BONDURANT

MARCH 2023

MAGAZINE



REAL OF THE REAL O

Residents share how they were inspired to follow a loved one's path

Meet Sarah Teeselink EDUCATION

Jalapeño sweet potato chowder RECIPE

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WELCOME

DIFFERENT paths but common footsteps

My father and my uncle owned a gravel and excavation company. Dad was quite proficient with heavy equipment and could eyeball projects to near perfection even without today's technology.

Despite my childhood dream of being a helicopter pilot, I learned quickly that operating heavy machinery was not part of my skillset. It wasn't because Dad didn't try to teach me. I simply wasn't a very good student.



I remember the first time Dad had me back the

dump trucks into the shop — with a one-inch clearance on either side. He thought I would be so proud of myself for doing this. I thought he was going to murder me if I clipped the mirrors off. After about 10 tries, I gave up. He was more disappointed than I was, but he made me keep trying.

We would also dig basements under existing homes. The process of jacking up a home to do this was fascinating, but it came with obvious risks. Large railroad bridge girders were used to support the home while we worked beneath it. I would chain the girders while Dad would slowly move them in place with an excavator. While once motioning Dad to lower a girder, I forgot to motion my feet to get out of the way. I feared I was in trouble. He feared he crushed my feet. The bruises healed, and I got a new pair of steel-toed work boots out of the deal.

I often wondered why, even to this day, I don't enjoy operating heavy machinery. I have learned that much of it deals with my obsession with perfection and my fear of damaging things, especially on a large scale.

As a result, I never learned to fly a helicopter, and I limit my equipment usage to motorcycles and riding lawn mowers. Even so, I learned much from my dad about how he ran his business, and I use many of those guiding principles to run my business today. We chose different paths, but we had common footsteps - and I still own a pair of steel-toed work boots, just in case.

In this month's magazine, we share examples of local residents who did follow in their parents' footsteps, continuing the family business or furthering the chosen career. I hope you enjoy their stories as much as I do.

Aaron Burns

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Thanks for reading.



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Growing up, Breck Briley spent a lot of time in her mom, Sarah Brown-Briley's, salon chair getting her hair styled. Breck followed a similar path, studying esthetics at the same school her mom attended.



IN THEIR

Residents share how they were inspired to follow a loved one's path

By Chantel Boyd

Whether it's watching Dad working on a car engine in the garage, eagerly waiting for a chance to use a wrench; admiring Mom's handiwork as she cleans and bandages that nasty cut on a sibling who fell from a tree; or helping Grandma or Grandpa milk cows, combine beans or stack hay bales, children are often only a step behind that special role model, eagerly wanting to be "just like" him or her. While some find new passions and interests to lure them to new paths to explore, many are inspired to continue in the footsteps they followed in their childhood.

A concrete foundation

William "Billy" Behle Jr. remembers his dad starting to involve him in his work when he was 6 years old. Billy's dad, William "Bill" Behle Sr., took him to job sites and let him sit with him as he operated heavy equipment.

Once Bill Sr. started in the concrete industry, he brought Billy along for early-morning concrete pours. Billy began to pick up his skills along the way.

Bill Sr. bought Terry's Quality Concrete in 2008 from a long-time friend of his whom had purchased it from the company's originator, Terry Simmons. Terry's name stuck with the company for its well-known reputation for providing quality craftsmanship.

Billy was interested from a young age in being a business owner like his dad.

"Watching my dad run his own company, I knew working for myself in an industry I was interested in was something I could get on



Billy Behle and his younger brother, Brandon Behle, operate Terry's Quality Concrete, which their father purchased years ago.

board with."

Billy is proud of what his company does for the community.

"Some projects are not big, but we treat each one like it's the most important, elaborate job of the year," he says, adding that he doesn't take his clients' trust in his company for granted.

"They are driven to acquire our services,



William "Billy" Behle Jr. remembers going to job sites with his father when he was a child. Now, he is sharing those same experiences with the next generation.

to solve their 'pain point,' and they trust us to come into their home. So we don't take those opportunities lightly."

Bill Sr. sharing his industry knowledge with Billy gave him his most significant advantage. "Opportunities to learn from my dad's

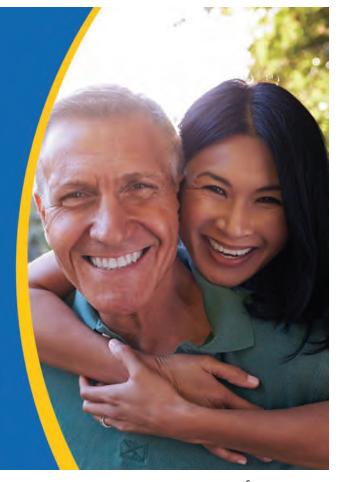


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business lessons, and his willingness to be an open book regarding the truths about owning and operating your own small business, were a huge advantage for me. I value and appreciate this. I didn't have a fear of the unknown. I had a great teacher."

Billy's advice for others looking to get into their family's business is to "ask questions, then do all the work, even the uncomfortable stuff. Get to know every aspect of the business to ensure you enjoy it. Use your parent's knowledge as a foundation but continue to educate and expand your knowledge and ideas in your company's service field."

Billy acknowledges that Bill Sr. made the work look easy because he genuinely enjoyed his work. He is following his legacy because of this passion.

Billy has many fond memories working with his dad, but one stands out. Bill Sr. was helping build the Jordan Creek Mall in West Des Moines, and he brought Billy along.

"My dad brought me to work, and we started by pouring some concrete. Then my dad put me in a backhoe and told me to drive around the site, taking any scrap materials from the workers and putting them in the dumpsters. I was just a teenager. The looks I got from the workers — I'll never forget those. I told so many people I helped to build the new mall."

The legacy continues. Billy's younger brother, Brandon Behle, has worked full-time with Terry's since 2019. Both are committed to growing and continuing the company. When Bill Sr. retires, Billy plans to take it over and continue working alongside his younger brother.

Looking their best

Since she was a little girl, Breck Briley of Bondurant has been around beauty salons, even when she was at home. Breck's mom, Sarah Brown-Briley, had a salon, Sculptures by Design, built into their home when Breck was 3.

Mornings at the Briley residence were typical of the average family — except for the hair styling.

"I would sit in my mom's chair that spun, and she would do my hair before school or an event. I thought this was a 'normal' routine for years until I was old enough to have friends over," says Breck, who often heard how "cool it



Like her mom, Breck Briley graduated from Iowa School of Beauty.

was to have this salon addition to the house."

Little did Breck's friends know that she was not really interested in hair when she was younger. But her parents, Sarah and Jeff, still instilled in her the idea of "Look good, feel good."

Later, "Look good, feel good" would become her business motto. She now passes that



pride in esthetics on to her customers.

"I value showing up for myself and looking good, and I want my clients to feel that same way leaving an appointment. Growing up with this confidence pushed me into the field of esthetics."

Sarah graduated from Iowa School of Beauty (ISB) in 1988, earning a license in cosmetology. Thirty years later, Briley graduated in esthetics from ISB through an alum scholarship in 2018.

Breck says she wanted the lifestyle her mom enjoys.

"I value my mom's confidence, flexible schedule, ambition, passion and empathy," she says.

Breck established her business, Breck's Beauty Artistry LLC, in 2021. Her salon is located inside the Aleya Salon in Newton. She says the business allows her to pursue her passions, adding that she followed in her mom's footsteps as a business owner because she wanted a workspace where she could be her authentic self. She enjoys having genuine conversations with clients and creating relationships with them.

Breck's advice for anyone following in a parent's footsteps is to follow through.

"Your parents already set the tone — the example for you to follow. It is up to you to take what you have observed and do it, too."

Breck admits she's still not as passionate about hair as her mom. Still, she is passionate about applying makeup and lashes for her clients.

"We can be happy and successful while making others feel good about themselves," she says. "It doesn't matter what service you offer, just if you send a client out the door more confident than when they walked in."

Mail and horses

Leann Nelson has worked for the Bondurant Post Office for 15 years. Before her, her mom, Becky Fuller, worked for the post office for 26 years.

One year after graduating from Bondurant-Farrar, Leann was encouraged by her mom to apply for a job at the post office.

A few years later, mother and daughter encouraged the other daughter in the family, Emily Martin, to apply. For a short time, all three were working for the Postal Service. Becky retired in November 2022, Leann became a senior carrier, and her sister became a junior carrier.

All three are also active in the horse community. Leann and Emily's parents, Becky and Don Fuller, raise and show paint horses.

Leann boards a few horses she shares with her four kids, ages 6, 5, 3 and 2. Emily also participates in shows, and her husband participates in team roping at rodeos.

Between their common careers and their enjoyment of equine activities, Leann is close to her mom and sister, and they spend a lot of tir

they spend a lot of time together.

The career and hobbies go hand in hand for Leann and her family, she says.

"Working at the post office really works well with all of our horse hobbies. I think that's why my sister and I ended up there. Watching my mom work a full-time job, but being home early enough to enjoy her passion for the horses and the farm, is what got me interested in being a rural carrier also."

Leann acknowledges that it's a difficult job at times, both physically and mentally, but so is having a farm.

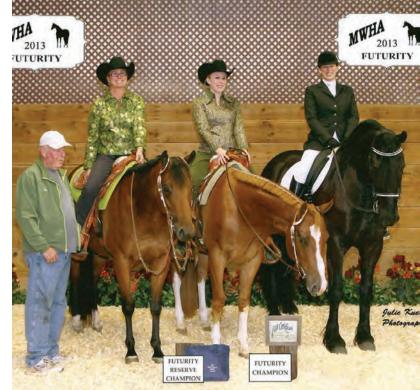
"You almost just have to be geared for it. It's for people who are always on the go, which my mom, my sister and myself always are."

Leann adds that she and Emily feel lucky to have parents who are "extremely hard-working and selfless people."

Leann acknowledges that it has not always been easy working together.

"If you talk to the front desk staff if you come into the post office, they will all tell you some days it was hard to work with a mother and her two daughters; we definitely had some family feuds over the years, and they have learned more about horses than they would ever care to know!"

Leann also admits that she, and everyone at the post office, misses working with her mom, Becky. The customers miss her, too.



Another passion that Leann Nelson, Emily Martin and Becky Fuller share is raising and showing horses.



Leann Nelson followed in her mother's footsteps to work as a rural mail carrier.

"I know my sister and I must keep working hard to have the same relationship with our customers. We all three love this job and serving the community."

Now, Leann's oldest daughter, Lillian, who is in kindergarten, wants to follow her mom's and grandma's footsteps. During her preschool graduation, students shared what they wanted to be when they grew up.

Lillian's answer? "I want to be a mail carrier like my mom."



"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." (1 Peter 2:24)

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FAITH By Trevor Pinegar

PASTORS are not so bad. Give them a try

Give us a try. We're not so scary. My job, as I see it, is to pray for God's direction in my life and, when he presents opportunities, take advantage of those opportunities. How can I best do that work? Caring enough about people to invest time in them, listen to them, and, when asked, connect them with God according to the Bible. I try to be a good listener, approachable and compassionate to all people.



Oddly enough, my work is largely not of my own doing. I can put in a 168-hour work week and still never save someone. My prayers are that God calls people to himself and that whatever I share with people on God's behalf is accurate and honors Him. You are loved and, if you're reading this thinking you would really benefit from talking with a pastor, just know that God is pursuing you.

In the book of John, Jesus says, "No one can come to him unless the Father draws them" (6:44). So, in reality, God brings people into my life who want to know more about spiritual things. When they submit to the God, confess with their mouth, and believe in their heart, they are saved by God (Romans 10:9). Which means that I do very little. Nice work if you can get it!

So, let me set the record straight. As a pastor, I don't convince you to talk with me. When you talk with me about your faith, I don't judge you because I'm not called to be the judge. And if you desire to be saved and we lead you to the Lord, God does the saving while I simply watch. Being a pastor is the easiest job in the world.

So, what do we want from the people we talk with? Receptive hearts. Jesus tells a parable about soils in which he shares four responses to hearing the message of God (Matthew 13, Mark 4, Luke 8). The four responses are: close minded, shallow, influenced and, finally, receptive/open minded. When people hear that God loves them and wants them in his family forever, they have choices.

Oh, we want one other thing... sinners! We want sinners, people who are honest about not being perfect. There is only one perfect person in the kingdom of God, and it's Jesus.

We pastors are not so scary, give us a chance.

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

March 2023

A FORK IN THE ROAD

Due to the cost of infrastructure improvements and treatment and increasing demand for water supply, over the past few years there have been discussions amongst several cities (including Bondurant) Des Moines Water Works, and West Des Moines Water Works related to a regional water utility or regional water governance. Parallel to those discussions, the City has been exploring the possibility of producing and treating water independently again. The City is pursuing a water facilities study to determine the feasibility of producing its own water, which could give the City as much direct control over costs as possible. Preliminary results are proving to be very encouraging. The City is approaching a fork in the road where a determination will need to be made. There are major capital investments on the horizon, regardless of which path is pursued. Find full details on the city's website.

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.

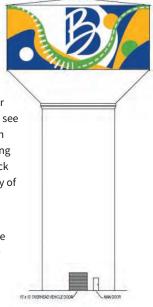
BONDURANT'S CREATIVE WATER TOWER PUBLIC ART PROJECT

As the City of Bondurant moves forward with the construction of a water tower, the City Council determined that the location lends itself well to become a gateway branding opportunity. The Bondurant City Council TITLE

hired Group Creative Services to petition the design of three artists for a water tower public art project. The water tower will be located along NE 88th Street.

Marketa Oliver City Administrator of Bondurant acknowledged the water tower public art project on LinkedIn, "Excited to see our water tower become a reality and with fantastic art on it, it will be a beacon, letting travelers on I-80 know to stop by and check out all the great things going on in the City of Bondurant!"

The City wishes to thank Group Creative Services and artist Jennifer Leatherby. The water tower will begin construction in the summer 2023.



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**

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

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 - gsalr.com"

Celebrate art and turtles with Kids Create on Friday,

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 vour team on the City's website.

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 please 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 the residents that pay for trash services. You may need to ask your property manager if you qualify to participate.

BABYSITTING BASICS

All students in 5th grade and above are invited to attend the 4-H Babysitting Basics program. Babysitting is an important job and can sometimes be scary if you don't know what to expect. We'll cover all the skills to help you be successful on the job! Find more details and submit your child's registration on the City's website.

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LIBRARY By Michell Klinker-Feld

ENJOY spring activities



We've been given a few brief glimpses of warmer weather to come, but spring is here, and surely the warmth is here to stay. You may be thinking about getting out of the house, breathing fresh air, and taking the family for an outing. You should consider the Adventure Pass program here at the library.

This service is available to our patrons who are residents of Bondurant and of rural Polk County. These patrons can use their Bondurant Community Library card to "check out" a family pass to several Des Moines area venues. These include Blank Park Zoo, Des Moines Children's Museum, Greater Des Moines Botanical Garden, Reiman Gardens, and Science Center of Iowa. To do this, just visit the library's website and click on "Services." The Adventure Pass is the first option. A patron may use an Adventure Pass once per venue per year. That equals five family adventures per year. And all are included with your library card. Call the library if you have any questions about this service. We are happy to help get your family out there.

Here is what's happening at the library in April:

• 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.
- Adult Exercise Classes: Mondays and Thursdays at 9 a.m.
- April 1: Stitch and Chat, 10 a.m. to 4 p.m.
- April 2: Teen Craft Event, 3 p.m.
- April 3: After-School STEAM play, 2:30 p.m.
- April 4: Bound Together Book Club (grades 3-5), 6 p.m.
- April 5: Pokémon Club, 3:45 p.m.
- April 8: Family Story Time, 10 a.m.
- April 10: After-School BINGO, 2:30 p.m.
- April 11: Book Discussion for Adults, 6 p.m.
- April 12: Coloring at Reclaimed Rails, 5-7 p.m.
- April 14: No-School Movie, 1 p.m.
- April 17: After-School Activity, 2:30 p.m.
- April 18: Books on Tap Book Discussion at Reclaimed Rails, 6 p.m.
- April 18: In the Middle Book Club (grades 6-8), 6 p.m.
- April 20: Third Thursday at Hoover's, 6 p.m.
- April 24: After-School Movie, 2:30 p.m.
- April 25: Guest speaker Jeff Stein, 6 p.m.
- April 25: Inspired Minds Book Club (grades 9-12), 7 p.m.
- April 29: Alternative Prom, 6-8 p.m.

EVENTS IN THE AREA

Be sure to check for cancelations.



Doggie Easter Egg Hunt

Sunday, April 2, 1-2 p.m. Check-in is 12:30 p.m. Pawtocka Dog Park, 520 Pleasant St. N.E., Bondurant

Hidden throughout the Pawtocka Dog Park will be Easter eggs filled with dog treats. Register at http://events. constantcontact.com/register/event?l lr=u5gpoh4ab&oeidk=a07ejndfrym7 67486d8. Submit your fee at https:// www.municipalonlinepayments. com/bondurantia/

easypay/3OEh5tEyO0KozPH1ZeAEaw/ doggie-easter-egg-hunt. When your dog touches the plastic eggs with their nose, into your basket it goes. Once all the eggs have been found, enjoy a dog walk along the Lake Petocka Trail.



Craft and Vendor Show 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.

'Old School, New School' Through March 31 Polk County Heritage Gallery, 111 Court Ave., Des Moines

"Old School, New School: An Exploration in Printmaking" will display work from 10 Iowa artists, as well as a display of printmaker toolers. The exhibit is curated by Robert Schulte. The gallery is open 11 a.m. to 4:30 p.m. on weekdays, located in the Polk County Administration Building. Details at www. polkcountyheritagegallery.org.

Keep Bondu Beautiful

Saturday, April 22, 9-11 a.m. City Hall, 200 Second St. N.E.

April is "Keep Iowa Beautiful Month." Help keep Bondurant tidy and celebrate Earth Day together. Community projects during this month encourage Iowans to build pride and respect in making their communities better places to live and work through beautification, cleanup and recycling activities. For more information and registration link, visit https://www. cityofbondurant.com/home/events/64081. Pre-registration is required for all volunteers.

Prizes will be awarded for the following:

• Show us your Team Spirit: Wear a team T-shirt, costumes, or anything to show you have spirit.

• Earn the Bigg Buttowski for most cigarette butts collected.

• Snap a pic of your Best Selfie or show us your unique find for the Finders Keepers recognition.

• Ye Olde Bag recognition can be won by collecting plastic grocery bags.

PRE-GAME CATCH (SAT) FUN FOR THE WHOLE FAMILY FUN FOR THE WHOLE FAMILY

Citywide Spring Cleanup

Saturday, May 20, 8 a.m. to 5 p.m.

Spring Cleanup is an opportunity to eliminate unwanted trash that won't fit in your garbage cart or may require a large item sticker. Examples include a couch, desk, lamp or chair. When you're considering getting an item out for Spring Cleanup, ask yourself: Can two people lift it? Is my pile smaller than the bed of a pickup truck? Following the guidelines will help maintain consistent garbage rates, keep everyone safe and support continuation into the future.

So, what are the guidelines? Besides the two items already mentioned, here's what not to place at your curb for Spring Cleanup:

• Appliances, TVs, computers (purchase a large items disposal sticker at City Hall for TVs, computer monitors, and appliances).

• Tires — take to the Public Works Maintenance Shop at 306 First St. N.W. on Saturday, May 20, 8 a.m. to 5 p.m. (Limit five tires per household and no businesses.)

• Hazardous Waste (Take these items to the Metro Hazardous Waste Drop-Off located at 1105 Prairie Drive S.W., Bondurant. TVs, computers, and paint are recycled for a fee)

Find more specifics by visiting www.cityofbondurant.com/publicworks-department/pages/citywide-clean. Only residents enrolled in city services (trash services through the City of Bondurant) are eligible to participate. If you have questions about your neighborhood, call City Hall at 515-967-2418.

INVESTMENT By Andrei J. Murphy

NAMING a trusted contact

When you open an account or update an existing account at a brokerage or a financial firm, you may be asked if you want to designate a "trusted contact." This individual may be contacted in certain



situations, such as when financial exploitation is suspected or there are other concerns about your health, welfare or whereabouts. Naming a trusted contact is optional but may help protect your account assets.

The person you name as a trusted contact must be at least 18 years old. You'll want to choose someone who can handle the responsibility and will always act in your best interest. This might be a family member, close friend, attorney or third-party professional. You may also name more than one trusted contact.

Understandably, you might be concerned

that the person you name could make transactions in your account, but that's not the case. Your trusted contact will not be able to access your account or make financial decisions on your behalf (unless you previously authorized that person to do so). You are simply giving the financial firm permission to contact the person you have named.

Here are some examples of times when a financial firm might need to reach out to your trusted contact:

• To confirm current contact information when you can't be reached

• If financial exploitation or fraud is suspected

• To validate your health status if the firm suspects you're sick or showing signs of cognitive decline

• To identify any legal guardian, executor, trustee, or holder of a power of attorney on your account

A firm may only share reasonable types

of information with your trusted contact. U.S. broker-dealers are required to provide a written disclosure that includes details about when information might be shared. Ask your financial firm or professional if you have any questions about the trusted contact agreement.

You may add, remove, or change your trusted contact at any time, and you need to keep your contact's information up to date.

Be sure to notify the person you have chosen and make sure he or she is comfortable with the role and prepared to help if necessary.

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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President

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RECIPE

KICK winter's chill with hearty chowder

(Family Features) Colder, shorter days call for a little comfort. Cozying up with a hearty meal on brisk winter evenings can help fight off the chill while savoring favorite flavors alongside the ones you love.

Avoid venturing into the cold for a trip to the store by turning to a pantry staple like sweet potatoes. As one of the most versatile veggies, they're easy to add to a variety of recipes while enhancing both flavor and nutrition. Perfectly suitable for both simple and elevated dishes, they can be baked, microwaved, grilled, slow cooked or prepared on the stove so their sweet taste never goes out of style.

Their long shelf life — up to four weeks if stored properly in a cool, dry, well-ventilated area away from heat sources — means you can rely on sweet potatoes throughout the winter as an on-hand ingredient. Additionally, as a "diabetes superfood" according to the American Diabetes Association, they're rich in vitamins, minerals, antioxidants and fiber, all of which are good for overall health and may help prevent disease, making them a key source of nutrients during wintertime.

When your family needs a warm-up on those frosty days, put sweet potatoes at the center of mealtime (with an added kick) in this jalapeño sweet potato chowder. Loaded with the flavors of winter comfort, it's a filling meal that makes enough for a crowd so no one goes hungry.

Visit ncsweetpotatoes.com to find more comforting meal ideas.

Jalapeño sweet potato chowder

Recipe courtesy of the North Carolina SweetPotato Commission Servings: 6

- 2 large North Carolina sweet potatoes, baked
- 1 small onion, 1/4-inch diced
- 2 tablespoons olive oil
- 1 quart chicken or vegetable stock
- 2 cups cooked chicken, cubed
- 1 1/2 cups whole corn kernels
- 2 teaspoons minced jalapeños
- 1/2 cup heavy cream
- 1 teaspoon salt
- chopped scallions, for garnish

DIRECTIONS

- Peel baked sweet potatoes; discard skin and puree.
- In soup pot, sauté onion in butter until softened. Add



pureed sweet potato and stock, as desired. Bring to boil, reducing liquid slightly.

- Add chicken, corn, jalapeños, heavy cream and salt. Simmer 10 minutes.
- To serve, ladle into bowls and garnish with chopped scallions.





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BONDURANT-FARRAR WINS 58-55 OVER THE XAVIER SAINTS ON FRIDAY, MARCH 10.

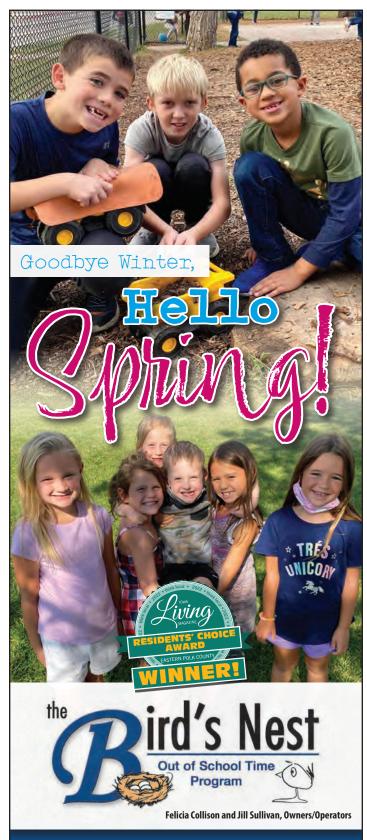
Twenty-six years after their last championship, the Bondurant-Farrar Bluejays claim the top in Class 3A with an outstanding 26-0 record. The Bluejays completed the rare performance of going undefeated, the first 3A team in 17 years and the tenth team in Class 3A history to do so.



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EDUCATION By T.K. West

MEET Sarah Teeselink

TAG projects urge creativity in learning.

Sarah Teeselink and her family moved to Iowa after her husband retired from the United States Air Force. Prior to teaching, Teeselink was also in the Air Force and a stay-at-home mom. She completed her teaching degree through Buena Vista University the year her youngest child started kindergarten. She is now in her 13th year of teaching, 10 of which were as a K-12 TAG (talented and gifted) teacher in a small rural district. She recently joined the Bondurant-Farrar Community School District as a substitute teacher before joining the



Sarah Teeselink teaches fifth- through eighthgrade TAG and enjoys seeing the growth students make year to year.

district as a TAG teacher this school year.

"Bondurant-Farrar has a small-school feel even though it's a large district. It's the best of both worlds," she says. "I also really appreciate the positivity in the district. The staff really comes together to work to meet the needs of our students."

Teeselink works with students in grades 5-8. She begins each day at the Bondurant Junior High School and finishes at the Bondurant Intermediate Building. All of Teeselink's students have written novels this year. For many of her students, that was their first long piece of writing.

"Students in these grades are a lot of fun. I like that I get to see the kids go through a lot of life changes. By the time they get to eighth grade, they are really thinking about their futures," Teeselink says.

In addition, her fifth-grade students have worked on a project with a partner school at an unknown location in the U.S. Each class is creating artifacts they will send to one another. These artifacts serve as clues to lead them to solve the mystery of where in the United States the other school is located.

Her sixth- through eighth-grade students have also been working on The United States of Mini Golf. For this project, students researched a state and created a miniature golf hole using materials such as cardboard and paper to replicate important things about that state. Some landmarks have included the Gateway Arch, Fort Sumter and the Indy 500, to name a few.

"The most rewarding thing for me about education is playing a role in helping kids love to learn. I also really enjoy seeing kids conquer a task that seemed really hard at the beginning," Teeselink says.

When not teaching, she enjoys traveling with her husband, who is also a teacher. She only has three more states (Oregon, Utah and Delaware) to visit before she's seen all of the United States. Their two children are now grown and serving in the Air Force.

News from the BONDURANT-FARRAR

COMMUNITY SCHOOL DISTRICT

March 2023

Student Choice Through Out of the Box Offerings

When students take charge of their learning by pursuing topics of interest, they are more engaged, highly motivated, and their learning becomes more meaningful.

At the secondary level, Bondurant-Farrar educators are working to incorporate more opportunities for students to choose courses and subjects that match their interests.

Junior High Extension Courses

New this year, junior high students now have a unique opportunity to participate in several 6-week courses of their choosing to explore subjects that match their interests in a deeper way, beyond what they experience in the regular classroom.

These newly created extension courses are offered within the subjects of math, science, reading, social studies, and socialemotional learning, and include a deep-dive into topics such as space exploration, engineering design, anatomy, physiology, stress management, leadership, and hydroponics (pictured).



WE WANT TO HEAR FROM YOU

We'd love to hear your feedback!

Let us know what you think of these articles, topics you'd like to learn more about, or help us answer any questions you may have about our school district.



Career & Technical Education (CTE)

CTE refers to courses designed to prepare students for careers in current or emerging professions, and the offerings at Bondurant-Farrar continue to expand. At the high school level, students are able to explore career themes of interest while learning important technical and employability skills that complement their core academic studies.

Programs like agriculture, business education, industrial technology, and family and consumer science, continue to expand with more and more students enrolling in these courses. Additionally, many students capitalize on the opportunity to enroll in post-secondary offerings through Bondurant-Farrar's partnership with DMACC Career Academy.



Project-Based Learning at the High School

Jay Term is a new concept recently piloted at the high school for a two week period at the end of first semester in January. Six sessions were offered by select teachers who built projectbased courses that were closely tied to their curriculum, but were unique in their own way.

Sessions offered included nutritional health, brick and masonry (pictured above), mythology through a role playing game, agriculture products produced locally, social media advertising, and a fashion design project - all of which were designed to provide students with something new that supplemented their regular coursework. In the future, the goal is to continue to expand on the concept of Jay Term by offering increased project-based learning sessions to students.

Sparking Career Exploration & Personal Development

By incorporating topics not normally offered, Bondurant-Farrar students are charting their own path that aligns with their individual career interests. While on these unique paths, students are also improving their social-emotional awareness and cultivating important 21st century skills such as critical thinking, collaboration, communication, and creativity.

Contact US:

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



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THE IMPORTANCE of sleep

How would you like to get sick less often, maintain a healthy weight, reduce your stress level, and lower your risk for serious health problems? All it takes is one thing: get more sleep. Your health and the way you feel when you are awake depends significantly on what happens when you are sleeping.



According to the National Health, Lung, and Blood Institute, inadequate sleep can raise your risk for chronic health problems. Sleep affects

your heart and circulatory system, metabolism, respiratory system, and immune system. People who do not get enough sleep by either going to bed too late, getting up too early, or waking up multiple times during the night, have an increased risk of coronary heart disease, high blood pressure, obesity and stroke. Sleep enables our bodies to repair themselves and be ready for the next day.

Unfortunately, getting sleep becomes harder as we age. Our bodies produce less melatonin (the sleep hormone) as we age, which results in us waking up multiple times during the night, we wake up earlier in the morning, and we have a harder time falling asleep at night. Losing sleep is an annoying problem to have. There are a few things we can do to help improve our sleep as we age.

• Stick to a schedule. If we develop a more consistent sleep routine, by not only going to bed at the same time each night but following the

same nighttime routine such as having a cup of warm tea before bed, it can help train our body and mind that it is time for us to sleep. Assisting in that, avoid stimulating activities an hour before bed. Shut the TV off and get off your phone.

• Read a book or listen to quiet music. Keep physical activity a part of your daily routine. Regular exercise, as well as spending time outdoors each day, can help promote sleep. Hopkins School of Medicine has found that "the effects of aerobic exercise on sleep appear to be similar to those of sleeping pills."

• Reduce bedroom distractions. Prohibit electronics in your bedroom and create a space that lets your mind slow down and your body relax. Temperature changes can interrupt your sleep. Add optional blanket layers so you can add or throw off covers as you sleep. Practicing progressive muscle relaxation once you are in bed has been shown to help with sleep disturbances. Progressive muscle relaxation is tensing and then relaxing all of the muscle groups in your body. Also, I love a good nap, but if you are not sleeping well at night, naps are hurting you, not helping. If you are going to nap, try taking them in the morning or early afternoon.

Sleep is vital to our overall health. Make sleeping well a part of your self-care routine.

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



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SUPPORT of her community

Proper received love and care during cancer diagnosis

Stephanie Proper and her family moved to Bondurant seven years ago from Minnesota. Proper is originally from Newton and was familiar with the area, but they chose to settle in Bondurant for several specific



reasons. "One being it was

family receives from living in their home, their neighborhood, and Bondurant as a whole. close to work without

actually being in the city and, most importantly, we had heard great things about the community and the schools," Proper explains. "We wanted our kids to be a part of a smaller school district so they weren't just a number in a system."

Another reason the family chose Bondurant was because Proper's brother-in-law had recently retired from the military, and her sister, brotherin-law and their kids moved to Bondurant as well.

"I am very close with my sister, and we grew up spending a lot of time with our cousins," she says. "We wanted that same experience for our kids."

Today, Proper is involved within the community through the Bondurant Community Library Foundation Board and the Fine Arts Boosters.

One of the things that led the Propers to purchase the home they did is something that makes her chuckle when she shares it: the laundry room. It's located on the second floor and is an actual room, not a closet.

"But really, when we bought our home, our backyard was next to a field, and we loved being next to the open space," she shares. "We have had so much growth that the field is now houses, but we still love our home. It was also close to the high school, and we knew that, as our kids got older, it would be convenient to be close for different activities."

Proper adds that her sister and family live just a block away, and they love being near each other.

"We can sit on our front porch and have a cup of coffee and wave at my nephew playing in their backyard," she says.

Their neighborhood in general is great, too.

"We have really great neighbors, and the neighborhood is nice to walk in or ride bikes," she says. "It's safe. If my kids are out and about walking to a friend's house or riding bikes or whatever, I know there are other moms and dads that care about the neighborhood and the people in it keeping an eye out."

Those wonderful people continue to be found throughout Bondurant as well. Proper shares she was diagnosed with stage four cancer in 2021 and received so much support from the community.

Her girls' teachers and guidance counselors offered support to them after her diagnosis, and people dropped off meals and gift cards. Little House on Main has a mission to give back to the community each month, and the Svoboda family chose the Propers to receive that gift in the midst of her chemo treatments. Laura Lacina from Home Slice Handmade Pies brought them a pie. The list goes on.

"How many places can you say that a community is so supportive even the small business owners help you in your time of need?" Proper asks.

That's the essence of Bondurant.

BEFORE YOU GO By Jan Shawver

ARE YOU ever really prepared?

No matter how much you anticipate the death of a loved one, especially after a lengthy illness, you are never really prepared for that moment when that person takes their final breath — when they step from this life into eternity.

Twice in the past three months, I have been on the "other side of the table," as I had to say goodbye to a family member and a friend. Both times, illness



had robbed them of their quality of life, and we knew death was rapidly approaching. However, I was totally unprepared when the phone rang and I received the devastating news, "He/she is gone."

In both cases, the deceased had taken time years before to plan for this day, which made it much easier on the family - giving them time to grieve instead of scrambling to make funeral arrangements and difficult spur-of-the-moment decisions.

How about you? Have you taken time to make arrangements so your family can grieve when your time comes? Or will your family have to put their grief "on hold" while they scramble with the myriad of decisions that must be made within a very short time?

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

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





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Dr. Amanda Korth

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HEALTH By Dr. Amanda Korth

ALLERGIES and your eyes

Allergy season is upon us. The allergies affecting the eyes can be their own special brand of Dante's circle. The stereotypical presentation is watery eyes that are red and swollen, but the more common presentation is blurring that comes and goes. When your eyes react to allergens (pollen, dander etc.), their natural response is to flush it out and to wrap anything it can't flush in mucous. Unfortunately, mucous is difficult to see through, and, when it



flushes the eye, it tends to flush out your normal base tears, causing dryness symptoms. Dry eyes are also caused by the antihistamines we take to combat our allergies. If you have dry eyes, it tends to leave a smaller amount of tears in your eyes, which concentrates those allergens, leading to more allergy eye symptoms. A microscopic exam helps diagnose if it's more dryness or allergies.

Things you can do in your normal routine to help combat these symptoms are using artificial tears, OTC allergy drops (ketotifen or patanol are the best active ingredients) and making sure to wash to the base of your eyelashes when you wash your face. Putting drops in the fridge can help you know they got in.

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. Kari Swain **SUPPORTING** an active lifestyle

Sports are an excellent way to stay active and socially connected, but stress, strain and trauma to the body occur when the body isn't given the tools it needs to repair and restore. Often, minor injuries go unnoticed or untreated, and the accumulation of these traumas over time becomes more complex — adversely affecting health and mobility.

Chiropractic care helps support an active lifestyle and helps keep the body in optimal health. A thorough exam provides the chiropractor the information necessary to deliver specific chiropractic adjustments tailored to an individual's needs.

• **Proper movement and function** — Chiropractic adjustments restore motion to the spine and balance the hips and pelvis.

• **Prevent injury** — When the spine is in alignment, balance and proprioception is increased. Biomechanically, there is less chance of injury when the spine is aligned and movement is not restricted.

• Maximize performance — The brain communicates to all parts of the body through the nerves that are housed and encased in your spine, and the communication through those nerves determines how quickly and accurately your body moves and reacts. Spinal subluxations cause interference to the nervous system and inhibit communication between the brain and the body, resulting in slower reaction times and less accurate movements.

• **Increase respiratory function** — Nerve interference disrupts cardiovascular and respiratory function resulting in inefficient oxygenation and added fatigue.

• **Promote self-healing** — By keeping the body in a state of optimal health and nervous system function, healing occurs faster and more completely.

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

HEALTH By Dr. Steven Neville

TYPES of abscesses

Tooth pain is not fun for anyone. The pain can come from chewing, swelling, pressure, hot or cold drinks, or an infection. A tooth infection can also be called a dental abscess. An abscess is a swelling filled with a yellow fluid around the gums of the tooth or the roots of the tooth in the jaw bone. A gum abscess, which is around the tooth, is caused by food getting stuck between teeth or gum disease. A gum abscess can be treated with a gum therapy



cleaning that is more focused on renoving the bacteria around the tooth that caused the gum abscess. Tooth abscess, which is at the root of the tooth, is when the tooth's nerve is infected by a cavity, dying, dead or suffering trauma. Occasionally, a red or yellow pimple-like bump can form on the outside of the tooth, which is a visual sign of an abscess. This is the infection draining out of the side of the tooth. If the pimple-like bump is visible, visiting your dentist would be important for you to help prevent the infection from spreading, growing or losing the tooth. Regular check up visits with a hygienist or dentist and good dental care at home can help catch and prevent the two types of dental abscesses.

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



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HEALTH By Dr. Emily Hogle HEALING time for injuries

How long do injuries take to heal? The type of injury is one major factor in healing time. Four common types of injuries are strains, sprains, tendon injuries and ligament injuries. A strain is a stretch or tear of a muscle or a tendon. Common muscle strain injuries include a pulled hamstring or low back. Common tendon strain injuries include lateral epicondylitis (aka tennis elbow) or patellar tendinosis (aka jumper's knee). Tendinosis is chronic



or repetitive trauma, usually with no inflammation. Tendonitis is a term used to describe more recent trauma which still has inflammation. A sprain is a stretch or tear of a ligament. Ligaments connect two bones, cartilage, or hold a joint together while tendons connect muscles to bone. Common sprain injuries include anterior cruciate ligament (ACL) injuries in the knee or an ankle sprain. Here is a further breakdown to give you a general timeline on how long an injury may take to heal.

• **Exercise muscle soreness** = 0-3 days

• **Muscle strain:** Grade 1, 0-2 weeks. Grade 2, 4 days to 3 months. Grade 3, 3 weeks to 6 months.

• Ligament sprain: Grade 1, 0-3 days. Grade 2, 3 weeks to 6 months. Grade 3, 5 weeks to 1 year.

- Tendon injury: Tendonitis, 3 to 7 weeks. Tendinosis, 3 to 6 months.
- Bone injuries = 5 weeks to 3 months

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 Lance Andersen

MENTAL health issues affect men differently

What kind of prosocial masculinity will develop in a post-feminist world? Are we, as a society, embracing a positive vision of masculinity that is also compatible with gender equality? Yes, the highest rungs of society are occupied by men, but high school-educated men have not seen their wages go up since the 1970s. Modern numbers are revealing. Men account for 75% of "deaths of despair," either from suicide or overdose. Women report more mental health issues,



but men are 3.5 times more likely to die by suicide. Women now earn more bachelor's degrees than men. For every 100 women undergrads obtaining diplomas, 74 men obtain the same. Men have the same desires and needs during development as women, but our treatment and expectations can be quite different. While marriage was viewed as "oppressive," it provided an important place for men to fulfill their role along with connections to social life. We think young boys become tough through adversity, but this could be misguided. What do our boys need to hear and experience to become men who speak about the issues that confront them? We need to reframe how we define masculinity and embrace the notion that men can also HEAL (the counter to STEM) and invite them to grow into the fields of healthcare, education, administration and literacy.

Information provided by Lance Andersen, LMSW of SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, andersen@sstherapyandconsulting.com.

HEALTH By Dr. Laura Myers, MD FAAD **KEEP** your nails healthy

Our nail health can be a reflection of our overall health, which is why proper nail care is so important. Here are dermatologists' tips for keeping your nails healthy:

• Keep nails clean and dry.

• Cut nails straight across using sharp nail clippers. Round the nails slightly for maximum strength.

• Keep nails smooth by filing with an emery board.

- Do not bite fingernails or aggressively remove the cuticle.
- Do not use your nails as a tool (such as opening pop cans).

• Trim toenails regularly. Keeping them short will minimize the risk of trauma.

• When toenails are thick and difficult to cut, soak feet in warm salt water before trimming. Mix one teaspoon of salt per pint of water and soak for 10 minutes.

• Wear shoes that fit properly.

• Wear flip flops at the pool and in public showers to reduce the risk of warts and fungal infections.

• If your nails develop a change in color, swell around the nail bed or cause pain, see your dermatologist. These can be signs of serious problems. If you have questions, see 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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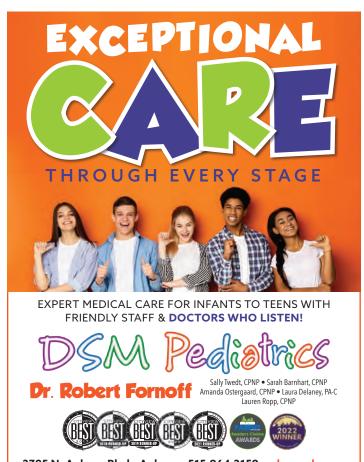




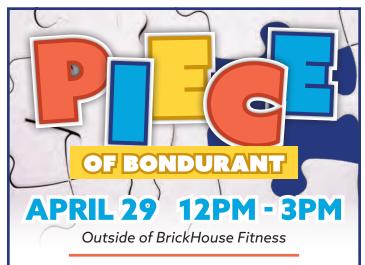
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CHAMBER By Kaylin Von Ahnen

APRIL events and annual award winners

The Bondurant Chamber is excited for this year's Piece of Bondurant event that will take place on April 29 from 12-3 p.m. outside BrickHouse Fitness. This family-friendly event is free to the public. Bondurant Chamber members and non-members are invited to set up a table like the farmers market. Businesses are invited to sell goods or just promote their business. There will be food and drinks available along with kid-friendly activities such



as a bounce house, plush zoo animal rides and face painting. A Piece of Bondurant showcases what we have locally. If you have any questions or are interested in setting up a booth, contact director@bondurantchamber.com. We hope to see you there.

Cocktails & Conversation is a great way to meet new people throughout the business community. Join us on April 13 from 5-7 p.m. at Reclaimed Rails for some drinks and networking. Cocktails & Conversation is open to members and those interested in joining. Catch up on what's going on in Bondurant. See some old and new faces and tell us a little about your business. Cocktails & Conversation occurs every other month on the second Thursday from 5-7 p.m.

If you have any questions about the Bondurant Chamber upcoming events, contact director@bondurantchamber.com.

The Bondurant Chamber would also like to give a huge thank you to everyone who came out to our Annual Dinner & Awards on March 3. Thank you to everyone who took the time to vote on some of your favorite businesses throughout the area. We are thankful for the business community that Bondurant has and are excited to see how much Bondurant can grow.

Our winners for the Bondurant Chamber Annual Awards include: Large Business of the Year: Off The Rails Quilting

Quote: "They have a broad presence among quilters. They have demonstrated their resilience over the past few years. They are engaging and put Bondurant on the map and minds for many quilters. I plan to shop there as I drive cross country on route 80!"

Small Business of the Year: Home Slice Handmade Pies

Quote: "I have watched this journey starting out with a simple Facebook post and a few videos. Every week, I would see the interactions with the local people. She's extremely engaged with creating a positive vibe."

Organization of the Year: Bondurant Community Library

Quote: "For a small yet ever-growing community, the library is a real asset. Their programs are great, and staff are so pleasant and welcoming."

Businessperson of the Year: Laura Lacina, Home Slice Handmade Pies

Quote: "Laura is deserving of being Businessperson of the Year, as she LOVES this community and truly is a cheerleader for the city of Bondurant. Laura is one amazing young lady, and I'm personally honored to know her."

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



out & about ANNUAL Dinner

The Bondurant Chamber of Commerce Annual Dinner was held at BrickHouse Fitness on March 3.



Annie and Brandon Dolin



Rich Powers and Jodi Brogan



Carrie Ratliff and Jeannie Sanger



Kaitlyn Miklus and Ben Proffitt



Cheri and Ross Sorensen



Jordan Oja, Justin Miller and Matt Harris



Justin Brant, Leslie Brant and Tiffany Luing



Chase Netusil and Clayton Netusil



Randy and Laura Lacina



Brad Pfaltzgraff and Eric Sanny

out & about ANNUAL Dinner

The Bondurant Chamber of Commerce Annual Dinner was held at BrickHouse Fitness on March 3.



Ann Van Thomme, Off the Rails Quilting, was awarded Large Business of the Year by Kaylin Von Ahnen, Chamber director. Photo by Ben Fuller



Laura Lacina, Home Slice Handmade Pies, was awarded Small Business of the Year by Kaylin Von Ahnen, Chamber director. Photo by Ben Fuller



Michell Klinker, Bondurant Community Library, was awarded Organization of the Year by Kaylin Von Ahnen, Chamber director. Photo by Ben Fuller



Laura Lacina, Home Slice Handmade Pies, was awarded Business Person of the Year by Kaylin Von Ahnen, Chamber director. Photo by Ben Fuller



Doug Steele and Josh Bryant



Mike Lacey and Jared Schneider



Hailey White and Amanda White



Frank Courtney and Mark Densmore



Doug and Jen Elrod



Tiffany Luing, Kaylin Von Ahnen and Julie Sillanpaa

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Tiffany Luing, Shelby Hagan, Tara Cox, Marketa Oliver and Doug Elrod

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