

BONDURANT

DECEMBER 2022

Living

MAGAZINE

The GIFT of TIME

Volunteers spread joy
for the holidays

Meet Mallory Bebout
EDUCATION

Classic beef Wellington
RECIPE

Greubel named Volunteer of the Year
NEIGHBOR

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

MERRY Christmas

& Happy New Year

*Petocka Estates coming
to Bondurant soon!*



BERKEY
HOME BUILDERS INC.



Sheena
COCHRAN-FOSTER
REALTOR

Licensed to Sell Real Estate in the State of Iowa

Over 15 years experience in the Bondurant Market

515-401-8398

www.seedesmoineshomes.com



Each office independently owned and operated

RE/MAX Hilltop ■ 102 1ST Street SE, Bondurant ■ 515-967-5424

WELCOME

IT'S BETTER to give than to receive

Do you remember hearing that phrase as a child and wondering who in the world could possibly agree with that?

I do, and I definitely enjoyed receiving gifts more than giving them. As a youngster, it is a challenge to think of many things in life more enjoyable than opening gifts. Just look at any kid's eyes when he or she has a wrapped present at arm's length.

As an adult, that seems to change — at least it has for me. When my kids or wife ask me what I want as a gift now, I usually come up with something exciting like undershirts, underwear or socks. Those are things I want and could certainly use. My family members don't seem to share my enthusiasm for these items, so I often receive other gifts. I appreciate them, but I really don't need them. In fact, for most of us adults, there are very few things in life that we now truly need.

My mother used to tell me this when I would ask her the same thing prior to her birthdays and the holidays. What she really wanted was to get together in person, play games and share stories. The most important gift to her, and now to me, is time. It is our most precious commodity, and many of us are learning to treat it like gold. As we age, we learn to say no to the many requests of our time that don't fit with our personal priorities. And, hopefully, we commit more of our time to the things that do.

Meanwhile, few things in life — including opening presents as a child — can bring as much inner joy as volunteering our time to help others. Most all of us think we are too busy to make time for volunteer efforts, and that is understandable. Even so, I am amazed by the many people who do volunteer and make such an impact on the lives of others including the elderly, the lonely and the many who are truly in need.

You may have thought about volunteering your time but were not sure where to start. In this month's cover story, we share the accounts of local residents who felt the same way and then made the important step to actually do it. They don't regret it, and you won't either.

Look inside for examples of volunteer opportunities during this holiday season and throughout the year that will help you learn how good it can feel to give rather than to receive.

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmciview.com



Tammy Pearson
Editor
515-953-4822 ext. 302
tammy@iowalivingmagazines.com

Aaron Burns
Advertising Account Executive
515-953-4822 ext. 307
aaron@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council



After You've Decked The Halls,
**Let Us Clean Up
After Your Holidays**



MOLLY MAID™
a neighborly company

CALL TODAY FOR YOUR FREE ESTIMATE.

27 YEARS IN BUSINESS Serving Ankeny and Surrounding Communities	Tamara A Huinker, Owner Locally Owned and Operated 515-964-4111
--	---



**Helping students and families
Overcome Barriers**

TUTORING & ACADEMIC SUPPORT
Specialized for the needs of every student in
all areas (Including support for Dyslexia)

SUPPORTED DECISION MAKING
College & Vocational Planning along with Life Coaching

FACILITY RENTALS
Graduation Parties, Showers, Family Get Togethers, etc.

KaleidoHope
LEARNING & RESOURCE CENTER

109 Main Street SE, Bondurant • KaleidoHopeLRC@gmail.com • 515-859-6300
kaleidohope.com

FEATURE

The GIFT of TIME

Volunteers spread joy
for the holidays

By Lindsey Giardino

Whether it is the family gatherings, longtime traditions, religious ceremonies, gift giving, glowing candles or a blanket of glistening snow, there is something about the holidays that warms our hearts and sparks our spirit of generosity. We give goodies, cards, gifts and more to our friends and family. And, donations flow to charities.

For those who want to do more than open their wallets, another precious gift waits to be given: time. Volunteers help to spread holiday cheer, and they find themselves rewarded in return by the joy of giving.

Kelli Russell offers horse-drawn carriage rides for a variety of celebrations including for the Christmas season.



FEATURE



Angela McKenzie and Madi DeLong of Real Advantage Partners hosted a Breakfast With Santa.

Realtors share time to spread cheer

Being involved in the community is part of the Real Advantage Partners team culture. That's why they make a point to volunteer and give back however they can, especially during the holiday season.

Recently, the team, led by Angela McKenzie



Nolan English visits Santa at the Breakfast with Santa.

and Madi DeLong, put on a free Breakfast with Santa event for local families. It included food, crafts and photo opportunities with Santa.

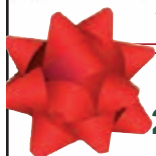
The team also coordinates a Letters to Santa activity for the community.

"We coordinate with area parents to make sure their children get a personalized letter from the North Pole, written by Santa," DeLong

shares. "Parents submit the information to us, and we take it from there. The letters are actually postmarked from the North Pole post office. This is great for older, more inquisitive children."

DeLong says that the inspiration for both these activities is simply being neighborly and helping make the community as welcoming and

DECEMBER SPECIALS



20% OFF all Skincare Products

\$200 OFF one area of CoolSculpting

\$100 OFF Lips & Lines - Lip perk & filler

Hydrafacial MD - Buy 2 **GET 1 FREE**

Buy one tube of Juvederm,
GET ONE AREA OF BOTOX FREE

Buy two tubes of Juvederm, get two areas of Botox FREE



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM



FEATURE

enjoyable as possible.

"We love to foster a hometown feeling," McKenzie adds.

While the Real Advantage Partners team and their families are the core volunteers for both Breakfast with Santa and Letters to Santa, they also had help with the letters from young volunteers hoping to earn Silver Cord hours through the school. Reclaimed Rails also offered their space to use for the breakfast.

During the holiday season, McKenzie also adopts a family in need and supports Youth Emergency Services & Shelter (YESS), as well as a senior citizen adoption program.

"This one is special because I feel it honors my grandparents who have passed," she says.

Ultimately, DeLong says it's important to offer activities to area families during the holidays because now, more than ever, people need opportunities to see and get to know their neighbors.

"Because we live in fast-growing communities, we want our new community members to feel welcome and to see that the vibrant, active community they heard about really does exist," she says.



Santa, Angela McKenzie and Skylar Kernes during Breakfast With Santa.

Horse-drawn carriage rides bring magic

Kelli Russell loves to share her time and talents with others during the holiday season.

She does so most prominently by offering horse-drawn carriage rides in Bondurant. This year, she did so on Sunday, Dec. 4.

The idea began as a simple social media post in 2020. Russell posted on the Bondurant Community Facebook Page asking if people in

the community would be interested in carriage rides. The response was overwhelmingly "yes."

During the first two iterations of the event, Russell offered carriage rides while the After Prom Committee sold hot chocolate. Last year, there was a small outdoor vendor market, and Santa came to visit as well.

"There was a lot more I tried and wanted to do for the second year, but I didn't have the right connections," Russell says. "I knew I

Love what's next.



At Immanuel Communities, we believe that dining should be an experience, an event, and a primary way for residents to gather and socialize. For us, dining is everything. Our extraordinary menu selections, newly updated dining venues, restaurant-quality cuisine, and exceptional service create such well-regarded experiences. It's time to *Love What's Next*.

See for yourself and join us for lunch or dinner.

Call (515) 808-5203 today to schedule a visit.



Copper Shores Village
an Immanuel community



Immanuel.com

Affiliated with the Nebraska Synod, Evangelical Lutheran Church in America

1500 Edgewater Drive
Pleasant Hill, IA 50327

23_89_7



Horse-drawn carriage rides add to the festivities of the holidays thanks to Kelli Russell.

needed help in order to make the event how I envisioned it. So, this year, I decided to reach out to the City of Bondurant for help.”

With the help of two volunteers, Nicole Van Houten, the City of Bondurant’s communications and events coordinator, and community member Amber Erickson, the team made this year’s event more “eventful.”

This year’s event included three horse-drawn carriage ride teams and an indoor vendor market within a few downtown businesses like Home Slice Handmade Pies, KaleidoHope and Reclaimed Rails. There were also kids’ activities and appearances from Santa and his elf and Minnie and Mickey Mouse. The Fine Art Booster Club was able to get band and choir students to play Christmas music, and they also sold hot chocolate and lemonade.

“I thought the response and turnout were good,” Russell says. “I saw lots of smiling faces and families enjoying their time. That’s all that matters to me.”

She adds, “It’s important to have these types of activities around Christmas time because it brings people together.”

And although putting on the carriage rides for the community takes up the bulk of her volunteer time during the holidays, Russell hopes to start doing more volunteering during the season now that her daughter is 8 and wants to help.

Coat drive helps area kids

This year marks the third year of the coat drive in Bondurant.

Tara Cox, along with Sara Puckett and Ryan LaRue, coordinate the drive. People are welcome to drop off coats, gloves, hats, scarves, snow pants and other winter wear at Somewhere in the Middle Coffee Shop.

So far, Cox has picked up four large bags of coats and other donated items. The larger clothing goes to Caring Hands, while smaller items are given to Bondurant schools.

“Bondurant people, as always, have been amazing,” Cox says of donations.

For the items that get donated to the schools, these warm pieces of clothing enable kids to go outside and play during recess, because if they don’t have a coat or snow gear, they aren’t able to.

Cox shares that Nurse Dori Williamson at Morris Elementary divides items between her school and Anderson Elementary based on need. Then, if a child doesn’t have a coat or



other item, they can go to the nurse, and she makes sure they have what they need.

The inspiration behind the coat drive comes from Cox’s prior experiences as a substitute associate teacher for the schools.

“I just noticed there were some kiddos, for whatever reason, who weren’t able to go out for recess,” she says.

Cox encourages folks who might have items to donate to take them to Somewhere in the Middle Coffee Shop, which will take donations through the first of the year. ■

Happy Holidays



SPOTS STILL AVAILABLE IN OUR SCHOOL-YEAR PROGRAM!



Felicia Collison and Jill Sullivan, Owners/Operators

Our discovery center program offers a series of activities devoted to the physical, emotional and social development of children!

500 Grant Street S • Bondurant • 515-957-1386
www.thebondurantbirdsnest.com

EDUCATION

By T.K. West

MEET Mallory Bebout

One-on-one activities are meaningful.

Mallory Bebout knew she wanted to one day become a teacher, but it wasn't until college that she found her niche in special education. Bebout is now in her 12th year working as a special education teacher and just recently joined the Bondurant-Farrar Community School District at the Bondurant-Farrar Intermediate School.

"The best part about working with the district is the positive culture. Everyone, from janitors to general education teachers, to associates and secretaries, have the mindset that we are here for the students. Everyone works together as a team to ensure that the students in the community are well taken care of, valued and respected," Bebout says.

As a special education teacher, each day is different and exciting, Bebout says. Bebout's students begin their day in her room with a warm welcome and activity. Her students then break off into their general education classrooms where they participate in morning meetings with their peers. After that, her students participate in their individual schedules, which can include a variety of work tasks. These tasks range from working one-on-one with the teacher to completing independent tasks and more. Finally, her students come together at the end of the day to discuss good things that have happened with each student contributing one idea of something that was good in their day.

"Each day, I challenge myself to connect with each student individually; being able to spend one-on-one time with each student, even for a few minutes, is very meaningful. Students enjoy telling me jokes, telling stories, and asking me questions to get to know me better," Bebout says.

This school year, Bebout is enjoying watching her students become more independent and master new skills. During the first quarter of the school year, she has already seen each of her students make huge progress both academically and socially.

The Intermediate Building is adding Best Buddies this year. This program allows all students the opportunity to come together to learn about friendship and diversity. All students that choose to participate in the program learn about different disabilities, how to make friends, what friendship looks like, and help create meaningful friendships between students with special needs and their peers.

"As an educator, the most rewarding part for me is when past students get excited about seeing me in the community. I know that I have been successful in making lasting connections with students and impacted their lives in positive ways. It is also rewarding to see students generalize skills that they have learned from one setting to another," Bebout says.

When not teaching, Bebout enjoys being outdoors. Her family kayaks, bikes, fishes at Lake Petocka, and plays at the local Bondurant parks. She also enjoys reading mystery novels and cooking with her family. ■



Mallory Bebout



Bondurant News

December 2022

CITY HALLS UPCOMING OFFICE CLOSURES

In celebration of the holiday season, the Bondurant Community Library will close at 1 pm December 23 and will remain closed December 24 through December 26 reopening December 27. City Hall closes at noon on December 22 and will remain closed December 23 through December 26 reopening December 27. City office buildings will be close at noon on December 30 for the New Year's holiday and will remain closed December 31 through January 2 reopening January 3. The Bondurant Community Library will be close at 1 pm on December 31 and remain closed January 1 and January 2 reopening January 3. Trash and recycling are not affected by these holidays.

WINTER YARD WASTE COLLECTION

Purchase a \$1.50 yard waste sticker at City Hall to dispose of live trees after your holiday celebration. If you have leftover lawn clippings, mark your calendar for December 28 and January 4 for the winter yard waste collection.

CENTRAL PARK MASTER PLAN ADOPTED

Planning efforts began in 2021, including three public input meetings used to collect community and stakeholder feedback and comments throughout the development of the Central Park Master Plan. Many of you provided your input on this park, bringing many amenities that Bondurant doesn't have today, including a community center, active water recreation (swimming, kayaking, etc.), more trails, more park shelters, and more playgrounds. Find more details on the City's website.

FOUR BONDURANT INDIVIDUALS PRESENTED WITH LIFE SAVING AWARD

During the Monday, December 5 Bondurant City Council meeting, Bondurant's Chief of Emergency Services honored four individuals responsible for saving a person's life in cardiac arrest. Chief Aaron Kreuder explains, "This outcome is outstanding and unusual. We simply don't have this type of success often, therefore the members on the call deserve the recognition of the lifesaving commendation." Firefighter Daniel Howieson, Lieutenant Alan Summers, Assistant Chief Troy Harmison, and Assistant Chief Rebecca Morris were all presented with class "A" dress uniform commendation bars. These bars will be worn with pride on the members and to be recognized for their notable involvement in the life they have saved.



EVENTS:

CRIBBAGE TOURNAMENT

This is a Bondurant Tradition that dates back many years ago. Bondurant Men and Women would come together to play this classic card game. Register to participate in the tournament on **Sunday, January 8th at Reclaimed Rails Brewing Co.** Check in will be at 12:30 PM and the game begins promptly at **1:00 PM**. It costs \$5 per player. Bring your cards and boards with you. 1st place earns 80% of the pot and the runner up earns 20% of the pot. **Registration deadline is December 30th at 1:00 PM.**

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 11. Ride begins at 11 am**, check-in is at 10:30 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.**



CITY HALL: 200 SECOND STREET N.E. • 515-967-2418 • WWW.CITYOFBONDURANT.COM



RECIPE

BEEF up the holiday menu

(Family Features) At this year's holiday gatherings, you can put together a show-stopping menu from the beginning of the party to the final bite with mouthwatering recipes that bring guests back for more. Incorporate beef, a versatile, beloved ingredient that can be used in appetizers, sides and main courses alike.

Consider a holiday favorite from Beef Loving Texans such as a must-have main course like classic beef Wellington. Perfect for a family get-together, this traditional dish combines tender chateaubriand roast with a homemade glaze of earthy mushrooms, red wine and Dijon mustard wrapped in a golden-brown puff pastry. Find more beef-inspired holiday dishes at BeefLovingTexans.com. ■

Classic beef Wellington

Recipe courtesy of Beef Loving Texans
Total time: 1 hour, 30 minutes
Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- flour
- 1 sheet puff pastry

DIRECTIONS

- In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet.
- Heat oven to 425 F.

- In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.
- Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.
- Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold



pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.

- Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four 2-inch vents in top of pastry.
- Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.
- Carve into slices and serve.



broadlawns
URGENT CARE

CITYVILLE

580 SW 9th Street, Ste 100, Des Moines, IA
Mon-Fri: 7am-7pm, Sat-Sun: 8am-2pm

EAST UNIVERSITY

2508 E. University Avenue, Des Moines, IA
Mon-Fri: 7am-7pm, Sat-Sun: 8am-2pm

MAIN CAMPUS

1801 Hickman Road, Des Moines, IA
Mon-Fri: 8am-8pm, Sat: 9am-3pm

Check the wait time: www.broadlawns.org



SCHOLARS honored



The 2022-23 Mark Pearson FFA Leadership Scholars at DMACC were honored by DMACC President Rob Denson and Eden Pearson, DMACC English professor and wife of the late Mark Pearson. Pictured are, front row from left, Brayden Weldon of Maxwell; **Valerie Beukema of Bondurant**; McKinze Niemeyer of Zearing; MacKinzie Hora of Ainsworth; second row: Cole Thilges of West Bend; Eden Pearson, DMACC English professor and wife of the late Mark Pearson; DMACC President Rob Denson; Taylor Gambell of Hedrick; third row: Madison Leahy of Leon; Emma Carlson of Belmond; Kylie Dietz of Nashua; Lindsay Laughlin of West Liberty; fourth row: Gavin Hunt of Columbus Junction; Caleb Freeburg of Pocahontas; Tyler Tessman of Audubon; fifth row: Collin Grove of Holstein; Nick Feldpausch of Beaman; Mallory Behnken of Massena; and, back row: Caleb Nicks of Lake Park; Lane Snedden of Grand Junction; Grant Kenkel of Dunlap; and Karter Kennebeck of Glidden. Not pictured are Anna Babcock of Gilbert; Lauren Hansen of Exira; Callie Monson of Titonka; Connor Moore of Donnellson; and Marie Vander Wilt of Pella. Photo courtesy of DMACC ■



'THE MOST Wonderful Time of the Year'

As I anticipate Christmas, Andy William's song "It's the Most Wonderful Time of the Year" keeps reverberating through my head.

For many, if not most, that song rings true. We anticipate fun, laughter, time spent with family, rejoicing in the Babe in the manger, etc. throughout this Christmas season.

But for others — especially those who have said "good-bye" to a loved one this past year, this Christmas may seem anything but wonderful. Thoughts of an empty place at the table, one less stocking hanging from the mantle, or one less candle being lit at the Christmas Eve service are overwhelming to them.

For those who are facing their first Christmas without a loved one, remember, each person deals with grief in their own way, and whatever manner your grief manifests itself, it is OK. Don't try to hide your feelings from others; they are often hurting, too.

Whether this Christmas brings laughter and fun or tears and bittersweet memories, know that others care about you.

Regardless of your circumstances, may this Christmas become "The Most Wonderful Time of the Year" for you and your family. ■



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

Merry Christmas!

from your friends at

Highland Memory Gardens Cemetery

One NE 60th Avenue, Des Moines, IA, 50313
 Located on 2nd Avenue, 1 mile north of I-35/80
 515-289-2230 | www.highlandmemorygardens.com

22 OF 2022 honors include Luig

For the fourth year, CITYVIEW's Business Journal recognized the contributions of outstanding business leaders who have made a difference in their communities with the 22 of 2022 honors, presented at a reception on Thursday, Nov. 3, at Sherwood Forest Events Center. Awards were presented by Shane Goodman, publisher of CITYVIEW and president of Big Green Umbrella Media, Inc., which also publishes the Bondurant Living magazine, and Jolene Goodman, vice president.



Among those honored was Tiffany Luig, Economic Development coordinator for the City of Bondurant.

"My biggest accomplishment in 2022 would be my transition into the role as the Economic Development Coordinator for the City of Bondurant," said Luig. "I was working as the Executive Director of the Bondurant Chamber and Bondurant Development Inc. when the position became open. I have worked with all three organizations and various community organizations throughout the year to raise funds, awareness, and increase economic development potential for our community and non-profit organizations benefiting our community."

Luig says her best personal business decision "was taking on the position as the Bondurant Chamber Executive Director. Through this position, I found my passion for helping businesses grow and succeed — and found a place in our wonderful community. I also realized my own potential in a career field I had not considered. Through building relationships, I was able to assist our community in what I believe is a positive direction, leading to my current role as the Economic Development Coordinator."

Her advice to others: "Do not limit yourself to a profession simply because of your education or your perception of your abilities. Despite having an undergraduate degree in criminology and psychology and pursuing a master's degree in counseling, I found my calling in economic development. Do what you feel is right, and everything will fall in place." ■

Paws With A Cause

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

GET ZAPPAR
ZAP THE CODE TO DONATE

Available on the App Store and Google Play

"He's given me the I can back"

Provided as a community service by this civic minded publication and the Association of Community Publishers

Be sure to check for cancelations.

Christmas in Bondurant

Saturday, Dec. 23, 5-7:30 p.m.

Downtown Bondurant

Start your evening with the Eighth Annual Merry & Bright Parade — a community-grown tradition starting promptly at 5 p.m. This is a family-friendly, kids-appropriate parade to kick off the holiday season for you, your family and your friends. This is a night parade, and due to the darkness, it is a candy-free event. Bundle warm and enjoy the floats in the downtown Bondurant district. To register a float, visit <http://events.constantcontact.com/register/event?llr=u5gpoh4ab&oeidk=a07ejg3ryc50e72c8e9>.

Following the parade, join Santa at the Santa Social from 5:30-7:30 p.m. at the Bondurant Community Library, 104 Second St. N.E. Santa will be making a special visit to Bondurant to meet with the Bondurant boys and girls. Make sure to stop by and visit with the Jolly Ol' Fella. After the Santa visit, stop by the Library Community Room to participate in youth crafts with the Bondurant librarians. Refreshments will be provided.

The evening will be capped off with the annual Tree Lighting Ceremony starting promptly at 7:30 p.m. Bring the family to the community holiday tree and listen to a quick announcement as the tree is lit by the holiday princesses.

Cribbage Tournament

Sunday, Jan. 8 starting at 12:30 p.m.

Reclaimed Rails Brewing Co., 101 Main St. S.E., Bondurant

This is a Bondurant tradition that dates back many years. Bondurant men and women would come together to play this classic card game. This is a singles tourney, with each participant playing against multiple opponents between 1-4 p.m. Cost is \$5 to play. Registrations must be submitted no later than 1 p.m. on Dec. 30.



Bondurant Parks and Recreation staff will facilitate the tournament and keep track of wins (2 points), losses (0 points), and skunks (3 points), as well as the point differential for each game in case of a tiebreaker. At the conclusion, winners will be determined, and prizes will be awarded. No refunds will be issued. Register at <http://events.constantcontact.com/register/event?llr=u5gpoh4ab&oeidk=a07ejdfdrdrd1e6a16f>

Register for Bondurant Little League Online

Deadline Feb. 28

Registration is open for Bondurant Little League Tot Ball, Baseball and Softball. Registration is online only at www.bondurantlittleleague.org. A \$20 discount is offered if registered by Jan. 31. See website for more details. Coaches and volunteers are also needed. If interested, contact president@bondurantlittleleague.org or info@bondurantlittleleague.org.



EVENTS IN THE AREA

Be sure to check for cancellations.



Santa's Wonderland

Through Dec. 25
Bass Pro Shops, 1000 Bass Pro
Drive N.W., Altoona

Bass Pro Shops invites families to the beloved tradition of visiting Santa Claus this holiday season during the annual Santa's Wonderland experience. Enjoy this free outdoor tailgate event that transforms the retailer into a magical Christmas village with free games, fun activities and giveaways. Reservations are recommended and can be made at www.basspro.com/santa.



Mannheim Steamroller Christmas

Dec. 23, 2 p.m. and 7:30 p.m.
Des Moines Civic Center, 221
Walnut St., Des Moines

A holiday favorite returns. dmpa.org



New Year's Eve Pops: Frank & The Great Ladies of Song

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

The Des Moines Symphony performs. dmsymphony.org



Holiday Hullabaloo

Through Dec. 31, 10 a.m. to 6 p.m. general admission and 7-11 p.m. adults only
Horizon Events Center, 2100 N.W. 100th St., Clive

The 2022 Holiday Hullabaloo, a benefit for Dorothy's House, is an immersive, family-friendly holiday experience that will surprise and delight guests this holiday season. Enjoy a variety of activities, entertainment and festivities that will allow you to create some fun holiday hullabaloo and memories. Evenings are adults only and will feature live music in the Ice Bar. Dec. 31 will be the Silver Bell Soiree New Years Eve Party with live music by the Dirty Rotten Scoundrels. Tickets are available at <https://holidayhullabaloo.eventbrite.com>.

*Helping you achieve your
best mental wellness*

OUR PROVIDERS ARE HERE FOR YOU.

We offer a great range of experience and expertise that enables us to give the highest quality of outpatient care.

OUR SERVICES

Psychiatric Care
Medication Management
Child & Adolescent Psychiatry
Genetic Testing
Nutritional Psychiatry



WALNUT CREEK PSYCHIATRY

IN-PERSON OR ONLINE
VISITS AVAILABLE

walnutcreekpsych.com

5408 NW 88th St., Ste. 140, Johnston
(515) 368-7504 | (515) 355-3491

THANK YOU FOR BEING
PAW-SOME!
Happy holidays from the Bondurant Animal Clinic

PetDesk®
Where Vets Guide Clients to Better Care

- ✓ Schedule appointments
- ✓ Access medical records
- ✓ Receive reminders

- 🐾 Routine & Preventative Health Care
- 🐾 Surgery (Soft Tissue & Orthopedic)
- 🐾 Dental Care
- 🐾 Nutritional Products

BY APPOINTMENT ONLY
Schedule Yours Today!

Heartworm, Intestinal Parasite, Flea, and Tick Preventatives
Rebates available - inquire at the clinic

Dr. Sophi Franck • Dr. Joe Hong
Dr. Stephanie Timm • Dr. Scott Curry
Dr. Renee Conley

BONDURANT ANIMAL CLINIC

www.bondurantanimalclinic.com
210 2nd St. NE Ste B, Bondurant • 515-967-1800 • Mon-Fri: 8am-5pm
Google Play and the Google Play logo are trademarks of Google LLC.

BEST gifts for seniors: time and technology

Working in senior care, I get asked a lot about what would be a good gift for someone in their golden years. I typically give two answers: your time or something to help them stay independent and content, such as technology.

Technology can often be intimidating for those who did not grow up in the age of the internet. Most people cannot fathom a world without technology. I told my children I remember when we got our first microwave, and they asked me what it was like when George Washington was president... thanks, kids. Tech devices are not second nature to all of us, but that doesn't mean we can't learn and that they can't help us, which makes tech gifts great holiday presents.

Smart Frames are a great gift. Smart frames are connected to Wi-Fi and set up like a normal picture frame. That is the extent of the work for the gift receiver. The gift giver can then download an app on their smartphone and send pictures to the frame directly from their phone. When a new picture is sent to the frame, there is a gentle ding to alert the owner of the frame new pictures have arrived.

Amazon Alexa or a Google Home Hub: These devices perform many of the same tasks and both can be incredibly helpful for seniors. The



volume on these devices can increase for those who have trouble hearing. They are also beneficial for those who have trouble seeing or going out of the house. These devices can create shopping lists from verbal commands and even share them with loved ones, so if you are at the store, you can access mom's grocery list to pick up what she needs before a visit.

There are also several electronic items that are geared specifically toward seniors, such as the Grand Pad — a secure tablet that can allow video calling, internet browsing, and more that also has 24/7 live support for new tech beginners.

Robotic pets can be a great gift for those living with dementia. These robotic pets can help form meaningful connections through playing with the robotic pet and not having any of the mess of a real pet. These robotic pets can also help calm and soothe and promote happiness for many living with dementia. Robotic pets have sensors that allow them to react to touch or sound. They can purr and wiggle, some can even roll over. These pets are a non-traditional but effective way to ease loneliness and improve wellbeing.

There are a lot of options for Christmas gifts, but nothing beats the gift of time. Merry Christmas from your friends at Valley View Village. ■

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

NEW YEARS SALE

DECEMBER 26TH – JANUARY 8TH

SOFAS
LOVESEATS
CHAIRS
OTTOMANS
SECTIONALS

40% OFF
MSRP ON ALL ORDERS!

CUSTOM UPHOLSTERY
WHERE YOU PICK THE:
STYLE | FABRIC
CUSHION | PILLOWS

MADE IN THE USA

ALL SIMPLY AMISH BRAND UPHOLSTERY IS ON SALE STORE-WIDE!

**Amish Haus
FURNITURE**
www.AmishHausFurniture.com
3201 100th Street, Urbandale
(515) 270-1133
Closed January 1st & 2nd



\$1,000 OFF moving expenses

when you sign an assisted living lease by January 31



AMENITIES

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



**NOW with availability
in Assisted Living!**

**Contact Marti
for more information**

515-299-1731

Marti.Stanley@CassiaLife.org

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

2571 Guthrie Avenue | Des Moines | ValleyViewVillage.org



JOIN OUR FAMILY

CHRISTMAS EVE SERVICE • 6:30 P.M.
CHRISTMAS DAY SERVICE • 10:00 A.M.

"In Him was life, and that life was the light of mankind. The light shines in the darkness, and the darkness has not overcome it." (John 1:4-5)

Biblical teaching. Genuine people. Spreading truth.



FIRST FAMILY CHURCH BONDURANT

SUNDAY WORSHIP, 10 A.M.
LEGION HALL
315 2ND ST N.W. BONDURANT
FFCBLIFE.COM
515-587-5930

2023

HAPPY NEW YEAR!

My New Year's Resolutions

1. Get closer to God
2. Get to church
3. Give my kids church values

Don't put these off!
We're here for you -
Plan your visit today

Sundays:
9am: Bible Hour
10am: Worship Service
7pm: Youth Group

Wednesdays 6:25pm:
AWANA Kids Club



FEDERATED CHURCH
of Bondurant

bfedchurch.org
515-967-2243

FAITH By Pastor Mark Spencer

GOD left home

What events signify "it's Christmas" to you? Is it when you go to Menards and see they have Christmas trees for sale? Is it the first snowfall, and you look outside and see a bright red cardinal starkly contrasted against the blanket of pure white snow?



When I was a kid, I knew it was the Christmas season when a certain commercial started playing. Starting in 1985 and coming on each Christmas season for the following 13 years, was the famous "Peter Comes Home" Folger's coffee commercial. In an ironic twist, I can't stand coffee, but the 60-second commercial told quite the emotional story. Peter's family wasn't sure if he could make it home from college due to a snowstorm. But his ride pulls up early on Christmas morning, and he quietly walks into the heavily decorated suburban home. His little sister's eyes open wide when she sees him walk in the door, and she exclaims "Peter!" He starts a pot of Folger's coffee brewing, and the smell wakes up the rest of the family who come down the stairs and celebrate that Peter made it home for Christmas. It's a brilliantly done commercial that tells an emotionally touching story while nicely highlighting their product (though I still don't like coffee).

There's a Biblical principle that relates closely to this idea. Matthew 1:23 says, "Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel (which means God with us)." What a powerful reality that God came to be with us! It's not that God came home to be with us when he was born in the manger. Jesus was perfectly at home in the heavenly realm, communing perfectly with the perfect family — the Father and Holy Spirit. Jesus left His home, condescended down to take on human form, and, as John records, "The Word became flesh and dwelt among us" (John 1:14).

Jesus emptied Himself of glory, privilege and exaltation to be with us. He allowed Himself to be subjected to human hostility and denial. Jesus came to us as a lowly baby, not born into human royalty but, instead, born in a lowly manger. Philippians 2:8 says, "And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." This Christmas, consider that Christ didn't come home to be with us. He came to where we were, became one of us, and paid the price, ensuring all who believe in Him will one day make it through every storm until they are safely back home with Him. ■

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

ABOUT Qualified Charitable Distributions

As we approach the holiday season, oftentimes families look at charities for giving during the holiday season. Have you ever considered utilizing a Qualified Charitable Distribution (QCD)?



How a QCD works

Generally, distributions from traditional IRAs are subject to federal income tax, unless an exception applies. QCDs, however, are excluded from income and, therefore, won't affect your tax obligation. Moreover, once you reach age 72, a QCD can satisfy all or part of your required minimum distribution (RMD), which otherwise could substantially increase your taxable income for any given year.

To make a QCD, you would direct your IRA trustee to issue a check made payable to a qualified public charity. You may contribute

up to \$100,000 from your IRA; if you're married, your spouse may also contribute up to \$100,000 from his or her IRA.

A QCD must be an otherwise taxable distribution from an IRA. If you've made nondeductible IRA contributions, then each distribution normally carries with it a pro-rata amount of taxable and nontaxable dollars. If you have multiple IRAs, they are aggregated to determine the calculation. With QCDs, the pro-rate rule is ignored, and taxable dollars are treated as distributed first.

QCDs do come with a few caveats:

If you have a checkbook IRA, you may also write a check directly to the charity; however, the contribution will count as a QCD for the year in which it was cashed, not the year it was written. This is particularly worth noting for donations made late in the year.

You can take a QCD from SEP and SIMPLE IRAs, but only if they're "inactive" —

i.e., have not received any contributions in the same year.

You cannot deduct a QCD as a charitable on your federal income tax return.

As of 2019, individuals 70 ½ and older can continue contributing to their IRAs as long as they have earned income (generally, work-related earnings). However, if you make deductible contributions after 70½, the amount of any QCD made at any point in the future will be taxable up to the value of those contributions.

Please do note that private foundations, donor-advised funds, supporting organizations (as defined by the IRS), charitable gift annuities and charitable remainder trusts are ineligible to receive QCDs. ■

Information provided by Andrei J. Murphy. Securities and investment advisory services offered through Brokers International Financial Services, LLC. Member SIPC. Brokers International Financial Services, LLC and Retirement Solutions of Iowa, LLC are not affiliated companies. 515-215-7114

YOUR FUTURE IS OUR FOCUS.

Our first priority is helping you take care of yourself and your family.

CALL TODAY to secure your future.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsioa.com

515-215-7114

105 W Salem Avenue, Indianola




Andrei Murphy
President

**Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.


Happy Holidays!

EXCEPTIONAL CARE
= THROUGH EVERY STAGE =



DSM Pediatrics

Dr. Robert Fornoff Laura Delaney, PA-C • Amanda Ostergaard, CPNP
Sarah Barnhart, CPNP • Lauren Ropp, CPNP • Sally Twedt, CPNP



2785 N. Ankeny Blvd., Ankeny • 515-964-2159 • dsmpecs.com

YES!

We can fix frozen pipes.

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



ROTO-ROOTER
PLUMBING & DRAIN SERVICE

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

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

NEIGHBOR

By Lindsey Giardino

SOCCER coach receives awards

Greubel named Volunteer of the Year.

Bondurant resident Jason Greubel has received the 2022 Midwest Region Volunteer of the Year award from US Youth Soccer, as well as the 2022 Iowa Soccer Volunteer of the Year award.

The honors recognize Greubel's work and efforts to get Bondurant's new soccer fields up and running. He says it's nice to be recognized for helping provide a safe and enjoyable place for kids to play soccer.

Greubel currently serves as director of east fields for the Bondurant Soccer Club — an organization that promotes the sport of soccer in the city of Bondurant and maintains the soccer fields at the Bondurant Soccer Complex and at the Bondurant Recreational Sports Complex.

He's been a coach with the Bondurant Soccer Club for 10 years, a referee for five years and the director of east fields for three years.

Throughout his time with the club, witnessing kids enjoy the sport has been most rewarding.

"The biggest highlight is seeing kids have success and be happy playing soccer," he says.

Greubel became involved in the sport as a kid and played throughout high school. When his own kids started participating in youth sports, he started coaching soccer, first for his son's team, then for his two daughters.

Greubel sees his involvement with the Bondurant Soccer Club as a way to give back, especially as he helps with field maintenance.

He shares that the soccer club is growing along with the Bondurant community, which is exciting. Moving forward, Greubel hopes to get continued support from the city and its citizens to grow the Bondurant Recreational Sports Complex.

He also hopes that current and future board members of the club work for the growth of the game and provide opportunities for every kid who's interested in soccer. It's not always about having to be the best, Greubel says. It's about enjoying playing.

"That's my main goal: having kids love soccer and continue on so they raise kids who love soccer," he adds. ■



Jason Greubel has been honored for his volunteerism with the youth soccer program on the state and regional levels.



Iowa's #1 Lincoln Dealer* Since 1980



EST. 1922
100 years

The Lincoln Wish List Event



2022 CORSAIR® | 2023 NAUTILUS® | 2023 NAVIGATOR® | 2023 AVIATOR®

Lincolns on the ground and ready for delivery today.

LINCOLN
PICKUP & DELIVERY™

Lincoln makes moving through life seamless with our Lincoln Pickup & Delivery² ownership experience. We'll pick up your vehicle when it's time for service and drop it off when the work is complete. We'll also lend you a complimentary Lincoln In between – so your time remains distinctly yours.



Stivers Ford Lincoln
1450 E HICKMAN | WAUKEE IA 50263
515.987.3697 | www.stiverslincolniowa.com

*Sales ranking based on 2021 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

**All is
clear &
bright!**

Schedule your appointment
to use your vision benefits
before they expire!




Prairie Vision Center
of Bondurant

87 Paine Street SE, Ste 3, Bondurant



Dr. Amanda Korth

CALL TODAY! 515-267-7908

HEALTH

By Dr. Amanda Korth

HELPING others to see the world better

There is nothing better than the joy of helping someone see better. To see them put on that new pair of glasses or first pair of contacts and feel that they are ready to tackle the world. Those are the moments we live for at our office. Seeing the world is important. When they asked people which sense they feared losing the most, vision was the top choice 90% of the time.



You won't see our staff out volunteering at events very often. We are busy taking care of those who need help seeing the world. We help women going through Dorothy's House put their best foot forward as they learn new skills to restart their lives. We help kids who need to see the board or keep those headaches away when they read. We couldn't do it without other people identifying who needs us. And we cannot thank those who help us identify those we can help see the world better. We cannot thank this community enough for supporting us and allowing us to help those in need. Thank you for everything. Thank you for letting us be there for when you can finally see the world better. ■

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

*Let Us Help You
Thrive in
the New Year!*

Chiropractic Care
Pediatric and Prenatal Chiropractic Care
Purification/Detoxification Programs
High Quality Supplements

Altoona's only Board Certified Pediatric & Prenatal Diplomate

Dr. Kari Swain
**CELEBRATING 27 YEARS
OF CLINICAL EXCELLENCE!**




www.SwainChiropractic.com
410 Center Place SW, Altoona • 515.967.9300

HEALTH

By Dr. Kari Swain

DETOXIFY in a healthy way

As we begin to think about a new year, many people start making new goals and resolutions involving their health. We are also bombarded with advertising and social media influencers touting products that will radically change your health and magically help you lose weight. Detoxes and cleanses are frequently a part of this. Many are filled with unhealthy ingredients, require harmful restriction of nutrient intake, and/or only provide temporary "results" while stressing or even damaging our body's innate digestion process. While these types of products are not the answer, detoxification is essential for optimal health.

Toxins can contribute to a wide range of conditions, including stuffy head, fatigue, difficulty sleeping, gastrointestinal problems, cravings and weight gain, reduced mental clarity and low libido. To detox safely and effectively, try these things to support your body's natural detoxification system: Sweat. Hydrate. Eliminate alcohol. Cut out sugar and processed foods. Get adjusted. Specific spinal adjustments remove interferences to the nervous system and support optimal functioning.

A quality detoxification program will support your major organ systems with vitamins, minerals and other nutrients and should be focused on purifying, nourishing and maintaining a healthy lifestyle — not just rapid, short-term weight loss. A program that allows you to eat whole foods, specifically a wide range of fruits and vegetables, is safe and helps give your body the energy it needs. You should consult a health practitioner before beginning a detoxification program. ■

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

HEALTH

By Dr. Emily Hogle

PREVENTING acute low back strain

Preventing an acute low back strain is something to keep in mind as we near the end of the holiday season and start packing up decorations. Keep these tips in mind when lifting heavy boxes or items at home.

- Estimate the weight and make sure you think you can handle it. Stand close to the object.

- Let your lower body do most of the work.

Squat down by bending knees and flex your hips.

Keep your back straight and chest forward.

- Tighten your abdominal muscles to help support your low back as you lift the object straight up. Keep the object as close to your body as possible.

- Avoid turning your body when lifting, especially with heavy items. If you need to turn, do that after the object is completely lifted and turn with your feet and not by twisting your back.

If you develop some low back pain, do not be alarmed. Mild cases can usually resolve in a couple of days, and more serious strains can take up to several weeks. Bottom line is, don't be afraid to move! Completing safe and controlled motion after a mild strain or injury is almost always recommended. If you develop low back pain and have questions about what movement is best for you to recover, contact your local physical therapist. ■

Information provided by Dr. Emily Hogle, PT, Bondurant Physical Therapy & Sports Medicine, 85 Paine St. S.E., Suite B, Bondurant, 515-528-2326.



HEALTH

By Andrea Gustafson

NAVIGATING family and the holidays

The holidays can bring a lot of joy but can also come with a lot of stress. Schedules get busy, to-do lists get long, and family gatherings are inevitable. Despite, often, loving our families, spending more time with them than normal can be challenging. Rather than suffering through and being stressed, here are some tips on navigating the holidays with family.

- **Communicate** – Talk to the people you are spending time with about your concerns/expectations for the get-together and what you are willing to do and not do. Be direct and clear.

- **Set boundaries** – “No” is a complete sentence. We all have limits to how much we can fit into the schedule, and, when it's full, it's full. Set boundaries around what you are physically and mentally able to commit to and don't go past that.

- **Self care** – There is no getting around this time of year being more stressful than normal. Make sure you are taking time to do the things needed for yourself. This can be as simple as making sure you are eating and getting enough sleep. But it's important to keep it up this time of year. ■

Information provided by Andrea Gustafson, LISW, JMG Therapy and Counseling Services, associated with SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, andrea@jmgtherapy.com, 515-777-1209.



Bondurant's Only Locally Owned Physical Therapy Provider



No Referral
Necessary

Most Insurance
Accepted

Complimentary
Screenings

Locally Owned
& Operated

BONDURANT
PHYSICAL THERAPY
& SPORTS MEDICINE

515-528-2326 • 85 Paine St. SE, Ste B, Bondurant

BONDURANTPT.COM

SS Therapy and Consulting



IMMEDIATE
OPENINGS
AVAILABLE!
CALL
TODAY!

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

www.sstherapyandconsulting.com

**STEPS
Groups**

Adults/Teens/
Parents

**Therapy
for All Ages**

Most insurances
accepted.

**Neurofeedback
Brain Maps
and Training
Available.**

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

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

HEALTHY SKIN STARTS HERE

NOW ACCEPTING
NEW PATIENTS!



Katrina Smith
MD, FAAD



Laura Myers
MD, FAAD



Iowa Dermatology Consultants
The Art and Science of Skin Care

2675 N Ankeny Boulevard, #101

515-348-4097

iowadermatologyconsultants.com



Fellow
American Academy of Dermatology
Certification in Dermatology

Medicare & most major
insurance accepted

BOARD CERTIFIED. PATIENT FOCUSED.

HEALTH

By Dr. Katrina Smith, MD FAAD

THIN skin?

Have you been noticing easy bruising and frequent skin tears? If so, you may have sun-induced skin fragility called actinic purpura. Actinic refers to sun exposure. Purpura is the medical term for bruise.

With advancing age and chronic sun damage, the skin becomes thin, and blood vessels become fragile. This results in tearing and bruising with minor bumps and scrapes. Some medications, like steroids, can make this worse.

Actinic purpura usually affects people older than 60. It is mostly seen on the tops of the hands and forearms, but may appear on the face or lower legs. Dark purple or red bruises appear with minimal trauma. Most people do not even recall the preceding bump or injury. The bruises gradually resolve over several weeks but may leave a slightly brown discoloration on the skin.

Treatment is aimed at preventing further sun damage. You should apply a broad-spectrum SPF 50+ sunscreen to exposed skin and wear long-sleeved shirts. The long sleeves protect the skin from sun but also buffer minor bumps or scrapes. Some topical creams with ammonium lactate, retinol or alpha hydroxy acid may gradually strengthen the skin. For further tips on management, see a board-certified dermatologist. ■

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



HEALTH

By Dr. Steven Neville

RELIEVING jaw pain and grinding

There are five muscles that make up the opening and closing motion of the jaw. The muscles are: masseter, temporalis, medial pterygoid, lateral pterygoid and digastric. The strongest muscle in the body is the masseter muscle due to the weight and force this muscle utilizes when being used. Since the masseter muscle has a lot of tension, people who experience grinding or clenching of their teeth often cause stress on this muscle. Around 8-10% of the population grinds or clenches their teeth with or without knowing. Jaw pain, flat teeth, broken teeth, headaches, and/or earaches are results of grinding and clenching. Causes of grinding are stress, anxiety, sleep apnea and medication changes. There are no cures to stop grinding your teeth, but there are ways to manage the pain and symptoms from grinding. Mouth guards are effective for protecting teeth during the day and night. A boil-n-bite guard, found at a pharmacy, is easy to try at home while sleeping. Consult with your dentist about the possibility of a custom fit guard if you choose. The nightguard does not solve or address the cause of grinding or clenching, but helps manage jaw pain and protect teeth from damage. If you experience one or more of these symptoms, discuss with your dentist, and they can help guide you in the right direction to help relieve jaw pain and protect your teeth. ■



Perfect Check Up Winner Tina!

Monthly Referral Winner Susan!

Congratulations!

BONDURANT FAMILY DENTISTRY

108 MAIN STREET NE, BONDURANT

515.967.4002

www.BondurantFamilyDentistry.com

WINTER weather driving tips

Snow, ice and wind are a part of living in Iowa during the winter, which means most of us will need to drive in those conditions at some point. This can be stressful and challenging, even for the experienced driver.

Here are a few winter safety driving tips to help you get home safely:

- **Snow and ice** – When roads are covered with slippery snow and ice, it reduces the amount of traction your tires have and changes response times, which can make your vehicle much harder to control.
- **Slow down** – Driving slowly helps maintain control on the snowy and icy roads. Accelerating, turning and stopping take longer as they are less predictable.
- **Know your brakes** – Most modern cars have anti-lock brakes, so, in an emergency, you should press the brake pedal as hard as you can, and the vehicle will do the work of slowing the car. If you have a traditional braking system, you will need to pump the pedal gently to regain traction and control.
- **Remember to keep a longer following distance** than you normally would. Stay eight to ten seconds behind the vehicle in front of you because you need twice the distance you would when the pavement is dry.
- **Keep going** – Try not to stop on ice or snow if you can avoid it. Experts suggest keeping a steady pace when rolling into turns, as you approach stop signs or stop lights and as you go up or down hills. Maintain enough speed to keep moving but don't power up hills because your wheels can start spinning. Make sure you have enough, yet not too much, momentum before reaching the hill. Then start reducing power as you reach the crest.
- **Don't forget to check the exhaust** – This can be a fatal mistake. If it's clogged with snow, ice or road debris, and the engine is running, you risk filling your car with deadly, odorless carbon monoxide.
- **Promote visibility** – Winter weather reduces visibility, so keep your headlights cleared off. There's a significant opportunity to reduce crashes if drivers see trouble sooner.
- **Be prepared for the worst** – Sometimes it is safest to stay home. If your destination is not urgent, wait until the weather is better. If you must drive, make sure your gas tank is at least half full in case you are stranded and need to keep your car running for heat. Put a blanket, non-perishable food, water, gloves and an extra phone charger in your vehicle. ■

Information provided by Todd Hanrahan, Bondurant Auto Body, 1002 Second St. N.E., Bondurant, 515-967-9000.



May your holiday cheer last all through the year!

from all of us at
Bondurant
— AUTO BODY —

KANSELAAR
Automotive

515-967-1725

Start the new year with a refreshed car!

1. Inspect your tires
2. Check/change your oil
3. Test your battery
4. Replace your wiper blades

Give us a call to schedule your new year maintenance *today!*

3401 Henry St SW, Suite 4, Bondurant
Just 1 mile north of Adventureland

Follow us on Facebook! Family owned and operated

RAYMOND JAMES

COMPARE OUR CD RATES.

Bank Issued, FDIC Insured

Rates Effective as of 12/12/2022. Minimum deposit \$10,000

6 MONTHS	4.6% coupon	4.653% *APY
1 YEAR	4.8% coupon	4.8% *APY
2 YEARS	4.7% coupon	4.7% *APY

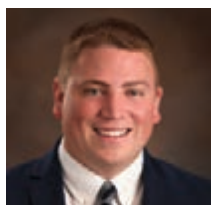


Clayton J. Netusil

Branch Manager/ Financial Advisor

clayton.netusil@raymondjames.com

W: 712-794-1407 C: 712-790-2664



Chase R. Netusil

Financial Advisor

chase.netusil@raymondjames.com

W: 515-289-9211 C: 712-790-7528

2010 N. Ankeny Blvd. Ankeny, IA 50023

www.raymondjames.com/netusil

Requires minimum purchase of \$10,000. Rates expressed as annual percentage yield (APY) as of 12/12/2022. In most cases, early withdrawal may not be permitted; however, CDs can be liquidated in the secondary market subject to market conditions. *APY may reflect a current market discount. Subject to availability. Yield and market value will fluctuate with changes in market conditions. Insured by FDIC up to \$250,000 (including principal and interest). Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC, and are not insured by bank insurance, the FDIC or any other government agency, are not deposits or obligations of the bank, are not guaranteed by the bank, and are subject to risks, including the possible loss of principal. The bank is not registered as a broker/dealer, and is independent of Raymond James Financial Services. Investment Advisory Services offered through Raymond James Financial Services Advisors, Inc.

CHAMBER

By Kaylin Von Ahnen

A LOOK back

This time of year is a period of reflection and celebration. We celebrate our connections, friends and family. We reflect on the past year, celebrate accomplishments and anticipate celebrations coming in the new year.

As we wrap up the year and look forward to a great 2023, let's celebrate some honors that Bondurant has been awarded in the past fiscal year:

Hero Award, Jené Jess, 2021, awarded by Government Finance Officers Association

Program Excellence Award: Internal Audit Process, City of Bondurant, 2021, awarded by Government Finance Officers Association

Distinguished Budget Presentation Award, City of Bondurant, FY22, awarded by Government Finance Officers Association

Planning Advocate, Mayor Curt Sullivan, 2021, awarded by American Planning Association - Iowa Chapter

Urban Design - City Park Plan, City of Bondurant, 2021, awarded by American Planning Association - Iowa Chapter

Voice of the People Award, City of Bondurant, 2021, awarded by PolCo/ICMA

Small Town America Civic Volunteer Award, Mayor Curt Sullivan, 2021, awarded by CivicPlus

Distinguished Budget Presentation Award, City of Bondurant, FY23, awarded by Government Finance Officers Association

Iowa Community of Character, Bondurant, 2022, award by The Ray Center at Drake University

Program Excellence Award - Community Sustainability, Economic Development Launch Program, 2022, awarded by ICMA (International City/County Management Association)

Program Excellence Award - Strategic Leadership and Governance, SCORE Program, 2022, awarded by ICMA

Excellence in Economic Development Bronze Award, Economic Development Launch Program, 2022, awarded by IEDC (International Economic Development County)

Congratulations to all these individuals and organizations! The 2022 year was full of growth, fun, and accomplishments. I anticipate the 2023 year to be just as great, if not even better. Everyone have a happy holiday, and we'll see you next year! ■

Information provided by Kaylin Von Ahnen, executive director, Bondurant Chamber of Commerce.



ANNUAL AWARDS



**Bondurant Area
Chamber of Commerce
Annual Awards**

OUT & ABOUT



Amanda Korth, Prairie Vision Center of Bondurant, and Buddy the Elf at the Bondurant Indoor Market & Vendor Fair on Dec. 3.



Daniel Howieson, Alan Summers, Troy Harmison and Rebecca Morris were presented Life Saving Awards during the Bondurant City Council meeting on Dec. 5. Photo submitted by the City of Bondurant



Mia Barajas, Alonzo Ceren and Dave Barajas, Dave's Coffee Cakes, at the Bondurant Indoor Market & Vendor Fair on Dec. 3.



Ben and Emily Shivers with Oakleigh at the Bondurant Indoor Market & Vendor Fair on Dec. 3.



Hannah Whitte and Rick Bednarek, On the Rise Bake Shop, at the Bondurant Indoor Market & Vendor Fair on Dec. 3.



Gabby Bell, Dagan Peacock and April Fleming, Blazed Brunette Candle Co., at the Bondurant Indoor Market & Vendor Fair on Dec. 3.



Elida Wiseman and Ferida Miller, Always Baked Sweets and Treats, at the Bondurant Indoor Market & Vendor Fair on Dec. 3.



Joe and Kaylee Carroll with Jace and Jagger at Pennie Carroll & Associates' Annual Gingerbread House Building Party on Dec. 3.



Nanette George, Brittany George and the granddaughters at Pennie Carroll & Associates' Annual Gingerbread House Building Party on Dec. 3.



Pennie Carroll & Associates hosted their Annual Gingerbread House Building Party on Dec. 3. Photos submitted by Pennie Carroll & Associates

OUT & ABOUT

RIBBON Cutting

A ribbon cutting was held for Rooted Family Chiropractic on Dec. 3.



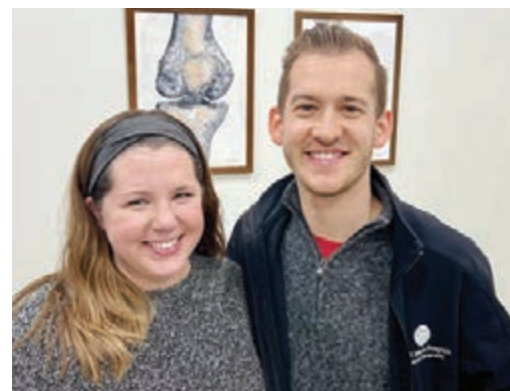
A ribbon cutting was held for Rooted Family Chiropractic, 96 Paine Circle S.E., Suite 3, on Dec. 3.



Pete Staebell and Cole Debner



Haley Greenfield with Everly



Allie Misner and Nick Meier



Leslie Brant with Elias



Carol Schmidt and Ali Clendenen



Kaitlyn Hoff and Emily Wilhelm



Jason Ludwig and Elizabeth Comried



Jake Campbell and Chris Reil



Brandon and Annie Dolin, owners

I have already spread
the word that your
customer service and
internet service is far
above our other options
here in Bondurant!
-Angela

IT'S THE MOST

Wonderful Time
OF THE Year!

Now more than ever, connectivity is crucial. Whether you're streaming,
gaming, or working from home, we have options to fit your needs!

SIGN UP TODAY!

Receive free installation and ONE MONTH OF FREE INTERNET SERVICE!

NEW PARTNERSHIP WITH  **FIBER HOMES**

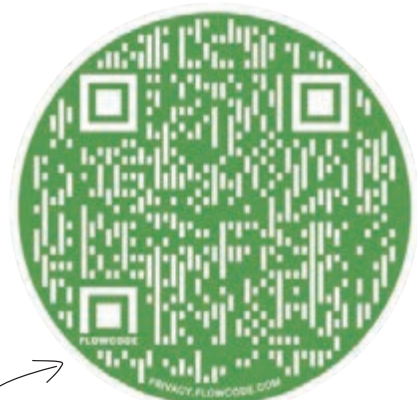

mi-fiber®

QUESTIONS? GIVE US A CALL TODAY!

515.850.0500

Mi-Fiber provides high-speed, high-quality internet, backed by superior local customer service.

**NOW AVAILABLE
IN BONDURANT!**



CHECK OUT OUR **NEW WEBSITE!**

We're looking forward to being your local provider. 4464 114th St. • Urbandale, Iowa

pca

REAL ESTATE

pca

PENNIE CARROLL
& ASSOCIATES
REAL ESTATE

BUY. SELL. INVEST.
515.490.8025

WE DECORATE HOW WE DO
REAL ESTATE -

THOROUGHLY!

