

BONDURANT

FEBRUARY 2023

Livi

FROM 0 TO 50

Couples reflect on their
50 or more years of
marriage

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RECIPE

Swanson lives on acreage but active in community
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WELCOME

MEMORABLE marriages and the magic number of greatness

I remember working at a gas station in my high school years and talking with a customer who said he was in town for his five-year class reunion. I recall thinking how I could not even begin to relate to what life would be like five years after graduating from high school. That seemed like an eternity, at least to this 15-year-old. Then graduation came and went. And so did my five-year class reunion. And my 10-year. And 15. And 20. And 25. And 30. And 35. Somewhere along the line, I got old.



I also recall reading my hometown newspaper and seeing photos of couples who were celebrating their 50th wedding anniversaries. Those people seemed ancient. Well, Jolene and I have now been married nearly 28 years, so we are more than halfway there, and I look forward to the second half of the journey.

In the meantime, much can be learned from those who have been married for 50 years or more. When I was in my twenties, a man who had been married that long told me to “give your sweetheart a kiss and tell her you love her every day.” Another said to remember to “forgive and forget.” And yet another very honest man told me, “Hearing loss isn’t all that bad.”

Malcolm Gladwell wrote in his bestselling book, “Outliers,” that “10,000 hours is the magic number of greatness.” He says, in order to be an expert at anything, you need to first put in 10,000 hours doing it. The older I get, the more this seems to hold true. As those of you who are married know, marriage also takes work... and time... and understanding. Those things are not learned overnight.

Every marriage is different, as are each of those who choose to tie the knot, but there are some underlying principles that seem to carry through with couples who have made it work. In this month’s feature story, we share the stories of these folks who have made their marriages memorable for 50 years or more.

I was back in my hometown a few weeks ago, and I stopped by that old gas station. It changed names a few times over the years, but some things still looked the same. I told the young clerk behind the counter that I used to work there 40 years ago. He looked at me with that same look I gave the guy going to his class reunion. Someday, he might understand.

Thanks for reading. ■

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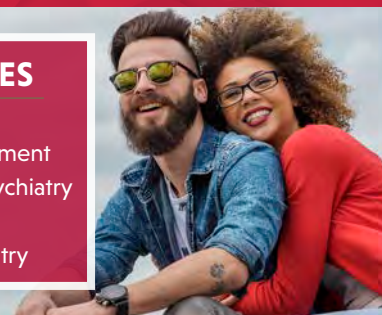
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FEATURE

Marlene and Jim Valentine have enjoyed serving the community, including both being members of the fire department.

FROM 0 TO 50

Couples reflect on their 50 or more years of marriage

By Chantel Boyd

A lot happens between a couple's first date and their 50th anniversary. The transitions are many. For some, children and grandchildren steered their paths in new directions. For others, career changes were the impetus for moves and shifting priorities and lifestyles. While each couple's journey is unique — with its own obstacles, surprises and celebrations — one theme emerges for most. They have tackled life a day at a time — and they have tackled it together.

FEATURE

Lots of moves

Ken and Jean Silver have been married for 60 years. When Ken was in his junior year of high school, his family moved, and he transferred from Saydel to Bondurant. This move coincided with the Bondurant girls competing in the state basketball tournament for the second year. This caused the school and town (population of 350) to pretty much shut down as residents flocked to the games. With nothing else to do, Ken accepted an invitation from one of his friends to go to Vets Auditorium to watch the game. That same friend encouraged him to ask Jean on a date.

They dated for about 18 months and were engaged for about six months. They were married on Dec. 1, 1962, on Jim's 19th birthday. They were young, and Ken even had to have a co-signer in order to buy the wedding ring.

Their wedding was at Grandview Park Baptist Church, and 300 people were in attendance. The pastor used the opportunity to present an entire sermon, and Ken states that it was "maybe one of the longest weddings in history."

They enjoyed cake, ice cream, coffee and punch at the reception at the friendship hall — a welcomed respite after such a long service.

They lived a block east of the Christian Church and one block west of a set of parents in Bondurant for the first eight years. Jean worked in Des Moines while Ken attended Iowa State University. After graduation, Ken went to work for an international construction company that moved them to places around the U.S. and foreign countries.

At first, moving away from their small town to travel throughout the world was an emotional and challenging time. But, as Ken was transferred to new locations, it became up to Jean to make the necessary arrangements. As a result, they became great partners, they say.

Finally, Ken and Jean moved back to Polk County so their sons could attend high school. Jean started a successful real estate career, and Ken started his own business. They retired in 2013.

Ken and Jean were fortunate to travel the world and make a good living, but they also endured the death of their parents and their oldest son in 2020 during the COVID



Jean and Ken Silver spent many years moving around for Ken's work. They moved back to the area to settle down for their kids.

lockdown.

"Times may have changed, but I don't think our marriage has changed," says Ken. "Our faith and trust have remained constant and allowed us to enjoy good times and survive the bad."

"It is essential to know what the other person believes and have their moral standards match yours," Ken advises. "You are not going to change your partner after you get married. You will undoubtedly have arguments and disagreements; remember to fight fair."

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Community participation

Jim and Marlene Valentine dated about a year before they were married. They were wed at the Bondurant Christian Church on Aug. 23, 1969.

"It was nothing too fancy, but it was very nice," Jim says of the wedding.

The two have been longtime Bondurant residents, as were both of their grandparents.

Marlene was a dental assistant and then worked at the Bondurant High School and Bondurant Christian Church. She retired after 25 years serving as the American Legion Auxiliary executive director for the State of Iowa.

Jim and Marlene had two children, Darla and Scott, and they focused on them and their activities. They were involved in many community activities.

Jim and Marlene both served on the Bondurant Fire Department. Jim served for more than 30 years and Marlene for 10. Jim also served on the Bondurant City Council for two terms.

They became members at Bondurant Christian Church. Both were active in the original Jaycees — now the Men's Club — and

Marlene was in the Civic Club.

More recently, Jim has served in the American Legion, and Marlene has served in the American Legion Auxiliary.

Marlene and Jim both coached little girls' softball. In addition, they often sponsored young children's ministry activities at their church. Now they enjoy their roles as both proud grandparents and great-grandparents.

When asked about the secret to a lasting marriage, Jim says, "Don't go to bed mad, and the way to avoid that is to know that both sides need to learn to compromise and not forget to throw in a lot of love along the way."

Giving 100%

Linda and Lon "Lonny" Wunn have been married for 52 years. They met the night before their high school graduation. On their first date, they snuck into the drive-in, and they've been having fun ever since.

During high school, they had mutual



Lon and Linda Wunn say having fun together has kept them close.

friends but never knew each other. Lon was drafted out of high school and left for the Army. Linda started training to be a nurse at Iowa Lutheran Hospital. They began dating when he returned home on leave before he left for the war in Vietnam.

Linda and Lon wrote to each other every day while he was overseas. After he returned

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home from the Army, he started working at AE Dairy, and Linda was working as a nurse.

On April 4, 1970, they were married. Their wedding was a lovely Catholic wedding — Linda was raised Catholic and Lon a Methodist. They started their family right away. They had a son, and, 20 months later, a daughter. Finally, they moved into Bondurant in 1982.

Linda and Lon kept in touch with their friends throughout their younger years of marriage.

“I think being close to friends and family really helps a marriage,” Linda says.

The two were involved in Boy Scouts, coaching, and gave a lot of their time to their church and community as they raised their family. When they weren’t serving in the community, they were taking vacations — camping because it was more affordable.

Lon retired after 30 years at AE Dairy, then ran his own handyman business for 10 years. He drove for Valley View Village nursing home for the last 13 years. Linda retired from nursing after 50 years three years ago.

Linda and Lon now have four grandsons and have enjoyed watching them grow and attending their activities. They also enjoy spending time with their neighborhood friends. They used to be the youngest couple, and their neighborhood friends would call for nursing or handyman advice. Now they are the oldest couple in the neighborhood. They enjoy that the block has more than a dozen children.

Linda says enjoying themselves has made their marriage last.

“What has made our marriage work, I think, it’s that we’ve always had fun and shared a lot of smiles together,” she says.

Linda advises other couples to “let each other do your own thing.”

Linda and Lon enjoy having lifelong friends and serving their community — and have made sure to adjust as time went along.

“I can’t help but have a tear in my eye,” Linda says about their marriage. “It’s hard to think of 53 years going by. Yet, our love still feels new.”

Linda has gone by the advice she heard her priest give another couple: “Marriage is not 50/50, it’s 100%; each gives 100% of themselves to each other.” Linda says she and Lon have tried their best to do just that.

Remembering their vows

Judy and Edward “Ed” Wegele have been married for 53 years. They met on a blind date, dated for six months, then were wed on Aug. 29, 1969.

“I had always dreamed of getting married on Aug. 26, as both my parents and grandparents got married on that date. But I didn’t really want to get married on a Tuesday, so we picked this date on Labor Day weekend,” Judy says.

The small wedding was held with family and friends at the Christian Church in Humeston.

“We didn’t take a honeymoon and chose, instead, to watch Ed’s nephew so his sister could be with friends while she was visiting Iowa.”

Ed and Judy laugh as they share that first night they were wed.

“Our family showed up late that night asking for bacon and eggs, which I cooked, showing my new husband that I could cook,” Judy says.

They built a home in Bondurant within their first few years, and they still live there. They have been connected to their Bondurant community and have been members of the Bondurant Christian Church for many years.

Ed worked for Weston Lighting, then Carpenter Supply, the City of Bondurant, then, finally, for 37 years, at the Bulk Mail Center with the U.S. Postal Service. In his retirement, he is a bus driver for the Bondurant-Farrar School District. Ed served in the Bondurant Fire Department for 25 years and was the chief for the last 12. He was also an EMT.

Judy worked with children — in daycare, as an assistant teacher at Bondurant Christian Church Preschool, and as a teacher associate in special education at the SEP School District. Before retirement, she worked at ChildServe in Johnston. Judy was also an EMT.

When asked about the secret to their marriage, Judy says, “We’ve had our ups and downs, but, as we said in our vows, we are together ‘for better or worse and in sickness and health,’ and we have survived now for 53 years.”

Ed and Judy have two children, Eddie and Erica, and three granddaughters, 5, 7 and 9. Their children are 12 years different in age (their son was a senior when their daughter was in kindergarten). As Judy says, “We sat on bleachers for 24 years!”



Judy and Ed Wegele say it’s important for couples to take their vows seriously.



Judy and Ed Wegele married Aug. 29, 1969.

When people have asked them over the years how they made it work, Judy and Ed are sure to reply, “Well, he worked nights, and I worked days for at least 37 years, so we never saw each other.”

In all seriousness, Judy said of her and Ed, “We took our vows seriously, and we had good examples set by our parents and siblings.”

Judy’s advice to other couples is, “If you love one another enough to plan that perfect wedding, then really listen to your vows and remember them — it is worth the ups and downs to work through whatever comes your way, make good memories, and set a good example for your children.” ■

EVENTS IN THE AREA

Be sure to check for cancellations.

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



'Singin' In The Rain JR.'

Feb. 24-26, March 3-5. Friday performances at 7 p.m. Saturday and Sunday shows at 2 p.m. CAP Theatre, 201 First Ave. S., Altoona

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Craft and Vendor Show

March 4, May 6, June 24, 10 a.m. to 4 p.m. Bondurant Legion Hall, 315 Second St. N.W.

Valerie and Cathy's Boutique is hosting this monthly craft and vendor show.

Mother Son Game Day

Feb. 25, 2-3:30 p.m. OR 4-5:30 p.m. Brickhouse Fitness, 86 Paine St., Bondurant

This event for moms, grandmothers and guardians and their pre-K through fifth-grade boys are invited to this fundraiser for the After Prom Activities. Pre-registration is required. To reserve a time slot, email session time, name and number of participants to Bondurantafterprom@gmail.com. Cost is \$25 per couple and \$5 for additional child payable by cash or Venmo at the door. Enjoy board games, group games, food, fun, music and more.

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. See website for more details. Coaches and volunteers are also needed. If interested, contact president@bondurantlittleleague.org or info@bondurantlittleleague.org.



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BEFORE YOU GO

By Jan Shawver

HOW DO I love thee?

Elizabeth Barrett Browning's famous poem "How Do I Love Thee?" begins with the line "How do I love thee? Let me count the ways." She goes on to describe a multitude of ways in which you may show love. The final line of her poem states, "I shall love thee better after death."

What better way to show love, both now and after death, than to have cared for all of your funeral/burial needs — taking away the painful burden of making decisions during a devastating time of loss?

The loss of a loved one is never easy; however, you may make it easier for your loved ones by making arrangements for your future funeral/burial needs. Remember, talking about death does not mean it is going to happen soon. I recently finalized arrangements with a family whose loved one made their pre-arrangements in the 1960s. No matter what your age, please consider this loving gift for your family.

Where do you begin? Contact the funeral home and/or cemetery of your choice. We would be happy to sit down with you and explain your many options.

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

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



WHERE WE LIVE

By Lindsey Giardino

SWANSON lives on acreage but involved in town

Encourages all to make the best of their community



Laurel and Jamie Swanson were glad to finally be able to build the house of their dreams. For Laurel, the best parts of the property are the front porch and pond.

In 2006, Laurel Swanson and her husband, Jamie, purchased land and built a house north of town.

"We moved here because we wanted to build a home with land around it and wanted to be in a smaller school district for our kids," she explains. "We both were raised in small towns and wanted that same feel."

When building their home, the Swansons used a floor plan they had been drawn to for several years before they were ready to build. It "just spoke to our style," she says.

Swanson is quick to identify her favorite part of the home.

"For sure the porch and the pond in the front yard," she says.

And, although the Swansons live in the country and find that it can be hard to feel neighborly, they do have a few nearby neighbors whom they can call on.

"We keep an eye on each other, even if we don't interact every day," she says.

Overall, Swanson has found it easy to get involved in community events and activities in Bondurant.

She's currently involved with the Bondurant Community Library Foundation and the Friends of the Bondurant Community Library. In the past, she sat on the Bondurant Chamber of Commerce Board of Directors, was a Cub Scout and Boy Scout leader and was active with the Bondurant-Farrar Fine Arts Boosters.

"Yes, Bondurant has grown quite a bit since we moved here 17 years ago, but I still feel like there's a community spirit that shows love and support for one another," Swanson says.

She encourages other Bondurant residents to focus on the good parts of the community and find ways to build those up.

"Be invested," Swanson says. "Support what we have and be a cheerleader for your community." ■

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IF YOU don't have a will, you probably should

A 2021 Gallup poll found that only 46% of U.S. adults have a will. Regardless of age or income, having a will is an essential step to pass your assets to your heirs with clarity and confidence.



Distribute property: A will enables you to leave your property at your death to anyone you choose: a surviving spouse, a child, other relatives, friends, a trust or a charity. Transfers through your will take the form of specific bequests (i.e., heirlooms, jewelry, furniture or cash), general bequests (i.e., a percentage of your property), or a residuary bequest of what's left after your other transfers. It is generally a good practice to name a backup beneficiary.

There are some limits on how you can distribute property using a will. For instance,

your spouse may have certain rights with respect to your property, regardless of the provisions in your will. Also, assets for which you have already named a beneficiary pass directly to the beneficiary (i.e., life insurance, pension plans, IRAs).

Name an executor for your estate: A will allows you to select an executor to act as your legal representative after your death. An executor carries out many estate settlement tasks, including locating your will, collecting your assets, paying legitimate creditor claims, paying any taxes owed by your estate and distributing any remaining assets to your beneficiaries.

Appoint a guardian for children: In many states, a will is the only way to specify who you want to act as a legal guardian for your minor children if you die. You can name a personal guardian, who takes personal custody of the children, and a property guardian,

who manages the children's assets. This can be the same person or different people. If your children are grown and have children of their own, you might want to emphasize the importance of a will for your grandchildren.

Various software programs enable you to create a will, but it is generally better to consult an attorney who is familiar with the laws of your state. If you do use a software program, be sure it has been updated for your specific state laws, and make sure your heirs and executor have a copy of your will or know where to find it. ■

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RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
- Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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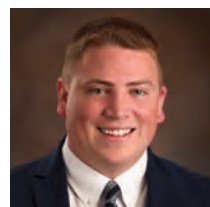
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2023 SPRING SCHEDULE



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DATE	TIME	OPPONENT	LOCATION
April 3	5:30PM	Carroll	Bondurant-Farrar
April 4	5:30PM	Knoxville	Bondurant-Farrar
April 7	6:30PM	Nevada	Nevada
April 10	5:30PM	Carlisle	Carlisle
April 15	9:00AM	Multiple Schools	Des Moines East
April 18	5:30PM	DM Christian	Des Moines Christian
April 21	5:30PM	Boone	Bondurant-Farrar
April 24	5:30PM	Ballard	Bondurant-Farrar
April 25	5:30PM	Gilbert	Gilbert
May 1	5:30PM	ADM	ADM
May 6	9:00AM	Multiple Schools	Bondurant-Farrar
May 9	5:30PM	Winterset	Winterset
May 12	5:30PM	North Polk	Bondurant-Farrar

VARSITY GIRLS SOCCER

DATE	TIME	OPPONENT	LOCATION
Mar 31	5:30PM	Norwalk	Norwalk
April 3	5:30PM	Carroll	Carroll
April 6	5:30PM	Pella	Bondurant-Farrar
April 7	5:30PM	Nevada	Bondurant-Farrar
April 10	5:30PM	Carlisle	Bondurant-Farrar
April 13	5:30PM	DM Lincoln	Bondurant-Farrar
April 15	9:00AM	Multiple Schools	ADM
April 18	5:30PM	DM Christian	Bondurant-Farrar
April 21	5:30PM	Boone	Boone
April 24	4:30PM	Multiple Schools	Pella
April 25	4:30PM	Gilbert	Bondurant-Farrar
May 1	4:30PM	ADM	Bondurant-Farrar
May 5	5:30PM	DCG	Bondurant-Farrar
May 6	9:00AM	Multiple Schools	Waverly-Shell Rock
May 9	5:30PM	Winterset	Bondurant-Farrar
May 12	5:30PM	North Polk	North Polk
May 13	9:00AM	Multiple Schools	Bondurant-Farrar
May 16	5:30PM	Ballard	Ballard



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RRAR Bluejays

VARSITY BOYS TRACK

DATE	TIME	OPPONENT	LOCATION
March 10	4:30PM	ISU Indoor Meet	Iowa State University
March 16	3:30PM	Invitational	Central College
March 27	4:30PM	Coed Invitational	Bondurant-Farrar
March 28	4:30PM	Invitational	Johnston
April 4	4:30PM	Meet	PCM
April 7	4:30PM	Meet	Baxter
April 13	4:30PM	Meet	Saydel
April 17	4:30PM	Meet	Norwalk
April 18	4:30PM	Meet	BGM
April 24	4:30PM	DM Christian	Des Moines Christian
April 25	4:30PM	Carlisle	Carlisle
Apr 27	4:30PM	Invitational	Bondurant-Farrar

VARSITY GIRLS TRACK

DATE	TIME	OPPONENT	LOCATION
March 6	2:00PM	Invitational	UNI
March 9	3:15PM	ISU Indoor Meet	Iowa State University
March 16	3:30PM	Coed Invitational	Central College
March 27	4:30PM	Coed Invitational	Bondurant-Farrar
March 30	4:30PM	Meet	Ballard Middle School
April 4	4:00PM	Invitational	Waukee Northwest
April 11	4:30PM	Johnston	Johnston
April 13	4:30PM	Invitational	East Marchshall
April 17	4:30PM	Invitational	Bondurant-Farrar
April 20	4:30PM	Meet	Roland-Story
April 24	4:30PM	Meet	Saydel
April 27	4:25PM	Carlisle	Carlisle
May 1	4:30PM	Coed Invitational	North Polk

VARSITY BOYS GOLF

DATE	TIME	OPPONENT	LOCATION
April 4	4:00PM	Boone	Honey Creek, Boone
April 10	2:00PM	Multiple Schools	Terrace Hills, Altoona
April 11	4:00PM	Multiple Schools	Pleasantville Golf Course
April 13	4:00PM	Multiple Schools	Winterset
April 20	1:00PM	Multiple Schools	State Center
April 24	1:00PM	Multiple Schools	Gateway Golf Course
April 28	12:00PM	Multiple Schools	Lakeview Country Club
May 1	4:00PM	ADM	Terrace Hills, Altoona
May 6	9:00AM	Multiple Schools	Ames Golf & Country Club

VARSITY GIRLS GOLF

DATE	TIME	OPPONENT	LOCATION
April 1	9:00AM	Multiple Schools	Willow Creek Golf Course
April 4	4:00PM	Multiple Schools	Perry Golf & Country Club
April 11	4:00PM	Multiple Schools	Pleasantville Golf Course
April 13	4:00PM	Multiple Schools	Carroll Country Club
April 17	1:00PM	Multiple Schools	Terrace Hills, Altoona
April 18	2:00PM	West Marshall	State Center
April 24	4:00PM	Multiple Schools	Terrace Hills, Altoona
April 27	1:00PM	PCM	TBA
April 28	2:00PM	Roland-Story	Riverbend Golf Course
May 4	4:30PM	Panorama	Panorama

Photos provided by Photos By Ben.

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MEET Cayla Morton

Moving, grooving and singing every day

After growing up in Appleton, Wisconsin, Cayla Morton studied the flute, voice and music education at Lawrence University Conservatory of Music. Growing up, she spent a lot of time traveling to Northwest Iowa in order to visit relatives, and she was excited for an opportunity to move towards that direction after college.

Following graduation, Morton taught her first five years at the high school in Lake City, followed by a year teaching at the Carroll Middle School and High School. Today, she is a vocal teacher for the Bondurant-Farrar Intermediate School and Junior High School. She teaches general music to students at the fifth- and sixth-grade level and choir to students in grades 6-8.

"In my half a year of teaching at Bondurant-Farrar, I have been encouraged, supported and appreciated by colleagues, students and administrators every single day," Morton says. "The arts in Bondurant are alive and well, and that is because of supportive administrators, boosters, parents and students who advocate for our programs."

Morton's fifth-grade students are currently preparing for a composition competition, the winner of which will have their piece performed by the intermediate school band. In addition, her sixth graders are working to master a body percussion piece to be performed at the spring concert. Last fall, Morton's seventh-grade choir also worked with the seventh-grade band to host a musical Halloween party for students in the district with special needs, and her eighth-grade choir participated in the Central College Honor Choir.

"I remind my students often that I have the best job in the world. I get to make music with kids every day. Yes, there are behaviors to manage and duties to complete and emails to send and frustrating rehearsals, but, at the end of every day, I've spent eight class periods singing, dancing, grooving, moving and dreaming with students, and that is truly magical," Morton says.

In addition, Morton's students have a variety of performances coming up. Not only will sixth- through 12th-grade choir members perform the National Anthem at an Iowa Wild Game in February, but some of her students will perform at the Iowa Choral Director's Association 7-8 Honor Choir in February, at the Midwest Children's Honor Choir Festival in March, and at the Iowa Choral Director's Association 5-6 Honor Choir in April. Her students will also have music concerts coming up in April and May.

When not teaching, Morton and her fiancé like to travel and spend time outdoors. She has run in two marathons and seven half-marathons and has backpacked 150 miles on the Appalachian Trail. In addition, she likes to visit as many state parks as possible and, together with her fiancé, is building a homemade teardrop camper to take to four national parks after their wedding next June. ■



Cayla Morton enjoys teaching vocal music.



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News from the **BONDURANT-FARRAR** COMMUNITY SCHOOL DISTRICT

February 2023

We're Hiring School Bus Drivers

Do you want to make a difference in our students' lives? The Bondurant-Farrar Community School District is seeking caring individuals and good drivers who are interested in driving a school bus. This role is vital in ensuring our students arrive safely to and from school.

➤ Paid Training, \$25/Hour Starting Wage, & \$500 Signing Bonus

- We welcome seasoned drivers and will provide paid training for beginners
- New bus drivers will start at \$25/hour with 90 minutes guaranteed per AM/PM route
- Experienced bus drivers eligible for higher starting wages
- \$500 signing bonus for new bus drivers

➤ Call to begin the application process

For questions about this role or assistance with the application process, please contact the BFCSD District Office at 515-967-7819.

EEO/AA



Stop Signs Installed Near High School

In an effort to increase safety and help with the flow of traffic, two temporary stop signs have been installed along Grant Street near the high school for a trial period. These temporary signs are located at the south entrance of the high school and will be active during afternoon dismissal. If the trial period is determined to be successful in increasing safety and traffic flow, these stop signs will be used throughout the school year.

Please use caution in the area and be aware of this safety improvement as we begin implementation throughout February and early March.

The Many Roles of a School Counselor

School counselors wear many hats which can make it hard to define the vastness of the position. Their work centers around helping students develop the academic, social, and emotional skills they need to succeed.

- Academic Supports: Partner with parents/guardians, teachers, and administrators to meet the unique academic needs of each student and provide overall support throughout the learning process.
- Social-Emotional Development: Provide programming that focuses on lessons such as kindness, compassion, managing emotions, and conflict resolution, helping students develop important intrapersonal skills.
- Personal Needs: Ensure students in need have access to life essentials such as food, hygiene products, and clothing, so each student knows they are cared for far beyond the classroom.
- Career Exploration & Guidance: Assist students in making academic and career plans by establishing schedules that align with their unique interests and providing guidance on post-secondary options.

They listen. They care. They advocate. They teach. They get to know students on a personal level.

They are a safe space where students can access resources and make sure their needs are being met. They remove barriers and help students develop the skills needed to reach their full potential. School counselors are nothing short of amazing!



Bondurant-Farrar's PK-12 team consists of nine professional school counselors as well as two social workers and two contracted school-based therapists. To learn more about the department, visit www.bfcschools.org/studentservices.

Contact Us:

Bondurant-Farrar District Office
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Bondurant, IA 50035
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Online: www.bfcschools.org/contactus

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STARTING a 'death box'

Benjamin Franklin once said, "Nothing in this world can be said to be certain except for death and taxes." As morbid as it sounds, we are all going to die someday. Death is stressful — not just mourning the loss of a loved one, but also figuring out daily life with this new gap. There are many documents needed after death. Ask yourself, is there a plan in place for your funeral, and how do those you left behind take care of all of the day-to-day things when you are gone?



Have you heard of a "death box"? A death box is a method of storing important documents both personal and financial so that, in the event of passing away, everything is organized and together to make life easier for our loved ones. We don't want to have those we care for left to pick up pieces. We want a nice and organized system to make their lives easier.

Now that I have convinced you to start a death box, what should you put in this fire-safe or electronic death box? Start with everyday details — things that only you managed that now need to be managed by someone else.

Bill information: Make a list of what bills you have, whether any bills stop or need to be stopped upon your passing or when they need to be paid, how they are paid, does a check need to be sent in, or is there an

auto draw. Your loved ones will need to know where you bank, how many accounts you have, and how to access those accounts. Also, note who may have a loan that is owed to you.

Investments, pension information, and life insurance information: Note what companies your life insurance policies are through. Does your employer also offer life insurance? Also, verify that your beneficiaries are kept up to date. Do you have a trust to ensure family farms, land, etc. stay within your family or a directive to sell land or property and distribute assets to your beneficiaries? All of this information should be documented and stored safely in the death box.

Your wishes: List out what songs you would like at your funeral, where would you like to be buried, and provide needed information if you have a pre-paid funeral. Store a copy of your will, your durable power of attorney, and your healthcare power of attorney in the box. You may also list the name and contact information of your trusted lawyer. Include anything that you feel your family would need to know in your absence.

Everyone's death box could vary, include anything that will help reduce stress and make it much easier for your loved ones during a difficult time. ■

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



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Bondurant News

February 2023

WATER AND TRASH BILL REMINDERS

Your bill is broken down by service codes. Each of the service codes are tied to the applicable fee. On the City's website there is a diagram that will assist you with reading your utility bill. Bills are due the 15th every month. Therefore, payment not received by 8 a.m. on the 16th of the month will receive a 10% penalty. The shut-off date is always the 23rd of the month or the following business day/after the holiday. A non-payment fee of \$50 is charged to any account on which payment has not been received by 8:30 a.m. on the day of shut-off. Make it easy on yourself and sign-up for auto payment. Contact the Utility Clerk at 515-630-6988 to set it up today.

WHAT YOU NEED TO KNOW ABOUT A SNOW ORDINANCE

The Bondurant Public Works crews are proud to serve this great community. During snow events, they pride themselves in ensuring roads are clear, so residents can safely get to and from their destinations. Help them efficiently do their jobs by abiding by the snow ordinance. A snow ordinance requires all cars to be removed from public streets anytime there are more than two inches of snowfall or within one hour of declaration (either or). Snow ordinance details are typically published on the City's website and social media accounts. In addition, a press release is sent to local news outlets.

STOREY KENWORTHY DONATES \$10,000 TO THE FUTURE BONDURANT SKATE PARK

The City of Bondurant is excited to announce the first major contribution towards the Bondurant Skate Park from the Storey Kenworthy Foundation. During the Tuesday, January 17, 2023, Bondurant City Council meeting, Storey Kenworthy representative Lincoln Dix presented a \$10,000 donation to the council to support the future skate park in Bondurant. The City of Bondurant is moving forward with additional fundraising and grant writing to secure the funding necessary to build this exciting community amenity.

BONDURANT COMMUNITY LIBRARY RENOVATION HONORED BY 1,000 FRIENDS OF IOWA

At a ceremony on January 24, 2023, the Bondurant Community Library, the design/construction team, and other city supporters were presented with a 2023 Best Development Award for the library renovation and expansion project. The Best Development Awards recognizes projects in 12 categories as a way for 1000 Friends of Iowa to showcase that smart land use, and sustainable communities are more than constructed buildings.

EVENTS:

NEW AFTER SCHOOL COOKING CLUB

Classes are offered through Bondurant Park & Rec for eight consecutive Wednesdays from **March 22nd thru May 10th from 5:30-6:30 PM** for ages 6-12. Min 6, Max of 12. Patty Loving will be the instructor, and there will be an assistant. The cost is \$22 per class for a total of \$176 per child/session. Register your child on the City's website.

NEW ART SHELLABRATION WITH TILLIE THE TORTOISE

Celebrate art and turtles with Kids Create on **Friday, April 14th**, a no-school day. Students will create a tortoise canvas painting, learn art concepts & about reptiles, play games, watch a short show with popcorn and M&M's, and even meet Tillie the tortoise (a real Russian Tortoise.) Expect your child to create, learn, and play in this memorable art class. Find more details and submit your child's registration on the City's website.

LIVE HEALTHY IOWA 5K/1K

Pre-race and post-race celebration held at the Bondurant Regional Trailhead on **April 15 beginning at 7:30 AM**. Register to walk/run or show up to cheer them on! Visit the City's website for more information.

KEEP BONDU BEAUTIFUL

Join us as we take pride in our community and beautify the City we all know and love. Grab some friends, family, neighbors, and Team Up to Clean Up the City parks on **April 22 starting at 9 AM**. Register yourself or your team on the City's website.

CITYWIDE GARAGE SALE

Saturday, May 13 residents and garage sellers unite for the Bondurant Citywide Garage Sale! During this time it is important to continue to abide by all traffic laws including single-side of the street parking and no parking zones. Please be courteous and careful of all pedestrians in the area. If you are offering a garage sale, then add your sale to the map at yardsalestreasuremap.com or download the app "Garage Sale Map - gsalmr.com"

CITYWIDE SPRING CLEAN-UP

Save the date! Spring Clean-Up is an opportunity to eliminate unwanted trash that won't fit in your garbage cart or may require large items stickers for disposal. On **Saturday, May 20** there will be garbage haulers starting early morning to pickup curbside items, so place your items the night before. Also, there will be a drop location for tires and yard waste from 8:00 to 5:00 PM. This program is for residents within city limits ONLY and residents that pay for trash services. You may need to ask your property manager if you qualify to participate.



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HEALTH

By Ashley Brockman

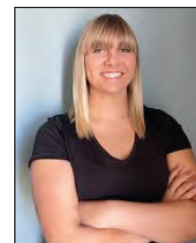
RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:

- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

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



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HEALTH

By Dr. Amanda Korth

FUN eye facts

- The smallest blood vessels visible in the body without surgery are in your eyes. We can see structural damage from high blood pressure and diabetes.
- Carrots and bilberries being good for the vision were rumors spread during World War II to explain why British pilots were so good at hitting their targets, especially at night. It was to hide the fact that the British cracked the Nazi codes.
- Carrots are actually good for your retina, as are all veggies with antioxidants.
- We have 12 cranial nerves, and seven of them have functions related to the eye.
- Blue eyes tend to range towards green or gray. It depends what you wear, the angle of the sun, the status of the tear film, etc. This is why some people's eyes change color due to high emotions. During high emotions, people produce more tears, changing the angle of color reflecting back.
- They have succeeded in putting transition technology into contacts. They're very useful for blocking blue light on computers, and there are even contacts specifically for blue light blocking, too.
- There are drops in development to reverse cataracts. They have been around since 2015 but haven't had any successfully make it out of animal testing. ■



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

HEALTH

By Dr. Katrina Smith, MD FAAD

WHAT IS photorejuvenation?

Photorejuvenation is a term used to describe light-based treatments that deliver energy into the skin to improve color, texture and signs of aging. There are different technologies that can provide this type of rejuvenation. Broadband Light (BBL™) is one such technology that uses multiple wavelengths of light filtered to target specific pigments in the skin. It can be safely used on the face and body.



BBL is a gentle treatment of bright flashes of light and feels like a slight warmth on the skin. Treatments last around 20-30 minutes. Patients are able to resume their routine and experience very little downtime. BBL is effective for treating sun spots, freckles, redness, broken blood vessels, sun damage and acne. It also removes unwanted hair.

Many people with lighter skin types may have BBL treatments. People with darker skin types or those who have a tan should not have BBL as the treatment targets pigment and can leave discoloration. For this reason, BBL is best done in the winter months before you have a tan.

Although rare, some complications may occur such as burns, discoloration or scarring. For this reason, entrust your photorejuvenation to certified medical professionals. ■

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 Leslie (Foley) Brant

RECOGNIZE symptoms of a heart attack

As many of you may know, February is Heart Health Awareness Month, with Feb. 4 as National Wear Red Day. According to the American Heart Association, heart disease continues to be one of the leading causes of death. In the U.S, someone suffers from a heart attack every 40 seconds. One way to help improve survival from a heart attack is to recognize the symptoms and get treatment as soon as possible. The symptoms of a heart attack are:



- Chest pain or chest pressure with a feeling of fullness in the center of the chest that may be sharp or, in women, may come and go.
- Nausea, vomiting, lightheadedness.
- Mid back pain, neck pain, jaw pain.
- Shoulder pain that may or may not radiate down one or both arms.
- Shortness of breath.

Recognition of these symptoms and prompt treatment can help save a life. ■

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

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HEALTH

By Dr. Kari Swain

BENEFITS of consistent chiropractic care

Consistent chiropractic care has numerous positive effects on your ability to live the life you deserve. Chiropractic improves range of motion, but it also influences your body's overall function and ability to heal and adapt to its environment. Chiropractic adjustments improve brain function, and being adjusted regularly can help you be more adaptable to new information. This impacts adults as they age as well as babies and children as they develop.

Your brain's ability to cognitively function — managing all voluntary and involuntary tasks — is called neuroplasticity. To be able to do this, your brain must form new neural connections over time. These connections are how we learn new developmental skills like talking, walking, reading, tasks at work, or a new hobby. These things require adapting to our environment and processing information. Our brain's ability to respond to its environment and process information into thoughts, behaviors and abilities depends on the brain's ability to form new neural connections. When neuroplasticity is optimal, developmental milestones are achieved, learning flows smoothly, and engaging with peers comes naturally.

The spine houses nerves that carry messages between the brain and the body to facilitate all the complex functions of our bodies. When the spine is out of alignment, the flow of communication is interrupted. A thorough exam to identify nervous system stress and establishing an individualized chiropractic care plan will help keep the brain and body functioning optimally. ■

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

HEALTH

By Dr. Steven Neville

FAQs about children's dental care

Q: At what age should my child start seeing the dentist?

A: The American Association of Pediatric Dentists recommends that children be seen by a dentist when their first front teeth begin to emerge, or by the time they turn 1. If you notice your child's two-year molars are present, and they have not seen the dentist yet, this would be an important time to make an appointment.

Q: When should I wean my child from a pacifier? Will waiting too long cause damage to their teeth?

A: The American Association of Pediatric Dentists recommends that your child stop using a pacifier by the age of 3. Prolonged use of a pacifier or thumb sucking can cause bite problems and crooked teeth. This affects the baby teeth and, in some cases, the permanent teeth.

Q: When should I start flossing my child's teeth?

A: Flossing is recommended as soon as there are two or more teeth touching each other.

Q: When can my child switch from training toothpaste to regular toothpaste?

A: There is not a set age for switching from training toothpaste. The main factor to consider before switching is if your child can spit out the toothpaste when brushing. Switch when the child can spit routinely. ■

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

Perfect Check-Up Winner Laura!

Monthly Referral Winner Kerry!

Congratulations!

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IN too deep

Have you ever wondered why streaming services waste valuable space on their platforms with documentaries? I mean, with the flood of great comedies and action series, is anyone really watching documentaries? Well, I'm that guy. I watched one recently that told the story of a man addicted to racing cars. He desperately needed income to support his expensive hobby, so he started smuggling drugs into the United States. He started small, but soon he needed bigger drug shipments to buy a more expensive car. Then he needed an even bigger shipment to fund a whole team. The size of his drug imports increased until, at one point, he estimated he was bringing in the largest single shipment of marijuana ever brought into the country. But then his "success" attracted some nefarious people into his life. At one point, some of them threatened his family. His wife demanded he just quit the drug shipments to protect their family, but the man replied, "I can't. I'm in too deep."

I think that story typifies our own battle with sin. Sin often starts off small and seemingly harmless. Soon, the amount that used to satisfy no longer does, and we need more. One step leads to another, and, before we know it, we have dug a hole so deep we don't know how or if we'll ever get out.

Is there a sin hole so deep God can't lift you out? God's word gives us comfort on this topic. 1 John 1:9 says, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." Notice the verse says that He (God) will cleanse us from all unrighteousness, not some, not most, but all of it. Just two verses earlier, we read that the blood of Jesus cleanses us from all sin. Again, not most, but all of it.

There is no sin too big for God to forgive. As the song goes, "Sin had left a crimson stain, He washed it white as snow." What wonderful encouragement that God's grace is bigger than my sin. I've talked to many outside the faith who assume defeat. "Oh, you don't know the size of my problems," some have said. They are right. I don't know the size of their problems, but I do know the size of God's forgiveness. Our sin might be big, but it's still finite. God's forgiveness is infinite.

If you've dug a seemingly impossibly deep sin hole, stop and look around. If you look closely enough, you'll find the outstretched hand of Jesus ready to pull you out. ■

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



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CHAMBER

By Kaylin Von Ahnen

AWARDS finalists announced

Always dreamed of being on the Price is Right? Join our host, DANGER (from 97.3 FM) for a lot of fun and laughs.

Help us celebrate the Bondurant Chamber's Annual Dinner and Awards. Large Business of the Year, Small Business of the Year, Organization of the Year, and Business Person of the Year will be awarded. This is a great opportunity to learn about what's going on in the community and network with community leaders, business leaders and other members. The night will consist of dinner, drinks, awards and entertainment.



Annual Dinner & Awards finalists

Large Business of the Year:

Bondurant Family Dentistry
BrickHouse Fitness
Brick Street Market and Cafe
Off The Rails Quilting

Small Business of the Year:

Body Temper Iowa
Elite Health + Performance
Excel Nutrition
Home Slice Handmade Pies
Los Altos
Somewhere In The Middle
RE/MAX Hilltop

Organization of the Year:

Bondurant Community Library
Bondurant Farrar Community School District
City of Bondurant
Kaleido Hope Learning and Resource Center
Mary Bump Memorial Foundation

Business Person of the Year:

Laura Lacina - Home Slice Handmade Pies
Ryan Larue - Somewhere In The Middle
Sheena Cochran Foster - RE/MAX Hilltop
Ann Van Thomme - Off The Rails Quilting ■

Information provided by Kaylin Von Ahnen, Executive Director, Bondurant Chamber of Commerce.

OUT & ABOUT

CHOWDER Ride

Reclaimed Rails was the check-in location for the Winter Chowder Ride on Feb. 11.



Courtney Jones and Taylor Weesner



Brent McKenzie and Laura McKenzie



Randy Archer and Bailey Archer



Darren Johnson with Samuel and Josh



Isaac Brekke and Sara Hinson



Joe Lasio, Nick Schuler and Andy Neebel



Deb and Mike Bengtson



Kevin and Lisa Humke



Todd Omundson and Damon Omundson



Tim Forbes and Laura Merz



Chris Dahlberg and Julie Moore

OUT & ABOUT



A group of riders at Reclaimed Rails for check-in for the Winter Chowder Ride on Feb. 11.



A group of riders at Reclaimed Rails for check-in for the Winter Chowder Ride on Feb. 11.



Eric Hageman with Evan at Reclaimed Rails for check-in for the Winter Chowder Ride on Feb. 11.



Randy Wahl with Henry at Reclaimed Rails for check-in for the Winter Chowder Ride on Feb. 11.



Brian Lohse and Laurel Swanson at Cocktails & Conversations at Los Altos Mexican Restaurant on Feb. 9.



Tim Guiter and Chase Netusil at Cocktails & Conversations at Los Altos Mexican Restaurant on Feb. 9.



Ernest George, Cheri Sorensen and Ross Sorensen at Cocktails & Conversations at Los Altos Mexican Restaurant on Feb. 9.



Julie Sillanpaa and Alysia Webster at Cocktails & Conversations at Los Altos Mexican Restaurant on Feb. 9.



Sarah Aguirre and Juan Hakeem, Courtyard Estates, with the Residents' Choice certificate presented to the business.



Nate and Sheena Kannegieter, A3 Auto, with the Residents' Choice certificate presented to the business.



Amy Baker, Bondurant Christian Church Preschool, with the Residents' Choice certificate presented to the business.

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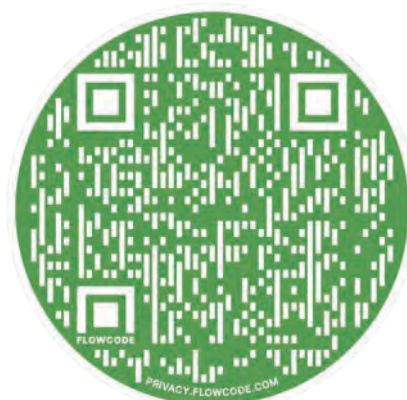


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