

BONDURANT

JANUARY 2023

# Living

MAGAZINE

## RESIDENTS' CHOICE AWARDS

East Polk County residents  
share their favorites

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EDUCATION

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WELCOME

## RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Eastern Polk County. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online and mail-in ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Eastern Polk County as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in Eastern Polk County.

As always, thank you for reading, and thank you for voting, too. ■



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# THANK YOU FOR VOTING!



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## FEATURE

Ryan LaRue opened Somewhere in the Middle Coffee Shop in 2020. This year, it is residents' choice as favorite coffee shop. Photo by Jackie Wilson

# RESIDENTS' CHOICE AWARDS

Eastern Polk County residents share their favorites

By Tammy Pearson

The tradition continues: Eastern Polk County residents were again asked to choose their “favorites” in the annual Residents’ Choice Poll. And, once again, they identified their favorite auto repair place, favorite dentist, favorite place to take your mom and dad, favorite financial planner, favorite preschool — and the list goes on. The poll has closed, and it’s time to announce the “winners.”

Bondurant residents will find many of their hometown favorites among this year’s winners. They voted the library,

chamber, preschool, community festival and more into the top favorite spot. Reclaimed Rails Brewing Company was named favorite bar, and Dr. Renee Conley favorite vet, among others honored.

These “favorites” were chosen by the residents of Eastern Polk County, and now that we’ve done this annual poll a few times, we see that some winners keep returning. They have mastered providing quality service, care and products — and winning over the loyalty of their customers. Others come and go. New

businesses appear. You are likely to agree with some choices and disagree with others, but the results were determined by your area neighbors. If you voted in this year’s poll, thank you for participating. And, if you didn’t, be sure to look for notices in this magazine of next year’s poll opening and cast your vote!

With some categories having only a few votes between the top vote-getter and the third-place vote-getter, it’s important to remember that all those listed are winners, and we congratulate them all.





## FEATURE

# Eastern Polk County residents share their favorites...

(Runners up in alphabetical order)

### Consignment store

**Caring Hands**

**Runners up:** Many Hands Thrift Market; Stuff Etc

### Mom/child date spot

**Great Escape - The Ultimate Experience**

**Runners up:** Somewhere in the Middle Coffee Shop; The Nail Boutique

### Dad/child date spot

**Great Escape - The Ultimate Experience**

**Runners up:** Cinemark Altoona and XD; Sweet Swirls Rolled Ice Cream

### Coach

**Zach Pfantz**

**Runners up:** Ben Anderson; Brad Zelenovich

### Bank

**VisionBank**

**Runners up:** Bankers Trust; Community Choice Credit Union

### Restaurant

**The Big Steer Restaurant and Lounge**

**Runners up:** Brick Street Market and Café; Johnny's Italian Steakhouse

### Hair salon

**Style by Desiree**

**Runners up:** Hyspie Salon; Signature Salon & Day Spa

### Gymnastics/tumbling studio

**Pat Barton Dance Studio**

**Runners up:** Becky's Dance & Tumbling Studio; Triad Gymnastics

### Doctor

**Dr. Laura Francisco**

**Runners up:** Dr. Matthew Nicholson; Dr. Ashley Taliaferro

### Dentist

**Dr. Steven Neville**

**Runners up:** Dr. Corbin Brady; Dr. Steven Fuller



### Chiropractor

**Dr. Marcus Dawson**

**Runners up:** Dr. Rocky Reeves; Dr. Kari Swain

### Eye doctor

**Dr. Amanda Korth**

**Runners up:** Dr. Kenneth Hansen; Dr. Sheri Matthaiddess

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## FEATURE

### Heating and cooling contractor

**Metro Heating & Cooling**

**Runners up:** Schaal Plumbing, Heating & Cooling; Todd's Plumbing, Heating & Cooling

### Pastor

**Glen Hanson**

**Runners up:** Trevor Pinegar; Greg Pollak

### Health club or gym

**BrickHouse Fitness**

**Runners up:** Altoona Campus; Farrell's eXtreme Bodyshaping

### School

**Morris Elementary**

**Runners up:** Clay Elementary; Southeast Polk High School

### Boutique

**Little House on Main**

**Runners up:** Clark Candle Co. & Market; Empress Threads Boutique

### Park

**Thomas Mitchell Park**

**Runners up:** Doanes Park; Village Park

### Place for a field trip

**Thomas Mitchell Park**

**Runners up:** CAP Theatre; Lake Petocka

### Community festival

**Bondurant Summerfest**

**Runners up:** Altoona Palooza; Bondurant Battle of the Bands

### Teacher

**Jody Person**

**Runners up:** Rachel Davenport; Cailey Schlenker

### Principal

**Ben Anderson**

**Runners up:** Nathan Ballagh; Erik Garnass

### Church

**Cross Point Family Church of Bondurant**

**Runners up:** Lutheran Church of the Cross; Ss. John & Paul Catholic Church

### Restaurant for dessert

**Home Slice Handmade Pies**

**Runners up:** Over the Top; Sweet Swirls Rolled Ice Cream

### Restaurant for breakfast

**Somewhere in the Middle Coffee Shop**

**Runners up:** Brick Street Market & Cafe; Perkins Restaurant and Bakery

### Restaurant for lunch

**Brick Street Market & Cafe**

**Runners up:** Los Altos Mexican Restaurant; Sugar Shack Diner

### Restaurant for dinner

**The Big Steer Restaurant & Lounge**

**Runners up:** Johnny's Italian Steakhouse; Los Altos Mexican Restaurant

### Car dealership

**A3 Auto**

**Runners up:** Deery Brothers Chevrolet; Martinson's Used Cars

### Place for ice cream

**Over the Top**

**Runners up:** DQ Grill & Chill; Sweet Swirls Rolled Ice Cream



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## FEATURE

### Event

#### Iowa State Fair

**Runners up:** Altoona Palooza; Southeast Polk Homecoming Parade

### Daycare

#### The Bird's Nest

**Runners up:** Bloom Early Learning Center; Shining Stars Day Care

### Children's birthday party spot

#### Great Escape - The Ultimate Experience

**Runners up:** Altoona Campus; BrickHouse Fitness

### Preschool

#### Bondurant Christian Church Preschool

**Runners up:** Adventure-Life Preschool; Church of the Cross Preschool

### Library

#### Bondurant Community Library

**Runners up:** Altoona Public Library; Pleasant Hill Public Library

### Chamber of commerce

#### Bondurant Chamber of Commerce

**Runners up:** Altoona Area Chamber of Commerce; Pleasant Hill Chamber of Commerce

### Camping spot

#### Yellow Banks Park

**Runners up:** Griff's Valley View RV Park & Campground; Thomas Mitchell Park

### Nonprofit

#### Caring Hands

**Runners up:** Bondurant Community Foundation; Mary Bump Memorial Foundation

### Dance studio

#### Pat Barton Dance Studio

**Runners up:** Becky's Dance & Tumbling Studio; Kasey Leigh Dance Studio

### Place to take your mom and dad

#### Cinemark Altoona and XD

**Runners up:** Great Escape - The Ultimate Experience; Los Altos Mexican Restaurant



Laura Lacina's Home Slice Handmade Pies is a hit with residents when it comes time to buy dessert.

### Place to take your kids or grandkids

#### Adventureland Resort

**Runners up:** Altoona Aquatics Park; Great Escape - The Ultimate Experience



Thank you for voting!



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## FEATURE

### Place for auto service

Williamson's Repair & Tire

**Runners up:** McManus Automotive;  
Ted's Body Shop

### Place to purchase a gift for a woman

SkinFusion FX

**Runners up:** Little House on Main;  
Suzy's Kitchen & Gifts

### Place to purchase a gift for a man

Bass Pro Shops

**Runners up:** SkinFusion FX; Suzy's  
Kitchen & Gifts

### Realtor

Heather Rawlins

**Runners up:** Pennie Carroll; Sheena  
Cochran-Foster

### Bar

Reclaimed Rails Brewing Company

**Runners up:** Fireside Grille; Hawk  
Heaven Tavern



Zach and Amanda Svoboda's Little House on Main is their favorite boutique, say residents.

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*Thank you for your votes!*

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The Friends of the Bondurant Community Library advocate for a strong public library through the promotion and support of the library and its programs, activities, and resources, the encouragement of sponsorships and a strong volunteerism program.

[www.cityofbondurant.com/bondurant-community-library](http://www.cityofbondurant.com/bondurant-community-library)

Bondurant Community Library Foundation and Friends of the Bondurant Library are a 501(c)3 tax exempt organizations.

Monday - Thursday 9am-7pm | Friday 9am-5pm | Saturday 9am-5pm | Sunday 12pm-5pm





## FEATURE

### Place for guests to stay

**Prairie Meadows Hotel**

**Runners up:** Adventureland Inn; Hampton Inn

### Coffee shop

**Somewhere in the Middle Coffee Shop**

**Runners up:** Scooter's Coffee; Starbucks Coffee Company

### Nursery or landscaping company

**Lucille's Garden Center**

**Runners up:** Frontline Lawn & Landscape; Snyder Landscaping and Lawn Care

### CPA

**Nick Stanley**

**Runners up:** Dave Duggan; Donald Timmins

### Insurance Agent

**Tim Forbes**

**Runners up:** Mark Densmore; Luke Peterson

### Home builder

**Eagle Homes**

**Runners up:** Berkey Home Builders; Shaymus Smith Construction

### Pharmacy

**Medicap**

**Runners up:** CVS; Walgreens

### Grocery store

**Fareway**

**Runners up:** Hy-Vee; Aldi

### Senior living facility

**Prairie Vista Village**

**Runners up:** Courtyard Estates; Valley View Village

### Home improvement business

**Shaymus Smith Construction**

**Runners up:** Menards; Lowe's

### Veterinarian

**Dr. Renee Conley**

**Runners up:** Dr. Stephanie Timm; Dr. Bill Williams

### Physical therapist

**Dr. Leslie Foley Brant**

**Runners up:** Dr. Hailey Huey; Dr. Amy Jensen

### Dog groomer

**Tangled Tails**

**Runners up:** Barks & Wags; Doggie Stylez

### Attorney

**R. Bradley Skinner**

**Runners up:** Nicholas Bailey; Susan Ugolini

### Financial planner

**Adam Kline**

**Runners up:** Chris Schonridge; Luke Sibley ■

Start your morning off right with an update from

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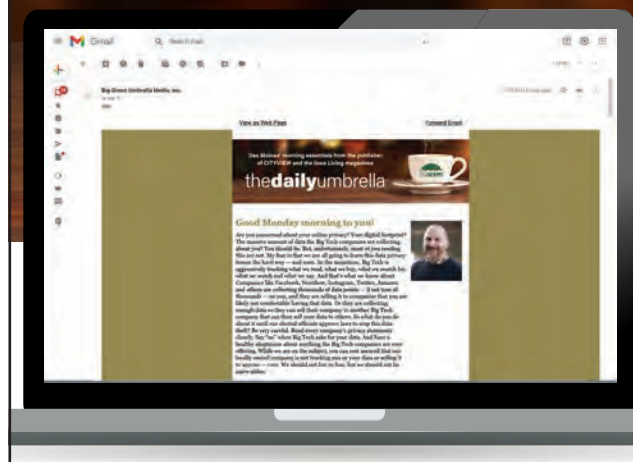
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## EVENTS IN THE AREA

Be sure to check for cancellations.

To submit calendar items for consideration, send to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com)

### Student art on display

Bondurant-Farrar: Jan. 24 - Feb 15, reception Jan. 26, 5-7 p.m.  
The Ankeny Art Center, 1520 S.W. Ordinance Road

The Ankeny Art Center's annual K-12 art exhibits have been part of an extended outreach program for more than two decades. With the goal of introducing students to the gallery setting, the program aims to bring about individual self-worth within the community, increase community involvement, and promote culture and diversity. It also aims to bring insight to the students about becoming exhibiting artists in the future by seeing their art on a real gallery wall.



### Craft and Vendor Show

Jan. 28, 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.

### 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](http://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](mailto:president@bondurantlittleleague.org) or [info@bondurantlittleleague.org](mailto:info@bondurantlittleleague.org).



### Winter Chowder Ride

Saturday, Feb. 11, 10:30 a.m.  
Reclaimed Rails Brewing Co., 101 Main St. S.E., Bondurant

Enjoy a free, easy winter ride from Bondurant to Berwick and back on the Chichaqua Valley Trail (10 miles). Check in at 10:30 a.m.; and the ride starts at 11 a.m. Make sure to stop by Berwick Congregational Church to warm up. After the ride, savor a chowder lunch at Founders Irish Pub or partake in some chili at Reclaimed Rails at no cost. You can enter to win a prize by submitting a selfie with the tag #2023ChowderRide (make sure the post is public). Register online at <https://cont.cc/3w1EMaw>.



### 'Singin' In The Rain JR.'

Feb. 17-19, 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

The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green, from their original award-winning screenplay, in "Singin' in the Rain JR." Hilarious situations, snappy dialogue and a hit-parade score of Hollywood standards make the production a guaranteed good time for performers and audience members alike. Tickets on sale online

### Father Daughter Dance

Feb. 4, 1-2:30 p.m. or 2-3:30 p.m.  
Brickhouse Fitness, 86 Paine St., Bondurant

Join this fundraiser for After Prom Activities. Pre-registration is required. To reserve a time slot, email session time, name and number

of participants to [Bondurantafterprom@gmail.com](mailto:Bondurantafterprom@gmail.com). Cost is \$25 per couple and \$5 for each additional child payable by cash or Venmo at the door.



### 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 is a fundraiser for After Prom Activities. Pre-registration is required. To reserve a time slot, email session time, name and number of participants to [Bondurantafterprom@gmail.com](mailto:Bondurantafterprom@gmail.com). Cost is \$25 per duo and \$5 for each additional child payable by cash or Venmo at the door. Enjoy board games, group games, food, fun, music and more.

### 'USS Iowa' premiere screenings

Feb. 19, 2-4 p.m.

Iowa Gold Star Military Museum, Camp Dodge, 7105 N.W. 70th Ave., Johnston

Join Iowa PBS for a free, in-person premiere of the new documentary, "USS Iowa." This film shines light on the USS Iowa, a legendary battleship built to defend America during World War II. Its presence as a symbol of naval war power and now as a living museum is intertwined with the men and women who served the USS Iowa for more than 80 years through campaigns of triumph and tragedy.

During this special event in Johnston, attendees will have the chance to view historical artifacts and exhibits at the Iowa Gold Star Military Museum. Light refreshments will be served.

"The USS Iowa battleship was the lead ship of the last and most devastating class of battleship," said Iowa PBS Producer and Director Patrick Boberg. "Known as the 'Battleship of Presidents,' her story ranges from wartime victories to a tragic peacetime catastrophe, and she may not have been saved and turned into a museum without the State of Iowa's financial and political support."

For more information and to register, visit [iowapbs.org/events](http://iowapbs.org/events). "USS Iowa" will air on statewide Iowa PBS Wednesday, March 1 at 6:30 p.m.



## EVENTS IN THE AREA

Be sure to check for cancellations.

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### Za-Ga-Zig Shrine Circus

Friday - Sunday, Jan. 27-29  
Jacobson Exhibition Center,  
3000 E. Grand Ave., Des Moines

The Za-Ga-Zig Shrine Circus will feature The Royal Hanneford Circus. Schedule is 7 p.m. Friday; 9:30 a.m., 2:30 p.m. and 7 p.m. Saturday; and noon and 5 p.m. Sunday. To learn more about Za-Ga-Zig, go to [zagazigshrine.org](http://zagazigshrine.org). For event information and tickets, visit [iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus](http://iowastatefairgrounds.org/event-calendar/za-ga-zig-shrine-circus).



### Botanical Blues

Sundays, January through March  
Greater Des Moines Botanical Garden,  
909 Robert D. Ray Drive, Des Moines

Enjoy this winter concert series at the Greater Des Moines Botanical Garden. The Jan. 22 concert features Tony Bohnenkamp, a veteran of countless piano bars, music venues and private functions across the Midwest. His performances are driven by audience requests and draw from his massive and diverse catalog, ranging from Billy Joel to Elton John, Van Morrison to Neil Diamond, Journey to Johnny Cash, and Garth Brooks to The Nitty Gritty Dirt Band, with countless songs from the 60s through today scattered everywhere in-between. The Jan. 29 concert features The Drama Kings, a group that specializes in the music of New Orleans, from Louis Armstrong to Dr. John. For more information, visit [dmbotanicalgarden.com](http://dmbotanicalgarden.com).

### Learn on Saturdays

Saturdays, January through March,  
10:30 a.m. to 12:30 p.m.  
Greater Des Moines Botanical  
Garden, 909 Robert D. Ray Drive,  
Des Moines

Weekly educational lectures are offered on a range of topics focusing on Wild Landscapes. This lineup of speakers will inspire and inform you on how to prioritize revitalizing natural landscapes in your own backyard and community. Tickets include in-person, virtual and recorded viewing options. Price per Saturday: members \$5, nonmembers \$15. Season passes are also available. Jan. 21 program will be "Ada Hayden Herbarium Collections" presented by Deb Lewis, and "The 3 Ps: People, Plants and Pollinators" presented by Lynne Campbell, both of Iowa State University. On Jan. 18, learn how to grow mushrooms in Iowa and how to help bring back prairies. For more information, visit [dmbotanicalgarden.com](http://dmbotanicalgarden.com)



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## EVENTS IN THE AREA

Be sure to check for cancellations.

### 'Ronan Donovan: Social by Nature'

Tuesday, Jan. 31, 7:30 p.m.  
Des Moines Civic Center; 221 Walnut St., Des Moines

Ronan Donovan is a born explorer. He inherited his sense of adventure and love of the natural world from his parents, who once sailed across the Atlantic. From his birth in rural Vermont in a cabin his father built, Donovan's life has been a series of adventures. Donovan taught himself photography and filmmaking while working on a series of wildlife biology projects. In 2014, feeling he could make more of an impact through his visual storytelling than as a biologist, he turned to photography and filmmaking full time. His unique ability to tell the stories of the animals he focuses on elicits compassion in a relatable way and engages people for conservation. For more information, [my.desmoinesperformingarts.org/6558](http://my.desmoinesperformingarts.org/6558).



### Iowa Ag Expo

Tuesday, Jan. 31 - Thursday, Feb. 2, 9 a.m. to 4 p.m. Tuesday and Wednesday; 9 a.m. to 3 p.m. Thursday

Iowa Events Center, 730 Third St., Des Moines

The Iowa Ag Expo will inspire you with the biggest names and newest innovations in agriculture. With more than 700 exhibitors spanning 7.25 acres, the Iowa Ag Expo is the third largest indoor ag show in the country. While there, check out the series of education presentations called AgTalks in the Convention Center Rooms 301 and 311 for a deep dive into specific ag topics. For more information visit [iowaagexpo.com](http://iowaagexpo.com).

### Des Moines Buccaneers

Buccaneer Arena, 7201 Hickman Road, Urbandale

This month's home games for the Des Moines Buccaneers. Find tickets and details at [bucshockey.com](http://bucshockey.com).

- Jan. 27 at 7 p.m. vs. Sioux City Musketeers
- Jan. 28 at 6 p.m. vs. Lincoln Stars



### Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines

This month's home games for Iowa's AHL team. More information at [iowawild.com](http://iowawild.com).

- Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds ■



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## EARNs Eagle Scout honor

Rohlfesen receives highest scouting rank.

Rylan Rohlfesen has reached the rank of Eagle Scout, the highest in Scouting. His project was for the Bondurant Post Office. The neighborhoods within a certain radius of the post office did not have a mail route and instead had a P.O. Box. When the Bondurant post office moved to the highway, it created a need for these neighborhoods to have a mail route. Because they had never had a mail route, the houses did not have mailboxes.

The Post Office wanted to install posts with four mailboxes along these new routes instead of each house having a mailbox. They approached Troop 10 for help. The troop agreed to help and decided it would best be done as an Eagle



For an Eagle Scout project, the Scout, in this case, Rylan Rohlfesen, must plan and supervise the project rather than do the work himself. Members of his troop helped with the work.



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Rylan Rohlfesen helped the Post Office by taking on the installation of mailboxes for his Eagle Scout project.

project. The Post Office provided Rohlfesen with lumber, concrete and mailboxes, as well as instructions on how they would like the post to be built and where to install them. For an Eagle project, the scout isn't supposed to do the work, but rather coordinates and provides leadership. Rohlfesen had several work days at the Legion where he coordinated volunteers to build the posts, and then they spent several days on installation on Third Street N.E. and Fourth Street N.E.

Rohlfesen ran into some challenges with the project. Due to a gas line running the length of one of the streets, the mailboxes could not be placed where the Post Office wanted. He worked with the Post Office to get approval to move them to the other side of the street then coordinated with the city to put up a temporary no-parking order during the installation days. ■



# BATTERIES, starters and charging systems

Imagine this. You're running late for work. You finally make it to your car and turn the key in the ignition only to realize your battery is dead. It's a strong, sinking feeling. We know — we've been there. You not only have to determine how you'll get to work, but you're probably left wondering how can you have a dead battery when you didn't forget to turn off your lights or anything else in the car.

A common misconception about modern car batteries is they'll give you plenty of warning before they give out. While it is true that vehicles used to start slower and slower before a battery finally died, most modern batteries have evolved to work at full capacity until they just can't anymore. Though it's nice that batteries today function longer than they used to, you have to look for smaller signs that it may be on the fritz.

## Common ways to tell that your battery is about to go out include:

- Diminished electric functions (slower power windows, dimmed headlights, etc.)
  - Slower engine crank
  - Clicking noise when turning the key
  - Old age
  - Corroded terminals

## Other starting issues

It's also important to note, if your car won't start, the battery may not be the only culprit. Problems starting can also be an indicator of a bad starter or alternator.

Your starter is what actually cranks your engine. When a starter isn't working properly, the engine may start with difficulty or won't start at all. Starter issues may stem from electrical or mechanical failure or from it breaking down completely.

Additionally, your alternator is responsible for two important tasks involved in powering your vehicle. First, it recharges your battery while your car is running, and second, it also works with your battery to operate integral electrical components, such as headlights, windshield wipers and more. A damaged alternator can cause erratic electrical functions or prevent your engine from running.

Normally if you have a bad alternator (versus a dead battery), your engine may still start but will die quickly and often because your alternator is no longer maintaining a charge. If you aren't sure what is causing your starting problems, your local repair shop will gladly help.

Don't get left stranded or relying on a Good Samaritan to help you jump start your car. If you've noticed your battery is on its way out, see a repair shop for a new, quality battery, so you can get where you need to go reliably. ■

Information provided by the team at Kanselaar Automotive, 3401 Henry St. S.W., Bondurant, 515-967-1725.



## Signs Your Car Battery is About to Go Out:

- ✓ Diminished electric functions
- ✓ Slower engine crank
- ✓ Clicking noise when turning key
- ✓ Old Age
- ✓ Corroded terminals

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## LIBRARY

By Michell Klinker-Feld

## NEW YEAR equals new books



Is your New Year's Resolution to read more? We have you covered. Is your resolution to save money this year? We also have you covered. How? First, we have so many new books for you to choose from. Second, stop buying books and check them out from the library instead.

### Here are just a few of the new titles we have added recently:

- In our adult fiction, Jodi Picoult's "Mad Honey"; Danielle Steele's "Without A Trace"; and many large print books
  - In our non-fiction, "The Sea is Not Made of Water" by Adam Nicolson; "Packing for Mars for Kids" by Mary Roach. Easy non-fiction titles added recently are "I Can Do Hard Things: Mindful Affirmations for Kids" by Gabi Garcia; and "Honeybee: The Busy Life of Apis Mellifera" by Candace Fleming.
  - In our DVD collection, "Bullet Train," "Doctor Who: The Power of the Doctor," "Don't Worry Darling" and "Jerry & Marge Go Large."
  - In our young adult fiction, "A Thousand Heartbeats" by Kiera Cass; "Dead Flip" by Sara Farizan; and "Vampires, Hearts, and Other Dead Things" by Margie Fuston.
- We've also added many new picture books for children. If you don't have a library card, please stop by the library with your photo ID. We are happy to get you set up.

### Library activities in February

- Story Times: Tuesdays at 10:30 a.m. and 3:45 p.m., Wednesdays at 10:30 a.m., and Fridays at 12:45 p.m.
- Baby Story Time and Play: Thursdays at 9:30 a.m.
- Geri-Fit, strength-training for older adults, Mondays and Thursdays at 9 a.m.
- Feb. 5: Puzzle Competition
- Feb. 3: Soup-er Bowl Competition — come sample soup and vote for your favorite
- Feb. 6: After-School STEAM at 2:30 p.m.
- Feb. 7: Bound Together Book Club for grades 3-5 at 6 p.m.
- Feb. 8: Coloring at Reclaimed Rails at 5-7 p.m.
- Feb. 11: Saturday Family Story Time at 10 a.m.
- Feb. 12: Teen Advisory Group at 3 p.m.
- Feb. 13: After-School BINGO at 2:30 p.m.
- Feb. 14: Book Discussion for Adults at 6 p.m.
- Feb. 16: Third Thursday at Hoover's at 6 p.m.
- Feb. 21: Books on Tap Book Discussion at Reclaimed Rails at 6 p.m.
- Feb. 21: In the Middle Book Club for grades 6-8 at 6 p.m.
- Feb. 27: After-School Movie at 2:30 p.m.
- Feb. 28: Inspired Minds Book Club for grades 9-12 at 7 p.m. ■

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# SHOULD you consider tax-loss harvesting?

Stock market losses can be rough on your portfolio's bottom line, but they may also offer the potential to reduce your tax liability and possibly buy shares at a discount. Whether this strategy — called tax-loss harvesting — is appropriate for you depends on a variety of factors, including your current portfolio performance, your long-term goals, and your current and future taxable income.



## Gains and losses

When an investment loses money, it's often best to look beyond current performance and hold it for the long term. Sometimes, though, you may want to sell a losing investment, which could help balance gains from selling an investment that has appreciated or reduce your taxable income even if you do not have gains.

Capital gains and losses are classified as long term if the investment was held for more than

one year and short term if it was held for one year or less. Long-term gains are taxed at a rate of 0%, 15% or 20% depending on your income. Short-term gains are taxed at your ordinary income tax rate, which may be much higher than your capital gains rate.

For tax purposes, capital losses are applied first to like capital gains and then to the other types of gains; for example, long-term losses are applied first to long-term gains and then to short-term gains. Up to \$3,000 of any remaining losses can be applied to your ordinary income for the current year (\$1,500 if you are married filing separately). Finally, any remaining losses can be carried over to be applied to capital gains or ordinary income in future years. For most taxpayers, the biggest benefit comes when applying losses to short-term gains or ordinary income.

## Selling, burying and washing

Some investors sell losing investments with the idea of harvesting the tax loss and then buying the same investment while its price remains low. In order to discourage this, the IRS has a wash-

sale rule, which prohibits buying "substantially identical stock or securities" within 30 days prior to or after a sale. This also applies to securities purchased by your spouse or a company you own.

It is impossible to time the market, but under the right circumstances, harvesting a tax loss and then buying the same security at least 30 days later (i.e., after the wash sale period expires) could potentially result in a lower tax liability when you sell that security later at a gain. This is most likely if you repurchase the security at a similar or lower price, and you are in a higher tax bracket at the time you take the loss than at the time you take the gain.

Tax-loss harvesting is a complex strategy, and it would be wise to consult your financial professional before taking action. ■

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. All investing involves risk, including the possible loss of principal, and there is no guarantee that any investment strategy will be successful.



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# MEET David Walker

Satisfying to see students enjoy their school meals

David Walker grew up in Marion, where his mother volunteered in their school kitchen.

“They used to whip their commodity peanut butter and butter together to make the best peanut butter sandwiches,” Walker says.

After attending Linn-Mar High School, he graduated from Kirkwood Community College’s restaurant management program. Walker’s career has since spanned more than 45 years in restaurants, country clubs, contact food service, senior living, hospitals and now the Bondurant-Farrar Community School District as the nutrition and custodial director.

“Nutrition and food service have a way of getting in your blood, and you either love it or hate it. The satisfaction you see when someone enjoys a meal you made or planned is unbelievable. That goes if the person enjoying it is age 7 or 70,” he says.

Walker says he enjoys working with the Bondurant-Farrar Community School District because of the kids. As the students have gotten to know him, they greet him by name, and it never fails to make his day. Throughout the school day, Walker tries to do what he can to help his staff be successful in their positions. He says he has a great group of lead supervisors in both the nutrition and custodial departments. Everyone works hard and tries to sprinkle in some fun when they can.

“When I first started, I thought I would introduce the kids to different foods and tastes they had not experienced before. Guess what? They were very vocal in letting me know that’s not what they wanted. Now, I try to select nutritional choices that they will eat and enjoy. We still get some very interesting feedback, but that comes with serving over 2,000 kids a day,” Walker says.

When not working, Walker enjoys spending time with his wife, Terri, two grown children, and their families. After COVID, he says he appreciates being in the schools, working with his staff, and enjoying the kids every day. ■



David Walker has worked in food service for decades and now is the nutrition and custodial director for the school district.



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## The Myth of the Four-Year Degree

It was once thought that the only path to achieving success in career and life was to obtain a four-year degree. It did not necessarily matter what you studied, but having a four-year degree was thought to enhance your access to job opportunities and boost your earning potential. Has this shifted? Absolutely.

The world of work is rapidly changing. More and more, well-paying jobs no longer require a four-year degree. Today, a larger number of careers are obtainable through certificates, authorizations, apprenticeships, and two-year degrees from community colleges.

*The Bondurant-Farrar Community School District is working to redefine the definition of success by providing students with an array of educational experiences and an awareness of life's multiple pathways. It is our goal that each graduate leaves with a plan for their career and the educational experiences to support that choice.*

BFCSD initiatives in motion to support this work:

- Strategic Hires for 2023-24: Plans include a shared Career and College Transition Counselor and an iJAG specialist to work with students who would benefit from more support in deciding post-secondary paths.
- Post-Secondary Career Exploration: Offerings such as career and technical electives, internships, job shadows, a career guidance program as well as career and post-secondary training fairs help students explore their interests, create an awareness of potential career fields, and understand what next steps are necessary for success after graduation.
- Collaboration with Community Stakeholders: Partnering with community members, business leaders, nonprofit organizations, and students to develop a Portrait of a Graduate profile for BFCSD, which is a collective vision that articulates the community's aspirations for our students. These efforts will help to guide our work to empower students to foster their own passions as they gain the knowledge, skills, and traits to be choice-ready for life's multiple pathways.



**Rich Powers, Superintendent**  
powersr@bfschools.org

## New Internship Program Offered to Seniors

A new course offered this year creates additional work-based learning opportunities for students. Through this internship program, students gain practical work experience as well as training and the opportunity to network with community business people. BFCSD's initial class consisted of 15 seniors who were interested in exploring a variety of interests, including law, healthcare, insurance, diesel mechanics, and dentistry.

For information regarding internship opportunities:



**Donovan Hill, Career Readiness Teacher Leader**  
hilld@bfschools.org



## Preschool Lottery Applications Open Through February 24:

The Bluejay Beginnings Preschool program is here to welcome your child next school year! Lottery applications for BFCSD's 3 and 4 year old programs are currently being accepted through February 24, 2023. Because space is limited, applications are approved through a lottery system.

Submit your child's application today!



**www.bfschools.org/preschool**  
515-967-7819

## Contact Us:

Bondurant-Farrar District Office  
300 Garfield Street SW  
Bondurant, IA 50035  
Phone: 515-967-7819  
Online: [www.bfschools.org/contactus](http://www.bfschools.org/contactus)



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## RECIPE

# ACCOMPLISH health goals with better-for-you family meals

*(Family Features)* Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit [MilkMeansMore.org](http://MilkMeansMore.org). ■

## Feta roasted salmon and tomatoes

*Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More*

**Prep time:** 15 minutes

**Cook time:** 15 minutes

**Servings:** 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

### DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

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# Bondurant News

## January 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 are two diagrams that show you how to read your utility bill. Bills are due the 15th every month. 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 IS A SNOW ORDINANCE?

A snow ordinance requires all cars to be removed from public streets anytime there are more than two inches of snowfall 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.

### DON'T FORGET DOG LICENSING FOR 2023

All dog owners are required to register their dogs through Polk County each year. If you have questions call 515-286-3079. A dog license application can be found on the City's website.

### WANT TO SAVE MONEY ON YOUR WATER BILL? FIND OUT HOW!

Bondurant City Hall has "second meters" for sale that track your outdoor water use. With the additional meter you will not be charged sewer fees for the water used from the outside faucet(s). This would be an advantage for the homeowner who uses large quantities of water from their outside faucet(s). If you don't own a "second meter" consider one. Contact the Utility Clerk at 515-630-6988 to set it up today.

### PRESCRIPTION DRUG DROP SITE

Bondurant City Hall offers a prescription drug drop site during business hours. Items that are acceptable include prescription medications in the form of a pill, ointment, creams, powders, inhalers, nebulizer solutions, liquid medications, vitamins, and supplements, and pet medications. Liquid items must be placed into a sealed zip-up baggie prior to dropping them into the container. Items not accepted are sharp objects, syringes with needles, thermometers, bloody or infectious waste, aerosol cans, Hydrogen Peroxide or rubbing alcohol.



## EVENTS:

### 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.

### 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](http://yardsalestreasuremap.com) or download the app "Garage Sale Map - gsalr.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 item 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 AM to 5:00 PM. This program is for residents within city limits ONLY and the residents that pay for trash services. You may need to ask your property manager if you qualify to participate.



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## WHEN a higher level of care may be needed

Senior care is a world of transition, and, often, these transitions are difficult. As we age, we can lose our ability to perform normal daily tasks. Families and friends can often help loved ones in their homes, but sometimes our loved ones may need more attention and care than we can offer. And that is OK. Those of us who work with older adults often spend a good amount of time reassuring families they made the right decision to seek more help with their loved one's care. There can be a lot of guilt with the transition of loved ones moving through higher levels of care. Caregivers can rest assured that, by moving their loved one to a higher level of care, they are not failing but doing what is best for their loved one.

There are several signs that your loved one might need more care than you can manage. One is if their being at home is a safety risk. Falling is a serious health hazard. If your loved one falls frequently, weekly or even daily, it is a sign that they need a level of care that will have someone there to assist them with their mobility. Falls can lead to permanent mobility changes and even death. Another sign is the struggle or inability to perform basic hygiene tasks or dressing. We often take for granted how simple it is for us to put on socks or button our shirts. As we



age, our dexterity and balance decline, which results in us needing more help.

Wandering outside of the home or even wandering inside the home to rooms or areas that are atypical to go in can be another indicator that it is time to start looking at senior living. Someone who has worsening dementia can easily forget where they are going or even how to get home. This can cause panic and aggression. Wandering is a sign to start looking for a community with a secured memory area.

Physical or emotional aggression is a sign of advancing dementia. If you see a complete change in personality in an elderly loved one, someone whom you used to describe as sweet and kind is now swearing, mean and aggressive, it may be time for a professional to provide assistance.

A higher level of care doesn't necessarily mean moving to a health center or assisted living. It could also mean in-home health care — having an aide to offer relief to the caregiver and provide assistance with basic tasks to help ensure safety and offer the caregiver a break.

The most important thing to remember is it is normal to feel overwhelmed, and it is OK to ask for help. If you have questions, ask. Call or stop by any of the senior living buildings in the area. We are all happy to help. ■

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

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**FAITH** By Pastor Trevor Pinegar

## VALENTINE'S DAY: God loves you more

When I think of Valentine's Day, I think of love, romance and greeting cards festooned with red hearts and kissing lips. I think of my poor wife and all the affection and admiration she deserves all year long, but rarely gets from a flailing, workaholic husband. I also think of fat baby angels shooting unsuspecting teens with somehow un-fatal arrows from afar, encouraging passion and courage in the dating realm.



It's this last thought that I'd like to discuss more deeply. Where did the concept of these cherubs come from? According to simple research, the Roman Catholic church recognizes three saints named Valentine or Valentinus. All three were martyred (killed for their faith) and were associated with helping people. One such legend told of St. Valentine advocating for Roman soldiers who were not allowed to marry as part of Caesar's desire to prevent married soldiers from creating widowed families. This saint's recognized day just so happened to fall on the same day as a pagan holiday, which the church tended to do early on. Abandoned as a holiday because of its unholy origins, it came back into popularity in both France and England in the middle ages spurred on by presumed bird mating calendars and a poem by Geoffrey Chaucer.

Why do we feel passionately called to pursue some love interests and not others? Why do we get sucked into some temptations and are able to abstain from others? I personally believe there are things and forces at work outside our observable perspective. In Christian circles, we call this spiritual warfare. "For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places" (Ephesians 6:12).

Does that mean a plump cherub in a diaper with a bow and arrow is hanging out in the high school parking lot? I don't think so. But I do know there are evil forces at work in our world, and they want you to abandon the thought that you were created in the image of God (Genesis 1:26). You don't have to look far to find dark influences in film, music and literature. Ever heard of Facebook? You might not get a Valentine card this year, but please know that God loves you more than any romantic interest out there. ■

Information provided by Pastor Trevor Pinegar, Federated Church of Bondurant, 103 Second St. S.W., 515-967-2243.

## AFTER PROM committee raises funds

Fun activities for community supports After Prom.

To put on a successful After Prom event for Bondurant-Farrar High School students, a lot of work has to be done on the front end.

Aleesha Patterson, chair of the After Prom committee for 2023, shares that many activities have already been held to raise funds for the event.

So far this year, there's been a Hurts Donut fundraiser, as well as a booth at the vendor fair where the committee sold tumblers, coffee mugs, keychains and baked goods.

They also staffed the concession stand for the playoff football game this past fall.

The committee's big fundraising events, however, are coming up this February.

On Saturday, Feb. 4 at Brickhouse Fitness, a Father Daughter Dance will be held. Two sessions are offered so all those who want to

attend are able to. Then, on Saturday, Feb. 25, the Mother Son Game Day will be hosted at Brickhouse Fitness for moms and their young boys to enjoy. Two sessions are offered as well. (For more information on each, see page 11.)

Another big night for the committee is Tuesday, Feb. 7. They'll staff the concession stands for both the middle school and high school basketball games, as well as sell baked goods, baked potatoes, tumblers and mugs.

"If you are free, come out and cheer for our Jays and support After Prom," Patterson says.

"The funds raised fully support After Prom. Every penny raised goes to ensuring our students have a fun and safe prom night. We use the funds for prizes, games, inflatables, food, drinks and entertainment."

For Patterson, the best part about being

involved with the After Prom committee is seeing not only the support from community businesses, but that of the community and the families of the junior class.

"This year is a lot of fun because our junior class has the best group of parents," she says. "Week after week, they show up for our kids."

If you own a business that would like to make a donation, reach out to [bondurantafterprom@gmail.com](mailto:bondurantafterprom@gmail.com).

"Support and help make all the difference for this event," Patterson says. "It's not an easy task to accomplish with just a few, but the group we have is incredible with their desire to ensure a wonderful, safe evening for our kids. Thank you all for your constant support and donations. We absolutely couldn't do this without you." ■

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## HEALTH

By Dr. Amanda Korth

### REDUCING glare and dry eyes

Blue light isn't actually dangerous. The majority of it comes from natural sunlight, hence the blue skies we enjoy. We know that being outside in natural sunlight is good for your eyes minus the UV light, so we always recommend outdoors with sunglasses to protect your eyes.

Why do blue light glasses work? Blue light glasses have a yellow tint to them because yellow negates blue in the light world. Best thing is, for our devices, you only need a hint of a yellow tint to tune that out. This also reduces glare from devices at night or when you walk outside on a bright sunny day.

It's actually more interesting where the glare comes from and why we recommend blocking blue light on devices. The glare most of us experience from our devices is secondary to how our eyes react to the device itself. When you are looking at your cell phone, you blink two- to three-times less often than you do looking around outside. If you're zoned in, such as on a spreadsheet, you then can increase that to 10-times less.

When you blink less, your eyes dry out. There is a thin layer of tears normally on your eyeball. We call them your base tears. Base tears have two thin extra layers. On bottom is the mucous layer that acts as the glue for your tears. On top, a very thin oil layer helps to keep your tears from evaporating. The remainder of the base tears is the same as the tears we cry with, almost entirely saline. Saline evaporates very quickly. The oil layer that combats the evaporation is released from your eyelids. Blinking less means you have less oil in your tears and they evaporate at an alarming rate, causing glare.

For kids, you should limit screen time as much as possible to avoid them developing dry eye syndrome. Blue light glasses aren't treating or protecting them, but they are reducing the symptoms of their dryness. Yes, we are seeing dry eye syndrome in teenagers and college age where we didn't see that 10 years ago. It's much better to train your kids to take breaks from screens. If they have to be on the device, they need to take breaks every 20 minutes and look at something not electronic as far away from them as possible. We call it the 20/20/20 rule — every 20 minutes for 20 seconds look 20 feet away.

As a parent, sometimes you're faced with the choice between your own sanity and screen time. Remember, dry eyes can be treated, so please choose your sanity. ■

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





## HEALTH

Dr. Laura Myers, MD FAAD

### ITCH. Scratch. Repeat.

If the cold blustery winter weather has you suffering from itchy, scratchy skin, here are some tips to remedy that winter itch.

- Keep the bathroom door shut when you're showering. Building steam reduces dry air in the room and adds moisture to your skin.
- Limit showers and baths to under 10 minutes.
- Use warm rather than hot water.
- Wash with a gentle, fragrance-free cleanser.
- Apply enough cleanser to remove dirt but not so much that you see a thick lather.
- After bathing, gently pat your skin dry and seal in the hydration by slathering on a generous amount of moisturizer while skin is still damp.
- Apply a moisturizing cream to the hands after every hand washing.
- Choose non-irritating clothes. If you must wear wool or other scratchy fabric, wear cotton or silk underneath.
- Use laundry detergent labeled "hypoallergenic." These soaps contain fewer fragrances and harsh ingredients that can irritate skin.
- Use a humidifier while sleeping. It will add moisture to the air, which can soothe and hydrate dry skin and lips.

If these DIY tips don't provide relief, you may have a medical condition like eczema or psoriasis that require care from a board-certified dermatologist. ■

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



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## HEALTH

By Dr. Emily Hogle

### DO YOU need an MRI?

A common question you may be asking after struggling with low back pain is "Do I need an MRI?" MRIs are designed to show detailed images of the spine and surrounding structures. Some of the most commonly seen low back MRI results are "mild degenerative changes at L4-L5" or "slight disc bulge at L3-L4." However, a lot of people with or without low back pain could have these findings.

Have disc degeneration: 37% of 20 year olds; 80% of 50 year olds; 96% of 80 year olds.

Have disc bulging: 30% of 20 year olds; 60% of 50 year olds; 84% of 80 year olds.

From this, we can conclude that, a lot of times, these findings can have little to nothing to do with the symptoms you may be experiencing. It is only when the clinical examination findings and the MRI match that it may be useful information.

Does this mean that no one with low back pain needs an MRI? Definitely not. MRIs for low back pain are warranted for various instances such as major weakness or sensory loss in the legs, bowel or bladder dysfunction, difficulties with walking or balance and physical trauma. The doctor may also order an MRI after failed improvement with physical therapy after six to eight weeks. ■

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



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## HEALTH

By Dr. Kari Swain

### ACHIEVING optimal function

Have you ever wondered how your body heals or knows the exact reaction to a threat in our immune system? The human body has an amazing ability to adapt, change and heal all on its own. This is called innate intelligence.

We are designed to develop and be healthy throughout our lifetimes. With innate intelligence, every cell of your body is connected and controlled through your brain and spinal cord. Your nervous system is the master communication network for innate intelligence. The brain and spinal cord, also known as the central nervous system, control all functions of the body by a process that sends signals from the brain via the nerves and then out to the body through the peripheral nervous system. It is vitally important for the body parts to always have communication and stay connected with the brain.

One important reason for this connection is for restoring, repairing and healing. We all need to be able to adapt to our ever-changing environment. Physical, chemical and emotional stressors cause the body to lose communication with that network, leaving us weaker and more susceptible to injury or illness because it isn't performing and supporting us optimally. The most common way for those signals to be disrupted is through misalignment in the spine.

Chiropractic is about restoring function. Better communication between the brain and body is our driving force. Chiropractic frees up those signals of innate intelligence to flow from your brain to the body, allowing us to properly develop, heal and achieve optimal function. ■

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



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## HEALTH

By Dr. Steven Neville

### ABOUT wisdom teeth

Wisdom teeth — or third molars — are the final teeth to develop in the mouth, usually in our late teens or early 20s. Not everyone has wisdom teeth develop. If you do, and they do not crowd other teeth or cause discomfort, they can stay and help with chewing. Wisdom teeth can erupt through the bone or not erupt at all, also known as impacted. When wisdom teeth do erupt and are not kept clean, the teeth can collect food and bacteria, possibly causing cavities, bad breath, infection or gum disease around the wisdom teeth. There is a specific X-ray taken in a dental office to show all the teeth, specifically wisdom teeth. It is called a panoramic X-ray. Wisdom teeth can be extracted by an oral surgeon or dental provider. The oral surgeon would be able to sedate you while a dental provider would just use local anesthetic to remove the teeth. Each will make sure you are comfortable and take their time to remove the wisdom teeth. Once the wisdom teeth have been removed, you will receive ice packs for your face, and you will be biting on gauze. Follow the at-home instructions, which will include soft foods, no straws with drinks, and recommended medications by your doctor. This will be the best road to a speedy recovery. If you ever notice your third molars collecting food, discomfort in the back of the jaw, or are interested in knowing if you have your third molars, let your dental provider know so they can provide you with information on wisdom teeth. ■



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



## BEFORE YOU GO

By Jan Shawver

### RESOLVE to care for future burial needs

"It made it so much easier for us..."

"Our loved one was so organized..."

"I am so glad they had everything taken care of..."

These are some of the comments we hear as we meet with families who have the difficult responsibility of burying a loved one. This daunting task is much easier on the family if that loved one has cared for their final arrangements long before they are needed.

How about you?

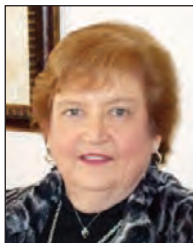
Will your family be able to make such comments when faced with making your final arrangements?

Do you want a casket burial or cremation? Public viewing and funeral service, a private graveside service, or no service at all? Military honors? Pastor/priest to officiate or an informal sharing of memories?

By pre-arranging, the choice is yours and takes the emotional and financial burden from your family.

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.



## HEALTH

By Monica Meier

### TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■

Information provided by Monica Meier, PhD, MS, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [meier@sstherapyandconsulting.com](mailto:meier@sstherapyandconsulting.com)



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## Bondurant Chamber of Commerce

### COCKTAILS & CONVERSATION

# Join us!

Bondurant Chamber members and those interested in joining the Chamber are invited to this networking event to catch up on what's going on in Bondurant, see some old and new faces, and tell us a little about your business.

**Thursday, February 9 5:00-7:00pm**  
Los Altos Mexican Restaurant

## CHAMBER By Alysia Webster

# NEW YEAR, new board members, plenty of events



Welcome to 2023. I feel like I blinked, and 2022 flew by. We are excited to kick off a new year in Bondurant. The great news is that our town continues to thrive and grow. There is a lot to be proud of in the community as we continue to add new businesses and watch our existing businesses prosper. We had some amazing leadership on our board in 2022. Thank you to outgoing Chamber President Leslie Brant, Bondurant Physical Therapy. Leslie did an outstanding job leading the board, and I want to thank her for all the energy and hard work she put in. I would also like to recognize our outgoing board members: Heather Byers with Brick Street Market & Cafe, Mark Densmore with Densmore Insurance and Tara Cox with Coldwell Banker Realtor. Heather contributed many hours to the chamber, both as the secretary and as a chair on the events committee. Mark has been on the board for three years and has given both his time and office space to the Chamber. Over the many years, Tara has been on the board of directors and served as the president. She has provided countless ideas and invaluable time and experience. We are thankful for all of the members and their time and effort.

We recently hosted our first Coffee & Conversation of 2023 at Somewhere In the Middle Coffee Shop. This event provides a great networking opportunity and the chance to learn from a local professional. Join us at our next casual networking event, Cocktails and Conversation, on Feb. 9 at Los Altos in Bondurant from 5-7 p.m.

Mark your calendars for our Chamber Annual Dinner & Award Celebration on Friday, March 3. The evening begins at 6 p.m. with dinner and refreshments. During the dinner, we will recap 2022 and honor the Small and Large Business of the Year, Organization of the Year and Business Person of the Year. Typically, we hold the annual dinner in January, but we are hoping to avoid the Annual (Chamber Dinner) Snowstorm that seems to happen every time we have had the dinner for the past three years running. We hope you can join us in March. The Bondurant Chamber holds a variety of events and networking opportunities in the community throughout the year. As a new or prospective member, I invite you to attend a Chamber event to see what we are all about. There are endless opportunities, and the benefits of being involved in the Chamber are truly rewarding. For more information on upcoming Chamber events, visit our website at [www.bondurantchamber.com](http://www.bondurantchamber.com). On behalf of the entire Chamber, we look forward to helping continue to make Bondurant a great place to live and work in 2023. If there is anything we can do to assist your business, contact me, Alysia Webster, Vision Electric, 515-957-9370, or our director, Kaylin. ■

Information provided by Alysia Webster, Bondurant Chamber of Commerce Board of Directors, Vision Electric, 515-957-9370.



## WHALE, Water, Whitney... and Pinocchio

If your holiday season was as busy as ours, you are likely way behind on your holiday movies. Let's jump right in and get you caught up.

**"DEVOTION"** (*probably heading to a streaming service near you*) You don't

see a whole lot of movies set in the Korean War, but this one is a real treat. It follows

a group of young pilots preparing for what seems to be an inevitable encounter with the enemy. The film is set in the southern U.S. One of the pilots is a Black man, so you do get the racial stuff, but this group of men rises above that and becomes a strong and effective strike force. Based on a true story. **Grade: B+**



**"VIOLENT NIGHT"** (*still in theaters and now streaming, too*)

This movie did surprisingly well at the box office as the competition all but cleared the deck for a few weeks. The real Santa finds himself in the middle of a violent family fight over money and has to save the day. This is more Bad Santa than Dear Old Saint Nick, so know that you are going into a violent and raunchy adult film. Moments of fun and humor but not enough. **Grade: D**



**"PINOCCHIO"** (*barely saw a theater and can be found on streaming*)

The man behind movies like "The Shape of Water," "Pan's Labyrinth"

and "The Devil's Backbone" brings his talents to a new, stop-action version of the classic tale. The filmmaking animation is amazing, but the story is dark and, at times, intense. A true lost opportunity. **Grade: C-**



**"EMANCIPATION"** (*Apple TV*) Another movie that did not find its audience, possibly due to the subject matter but more likely due to the Oscar

night slap across Chris Rock's face. Will Smith is excellent in this true story of a Black man in the south

after the slaves have been freed. Parts of our country did not choose to recognize that fact and continued to treat them as slaves, which led to a harrowing escape. Very well done and directed by Antoine Fuqua ("Training Day"). A tough watch for sure, but so well done. **Grade: A**



**"THE WHALE"** (*barely saw a theater, and I don't think is streaming yet*)

Director Darren Aronofsky has given us some very challenging films ("Pi,

Mother!" and "Requiem for a Dream"), and he does so again here. Brendan Fraser put on the pounds and is getting Oscar buzz for his turn as a lonely, horribly overweight teacher who is on a serious downward spiral. Not a happy film, but it's hard to not watch Fraser's tremendous performance. **Grade: B+**



**"AVATAR: THE WAY OF WATER"** (*in theaters only, including the IMAX in 3D*)

This is the sequel to James Cameron's sci-fi classic about life on the moon Pandora. For three and a quarter hours, I watched in amazement as the most visually stunning film I've ever seen unfurls its continuing saga. How can you have this great-looking film but one of the weakest stories I've seen all year? It could have been great but settles for just good. **Grade: B**



**"WHITNEY HOUSTON: I WANNA DANCE WITH SOMEBODY"**

(*in theaters now*) A rousing and, at times, surprising look at the life and times of the legendary singer known simply as The Voice.



The acting is really good, the music is fantastic, and both Sue and I loved it. **Grade: B+**

**"GLASS ONION: A KNIVES OUT MYSTERY"**

(*streaming now*) I'm on the record as not being a fan of these Agatha Christie-type murder mysteries. "Glass Onion" did nothing to change that opinion. Run of the mill at best, and a waste of great talent at the worst. **Grade: C+**



**"BABYLON"** (*in theaters*) Damian Chazelle has

given us two great films, "Whiplash" and "La La Land," but he got out over his skis in this look at the

decadence and depravity of early Hollywood. More nudity than I've seen in a movie in a long time and more than its share of violence, too. At times brilliant, but too often also disturbing. Brad Pitt and Margot Robbie manage to rise above the material, but it's a tough recommend. **Grade: C+**



**"PUSS IN BOOTS: THE LAST WISH"** (*in theaters*)

A sequel to the 2011 family film with excellent voice work again by Antonio Banderas and Salma Hayek. It seems that Puss has exhausted eight of his nine lives, and it changes his outlook and approach to life... until it doesn't. Great fun for the whole family and very creative writing. **Grade: B+ ■**



Michael C. Woody has been reviewing movies on radio and television since 1986 and can be heard talking movies every Wednesday afternoon at 2:30 p.m. on KXn0 106.3 with Keith Murphy and Andy Fales. You can also follow him on Twitter @MrMovieDSM.





## OUT & ABOUT

# RESIDENTS' Choice

Residents' Choice certificates were delivered to Bondurant "favorites" in the annual poll.



Kasey Leigh Dance Studio



Dr. Stephanie Timm and Dr. Renee Conley with Bondurant Animal Clinic



Jill Sanders and Emma Bruce with Bondurant Community Library



Laura and Randy Lacin with Home Slice Handmade Pies



Will, Matt, Julie and Izzy Sillanpaa, Beth Grosc and Jamie Baas with BrickHouse Fitness



Tony Miesner, Andrew Glann, Keith Williamson, Cody Morgan and Ryan Borland with Williamson's Repair & Tire



Angel Stiles, Crystal Sinclair and Lisa Hildman-Gunderson with Hypsie Salon (not pictured, Jimmy Hoopes)



Shyanne and Dan Clark with Dayton, Dakota and Danika with Clark Candle Co. & Market



# OUT & ABOUT



Matt Wonderlin, Joe Morton and Matt Knutson with Frontline Lawn & Landscapes



Dr. Leslie Foley Brant, Cindy Fyfe, Julie Asher and Dr. Emily Hogle with Bondurant Physical Therapy



Dr. Rocky Reeves with Chiropractic Associates



Dr. Amanda Korth with Prairie Vision Center



Laura McNichols with Bondurant Community Foundation



Kaylin Von Ahnen with Bondurant Chamber of Commerce



Glen Hanson with Cross Point Family Church of Bondurant



Amanda Svoboda with Little House on Main



Jennie Tran with The Nail Boutique



Nick Stanley with Schnurr & Company, LLP



Lindsay Schaper and Haley Dotson with The Bird's Nest



Staff at Reclaimed Rails Brewing Company



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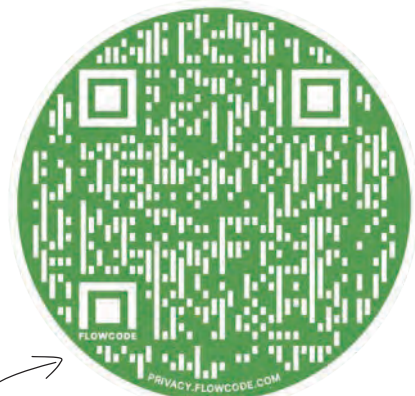


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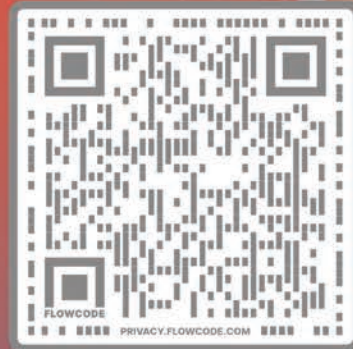
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My greatest joys are my husband Adam and our three amazing kids. I love garage sales, roadside finds, interior design, and DIY gone right. I see myself as passionate, driven, and persistent. I am ecstatic to be a part of the PCA team!



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