town. Her father graduated from Bondurant, as did she and her children. Now her grandchildren attend Bondurant schools, too.

When Glade was growing up, she remembers everybody knowing everybody. Her family lived in the Paine Heights neighborhood, and she has fond memories of playing outside until the streetlights came on, signaling it was time to go home.

“I thought it was the best little town to grow up in,” she says. “I loved it.”

In 2002, Glade and her family moved into a home just north of Lake Petocka on N.E. 94th Avenue. They lived there until the house was completely lost to a fire in 2017. After the fire, people asked Glade if the family planned to sell the lot and move elsewhere. Without hesitation, her answer was no.

“We love it here,” she says. “We said we’re going to rebuild right in the same spot, and we did.”

Her brother, Daryl Bailey, is in the construction industry, so he helped the Glades rebuild. As a silver lining, their new home is bigger and more updated than the old one.

The Glades’ property encompasses 9.5 acres, which includes timber and an apple orchard.

Even though the Glades’ home in is in a rural area, they still have neighbors around them whom they’ve gotten to know well.



“When you know your neighbors, it’s kind of a safe feeling because you look out for each other,” she says.

It really is the best of both worlds for the Glades: They get the peace and quiet that rural living offers, yet they aren’t far from town if they need something.

Bondurant has grown significantly since Glade’s childhood, but she says it has held onto its small-town roots.

“I just think it’s the ultimate Midwest small town,” she says. “I wouldn’t want to live anywhere else.”

For Glade, “It’s just home.” ■



The back deck offers views of the property’s apple trees.

HOW LONG will your vehicle last?

You may hear about vehicles being worn out after 100,000 miles. While this was a good possibility 30 or 40 years ago, today's cars last much longer. With the advent of fuel injection and better oil standards, engines have seen increased fuel economy, better performance, and increased longevity. Today's automobiles are capable of 300,000-plus miles if maintained properly. I have seen three vehicles in recent years attain more than 450,000 miles.



Your automobile is likely one of your largest investments second only to your home. Protect that investment with routine maintenance. I recommend a complete vehicle inspection at least twice a year by an ASC certified technician. This will locate any potential safety concerns as well as inform you of needed maintenance. This will allow you to budget for needed repairs. Quick lube centers are great at changing oil quickly, but most are not trained to inspect your vehicle thoroughly. Most highly skilled shops today are offering digital inspections with pictures sent via text or email to your smartphone or computer. The benefit of this is transparency. We take pictures to show you what we see.

The important part of this is performing maintenance, such as changing fluids. I think we can agree, almost no one would let their vehicle go without an oil change for its life. Yet we see vehicles all the time with transmission fluid that has never been changed. Every fluid in your vehicle has a life expectancy. Coolant decreases its PH over time. This makes it acidic. This scenario can eat away at gaskets, seals and even metal or aluminum parts inside your engine. Transmission fluid gets darker in color due to heat and friction along with small particles of clutch material. It is important to keep that fluid clean. Transfer case and differentials need fluids changed as well. Small metal particles from bearings and gears get carried in the fluids. The fluids also break down with heat and moisture.

Brakes, as most of you know, are a wear item. Replacing pads before they are worn completely to metal can save money and provide peace of mind that your vehicle will stop when you need it to.

Rust is really the only thing that is not repairable, and even that can be lessened with frequent car washes. This is especially true in the winter. I recommend weekly car washes with under-car wash during winter. Even with no snow, the roads are getting treated with brine, which is basically salt water with some additives. Take care of your vehicle, and it will last for many, many years. Make sure your family is safe on your holiday trips by maintaining it correctly today. ■

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

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RECIPE

DELIGHTFUL dishes to dazzle holiday guests

(Family Features) Entertaining guests during the holidays isn't just about a main course that calls all to the table. What often makes a festive gathering more fruitful is a spread of delicious appetizers, delightful drinks and divine desserts that keep loved ones coming back to the kitchen for more.

For appetizing dishes from the first guest at the house to the last out the door, you can heighten the flavor and appearance of favorite recipes with one simple ingredient: apples. Ranging from tart to sugary sweet, finding the right balance for your palate is key. Scent can also influence taste, especially when you have a balanced sweetness with an uplifting, fresh aroma.

Turn to an option like Envy Apples this holiday season for satisfying texture and taste with a consistently balanced, refreshing sweetness coupled with a crisp, elegant crunch. They make for an easy snack when eaten fresh out of hand but are also perfect for appetizers, cider and tasty treats. Find more sweet holiday recipes at EnvyApple.com. ■

Apple oat crumble and citrus caramel topping

- 3 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 Envy Apples, diced into large cubes
- 1 tablespoon lemon juice
- ½ cup brown sugar
- ½ cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup cold butter, diced small
- ½ cup caramel
- ¼ teaspoon salt
- ½ orange, zest only
- 1 tablespoon orange juice
- vanilla ice cream

Directions

- Preheat oven to 350 F.
- In bowl, stir together sugar and ground cinnamon.
- Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.
- In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.
- Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.
- In small pot, whisk caramel, salt, orange zest and orange juice until warm.
- Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



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CHAMBER By Tiffany Luing

ANNUAL awards and much more

It is amazing how far our community has advanced despite of all the obstacles we have overcome. With that in mind, I want to encourage everyone to vote for our Annual Awards. Follow the link and vote for Large Business of the Year, Small Business of the Year, Organization of the Year, and Business Person of the Year. Now that finalists have been selected, you can vote again.



Our Annual Awards will be presented at our Annual Dinner on Friday, Jan. 14, at BrickHouse Fitness. Come network, eat, drink, play games, and witness the announcement of the 2021 award winners. Now, take note, there will likely be a blizzard, as our Annual Dinner is notorious for bringing in the storm of the year (let's cross our fingers).

This is the perfect time of year to renew your membership or to join the Chamber if you have not yet done so. The Bondurant Chamber is very active in the community and goes above and beyond to keep our tight-knit bond. We promote community events, offer support and sponsorships, and communicate these via our networks. The City is currently developing a Comprehensive Plan that will embark Bondurant on a goal-driven development plan after much research and preparedness.

Membership to the Bondurant Chamber isn't just about paying dues. It is about being part of a group of like-minded business-oriented individuals who can collaborate and unite for the common good and success of the community. We all want Bondurant to be successful and be the best it can be. Through the Chamber, we can help with resources and create the networking opportunities to do so.

We have several events this year we would love our members and those interested in joining to attend. The second Thursday of each month we will have either a Coffee & Conversation at 8:30 a.m. or a Cocktails & Conversation at 5 p.m. Also on the calendar for 2022 are: Annual Dinner & Awards (Jan. 14), A Piece of Bondurant (April 23), East Polk Regional Afterhours Altoona (May 12), Celebrate Bondurant Car Show & Bike Ride (June 4), East Polk Regional Afterhours Pleasant Hill (June 16), East Polk Regional Afterhours Bondurant (July 21), East Polk Regional Breakfast (Aug. 23), Business Safe Trick or Treat (Oct. 25), Christmas Event (Dec. 3), and our Annual Dinner & Awards again in January 2023.

Join us in any capacity you are able. We would love to have each one of you at our public events and truly enjoy meeting and networking with you. Together, we all have a responsibility and opportunity to improve our community. We would like to meet you today. Thank you so much for your continued support. Reach out through a call, text, email, or social media if you wish to learn more. ■

Information provided by Tiffany Luing,
Bondurant Chamber of Commerce.

OUT & ABOUT



Brian Lohse and Todd Roberts at the Brick Street Market Taste of Christmas on Nov. 17.



Brendan "Boomer" Zimmermann and Thad Long at the Brick Street Market Taste of Christmas on Nov. 17.



Laura Kirkpatrick, Sammie Ward and Teresa Davis at the Brick Street Market Taste of Christmas on Nov. 17.



Kaye Johnson and Kathy Dubansky at the Brick Street Market Taste of Christmas on Nov. 17.



Joe Desaulniers and Reenie Hogan at the Brick Street Market Taste of Christmas on Nov. 17.



Craig Rehor and Nicolas Lohse at the Brick Street Market Taste of Christmas on Nov. 17.



Tyler Seher, Ben Ruppo and Tom Petersen at the Brick Street Market Taste of Christmas on Nov. 17.



Rudy Pineda and Darrin Miller at the Brick Street Market Taste of Christmas on Nov. 17.



Mark Fischer and Matt Cole at the Brick Street Market Taste of Christmas on Nov. 17.

OUT & ABOUT

VENDOR Fair

Bondurant Indoor
Market & Vendor Fair was
held at Bondurant-Farrar
High School on Dec. 4.



Katie Krob, Veronica Mangrich, Jen Krob and Annalise Krob



Beth Perry-Rohlf with Conner and Bella



Sara Simpson and Annie Michels



Lacie Volz, Penny Mayberry and Sutton



Carrie and Addison Johnston



Melissa and Doug Finch



Linda Hildreth and Mindy Meislahn



Megan Bakker and Amanda Pals



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WORTH?



Merry Christmas!

