

Sign up for the Living Weekly newsletter and enter to for a chance to **WIN DES MOINES PLAYHOUSE TICKETS!** Details inside.

BONDURANT

MAY 2022

Living

MAGAZINE

Festivals and Fun

SummerFest,
Celebrate Bondurant
and more to enjoy

Churches host meat-smoking competition
COMMUNITY

DECA Club competes at national level
EDUCATION

Picnic-wiches with Greek artichoke beet salad
RECIPE

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

Home is where your story begins



2300 Stonewood Ct. SW, Altoona



\$575,000



6 bed, 4 bath | 1,814 sq. ft.
3 car garage



2333 Stonewood Ct. SW, Altoona



\$599,900



5 bed, 3 bath | 1,859 sq. ft.
4 car garage



404 1st Street NW, Bondurant



\$300,000



3 bed, 3 bath | 1,404 sq. ft.
2 car garage



Sheena
COCHRAN-FOSTER
REALTOR

Licensed to Sell Real Estate in the State of Iowa

Over 15 years experience in the Bondurant Market

515-401-8398

www.seedesmoineshomes.com



Each office independently owned and operated RE/MAX Hilltop ■ 102 1ST Street SE, Bondurant ■ 515-967-5424

WELCOME

CELEBRATE summer in Bondurant!

Thank God it's Friday. You have heard this phrase many times, and you have probably said it, too. You may even refer to Wednesday as "hump day," the mid-way point of the week on your way toward the weekend.

Those of you around in the 1970s may remember singing along to a popular beer commercial that reminded us, "Weekends were made for Michelob."

Canadian rockers Loverboy released a song in 1981 called "Working for the Weekend," reminding their listeners why they put in the hours during the week.

In 2012, American pop singer Pink, with the help of Eminem, wrote and sang "Here Comes the Weekend," a celebration of Saturday and Sunday and a reminder to let loose without creating drama.

Despite all this celebration of the weekend, there just doesn't seem to be enough hours to do all the things we want to do. The planners for Summerfest understand your hectic weekend schedules and decided to hold the event on the evenings of Monday, June 13 and Tuesday, June 14. Of course, no dates are without scheduling conflicts for someone, but this non-weekend approach is a welcomed reprieve for many whose Saturdays and Sundays are packed full but still want to partake in a community festival.

But maybe you want your community festival on the weekend. Well, you are in luck, as Bondurant also has its annual Celebrate Bondurant event on Saturday, June 4. Be sure to check out all the activities and learn what the members of your local chamber of commerce have to offer.

Weekends or weekdays, Bondurant has you covered. Look inside this issue for details on both of these events and start celebrating summer!

Thanks for reading. ■



SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com

FREELANCE WRITER WANTED: Bondurant Living magazine is looking for a freelance writer who is familiar with the community and would enjoy featuring the stories of Bondurant in our magazine. If interested, email tammy@iowalivingmagazines.com.



Tammy Pearson

Editor

515-953-4822 ext. 302

tammy@iowalivingmagazines.com

Aaron Burns

Advertising Account Executive

515-953-4822 x307

aaron@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership
audited by Circulation
Verification Council

SELLING YOUR HOME?

~~7%~~

We Save You Money!



SIMPLY, FULL SERVICE REALTY

■ 100% Real Estate Agent Services

■ 3% Commission

515.499.4950

CONTACT
US
TODAY!



SCAN ME

3PERCENTREALTYEQUITY.COM

FEATURE

Kids enjoy a carnival ride at the 2019 Summerfest.
Photo by Todd Rullestad

Festivals and Fun

SummerFest,
Celebrate Bondurant
and more to enjoy

By Lindsey Giardino

When it comes to summer fun, Bondurant residents can jump in feet first. June gets underway with Summerfest and Celebrate Bondurant. Get ready for family fun.

FEATURE



Families wait to enter the carnival area at a previous Summerfest. Photo submitted

Summerfest returns for 48th year

Bondurant Summerfest is a two-day annual event celebrating its 48th year. This year's event will be held Monday, June 13 and Tuesday, June 14 from 6 to 10 p.m.

Summerfest includes a parade, carnival, food, games, silent auction, vendors, fireworks and

more. Each year, the event, which is put on by the Bondurant Men's Club, draws more than 1,000 people to the heart of Bondurant, creating excitement and a sense of community.

Bruce Cordes, who has been a Men's Club member since 1987 and is chair of the raffle and silent auction, explains the event is held on a

Bondurant Summerfest
Monday, June 13
Tuesday, June 14
6-10 p.m.



June 9
11 a.m. to 1 p.m.

Bankers Trust Altoona Branch
3820 8th St. S.W
Altoona, IA 50009



CELEBRATING COMMUNITY DIFFERENCE MAKERS – THAT'S YOU!

Bankers Trust is committed to making a difference every day for our customers and communities. We believe our customers are Difference Makers, too! Join us as we celebrate **YOU** this summer.



**Join us at
the Altoona
Branch!**

- Free Lunch
- Games and Prizes
- Surprise Entertainment

FEATURE

Monday and Tuesday because weekends are busy for people. Holding it on weeknights has proven successful.

"People just love to sit around and visit with neighbors," he says. "It's like a huge block party with a couple thousand people."

The event kicks off on Monday evening with a parade coordinated by First Family Church. Directly after, activities and vendors open up at the Trailhead Depot. Food options this year will include Founders Irish Pub, Box Car BBQ and a variety of food trucks.

In addition to carnival rides and games put on by Sam's Amusements, Summerfest activities include a Little Princess Party, Oscar the Balloon Artist, a rock-climbing wall, performances by Kasey Leigh Dance Studio and the Heart of Iowa Cloggers, and a demonstration by East Coast Tae Kwon Do.

Again this year, the Bondurant Farmers Market will be held in City Park both nights of Summerfest. Tuesday evening will also bring the Kids Pedal Tractor Pull competition.

A raffle and silent auction will be held, too. Raffle tickets are \$1 each, and top prizes include a gas grill, complete auto detail, Play

Station 5 and flat screen TV. The silent auction will also be open for bids both nights of the event.

Summerfest will culminate with a fireworks display at Bondurant-Farrar Middle School (the old football field) on Tuesday evening around 10 p.m.

New this year to Summerfest are carnival ride wristbands that can be purchased in advance, replacing the former carnival tickets. Wristbands can be purchased at Brick Street Market and Café for \$20 and used for unlimited rides for one night.

Summerfest proceeds allow the Bondurant Men's Club to serve the community throughout the year. In the past, funds from the event have been used for library programs, park equipment, Bondurant Soccer, Breakfast with Santa and much more.

Proceeds from last year's Summerfest are being used for City Park enhancements, library support, and the continued support of other local projects, events and organizations.

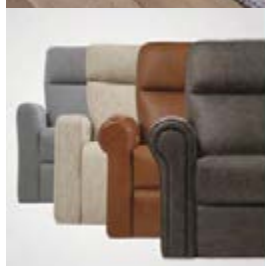
For Cordes, the best part of being involved with Summerfest is seeing all the people in the community who come out and gather together.



Kids "pick a duck" for prizes at Summerfest. Photo submitted

"We couldn't do it without the help of the City of Bondurant and its staff, Bondurant Fire Department and Emergency Services, the Chamber, and the businesses and people that help support this event," he says.

Escape to the comfort of our Italian Leathers



THERE IS
SOMETHING
NEW AT
elran



Amish Haus
FURNITURE

3201 100th Street, Urbandale • www.AmishHausFurniture.com • (515) 270-1133

FEATURE

Celebrate Bondurant shines light on businesses

In addition to Summerfest, mark your calendars for Saturday, June 4, when the annual Celebrate Bondurant event will take place from 6 to 9 p.m. at City Park.

Put on by the Bondurant Chamber of Commerce, the event is free to the public and highlights local Bondurant businesses, each of which is invited to set up a booth with information and a kids' activity. All chamber members are offered the opportunity to do so.

"Celebrate Bondurant was created to celebrate our business community and recognize what we offer," says Tiffany Luing, executive director of the Bondurant Chamber of Commerce. "This gives the opportunity for the public to meet and mingle with business owners and enjoy our amazing town and amenities."

The kids' activity is a way of drawing people to the booths and, in the past, has included things like bubbles, face painting and a bouncy house. The event will also include food trucks, a beer tent and a live band (this year it's Black Dirt Ramblers, an alt bluegrass band) — so bring your lawn chair.

In addition to celebrating local businesses, this



Celebrate Bondurant offers people the chance to learn about local businesses while children enjoy the activities they provide. Photo submitted

year's Celebrate Bondurant will again include a car show put on by the 4 Leaf Leaders 4-H Club. The event will also mark the end of the Hill Billy Bike Ride

Celebrate Bondurant
Saturday, June 4
6-9 p.m.
City Park



KANSELAAR
Automotive

515-967-1725

**A/C WARM
OR NOT
WORKING
AT ALL?**

Beat the heat and bring your vehicle in for a complete A/C system check today!

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

 Follow us on Facebook! Family owned and operated



**COVERED WITH
THE COLORS
OF SPRING?**

**A SPLASH OF PINK
WILL TAKE CARE
OF THAT.**


MOLLY MAID
a neighborly company

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

CALL OUR OFFICE FOR AN ESTIMATE!

FEATURE

sponsored by BrickHouse Fitness.

"I think the combination of these three events — Celebrate Bondurant, the car show and the Hill Billy Bike Ride — in one is what our community is looking for," Luing says. "In our City Master Plan, a common request was bigger and better events, so collaboratively we are trying to give our community what they want."

Celebrate Bondurant is also an opportunity to familiarize the public with how the Chamber serves the community. In the past, the event has had a great turnout with hundreds of attendees. Expect a big attendance again this year.

Presenting sponsors include Polk County and Meta. Event sponsors include Prairie Meadows, RMS, Legacy Bank, Bondurant Family Dentistry, BrickHouse Fitness, City of Bondurant, DSM5 Amazon, Raymond James and Densmore Insurance. ■



Celebrate Bondurant features live entertainment, so be sure to bring a lawn chair and enjoy the music. Photo submitted

AWARD WINNING PEDIATRIC HEALTH CARE

Expert pediatric medical care with friendly staff and doctors who listen!

Dr. Robert Fornoff
Dr. Debra Borcharding
Dr. Jagadish Bilgi
Sally Tweed, CPNP
Amanda Ostergaard, CPNP
Sarah Barnhart, CPNP
Laura Delaney, PA-C
Lauren Ropp, CPNP

DSM Pediatrics

DES MOINES PEDIATRIC AND ADOLESCENT CLINIC

Beaverdale
2301 Beaver Avenue
515-255-3181

Ankeny
2785 N Ankeny Boulevard
515-964-2159

www.DSMPEDS.com Trusted Child Health Care Since 1958

Suggest a teacher

for an *Iowa Living*
education column!

Send an email to
tammy@iowalivingmagazines.com

The best way to build a healthy community...

Put your money
where your
mouth lives!

FOR AN INTERACTIVE EXPERIENCE...

GET ZAPPAR
ZAP THE CODE

Download on the
App Store

GET IT ON
Google play

DOOR-TO-DOOR SALES

It is nice to have someone else clean your carpets while showing you their carpet cleaner or offer pest control and lawn care service, which all may have been things on your uncontrollable to-do list. Likewise, it's nice to learn about new products or services. However, we urge you to be cautious when opening your door to a stranger. First, ask if they have a city-issued badge.

FIRE PITS 101

Summer is nearly here! It's time for BBQs, pool parties, and possibly bon-fires. City Hall has had some inquiries about recreational fires and whether they are allowed or not. They're only allowed in fire-pits that allow open air below. Also, no leaves or rubbish material is allowed to burn. Always keep the fire contained. Dried wood logs are allowed to burn. Please read through more specific guidelines on the City's website.

BIKE MONTH BINGO

Participate in Bike Month Bingo in celebration of Bike Month. "You'll have a wheelie good time, we promise." There is still time to get a bingo or two. The submission deadline is midnight on May 31st.

WATER BILL 101

The City of Bondurant bills for water, sewer, stormwater, garbage, and recycling on your monthly utility bill; these utility services are broken down by services codes. Find out how to read your water bill by referring to a guide found on the City's website. Water bills are mailed on the last day of the month then due on the 15th of each month. If you are late, a 10% penalty is applied on the 16th. Services are disconnected if the bill is not paid in full by 8:30 AM on the disconnect date. A non-payment fee is \$50 will be required and the total bill paid in full prior to turning the services back on (only during business hours) regardless of the disconnection of service. Make it easy on yourself and sign up for automatic payment. Call City Hall at 515-967-2418.

EVENTS:

NATIONAL BIKE MONTH

The entire month of May participate in Bike Month Bingo. Find the Bike Month Bingo on the City's website. Turn in completed bingo cards to Bondurant Parks and Recreation Department by midnight May 31 for a small prize.



YOUTH FISHING DERBY

June 4 at Lake Petocka starting at 8:30 a.m.



SUMMER ART CAMP

June 9 at the Bondurant City Center brought to us by Creative Geniuses. Register your child online!



TOUCH-A-TRUCK

July 29 from 2:30 PM to 4:30 PM come check out the different trucks and participate in the different activities at the Bondurant Regional Trailhead.



WHAT will be your epitaph?

Decoration Day (now known as Memorial Day) was first observed in 1868 to honor those who had died in the Civil War. After WWII, the day was adjusted to honor the deceased in all wars and became a national holiday in 1971. Today, we often observe not only the death of our veterans, but of all loved ones who have died.

Have you ever walked through a cemetery and read the words on the memorials/tombstones?

In designing your future memorial/headstone, think of what you want others to know about you 100 years from now, when they will only know you through what is conveyed on that memorial.

Some epitaphs are sentimental: "Loving parents and grandparents," "Always in our hearts," or "Gone, but not forgotten."

Some reflect religious beliefs: "At home with God," "For God so loved the world," or "Everlasting life through Christ."

Still others are humorous: "I told you I was sick," "I'd rather be golfing," or "Sorry I can't get up."

Whatever you decide for your lasting memorial, choose your words carefully. Those words offer the world a glimpse into what was important to you.

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.



MEMORIAL DAY ...

Lives
remembered
Freedom
cherished

Call today for an appointment.

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

CELEBRATING older Americans

May is Older Americans Month, when we set aside time to celebrate the many contributions older Americans make to our communities. Statistically, as we age, we are more likely to volunteer. Perhaps that is because we have more time, or maybe it is because, the older we get, the more we recognize the value in helping others. We live in an ever-increasingly age-centric society, but instead of putting one generation in opposition of another generation, let's acknowledge that aging adults make many contributions to our society.

Many organizations could not function without the generous donation of time from older adults. At Valley View Village, the majority of our volunteers are older adults, some from outside of our campus, but the majority are those who reside within our community, and we would be lost without them. They help with transportation of our health center residents to events, provide visits for those who have family out of town, form committees and plan events, and so much more. They are an invaluable resource to our community.

The theme for Older Americans Month this year is "Aging in Place." For many active adult living communities across the metro, aging in place is what we strive for. We offer services to keep older adults as independent as possible for as long as possible. For some, maybe that's as simple as giving up yard work and letting someone else take care of the mowing, or maybe it's having transportation to the grocery store. In planning ahead, what amenities are necessary to age successfully in place? Bathrooms accessible for assistive devices, one-level living, the security of knowing your neighbors?

Aging in place does not necessarily mean staying in the same house. Modifications to make a home more accessible can be a major financial investment, and moving to an active living community provides an opportunity to age in place with the environment and socialization to stay connected, healthy, and safe. Living outside of an active adult community still presents many options for assistance to help with keeping older adults healthy and active. Iowa Aging Services offers a great number of resources to facilitate successful aging in place. It's never too early to do your research and have a plan in place so you have security no matter what decision you make.

We are truly blessed to be able to celebrate the diversity and strength of our aging population and all they have to offer. Finding your purpose at any age — and having the opportunity to enrich the lives of others — is something we get to witness daily. From the bottom of our hearts, we wish you a very happy Older Americans Month. ■

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





\$500 OFF
The third full month's rent for
Assisted Living apartments
Must take financial possession by 7/31/22



AMENITIES

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



**Contact Christina
for more information!**

515-299-1731

Christina.Jones@CassiaLife.org

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

2571 Guthrie Avenue | Des Moines | ValleyViewVillage.org



HOLY smokes

Bondurant churches host meat-smoking competition to raise funds for VBS.



About 60 children participated in last year's Community Vacation Bible School.

Last summer, four of the churches in Bondurant hosted a Community Vacation Bible School. The event was a big success, and the churches — Federated Church of Bondurant, Hope, Bondurant Christian Church and Cross Point — plan to put on a similar event again from June 26-28. Prior to this year's VBS, though, the churches will host an event to raise money to make it an even better, more memorable experience for the kids who attend.


On Sunday, June 12 from 3 to 6 p.m., participating churches will host Holy Smokes — a meat-smoking competition for the community — at BrickHouse Fitness. There will be two categories — pork ribs and beef brisket — with trophies awarded to the winners, as well as a People's Choice Award.

"People live in Bondurant to be a part of a community," says Laura Lacina, who is on the Holy Smokes planning committee. "Attending events like these gives our community programs the support they need to thrive. This one in particular supports a summer activity for children in Bondurant, and it's a great cause."

The entry fee for teams or individuals is \$20. Admission to the event is a freewill donation, with visitors able to sample the competitors' entries while supplies last. There will also be a meal available for \$5 per person that includes pulled pork sandwiches, chips and a drink. All proceeds benefit Community VBS.

"Our VBS has a few elements to it — activities, crafts, a science lesson and music," Lacina says. "The raised funds will be used for supplies for these, a shirt for each child in attendance and snacks. We want the kids to have a great experience each year — last year, we had more than 60 kids in attendance — and keep coming back."


"I'm looking forward to seeing Community VBS grow," she adds. "It's fun to watch the kids learning and getting excited about what's happening at VBS. It's so rewarding watching them make friendships through this program or reconnecting with old ones. The energy VBS has is contagious." ■




May Promotions
May 31
\$1 Hot Dogs
Berkwood Farms

June Promotions
June 4
COPA - Demonios
Principal / Barilla / Coke
Prairie Meadows / Tito's


June 16
Betfred Koozie
Betfred Sports (21+)




May 31-June 5




June 14-19



SCAN TO BUY TICKETS



Caitlin Clark June 18



Dog Days June 28

KEEP YOUR PETS COOL & COMFORTABLE THIS SUMMER!



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

BY APPOINTMENT ONLY
Schedule Yours Today!

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

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

BONDURANT ANIMAL CLINIC

www.bondurantanimalclinic.com
210 2nd St. NE Ste B, Bondurant • 515-967-1800 • Mon-Fri: 8am-5pm

LIBRARY

BONDURANT Community Library news

We hope you are as excited for summer as we are. The 2022 program theme, Read Beyond the Beaten Path, is all about exploring nature, making memories, having new experiences and, of course, reading for pleasure.

If you have not registered, please go to bondurantreads.readsquared.com or stop by the library to register in person. We have fabulous registration kits for all registered participants and amazing prizes to give away. Thank you to our donors so far this year. Without their generosity, our program would not be a success.

We hope you will take advantage of the free library programming we are offering during this eight-week program, beginning on June 6. All events take place at the library, unless otherwise noted.

Take a look at our June programming and events:

- Friends of the Library Annual Book Sale, June 11-19
- Pop-up library at the Farmers Market, June 1 and 22
- Geri Fit, Mondays and Thursdays at 8:30 a.m.
- Join Miss Megan M. for story time at the library, Tuesdays at 10:30 a.m. and 3:45 p.m. and Fridays at 12:45 p.m.
- Story time and pop-up library at City Park every Wednesday at 10 a.m. in June
- Stomp Rockets, June 6 at 10 a.m. at City Park
- Story time and pop-up library at Lincoln Estates Park, Wednesday, June 8 at 12:45 p.m.
- Collage Art Program for adults and teens, Tuesday, June 7 from 6:30-8:30 p.m.
- Coloring at the Rails for adults, Wednesday, June 8, from 5-7 p.m.
- Elvis the Pony and Friends, Thursday, June 9 at 10 a.m. at City Park
- Outdoor cooking for adults, Thursday, June 9 at 6 p.m.
- Sharpie Tie-Dye Bandanas, Monday, June 13 at 10 a.m. at the City Park
- Adult Book Discussion on "Cloud Cuckoo Land," by Anthony Doerr, Tuesday, June 14 at 6 p.m.
- Story time and pop-up library at Wolf Creek Park, Wednesday, June 15 at 12:45 p.m.
- Sidewalk Chalk Obstacle Course, Thursday, June 16 at 10 a.m. at the City Park
- Third Thursdays at Hoover's, Thursday, June 16 at 6 p.m.
- Magician Rick Eugene, Monday, June 20 at 10 a.m.
- Books on Tap, a relaxed book discussion about what you are currently reading, at Reclaimed Rails, Tuesday, June 21 at 6 p.m.
- Story time and pop-up library at Mallard Pointe Park, Wednesday, June 22 at 12:45 p.m.
- DIY Musical Instruments, Thursday, June 23 at 10 a.m.
- Jazz and the Civil Rights Movement for teens and adults, Thursday, June 23 from 6-7 p.m.
- Red, White and Blue Bike Parade, Monday, June 27 at 10 a.m. at City Park
- Teen Craft Night – DIY Leather-Bound Journals, Tuesday, June 28 at 6 p.m.
- Story time and pop-up library at Efnor Estates Park, Wednesday, June 29 at 12:45 p.m.
- 4-H Animal Show and Tell, Thursday, June 30 at 10 a.m. at City Park ■



nothing says

Eye

love you like our

Mother's Day Specials!

\$299

Obagi Elastaderm Eye Cream
Obagi Nu-Cil Eyelash Serum
Obagi Light Peel with Dermaplaning

\$175

Hydrafacial with a
FREE LIP PERK

Buy one syringe of any filler and get

50% off

SECOND

Purchase one area of botox for \$375 and

50% off

GET 2ND AREA OF BOTOX



\$100 off

ONE SYRINGE OF ANY LIP FILLER

with a purchase of the hydrafacial special





HEARTLAND

PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322

515-254-2265 • WWW.HEARTLANDPS.COM

RECIPE

A DELIGHTFUL picnic starts with a stellar sandwich

(Family Features) Heading outdoors for a fresh, homemade meal is an alluring activity when warm weather and sunshine provide a perfect opportunity for dining on the patio. Or, if some time away from the house is calling your name, packing a lunch and taking off for the park can be an ideal getaway without getting too far from home.

Next time the sun's rays call your name, invite friends and family for a delicious picnic loaded with warm-weather flavors. Just lay out your favorite blanket on the grass or don an outdoor table with a classic checkered tablecloth, then share recipes that make al fresco meals truly memorable.

No picnic is complete without sandwiches loaded with all your favorite toppings, and these picnic-wiches with Greek artichoke beet salad provide the freshness that outdoor meals are made of.

To find more picnic-worthy appetizers, meals, sides and more, visit readsalads.com and auntnellies.com. ■

Picnic-wiches with Greek artichoke beet salad

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- freshly ground black pepper, to taste (optional)
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

DIRECTIONS





- Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. In medium bowl, combine beets, artichokes, olives and green onions; set aside.
- In small bowl, whisk reserved beet and artichoke liquids. Pour over beet mixture; toss gently to coat. Season with black pepper, to taste, if desired.
- Layer lettuce and turkey on bottom halves of rolls. Top with relish, as desired; feta cheese; and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours. Serve with remaining relish.



broadlawns
EAST UNIVERSITY CLINIC

**ACCEPTING
NEW PATIENTS**

Jeffrey Brady, DO
Lisa Klock, DO
Jackie Bailey, ARNP

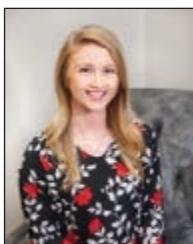
2508 E. University Avenue, Des Moines, IA
(515) 282-3278 | www.broadlawns.org    

INSURANCE

By Rachel Schwab

SPRING into your home remodel with these helpful tips

Spring is the perfect time to get started on that home remodeling project you've been eyeing all winter long. Whether you're just starting the project or putting some finishing touches on it, there are a lot of things to consider: materials, cost, contractor. But something that's frequently overlooked is the daunting clean up after the project is completed.



Keep reading for some tips that will come in handy once your project is done.

- **Check your heating and cooling vents.** Because the heating and cooling systems continue to run during a project, dust can easily get into ducts and furnaces. Take a vacuum or a dust rag to these vents to ensure that the dust isn't circulating around your home. While your vacuum is out, be sure to vacuum your furniture. Although your furniture was most likely covered during the project, dust can collect anywhere.

- **Instead of using flimsy garbage bags that rip or tear when you're filling them with debris, try using contractor's bags.** These will make the clean up much more efficient as you won't be fighting with them to stay open or trying to keep them from falling over. They travel much better than regular garbage bags, as well, and they typically hold more.

- **Wipe down your walls, cabinets and closets.** Like I mentioned before, dust can collect anywhere and everywhere. Even if you put a tarp down or keep the door shut, dust is still likely to get in and get on your personal items, such as clothes and shoes, silverware and dishes. Wipe down the ins and outs of your cabinets to remove dust and debris. While you're taking inventory on what's dusty, be sure to take a look at your walls — more than that, wipe down your walls. Even though certain paint colors do a good job at hiding dirt and debris, it doesn't mean it's not still covered in a mess. If your walls are newly painted, wipe them down with a dry rag or vacuum with a soft bristled attachment. And for those hard-to-reach areas, use a feather duster on an extendable pole.

- **Don't forget about the lightbulbs, ceiling fans, and home decorations.** The last thing you want is a dust storm to occur the second you turn on the ceiling fan — use that feather duster I mentioned earlier to prevent the dust storm.

Maybe you don't have enough time to clean up, or maybe you did all the remodeling work yourself and now you want to relax in the fruits of your labor. This is an easy fix: call and support a local cleaning company to do the job for you. Don't know who to call? Ask your friends, family and neighbors for referrals. ■

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

WE DO NOT WORK FOR ONE INSURANCE COMPANY WE WORK FOR YOU.

Personal • Business • Agribusiness • Life & Health



Jared Vincent
PRESIDENT
515.967.0489 Ext. 515



Brandon Vincent
VICE PRESIDENT
515.967.0489 Ext. 510



Kelly Lamb
VP OF OPERATIONS
515.967.0489 Ext. 518



Shelly Eddy
PERSONAL LINES
& LIFE AGENT
515.967.0489 Ext. 520



Kevin Corn
COMMERCIAL LINES
ACCOUNT MANAGER
515.967.0489 Ext. 522



Nicole Almburg
FARM & AGRIBUSINESS
ACCOUNT MANAGER
515.967.0489 Ext. 519



Rachel Schwab
PERSONAL LINES
ACCOUNT MANAGER
515.967.0489 Ext. 512



Jake Louth
COMMERCIAL &
AG PRODUCER
515.967.0489



Lauren Helmka
PERSONAL LINES
ACCOUNT MANAGER
515.967.0489 Ext. 516

515-967-0489 • 116 2nd Street SE, Altoona
www.insurancestationinc.com

EVENTS IN THE AREA

Be sure to check for cancellations.

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

Bike Month Bingo

Through end of May

Participate in Bike Month Bingo in celebration of Bike Month. You'll have a "wheelie" good time. Print or save the bingo card and get started. Everyone knows the rules of bingo:

complete a vertical, horizontal or diagonal row and turn in your BINGO. Each bingo is an entry. Submit your finished card to info@cityofbondurant.com or turn it in at City Hall. Tell staff which items you completed and share photos of your journey (photos are required). Each bingo is good for one entry into the drawing for a prize. Of course, with more bingos, you have a better chance of winning a prize. The entry deadline is midnight, May 31. There are multiple gifts. BONUS: Share the City of Bondurant Official Facebook page and Bike Month BINGO details for more entries. Find the bingo card at www.cityofbondurant.com/home/news/bike-month-bingo.



Youth Fishing Derby

Saturday, June 5, 8:30-10 a.m.
Lake Petocka

Join the Bondurant Parks & Recreation Department for the annual Youth Fishing Derby at Lake Petocka. The event is for ages 3-15, although Iowa residents can try fishing without buying a license on June 4, 5 and 6 as part of the Iowa Department of Natural Resources (DNR) free fishing weekend. All other regulations remain in place. Bring your own fishing gear, bait and tackle. A few buckets will be onsite to hold the fish that are caught. A raffle drawing and donuts follow the fishing. Register online at <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej6fqk2a557fe7f5&oseq=&c=&ch=>

Holy Smokes: A meat-smoking competition

Sunday, June 12, 3-6 p.m.
BrickHouse Fitness, 86 Paine St. S.E., Bondurant

Bondurant churches are holding Holy Smokes, a friendly competition and fun community event. There will be two categories — pork ribs and beef brisket — with trophies awarded to the winners, as well as a People's Choice Award. All proceeds benefit the Community Vacation Bible School. Cost is \$20 to register a team, \$5 for a pulled pork mean, and a freewill donation to sample entries. Celebrity judges will be Jason Brown, Grant Pinkley, Ryan Larue and Kristin Swift. Sponsoring churches are Federated Church of Bondurant, Hope, Cross Point and Bondurant Christian Church.



Bondurant American Legion Community Breakfast

Saturday, June 18, serving 7-9:30 a.m.

American Legion Hall, 315 Second St. N.W., Bondurant

Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month at the Legion Hall. The menu includes pancakes, your choice of egg, toast, hash browns, biscuits and gravy and sausage with coffee, milk or orange juice.



CelebrAsian

May 27-28, 11 a.m. to 10 p.m.
Western Gateway Park, 1000 Grand Ave., Des Moines

The largest Asian-American event in Iowa promises to be a delight to the senses. Enjoy more than a dozen Asian Villages of authentic food, drink, music, dance, activities, cultural demonstrations and entertainment for the entire family. More information is available at www.iowaasianalliance.com/celebrasian.



Music at Haines Park

Haines Park Outdoor Stage,
700 block of Third Ave. S.E.,
Altoona

Altoona Parks and Recreation Board is hosting Music at Haines Park, featuring free entertainment. Pop and popcorn are sold to support CAP Children's Theatre.

- Sunday, May 29, 6 p.m.
- Sunday, June 26, 6 p.m.
- Sunday, July 24, 6 p.m.
- Sunday, Aug. 28, 6 p.m.

John Wayne Birthday Celebration

May 28-29

John Wayne Birthplace Museum, Winterset

Join the John Wayne Birthplace Society for a John Wayne Birthday Celebration May 28-29. Activities include a 5K walk/run, pancake breakfast, all-horse parade, benefit dinner and live auction, and more. Movie and television personality Barry Corbin is expected to return to Iowa for the celebration, multiple screenings of "McLintock!" starring John Wayne will be presented at the Iowa Theater, and award-winning western recording artist Carin Mari returns as the musical headliner. For a full schedule, or to purchase tickets visit the John Wayne Birthplace Museum website, www.johnwaynebirthplace.museum.

EVENTS IN THE AREA

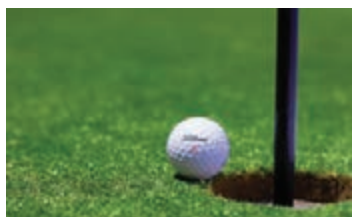
Be sure to check for cancellations.

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

Airing of the Quilts

June 1-4
Madison County

The Madison County Airing of the Quilts celebrates the history, tradition and artistry of quilting in Iowa. Hundreds of quilts are displayed in dozens of historical and cultural landmarks across the county, including at the famous covered bridges. This unique event is one that you don't want to miss. Presentations, demonstrations, and the Covered Bridges Quilters Guild Quilt Show are all part of the festivities. This year, the Iowa Quilt Museum has added classes and a retreat to the event. For information, list of classes offered, and tickets, visit www.iowaquiltmuseum.org.



Family Tees Golf Tournament

Wednesday, June 8
Toad Valley Golf Course, 237 N.E. 80th St., Pleasant Hill

Children & Families of Iowa will host an intergenerational tournament. Family Tees will feature three morning flights for children and adult duos and one afternoon flight for those 18 years and over in a four-person scramble. Golfers of all ages and skill levels are welcome. Register and find more information at cfiowa.org/events.



Music Under the Stars

June 12, 19, 26, July 3 and 10, 7-8:30 p.m.
West Capitol Mall (rain location is Drake Fine Arts Center)

Every summer since 1947, Music Under the Stars has entertained central Iowans of all ages with free band concerts on Sunday evenings in the shadow of the Capitol. This season marks the 75th anniversary of the concerts. Admission is free. Featured guests are: June 12, vocalist Jackie Schmillen; June 19, vocalist Scott Smith; June 26, vocalist Max Wellman; July 3, vocalist Gina Gedler; July 10, vocalist Tina Haase-Fundlay. For more information, visit www.musicunderthestars.org.

Leprechaun Open

Saturday, June 11, shotgun start at 8 a.m.
Toad Valley Golf Course

The Friendly Sons of St. Patrick's Leprechaun Open is a two-person best ball format and is open to members and nonmembers, gentlemen and ladies, and all skill levels. Contact Brian Kreps at 515-669-2531 to register. Entry fee is \$75 at registration and \$85 late registration.



Camp Dodge Summer Concert Series

Various dates, concerts start at 7 p.m.
Camp Dodge Pool Complex

Camp Dodge is again offering its free summer concerts. Concessions will be available and lawn chairs, coolers and picnic baskets are welcome. Food trucks will be available at 6 p.m.

- June 2: Standing Hampton (Tailgate Party)
- June 9: B2wins (Color & Culture Night)
- June 23: 34th Army Band (Stars & Stripes Night)
- June 30: Dick Danger Band (Throwback Thursday & Car Show)



Cajun Fest Boil & Brew

June 4
Jr's Southport Ranch, Iowa State Fairgrounds

A group of Iowa natives and Louisiana transplants came together to create Cajun Fest, a Cajun Boil & Brew event where Southern hospitality meets "Iowa nice." They unite people to share good food, good music, and create good times for a good cause. Last year's sold-out event raised more than \$70,000 for local children's charities. Join the fun, celebrate a new cultural experience and connect with others in the community. Food includes a crawfish boil, gumbo, jambalaya and beignets. Drinks include Hurricanes, Slushies and, of course, beer. Live music and kids' activities are included. General admission is \$40 per person, \$140 for group of four, and \$100 for VIP tickets with private accommodations and concierge service. For more information and tickets, visit <http://www.cajunfestiowa.com>.

Garden Art Show

Sunday, June 5, noon to 5 p.m.
4320 Franklin Ave, Des Moines

Start off your Iowa summer with the 12th Annual Garden Art Show presented by Whirlythings. Central Iowa artists will be offering a wide range of works in a Beaverdale backyard nearly a football field long. Mature shade trees and ornamental plantings provide a natural showcase for works in all types of media — pottery, paintings, jewelry, sculpture, tie-dye, mandala stones, glass beads and more. Free public admission. Find more information at www.whirlythings.com.



Art Exhibit: 'Immersive'

Through June 5
Des Moines Art Center,
4700 Grand Ave., Des Moines

Follow a path from darkened space to darkened space where each one is filled with different combinations of light, color and sound. www.desmoinesartcenter.org



BONDURANT-FARRAR

COMMUNITY SCHOOL DISTRICT

SUMMER 2022

BASEBALL

SOFTBALL

DATE	TIME	OPPONENT	LOCATION
May 25	5:30PM	Winterset	Winterset High School
May 26	5:30PM	Gilbert	Bondurant-Farrar Middle School
May 30	5:30PM	Oskaloosa	Central College
May 31	5:30PM	Newton	Bondurant-Farrar Middle School
Jun 1	5:30PM	Carroll	Carroll Baseball Stadium
Jun 2	5:30PM	North Polk	Bondurant-Farrar Middle School
Jun 3	3:30PM	Des Moines East	Des Moines East High School
Jun 6	5:30PM	ADM CSD	ADM High School
Jun 7	5:00PM	Ames	Bondurant-Farrar Middle School
Jun 8	5:30PM	Carlisle	Bondurant-Farrar Middle School
Jun 9	5:30PM	Boone	Boone High School
Jun 13	5:30PM	Martensdale-St Mary's	Martensdale-St. Marys Jr Sr HS
Jun 14	5:30PM	Knoxville	Bondurant-Farrar Middle School
Jun 15	5:30PM	Ballard	Ballard High School
Jun 16	5:30PM	Winterset	Bondurant-Farrar Middle School
Jun 20	5:30PM	Gilbert	Gilbert High School
Jun 22	5:30PM	Carroll	Bondurant-Farrar Middle School
Jun 23	5:30PM	North Polk	North Polk High School
Jun 24	4:00PM	Eddyville-Blakesburg	Bondurant-Farrar Middle School
Jun 25	10:00AM	Saydel	Saydel High School
Jun 27	5:30PM	ADM CSD	Bondurant-Farrar Middle School
Jun 29	5:30PM	Carlisle	Carlisle High School
Jun 30	5:30PM	Boone	Bondurant-Farrar Middle School
Jul 1	5:00PM	Van Meter	Van Meter High School
Jul 5	5:30PM	Knoxville	Knoxville High School
Jul 6	5:30PM	Atlantic CSD	Atlantic High School

DATE	TIME	OPPONENT	LOCATION
May 25	4:30PM	Winterset	Winterset High School
May 26	4:30PM	Gilbert	Bondurant-Farrar Middle School
May 28	9:00AM	Multiple Schools	Williamsburg High School
Jun 1	4:30PM	Carroll	Carroll High School
Jun 2	5:30PM	North Polk	North Polk High School
Jun 4	9:00AM	Multiple Schools	Bondurant-Farrar Middle School
Jun 6	4:30PM	ADM CSD	ADM High School
Jun 7	5:30PM	Knoxville	Knoxville High School
Jun 8	4:30PM	Carlisle	Bondurant-Farrar Middle School
Jun 9	4:30PM	Boone	Boone High School
Jun 10	9:00AM	Multiple Schools	Creston High School
Jun 11	9:00AM	Multiple Schools	Creston High School
Jun 14	9:00AM	Prairieview	Waukee Northwest High School
Jun 15	4:30PM	Ballard	Ballard High School
Jun 16	4:30PM	Winterset	Bondurant-Farrar Middle School
Jun 17	5:30PM	Des Moines Christian	Bondurant-Farrar Middle School
Jun 20	4:30PM	Gilbert	Gilbert High School
Jun 22	4:30PM	Carroll	Bondurant-Farrar Middle School
Jun 23	5:30PM	North Polk	Bondurant-Farrar Middle School
Jun 24	3:15PM	Multiple Schools	Marshalltown Community College
Jun 25	10:00AM	Multiple Schools	Roland-Story High School
Jun 27	4:30PM	ADM CSD	Bondurant-Farrar Middle School
Jun 28	5:30PM	Grand View Christian	North Des Moines Softball Fields
Jun 29	4:30PM	Carlisle	Carlisle High School
Jun 30	4:30PM	Boone	Bondurant-Farrar Middle School
Jul 1	1:00PM	Multiple Schools	U of I Hawkeye Softball Complex
Jul 2	11:00AM	Saydel High School	Saydel High School

BUSINESS • HOME • AUTO • UMBRELLA • FARM • CYBER

densmore

■ INSURANCE STRATEGIES, INC. ■

85 Paine St. SE, Suite G, Bondurant

www.densmoreinsurance.com

(515) 967-3390

For Your Health, For Your Future For The Athlete...

We offer **SCHOOL AND
SPORTS PHYSICALS!**



Bondurant
• family chiropractic •

Bondurant Family Chiropractic
210 2nd Street NE, Ste. C in Bondurant
Next to the Bondurant Animal Clinic, across from the Bondurant Co-op

www.BondurantChiro.com • 967-6500





Photos provided by
Photos By Ben



KEEP UP TO DATE!
Schedules are subject to change.



**Looking for ★★★★★
service and repair?**
Experience the Williamson's difference!

- FREE pick-up delivery/shuttle service
- 3 YEAR / 36,000 MILE WARRANTY on most repairs
- Only ASE Certified Technician employees
- Hybrid electric - gas & diesel
- Award-winning service

WILLIAMSON'S
REPAIR & TUNE
515-967-0900
1420 2nd STREET NE, BONDURANT
WWW.WILLIAMSONSREPAIR.COM

SENIORS

S

Photos by *Ben*

Bondurant, IA
515-957-6772
www.photosbyben.net
Ben@photosbyben.net

FAMILIES

GO BLUEJAYS!

GO BLUE JAYS!

the **Bird's Nest**
Out of School Time Program

Owned and Operated by Felicia Collison and Jill Sullivan
500 Grant St. S • 515-957-1386
www.thebondurantbirdsnest.com

GOOD LUCK THIS SEASON!

IOWA
Living
MAGAZINES

GO BLUEJAYS!

BONDURANT
PHYSICAL THERAPY
& SPORTS MEDICINE

BONDURANTPT.COM • (515) 528-2326
85 PAINE STREET SE SUITE B, BONDURANT
MOST INSURANCE ACCEPTED

Living RESIDENTS' CHOICE AWARD WINNER!

GO BLUEJAYS!

eli+e
health + performance

acupuncture
chiropractic
rehab

116 Brick St. SE, Bondurant • elitehp-ia.com • 515-306-8211



Felicia Collison and Jill Sullivan, Owners/Operators

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

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

EDUCATION

By T.K. West

DECA Club members attend national event

Business-focused group helps students develop skills.



Members of the Bondurant-Farrar High School DECA Club recently competed in both the 2022 state and national competitions.

Members of the Bondurant-Farrar High School DECA Club recently competed in both the 2022 state and national competitions. A non-profit student organization geared towards high school and college students, DECA helps prepare students in the areas of marketing, finance, hospitality and management. The Club currently consists of approximately 50 students. There is no criteria to join or participate in the club other than having an interest in career and technical education with a primary emphasis in business.

"I love the social aspect. I've made tons of new friends from all over because of the competitions and conferences," senior club member Garrett Jones says.

April 23 through April 26, 11 students from Bondurant-Farrar traveled to Atlanta to compete in the DECA Nationals (the International Career Development Conference). To qualify for Nationals, each student first had to place in the top three at the State competition. The national competition involved testing and role playing. Students were presented a scenario in the field they had chosen and had to role play before the judges.

"I love the competition and improving my people skills," senior club member Delaney Moore says.

Students at the National Competition competed in hospitality services team decision making, start up business plan, marketing communications, quick serve restaurant marketing, principles of business management, and travel and tourism marketing events. When not studying or competing in events, students also networked with students from other chapters and toured different sites in Atlanta.

The DECA Club members typically meet once a week and participate in various community events, such as school cleanup after football, basketball and soccer events to raise funds for the club. Due to COVID, the club has not been able to complete many community events lately, but members hope to be able to expand their community events next school year. ■



A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



★★★
FRANKEN
FOR IOWA

PAID FOR BY FRANKEN FOR IOWA



FEDERATED CHURCH
of Bondurant
a place for family

Join us!
Worship at
10:00 am



www.bfedchurch.org
Pastor Trevor E. Pinegar




103 2nd Street SW, Bondurant, IA 50035
(515) 967-2243



**JOIN OUR
FAMILY**

FIND REST IN HIM AMID THE CHAOS.

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." (Matthew 11:28-29)

Biblical teaching. Genuine people. Spreading truth.



**FIRST FAMILY
CHURCH** BONDURANT

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

FAITH By Pastor Trevor Pinegar

LIVING changed

We seemingly had one of the colder, wetter, snowier springs in recent memory this year. And snap! Just like that, our weather turned on a dime and became oppressively hot.

This kind of change is reflective of the change that can occur in our hearts as followers of Jesus Christ. We are called by the Apostle Paul to put on the new self, and Jesus told Nicodemus that, in order to enter the Kingdom of God, one must be born again.

Living changed is something that starts in the heart. If you don't like who you are or what you've become, there is hope. Belief in the supernatural, transformational power of God is made evident in the Holy Scriptures. Many of us find purpose and meaning in these texts. We recognize a call to live changed so that, through prayer and self-sacrifice, our lives will have greater meaning than the dog-eat-dog, selfish, me-first emphasis of our world and society.

When we put our faith and trust in Jesus, he changes us forever and seals us until the day of redemption. That is a serious change. Along with this change, we are gifted with the in-dwelling Holy Spirit who changes our self-focus to an understanding of the will of God.

What this all means is that we no longer have to be alone; we now have the means to rise above whatever has been holding us back. We are now a new creation, and, as such, we should live in a way that reflects the change in our hearts. We can burst forth like the fresh blooms of spring. We can make a 180-degree change in our actions and finally be the person we have always wanted to be — the person our friends and family can be proud of, the person who seeks the will of God at every turn.

You've heard it said, if you don't like the Iowa weather, just wait, it'll change. We, too, have the ability to change — to become the person we've always wanted to be — if we would simply allow God to change us by submitting to his Lordship. God can transform you in an instant to become a reflection of his love and part of something greater than yourself. You've seen what he can do with the weather. Are you willing to let him change you? ■

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



SIGN UP FOR A CHANCE TO **WIN**

4 TICKETS TO THE



THE PLAYHOUSE

UPCOMING SHOWS:

ROALD DAHL'S
Matilda
THE MUSICAL



WHEN YOU SIGN UP FOR THE

IOWA
Living Weekly
NEWSLETTERS

IN YOUR COMMUNITY!

Events. Garage Sales. Classifieds. Obituaries. Photos. Recipes.
Sports Schedules. Movie Reviews. City and School News.

ALL FOR FREE!

**Subscribe to digital editions by
scanning the QR code or at
IowaLivingMagazines.com
by June 3 to be eligible.**



FROM STREAMING services to theaters

Well, the 2021 movie season ended with a bang, or maybe more of a slap from Will Smith to a completely stunned Chris Rock. This was the craziest Oscar event in a long time, and I need to let you know that, in our annual family Oscar-picking contest, Sue took the crown this year. It hurt.

This is the time of year when movie fans go from feast to famine. The deluge of holiday and Oscar-worthy movie releases seems to be replaced with end-of-the-year leftovers and horror films. So, we turn to the streaming services.

“The Adam Project”

Netflix may not give us the best of this bunch but, by far, the most fun. Ryan Reynolds stars as a man who needs to travel to the past to talk to his younger self to stop something cataclysmic from happening. Along the way, he meets his early mom and dad, who both are involved with this event. The movie is great fun for the whole family and gives some talented actors (Mark Ruffalo, Catherine Keener, Jennifer Garner and Zoe Saldana) an opportunity to have fun with these parts. By far the most amazing thing, though, is that I spelled cataclysmic correctly without having to look. **Grade: B**



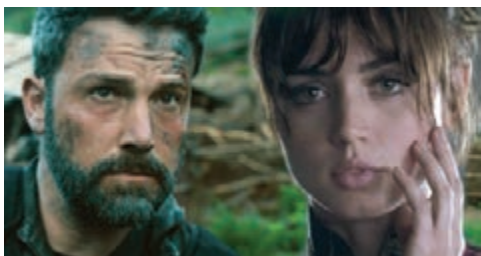
“The Last Days of Ptolemy Grey”

On the other end of the fun scale, Samuel Jackson reminds us that he is a very talented actor in this story based on a Walter Mosley book about a man suffering with dementia. I haven't seen all 11 episodes yet, but what I've seen is impressive. Available on Apple TV+. Early **Grade: A-**



“Deep Water”

Ben Affleck was so good recently in the George Clooney-directed “The Tender Bar.” That makes this effort a real head-shaker. A tawdry movie about a super-rich guy who watches as his wife goes from lover to lover right in front of his eyes. Directed by Adrian Lyne, who has given us a few tawdry movies (“Unfaithful,” “Fatal Attraction,” “9 1/2 Weeks” and “Indecent Proposal”), this movie is dead in the water from almost the opening scenes. The story is horrible,



the acting is mediocre, and Sue and I sat there wondering why they even made this. Not that it should matter, it is on Hulu. **Grade: D (for dumb)**

Now in theaters...

“The Lost City”

It's tough to argue with a cast that includes Sandra Bullock, Channing Tatum and, wait for it, Brad Pitt. This is a really stupid movie that, at times, is hilarious. It's maybe not as hilarious as my wife found it to be, but it is very well done, and the three stars were all perfect. **Grade: B+**



“The Outfit”

Mark Rylance is a recognizable actor whom few can name. He even has an Oscar to his name for the Spielberg movie, “Bridge of Spies.” Here, he plays a man who owns a tailor shop in the mid-1950s in Chicago. The mob are not only good customers, but they seem to be making “drops” at his shop every day. When one of them shows up shot, the movie gets interesting. While not a great movie, it was so well-made and well-acted that I found myself enthralled and entertained. **Grade: B+**



“Morbius”

Yet another Marvel character hits the big screen with some serious talent behind it. Jared Leto plays the title character, a brilliant scientist who accidentally becomes a vampire-like creature. Leto carries the film, and the special effects are also impressive. We also get to see Michael Keaton return to the Marvel films as Adrian Toomes — better known as The Vulture. There is more than a little foreshadowing coming there. **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.

WHAT IS a stroke?

Stroke is the fifth-leading cause of death and the leading cause of disability in the United States.

A stroke begins when an artery becomes blocked or bursts, disrupting blood flow to or within an area of the brain. This interrupts your brain's supply of oxygen. Two million brain cells are lost for each minute blood flow is delayed to the brain.



Risks

Strokes are generally caused by risk factors that are ignored over time. The following risk factors can be controlled with the help of your physician.

- High blood pressure is one of the leading risk factors for stroke. Have your blood pressure checked regularly.
- High cholesterol puts you at risk for heart disease and stroke. Your combined HDL ("good") and LDL ("bad") cholesterol should be

below 200.

- Atrial fibrillation (AFib) is the most common type of irregular heartbeat (arrhythmia), which can cause a clot and increase the risk of stroke if it travels to the brain.
 - Sleep apnea can be linked to AFib and is associated with increased stroke risks.
 - Diabetes: Approximately 20% of people with diabetes have a stroke. Maintain a blood sugar less than 100.
 - Smoking damages blood vessel walls, increasing your blood pressure, which can lead to a stroke.
 - Alcohol: Drink no more than one glass of wine or beer per day.
 - Obesity: Eat a diet low in sodium and fat. Moderate physical activity is recommended 30 minutes a day at least five days per week.
- There are some risks you can't control, such as family history of stroke and age. If an immediate family member has a history of circulatory problems or stroke, you are at an increased risk. People age 50 and older are at a higher risk for stroke.

BE FAST

A stroke can happen at any time. Use BE FAST to see if someone is having a stroke.

(B)ALANCE: Is the person experiencing dizziness or having trouble with balance or coordination?

(E)YES: Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes?

(F)ACE: Ask the person to smile. Check to see if one side of the face droops.

(A)RMS: Ask the person to raise both arms. See if one arm drifts downward.

(S)PEECH: Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.

(T)IME: Time when the symptoms started, and call 911 immediately.

If a person shows any of these symptoms, get him or her to the hospital. ■

Information provided by Terri Hamm, RN, MA BEHP, stroke coordinator at MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, MercyOne.org/desmoinesneuro

MERCYONE

Central Iowa's leader in stroke care


When it comes to stroke and protecting your brain, you should have the best care possible. MercyOne provides critical care in critical moments with a team of experts and the latest technology, equipment and treatment options to provide specialized multidisciplinary care.

As the area's leader in stroke, MercyOne is central Iowa's only hospital to receive the Gold Seal of Approval™ and Primary Stroke Center certification from The Joint Commission.

Know the signs of a stroke.



Bondurant's Only Locally Owned Physical Therapy Provider



LIVE WITHOUT LIMITS

No Referral Necessary | Most Insurance Accepted | Complimentary Screenings | Locally Owned & Operated

BONDURANT
PHYSICAL THERAPY
& SPORTS MEDICINE

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

HEALTH

By Leslie (Foley) Brant

URBAN poling/Nordic walking

As the spring weather continues to warm up, many of us are starting to seek out outdoor activities such as running or hiking. One activity that is a great alternative to running and that can improve your hiking is Nordic walking. Nordic walking is like cross country skiing but without skis. Nordic walking uses urban poles with hiking and walking. There are multiple benefits to adding Nordic walking to your outdoor workout routine. These benefits include:



- **Weight management:** Urban poling/Nordic walking burns 20% to 46% more calories compared to traditional walking.
- **Pain relief:** Using the urban poles will allow for off loading of the hips and the knees.
- **Core strengthening:** Your abdominal muscles tighten every time you push off with the poles.
- **Improved balance:** The poles allow for more points of contact with the ground, thus decreasing your chance for falling.
- **Improved walking speed.**
- **Improved posture.**

To learn more about nordic walking or urban poles, you can contact us at Bondurant Physical Therapy & Sports Medicine or check out urbanpoling.com. ■

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



Perfect Check Up Winner Luke P!

Monthly Referral Winner Abigail N!

Congratulations!

BONDURANT
FAMILY DENTISTRY

108 MAIN STREET NE, BONDURANT
515.967.4002

www.BondurantFamilyDentistry.com 

HEALTH

By Dr. Steven Neville

MANUAL toothbrush vs. electric toothbrush

Which is better, an electric toothbrush or a manual toothbrush?

If you are looking for the easiest and most efficient way to take care of your teeth, an electric toothbrush is a great option. Unlike a manual toothbrush, an electric brush does the work for you. You only need to guide the electric brush along the surfaces of your teeth. People with arthritis or similar conditions and children find using an electric brush more user-friendly and more effective at removing plaque. Electric toothbrushes provide superior plaque removal compared to a manual brush. There are many options and features to consider when buying an electric brush such as:



- Brushing modes specialized for sensitive teeth, whitening teeth and gum massaging
- Pressure sensors to signal when you are brushing too hard
- Timers to help you keep track of how long you are brushing
- Multiple brush head designs to fit your needs and comfort

If you are interested in learning more about electric toothbrushes, ask your dental provider at your next visit. ■

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

HEALTH

Dr. Laura Myers, MD FAAD

DECODING sunscreen labels

These days, there are so many sunscreen options, it can be overwhelming trying to choose the right protection for you and your family.

Follow these helpful tips to decipher the “alphabet soup” of sunscreen labels.

The sun protection factor (SPF) applies only to how much ultraviolet B is filtered. An SPF 15 filters 93% of UVB, and an SPF 30 filters 97% of the sun’s UVB.

In contrast, a “broad spectrum” sunscreen is defined by the FDA as providing protection from the harmful rays of both UVA and UVB. Blocking both is the best way to help prevent skin cancers, sunburns and signs of premature aging like brown spots and wrinkles.

Physical sunscreens protect you by deflecting the sun’s rays. These contain titanium and zinc and are best for sensitive skin. Chemical sunscreens absorb the sun’s rays.

There is no such thing as a “waterproof” sunscreen. The FDA approves the label “water-resistant.” This is your best bet when in the water or perspiring, but you do need to reapply.

Because no sunscreen provides 100% protection, it’s important to seek the shade and wear wide-brimmed hats, sun-protective clothing and sunglasses with UV protection. ■

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



HEALTHY SKIN STARTS HERE

NOW ACCEPTING NEW PATIENTS!



Katrina Smith
MD, FAAD



Laura Myers
MD, FAAD



Iowa Dermatology Consultants
The Art and Science of Skin Care

2675 N Ankeny Boulevard, #101

515-348-4097

iowadermatologyconsultants.com



Fellow
American Academy of Dermatology
Excellence in Dermatology

Medicare & most major
insurance accepted

BOARD CERTIFIED. PATIENT FOCUSED.

HEALTH

By Lance Andersen

THE IMPORTANCE of mind-body connectedness

Mindfulness is a popular term these days, but what does it really mean? The Oxford dictionary defines mindfulness as: “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts and bodily sensations.” At the heart of meditative practice is the concept of non-doing, which presents the paradox of getting something worthy by not trying. But the outcome is there, if only we can convince ourselves of the virtues of bringing mindfulness into our lives by giving it a try.

I might not be able to convince you here and now of the amazing benefits of meditation and yoga. But if you were to read “Full Catastrophe Living,” by Jon Kabat-Zinn, PhD, you might become convinced. In splendid detail, Dr. Kabat-Zinn shares many of the recent scientific findings that confirm our brains are much more powerful than we give them credit, and our mind state can deeply influence our personal chemistry, biology and health. I hope you contemplate the idea of bringing gentle, loving, non-striving and non-doing into your routines, which just might positively influence health throughout the lifespan. ■

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



SS Therapy and Consulting



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

www.sstherapyandconsulting.com

**STEPS
Groups**

Adults/Teens/
Parents

**Therapy
for All Ages**

Most insurances
accepted.

**Neurofeedback
Brain Maps**

and Training
Available.

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

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105



ALLERGY SEASON IS HERE.

Are you ready?



Prairie Vision Center
of Bondurant

Schedule your annual check-up today!

www.pvcbondurant.com
515-267-7908
87 Paine St. SE #3, Bondurant

24/7 EMERGENCY AFTER HOURS



HAPPY BABIES, HAPPY FAMILIES.

CREATING HEALTHIER FAMILIES FOR OVER 26 YEARS!



SWAIN
CHIROPRACTIC

DR. KARI SWAIN
Board Certified Pediatric and Prenatal Chiropractor

515-967-9300 • 410 Center Place SW • Altoona
SWAINCHIROPRACTIC.COM



HEALTH

By Lance Andersen

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 microscope 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, 87 Paine St. S.E., Suite 3, Bondurant, 515-267-7908.

HEALTH

By Dr. Kari Swain

CHIROPRACTIC for babies and children

Having a new baby comes with a period of adaptation for new parents as they adjust to life caring for a tiny human. An even more intense amount of energy and patience is needed when that baby is uncomfortable and unwell. Sleeping issues, inconsolable crying, distended abdomen, seeking relief through frequent feedings, arching the back, colic, reflux, poor digestion and uneven head shape are all signs of an overload of the nervous system. A newborn baby grows at a rapid rate, so its body's focus is directed toward feeding, digesting and sleeping. Spinal subluxations interrupt these processes.

A Board Certified Pediatric Chiropractor is specially trained to assess infants and children by providing a thorough exam to identify interferences to the central nervous system and then use that information to provide gentle, specific spinal adjustments. Removing interference enables the body to function optimally. Chiropractic care is natural and drug-free, restoring the body to its natural state of self-healing and self-regulation.

The longer we live with interferences to the nervous system, the greater the compensatory patterns the body creates for them. Interferences may show up differently as an infant moves into childhood and adulthood, but that doesn't mean they have gone away. In toddlers and older children, this can look like frequent falls, poor coordination, gait issues, scoliosis, allergies, ear infections, frequent colds, sleep issues, bed wetting, lack of attention, hyperactivity, sensory issues, and mood or emotional issues. The sooner babies and children are adjusted, the better. ■

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

SAVE MORE MONEY

selling your home with us in 2022

We have sold over
2,500 homes with
**NO COMMISSION
FEE.**

LET'S DO THE MATH!

Sell your home for **\$300,000**
traditional agent at 6% = **\$18,000**
FSBOHOMES = **\$3,000**

YOU save \$15,000!

*You owe it to yourself & your
pocketbook to learn more!!!*

Call today to learn about our services (515) 393-4688

FSBOHOMES.COM
OF CENTRAL IOWA

FSBOHOMES **ANKENY**
110 N Ankeny Blvd, Suite 600

FSBOHOMES **URBANDALE**
1111 Plum Drive



DON'T LOSE YOUR COOL!

\$25 OFF

AIR CONDITIONER SERVICE

EXPIRES: AUGUST 19, 2022

WILLIAMSON'S
REPAIR & TIRE

1420 2nd Street NE, Bondurant

WilliamsonsRepair.com 515-967-0900

METRO'S BEST

Accidents Happen

We're here when you need us.

Bondurant
—AUTO BODY—

bondurantautobody.com

1002 2nd St. NE • 515-967-9000

AUTO

By Todd Hanrahan

CARING for your car's finish

Whether you've recently had your vehicle painted or you like to keep your ride looking great, here are some tips we suggest when caring for the finish:



For a newly refinished vehicle

- Do not hand wax your vehicle for 60 days.
 - Use only car wash soaps to clean your new paint finish.
 - Do not apply magnetic signs, protective bras, decals or stickers to the new paint finish for at least 60 days.
 - Only hand wash or use a touchless machine wash for the first 60 days.

General hand cleaning for vehicles

- Wash or rinse off dirt of any kind as soon as possible.
 - Rinse before you wash to remove any surface grit, then use a mild car soap and clean sponges.
 - Wash and rinse one section at a time so you do not have water drying on the body. Do not scrub. Use long, light strokes that run along the length of your car. Scratches created by circular wiping may leave marks that are more noticeable than straight ones. Rinse your sponge before dipping it back into the bucket to prevent grit from being reapplied to the car.
 - Dry by blotting with a chamois rather than wiping. Driving and drying is not a good idea because the water doesn't dry as quickly as new dirt gets on the wet car.

Car washes

- If you use an automated car wash, choose a no-touch car wash that only sprays water and soap.

Waxing

- Wax not only deepens the beauty of good paint, but also protects the finish from UV radiation and other harmful substances.
 - Wax, while expensive, is the best option. Nothing brings out the paint's richness better, and it is easy to use. Just wipe it on and immediately wipe it off.
 - Look for a wax that has at least 20% carnauba in the can, preferably without any petroleum products mixed in. You will get better results with natural oils. Polymer-based waxes offer an acceptable alternative in terms of protection.
 - Once the surface of your vehicle stops beading up when water sits on it, it's time for a good hand wax.

Caring for the paint job on your vehicle is one of the best ways to keep it looking great. Consistent washing and cleaning, followed by drying, polishing and waxing, adds a protective coating over your vehicle's paint to provide extra protection to its exterior. ■

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

AMAZING events

The Bondurant Chamber of Commerce represents the business community. We work hard to promote our local businesses as well as businesses outside of Bondurant that have products we do not yet offer. Chamber membership can be a reliable and valuable source if you take advantage of what we offer. For example, we have several amazing events scheduled this year that you do not want to miss.



- Celebrate Bondurant June 4

- Coffee & Conversations and Cocktails &

Conversation the second Thursday of each month, alternating

- Regional After Hours, Pleasant Hill, June 16
- Regional After Hours, Bondurant, July 21
- Business Safe Trick or Treat, Oct. 26
- A Piece of Bondurant Christmas, Dec. 3
- Annual Dinner & Awards, TBD

Thank you to everyone who came to our most recent new event: A Piece of Bondurant. We were unfortunate to have some weather issues resulting in having to move it to Sunday, then into the gym. We had 30 vendors and music by the High School Jazz Band, Zackary Freedom and Nick Sinclair. We are excited to announce we will be doing this event again next year — hopefully with better weather.

We want to emphasize Celebrate Bondurant on June 4 from 6-9 p.m. at a new location — City Park. Black Dirt Ramblers will be playing at no cost to the public. Grab some lawn chairs and come out for a good time. There will be several vendors selling food, beer, goods and services; business tables; and many special treats for the kiddos. We will have fun kids' activities including bounce houses, obstacle course, face painting, balloon animals, plush animal rides, dunk tank, and much more.

We want to show our appreciation of our amazing Premier members: Meta, Bondurant Family Dentistry, Amazon (DSM 5), BrickHouse Fitness, City of Bondurant, Prairie Meadows, Midland Credit Union, RMS, Legacy Bank and JLL. Our event sponsors include Raymond James and Densmore Insurance. When it comes to financial planning, there is only one person who matters: YOU. This is your life, your goals, your dreams. At Raymond James, they assist clients in achieving their financial planning objectives and investment goals through wealth accumulation, preservation and distribution. Densmore Insurance can assist you with small business insurance, cyber liability insurance, workers' compensation, general liability, commercial auto insurance, professional liability, inland marine, builders risk, special event liability and travel accident insurance. Personal lines of coverage include car, home, farm, boat, RV, toys, umbrella, life and identity theft.

A special thank you to our Presenting sponsors Polk County and Meta. Serving a diverse central Iowa community, Polk County is among the nation's most innovative public institutions. They bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County. Originally founded in 2004 as Facebook, Meta's mission is to give people the power to build community and bring the world closer together. Their products empower more than 3 billion people around the world to share ideas, offer support and make a difference.

Thank you again to our amazing Bondurant Community. We are happy to serve you and look forward to an amazing year to come. ■

Information provided by Tiffany Luong, Executive Director, Bondurant Chamber of Commerce.

CITYVIEW'S
Summer STIRS

10 SAMPLE DRINKS FOR ONLY \$20!

OUR TRAVELING COCKTAIL PARTY IS BACK WITH TWO SEPARATE EVENTS THIS YEAR!

JUNE 24, 2022 | **JULY 22, 2022**
COURT AVENUE | **EAST VILLAGE**

SPONSORED BY:
DRF SPORTSBOOK

TICKETS AVAILABLE AT:
summerstirs.com

CELEBRATE Bondurant
6.4.2022
6-9PM

Black Dirt Ramblers

Local food, drink, live music, business vendors & family fun!

City Park
201 Main St SE
Bondurant, IA 50035
NEW LOCATION

Presented by
Bondurant Chamber of Commerce

Meta

Thank you to our Sponsors!
RMS **Legacy Bank** **JLL** **Meta** **densmore** **RAYMOND JAMES**

Local Business Vendors

Car Show
Hill Billy Bike Ride
Food Trucks
Inflatables
Face Painting
Balloon Animals
Plush Animal Rides
FREE LIVE BAND

www.bondurantchamber.com | **515-967-2424**
director@bondurantchamber.com

OUT & ABOUT



Altoona Area Chamber of Commerce held a ribbon cutting at Elite Health + Performance at 116 Brick St. S.E., Bondurant, on April 29.



Brent Hagan, Payton Hagan and Cole Christensen at A Piece of Bondurant at BrickHouse Fitness on May 1.



Angie, Josh and Mark Turner at A Piece of Bondurant at BrickHouse Fitness on May 1.



Laura and Randy Lacina at A Piece of Bondurant at BrickHouse Fitness on May 1.



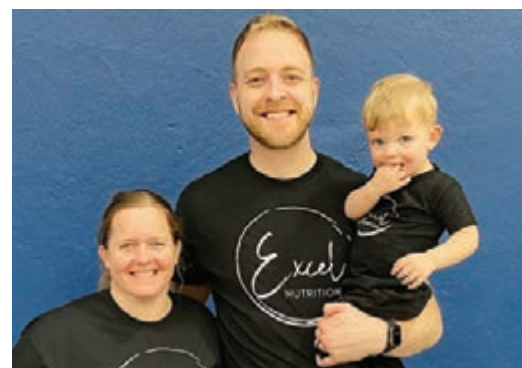
Jeana Christensen and Missy Harnden at A Piece of Bondurant at BrickHouse Fitness on May 1.



Morgan and Charlie Ginder at Springtime in the Village at Bondurant City Park on May 4.



Donovan and Erin Hill at A Piece of Bondurant at BrickHouse Fitness on May 1.



Sarah Felker, Jake Guenther and Josiah Guenther at A Piece of Bondurant at BrickHouse Fitness on May 1.



Zach, Sara and Beckett Gillen at Springtime in the Village at Bondurant City Park on May 4.



Charlie, Scott and Rhett Ludwig at Springtime in the Village at Bondurant City Park on May 4.



Alison and Creighton Stricklett at Springtime in the Village at Bondurant City Park on May 4.

OUT & ABOUT

SPRINGTIME in the Village

Springtime in the Village
was enjoyed at Bondurant
City Park on May 4.



Kayla, Denver, Elizabeth and Camden Stalzer



William and Andrea Haselhoff



Sam, Luke, Hayden and Henry Bray



Kynsie Anderson and Tom Armstrong with Zip and Bud



Cole and Caiden LaZella



Tubby, Soapie and Deano



Amber and Elanor Miller



Joe, Maddie and Henry Cutler

CLASSIFIEDS

DISCLAIMER: This publication does not knowingly accept advertising that is deceptive, fraudulent, or which might otherwise violate the law or accepted standards of taste. However, this publication does not warrant or guarantee the accuracy of any advertisement, or the quality of the goods or services advertised. Readers are cautioned to thoroughly investigate all claims made in any advertisement and to use good judgment and reasonable care, particularly when dealing with persons unknown to you who ask for money in advance of delivery of the goods or services advertised.

FOR SALE

2023 MANUFACTURED HOMES, (14x60) 2Br, \$39,999. (14x70) (3Br- 2Ba.) \$48,999. (16x80) (3Br- 2Ba.) \$55,999. NEW (28 x 64) (4Br - 2Ba) \$75,999. Delivered Factory-Direct, E. Of I-35, & North Of I-80, 319-239-1920. (mcn)

WANT TO BUY

WANT TO BUY your manufactured or mobile home 1990 and newer CENTURY HOMES of OSKALOOSA 641-672-2344 (mcn)

AUTOMOBILES

DONATE YOUR CAR, TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-977-7030 (mcn)

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 855-752-6680 (mcn)

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-866-258-6720. (mcn)

CABLE/INTERNET

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-866-296-1409 (mcn)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-679-7096. (mcn)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-434-0020 (mcn)

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 855-824-1258. (mcn)

DirectV Satellite TV Service Starting at \$74.99/month! Free Installation! 160+ channels available. Call Now to Get the Most Sports & Entertainment on TV! 844-558-1767 (mcn)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-590-6451. (mcn)

EDUCATION

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 1-844-843-2771 (mcn)

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 833-751-0776. (M-F 8am-6pm ET) (mcn)

EMPLOYMENT/HELP WANTED

Are you a Class A Truck Driver and tired of getting jacked around by employers? Call me to see why our turnover rate is so low. Scott 507-437-9905 Apply: WWW.MCFGLT.COM (mcn)

Dakotaland Transportation Inc. is in search of cabinet haulers that are willing to travel the great USA and be home weekly. - Must have a Class A CDL. We have great benefits: health, dental, vision, life, supplementary, simple iras. Come join this great big happy family. dlt@dtisf.com. www.dakotalandtransportation.com. Call 800-822-2703 (mcn)

FINANCIAL

STOP worrying! SilverBills eliminates the stress and hassle of bill payments. All household bills guaranteed to be paid on time, as long as appropriate funds are available. Computer not necessary. Call for a FREE trial or a custom quote today. SilverBills 1-866-918-0981(mcn)

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards.

Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-866-552-0649.(mcn)

HEALTH & MEDICAL

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-716-2411.(mcn)

Attention Viagra users: Generic 100 mg blue pills or generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Call Today 1-877-707-5659. (mcn)

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance- NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-973-9175 www.dental50plus.com/https://www.dental50plus.com/midwest #6258 (mcn)

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! Call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today! 1-855-654-1926. (mcn)

Hero takes the stress out of managing medications. Hero sorts and dispenses meds, sends alerts at dose times and handles prescription refill and delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-FREE trial! Call 1-855-484-6339. (mcn)

MISCELLANEOUS

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-577-1268. Promo Code 285. (mcn)

Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 877-326-1608. (mcn)

Looking for assisted living, memory care,

or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-877-580-3710 today! (mcn)

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-877-381-3059. (mcn)

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 877-327-0795. (mcn)

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call 855-995-2382 (mcn)

NEED NEW FLOORING? Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 844-785-0305 (mcn)

UPDATE YOUR HOME with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 866-970-3073. Ask about our specials! (mcn)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-836-2250. (mcn)

Never clean your gutters again! Affordable, professionally installed gutter guards protect your gutters and home from debris and leaves forever! For a FREE Quote call: 877-761-1449 (mcn)

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-877-228-5789 (mcn)

Need IRS Relief \$10K - \$125K+ Get Fresh Start or Forgiveness Call 1-877-702-7854 Monday through Friday 7AM-5PM PST.(mcn)

WANT TO BUY

PAYING TOP CASH FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner, Speedmaster.. Call: 866-314-9742. (mcn)

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 866-470-1643. (mcn)

EDUCATION

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. The Mission, Program Information and Tuition is located at CareerTechnical.edu/ consumer-information. (M-F 8-6 ET) (ACP)

HEALTH & FITNESS

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00. 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español (ACP)

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-855-526-1060 www.dental50plus.com/ads #6258 (ACP)

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587 (ACP)

MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Down + Low Monthly Pmt Request a free Quote. Call before the next power outage: 1-855-948-6176 (ACP)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-833-610-1936 (ACP)

AT&T Internet. Starting at \$40/month w/12-mo agmt. 1 TB of data/mo. Ask how to bundle & SAVE! Geo & svc restrictions apply. 1-855-364-3948 (ACP)

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725 (ACP)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (ACP)

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141 (ACP)

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-844-428-0445 today! (ACP)

Become a published author. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide 1-877-729-4998 or visit dorranceinfo.com/ads (ACP)

Paying top cash for men's sportwatches! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 833-603-3236 (ACP)

Put on your TV Ears & hear TV w/ unmatched clarity. TV Ears Original - originally \$129.95 - now w/this special offer only \$59.95 w/code MCB59! 1-888-805-0840 (ACP)

Aloe Care Health medical alert system. Most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer w/code CARE20 for \$20 off Mobile Companion. 1-855-341-5862 (ACP)

Hero takes stress out of managing medications. Hero sorts & dispenses meds, sends alerts at dose times & handles prescription refill & delivery for you. Starting at \$24.99/month. No initiation fee. 90-day risk-free trial! 1-855-993-3217 (ACP)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/21/23. 1-866-479-1516 (ACP)

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services. \$0 down financing option. Request free no obligation quote. 1-877-539-0299 (ACP)

Vivint Smart security. Professionally installed. 1 connected system for total peace of mind. Free professional installation! 4 free months of monitoring! Call to customize your system. 1-833-841-0737 (ACP)

WANTED TO BUY

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201 (ACP)

Make Mi-Fiber

YOUR FIBER!

Technology to power your life with
the support to simplify it!

COMING SOON TO YOUR NEIGHBORHOOD

NOW AVAILABLE IN BONDURANT!

NEW PARTNERSHIP WITH  **FIBER** HOMES



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

QUESTIONS? Give us a call today!

515.850.0500 MI-FIBER.NET

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



2022

THINK SUMMER

Know YOU are making the RIGHT MOVE this SUMMER
with the PCA REAL ESTATE TEAM.

CHECK OUT THIS FEATURED LISTING!



515-490-8025

pca PENNIE CARROLL
& ASSOCIATES
REAL ESTATE

