

BONDURANT

NOVEMBER 2022

# Living

MAGAZINE

## The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

**Honoring those who served**  
SALUTE TO VETERANS

**Meet Tori Wells-Chaska**  
EDUCATION

**Sweet potato foil packet tacos**  
RECIPE

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WELCOME

## IN HIS EYES and in his handshake

A few years back, I attended a Memorial Day service at a cemetery. I was taking photos when an elderly man walked over to me and asked who I was. I told him my name and what I was doing, and he thanked me immensely for providing coverage of the event and the local veterans. I could see in his eyes and in the firmness of his handshake that he truly meant it.

Our discussion then steered toward the status of veterans' organizations in Iowa communities and the struggle to attract members, especially younger ones.

As most of you who are involved in community groups know, that struggle isn't unique to veterans' organizations. Time is the greatest commodity for most of us, and we guard it closely. In this regard, veterans are no different than the rest of us. What I heard from my conversation was that the desire to have these young veterans be part of the organizations is as much about helping the older folks as it is the younger ones. We all need each other — young and old — to share our stories and better understand our differences. Veterans do, too.

I recall going into the VFW Hall in my hometown as a child and seeing photos of my father and my uncle on the wall as past commanders. I was certainly proud of them both for serving our country, and that respect deepened when I saw how they served their fellow veterans, too.

That day at the cemetery made me think about veterans' organizations and what we could do to help. The first step is to do something we should be doing every day, and that is to simply thank our veterans for their service with the same gratitude that the elderly man gave me. And from where I am sitting, we need to do more to share the stories of our veterans and to help their organizations prosper.

With that in mind, we are saluting our veterans in this issue of your Living magazine, and we are profiling the local veterans' organizations and sharing how you — whether you are a veteran or not — can help, too.

I hope you enjoy these stories as much as I have.

As always, but especially with this issue, I thank you for reading. ■



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# The state of **VETERANS'** ORGANIZATIONS

Veterans share how times are changing

By Lindsey Giardino

While Veterans Day falls on Friday, Nov. 11, each day of the year can present an opportunity to celebrate our veterans and to recognize the contributions they have made — and continue to make — to their country and community.

Regardless of the military branch of service, peacetime or wartime, those who have served our country have made sacrifices, and, for those, we salute them and the organizations they represent. While World War I and World War II veterans shaped the veterans' organizations we know today, it is the veterans of subsequent generations who will determine the future of those groups.

Members of the Bondurant American Legion participate in the Veterans Parade held during the Iowa State Fair.





## FEATURE



Wreaths placed by Legion and Auxiliary members pay tribute to those who served.

### Shop for a Veteran

The Bondurant American Legion Post 396 does what it can to support veterans both in the community and throughout the state.

Recently, the Legion held its annual Shop for a Veteran effort, where community members

could provide monetary or gift donations for veterans who live at the Iowa Veterans Home in Marshalltown. Items needed included shoes, coats, birdseed, men's aftershave and much more.

The Bondurant American Legion also hosts

a monthly breakfast on the third Saturday from 7-9:30 a.m., where they serve made-to-order eggs, biscuits and gravy, sausage, pancakes, hash browns, toast and hot coffee. The monthly breakfasts are one of the Legion's main fundraisers.

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The Memorial Day Service by the American Legion honors fallen members of the military.

Ernest George, a member of the Legion, says usually more than 100 people show up for the breakfasts.

The Bondurant American Legion also hosts a joint special breakfast with the Bondurant Men's Club in December, aptly referred to as Breakfast with Santa.

Because of the fundraising the Bondurant American Legion does, the community benefits greatly. The post

financially supports things like high school sports teams, as well as a variety of charities.

George, who served in the Army in the military police and in the National Guard, both active duty and reserves, shares that the Legion includes members of a variety of ages. For him, hearing everyone's stories is an honor. In fact, that's perhaps his favorite part of being a member.

"It's great being around other veterans and getting to hear some of their stories and experiences, and share some of my stories," he says. "Also, it's nice to volunteer."

Of the Bondurant American Legion, George adds, "We're kind of quietly in the background, cheering on and helping other people. The people who show up to our events when we do have them or donate when we ask, it's been really nice."





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## FEATURE

### American Legion Auxiliary also supports community

In addition to the Bondurant American Legion, there's the Bondurant American Legion Auxiliary Samuel H. Bridge Unit.

Last year, the group participated in Wreaths Across America for the first time and will do so again this year.

The nationwide event honors veterans by laying wreaths on their graves around the holiday season. Locally, people can buy wreaths, and volunteers go out to place them on the graves of all veterans laid to rest in the Bondurant Cemetery.

Linda Wunn, who's part of the Auxiliary because her husband and father are veterans — and because many of her nieces and nephews are military service members as well — believes the event is a great way to recognize veterans.

"It's just another way to honor the service they gave, whether it was just two or three years, whether it was in a war, or it's what they're currently doing," she says.



Flags are raised through the cemetery for the American Legion's Memorial Day service.



The Bondurant American Legion Samuel H. Bridge Post and Unit 396 and Auxiliary display their emblems on the post's sign.

Wunn adds that, while the Bondurant American Legion Auxiliary membership is dwindling, they're still active in the community. The group is involved in things like helping send girls to the American Legion Auxiliary Iowa Girls State event and sponsoring merit awards for students.

Ultimately, Wunn is glad to see veterans receiving respect, because, when her husband returned from the Vietnam War, there wasn't a lot of that.

"I think more and more they're respected," she says of veterans. ■



# HONORING OUR LOCAL VETERANS

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SRA E-4

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#### U.S. AIR FORCE, SECURITY FORCES

UAE, Kirkuk, Iraq and Camp Bucca-Umm Qasr, Iraq

#### *How can the public best honor veterans?*

"We feel community, family and friends honor veterans already. Maybe remember and honor Vietnam veterans more as they didn't receive a warm welcome home." — TJ and Francesca O'Toole



### JESSICA JOHNSEN

Staff Sergeant

#### IOWA AIR NATIONAL GUARD

OIF/OEF 2007 and 2011/2012

#### *How can the public best honor veterans?*

"I believe it is so amazing when the community comes together to support the families that are home while the spouse is away. It's such a huge peace of mind to know your loved ones are being looked after." — Jessica Johnsen







## LARRY DEAN PETERS, JR.

Technical Sergeant

### U.S. AIR FORCE

Egypt 1998, Saudi Arabia 1999-2000, Iraq 2009

#### *How can the public best honor veterans?*

"Make sure to vote in favor of candidates who support our veterans' needs."

— Larry Dean Peters, Jr.

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## DAN CLARK

E4

### ARMY NATIONAL GUARD

Operation Enduring Freedom, Operation Iraqi Freedom, Operation Vigilant Relief

#### *How can the public best honor veterans?*

"Thank a veteran. A simple 'Thank you' goes a long ways. If you see a veteran, shake their hand and ask how they are doing. Volunteer your time at a local Veterans Hospital or donate to local veterans charities. When you see a flag in a parade, stand, remove your hat and put your hand on your heart. Always remember that veterans fought and died carrying and defending the American flag in combat. The American flag means the world to a veteran, so never let it touch the ground. And lastly, never forget those who sacrificed their life, those who paid the ultimate price defending the American way of life."

— Dan Clark

## JAKE CLOS

E-7

### U.S. ARMY

Korea 1997-1998, Bosnia 1999-2000, Korea 2002-2003, Iraq 2004-2005, Iraq 2010-2011

#### *How can the public best honor veterans?*

"Respect." — Jake Clos

CORPS ★ NAVY ★ NATIONAL GUARD ★ RESERVES



## MEET Tori Wells-Chaska

"Honey" becomes class favorite through posters.

Tori Wells-Chaska graduated from the University of Northern Iowa in 2020 where she studied elementary education and received a science teaching minor. After observing and teaching in a sixth-grade science classroom during her freshman year, she knew she wanted to specialize in science.

Today Wells-Chaska teaches fifth-grade math and science for the Bondurant-Farrar Community School District. She says she appreciates that everyone in the district was not only welcoming and helpful when she joined the district but continues to be so.

"Everyone's goal in the district is to do what is best for students, and that is evident in the resources and opportunities the district provides the teachers. All of the parents have been incredibly supportive as well, so it's amazing to see the whole community be able to impact the positive culture of our school," Wells-Chaska says.

She first realized she wanted to become a teacher when she was in the seventh grade attending a summer volunteer trip at Kid's Club. While there, she helped create lesson plans and activities for children to participate in throughout the week. She says being able to help and support those children gave her a type of fulfillment she hadn't felt before.

"I was amazed to see how much fun everyone had and how I was able to build a positive connection with many children by the end of the week," Wells-Chaska says. "I love that my job allows me to build positive relationships and help children become the best learners they can be every day. I truly couldn't see myself in any other profession."

After seeing another teacher online make inspirational classroom posters featuring their dog, Wells-Chaska created her own posters following her dog, Honey. Honey has since become a fan favorite in her classroom, and her students were even curious how Wells-Chaska made the posters.

So, Wells-Chaska incorporated a graphic design lesson into the day, and her students created their own inspirational posters to display in the classroom. She says her students not only had a great time designing their own unique posters but also enjoy being able to see them displayed on the class wall.

"Many people assume that working with fifth graders can be scary, but I love it and wouldn't have it any other way. I enjoy learning about their personalities, sense of humor and their interests. Even when we aren't having fun and need to have honest conversations, they appreciate the honesty and are receptive to feedback," Wells-Chaska says.

This school year, Wells-Chaska is looking forward to building more relationships with both her students and colleagues. She says she is also excited to become more involved with the district and the community.

In her free time, she enjoys spending time with her husband and golden retriever. She also likes traveling, reading, cooking, being crafty with her Cricut machine, and spending time with family and friends. ■



Tori Wells-Chaska knew she wanted to become a teacher when she was in the seventh grade on a volunteer trip at Kid's Club.



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## RECIPE

# A FOIL PACKET meal for sweet fall simplicity

*(Family Features)* Fall provides almost endless opportunities to gather friends and family around great food. From tailgates and family events to those precious last outdoor meals before winter sets in, the scenery of autumn is a perfect backdrop for sharing meals together.

Those favorite fall foods are often best when they're delicious without complications. Taking the guesswork out of cool-weather classics can be as easy as these sweet potato foil packet tacos, which are loaded with flavor and can be customized to fit everyone's taste buds with personalized toppings.

As the key ingredient, sweet potatoes show off their versatility as an ideal addition to simple or elevated sweet or savory dishes. Because you can cook and prepare them multiple ways — such as baked, microwaved, grilled, slow cooked or on the stove — they're easy to use in a wide array of recipes.

Plus, according to the American Diabetes Association, sweet potatoes are a “diabetes superfood” because they're rich in vitamins, minerals, antioxidants and fiber.

Find more recipes at [ncsweetpotatoes.com](http://ncsweetpotatoes.com). ■

## Sweet potato foil packet tacos

Recipe courtesy of the North Carolina SweetPotato Commission. Servings: 6

- 1/2 pound ground turkey
  - 3 tablespoons taco seasoning
  - 1/2 cup tomato sauce
  - 1 can (15 ounces) black beans, rinsed and drained
  - nonstick cooking spray
  - 2 pounds North Carolina sweet potatoes, peeled and cut into 1/2-inch cubes
  - 2 tablespoons butter
  - 3/4 teaspoon salt
  - 1 1/2 cups fresh chopped spinach
  - 1 1/2 cups shredded cheddar cheese
  - sour cream and guacamole (optional)
- Preheat oven to 425 F.
  - In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.
  - Lay out six 12-inch aluminum foil pieces;



spray each with nonstick cooking spray.

- In center of each foil piece, place 1 cup sweet potatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.
- Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.
- Place packets on rimmed cookie sheet; bake until sweet potatoes are tender, about 25 minutes.
- Serve with sour cream or guacamole, if desired.



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# YEAR-ROUND golf Iowa style

Simulator makes garage a place to relax and socialize.



Travis and Stephanie McCuen's 6-year-old son, Grayson, enjoys the golf simulator. The family enjoys social gatherings in the garage, and Travis says it is his "happy place," where he can relax and decompress.

When Stephanie and Travis McCuen dated and married, Stephanie was well-aware her husband was a huge sports enthusiast. So much so, that in addition to owning and collecting an array of sports memorabilia, Travis also suggested they move somewhere warm so he could golf year-round. And, Stephanie was supportive.

However, as the years passed and they welcomed a son, it never felt like the right time to move. The alternative? Putting a golf simulator in the family's garage.

"At first, Stephanie thought it was a little crazy," Travis laughs. "But, I think she likes it because I'm always at home. And it's about 65 degrees in the garage during times it would be unbearable to golf outside."

Once the couple's friends started coming over and playing the iconic courses available on the simulator, the garage became a go-to spot for gatherings, drinks and friendly competition.

"It's my happy place," Travis says. "I can play after everyone is in bed and just relax, turn some music on and grab a beer and decompress."

While playing rounds online, Travis has met people from as far away as Australia, Hawaii and England. He can choose from 330 different and challenging courses.

But, nothing compares to the memories, laughs and moments with the people closest to the McCuen family.

"We had friends over one night, and the husbands were golfing," Travis says. "One guy hit what you would call a worm burner that struck the bottom bar and came right back and hit his wife. No one was injured, more than a bruise, but we laughed for quite a while." ■

# HONORING veterans

Nov. 11, 1918 marked the end of "the war to end all wars," World War I, when fighting ceased between the Allied nations and Germany on the 11th hour of the 11th day of the 11th month. Armistice Day was made a national holiday on May 13, 1938, and, in 1954, the name was changed to Veteran's Day to honor American veterans of all wars.



Today, I would like to personally thank all veterans who have been willing to risk their lives, some giving the ultimate sacrifice, so that I could enjoy freedom here in America. Thank you.

It is our privilege, as a veteran is laid to rest in our cemetery, to honor them for their service to our country. It is with pride that we witness the folding of the flag, the sound of Taps being played and the deceased veteran receiving the honor they deserve.

In this month of thanksgiving, I encourage you to take a moment to thank a veteran that you pass on the street, write a letter to a serviceman serving on foreign soil, or pray for those who have served and are serving our country.

Remember: Freedom is ours because someone paid a great price for it. ■

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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## EVENTS IN THE AREA

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

Be sure to check for cancellations.

### Craft and vendor show

Dec. 10, 10 a.m. to 4 p.m.  
Bondurant Legion Hall, 315  
Second St. N.W. Bondurant

Valerie and Cathy's Boutique will host a craft and vendor show each of the next three months.



### 'Come From Away'

Through Sunday, Nov. 27  
Des Moines Civic Center, 221  
Walnut St., Des Moines

Lose yourself in this Broadway musical showcasing the light found in the darkness of 9/11. Based on the true story of 7,000 airline passengers who found themselves stranded in the small town of Newfoundland, Canada, and the residents who housed and fed them. Written by the Tony-nominated Irene Sankoff and David Hein and directed by Tony-winning Christopher Ashley. Tickets \$40 to \$130 at [dmpa.org](http://dmpa.org).



### Festival Of Trees & Lights

Friday - Saturday, Nov. 25-27  
Iowa Events Center, 833 Fifth  
Ave., Des Moines

Jumpstart the holidays at this time-honored tradition benefiting Blank Children's Hospital. Annually, more than 15,000 people attend to enjoy the beautiful decorations, gift shop and festival entertainment. Open 10 a.m. to 7 p.m. Friday and Saturday, then 10 a.m. to 5 p.m. Sunday. Tickets are \$5 per person (ages 2 and younger free), available online or on site. More information at [unitypoint.org/blankchildrens/festival-of-trees.aspx](http://unitypoint.org/blankchildrens/festival-of-trees.aspx).

### Christmas in Bondurant

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

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



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

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



### Downtown Winter Farmers Market

Saturday, Dec. 3 from 9 a.m. to 1 p.m.  
Historic Court District, Des Moines

Enjoy one more farmers market before frigid weather sets in. Vendors will have seasonal local produce, meat, cheese, eggs, jam, jelly, salsa and other farm food available for purchase. Local artists, food trucks and street food vendors will also be present. Find more information at [dsmpartnership.com/desmoinesfarmersmarket/winter-market](http://dsmpartnership.com/desmoinesfarmersmarket/winter-market).



### Cribbage Tournament

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

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

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

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

### Holiday Hullabaloo

Nov. 25-Dec. 31, 10 a.m. to 6 p.m.  
general admission and 7-11 p.m.  
adults only  
Horizon Events Center, 2100 N.W.  
100th St., Clive

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



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

Be sure to check for cancellations.

### Christmas at Terrace Hill

Sunday, Dec. 18, 1-4 p.m.

Terrace Hill, 2300 Grand Ave., Des Moines

Gov. Kim Reynolds and First Gentleman Kevin Reynolds cordially invite families to attend this year's Christmas at Terrace Hill, a fun and festive holiday experience at the Iowa Governor's Residence and National Historic Landmark. Enjoy activities for the kids, spectacular decorations, carolers, delicious treats, and a free photo with Santa and a reindeer. Admission is \$25 per individual or \$50 per family household and must be made in advance either online at <https://terracehillchristmas22.eventbrite.com> or by phone at 515-281-7205. Proceeds from the event benefit the Terrace Hill Partnership, the non-profit organization that supports necessary conservation and restoration projects at Terrace Hill.

### Medicare Advantage Seminars

Wellmark Advantage Health Plan is offering in-person seminars for individuals who have questions or are looking to enroll in Medicare Advantage during the annual enrollment period, which occurs through Dec. 7. Medicare Advantage seminars are free to attend and are offered to anyone considering their Medicare options. Topics covered include: Medicare basics, how Medicare Advantage plans work, questions to consider before choosing a plan, and how to enroll. To register for a seminar, visit [Wellmark.com/Attend](http://Wellmark.com/Attend).

#### Seminar dates and locations include:

- **Tuesday, Nov. 29**, 9-10 a.m., West48, 1601 48th St. No. 100, West Des Moines
- **Wednesday, Nov. 30**, 3-4 p.m., Smokey Row, 1910 Cottage Grove Ave., Des Moines
- **Thursday, Dec. 1**, 11 a.m. to noon, DoubleTree by Hilton, 6800 Fleur Drive, Des Moines

For accommodation of persons with special needs at meetings, call 800-213-3771 (TTY: 711), 8 a.m. to 8 p.m., Monday through Friday and some weekend hours. Interested individuals can get personalized support and walk through the options by contacting their authorized independent agent or by contacting Wellmark at the above number and hours. To learn more, visit [Wellmark.com/Medicare/Advantage](http://Wellmark.com/Medicare/Advantage).

### Breakfast with Santa and Mrs. Claus

Dec. 11, 8-11:30 a.m.

West Des Moines Elks Lodge, 2060 N.W. 94th St., Clive

Special guests, Santa Claus and Mrs. Claus, will be giving out goody bags, talking with the children and providing photo opportunities. The breakfast buffet includes biscuits and gravy, french toast, scrambled eggs, bacon, sausage patties, cheesy potatoes and all-you-can-eat pancakes (including blueberry and chocolate chip pancakes), orange juice, milk, and coffee. Enjoy a bloody mary or mimosa for \$3.50. Cost is \$10 for adults and \$5 for children 10 and younger. There will also be a Christmas bake sale. Proceeds support the Elks Hoop Shoot Program, other youth activities and community charities.



### 'She Loves Me'

Dec. 2-11

Ankeny Community Theatre, 1932 S.W. Third St.

This charming musical is about Amalia and Georg, competing perfume shop clerks. Both respond to a "lonely hearts advertisement" in the newspaper, exchanging love letters, but the identity of their admirers remains unknown. Tickets and information can be found at [ankenycommunitytheatre.com](http://ankenycommunitytheatre.com)



### HOLIDAY MUSIC

#### Community Band Holiday Concert

Dec. 11, 2 p.m.

Stilwell Junior High in West Des Moines

The Greater Des Moines Community Band (GDMCB) will present a holiday concert with a special treat for the children in attendance. They will be given a chance to help direct the band along with a visitor from the North Pole. Many great holiday pieces will be performed to entertain both adults and children.

#### Des Moines Civic Center

Des Moines Civic Center, 221 Walnut St., Des Moines

[dmpa.org](http://dmpa.org)

- **Dec. 23:** Mannheim Steamroller Christmas at 2 p.m. and 7:30 p.m.

#### Des Moines Community Orchestra

Grace United Methodist Church, 3700 Cottage Grove Ave., Des Moines

[desmoinescommunityorchestra.org](http://desmoinescommunityorchestra.org)

- **Dec. 4:** Handel's "Messiah" will be performed at 2 p.m.

#### Des Moines Symphony

Des Moines Civic Center, 221 Walnut St., Des Moines

[dmsymphony.org](http://dmsymphony.org)

- **Dec. 31:** "New Year's Eve Pops: Frank & The Great Ladies of Song" ■



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**SENIOR**

By Stephanie Proper

## HOLDING winter sleepiness at bay

It is the time of year when it seems the sky is always dark. When we wake up, it is dark, and, when we go to sleep, it's dark. It's getting colder and not nearly as pleasant to go outside. The reduction of sun exposure can result in our bodies producing more melatonin, otherwise known as the sleep hormone. While the increase in melatonin can help us settle in for a long winter's nap, many of us still have things to accomplish. However, with the sleepiness, we start to lose motivation and energy. Don't worry, there are several ways to get your energy back.



- **Eat for energy.** Carbohydrates fuel your muscles and brain. Carbohydrates (or carbs) are not just pasta and bread. There are two types of carbs: simple and complex. Simple carbs are in a lot of food with high sugar content such as sodas, baked goodies and cereals. Complex carbs are found in whole grains, fruits, vegetables, nuts and seeds, and more. To fuel your body to have more energy, try eating more complex carbs including whole wheat pasta or quinoa. You can also add in more berries and bananas to your diet for an increase in complex carbs.

- **Get up and move.** The more we sit around, the more we want to sit around. Moving your body increases your heart rate, which then dilates blood vessels, increasing your body's blood flow and resulting in your muscles and brain getting more energy. As little as moving 10-15 minutes extra a day can help improve your energy. The more movement the better.

- **Drink water.** I personally do a great job of drinking coffee, and that is pretty much just flavored water...right? While caffeine can help increase alertness, you have to use it sensibly. Some studies show that drinking a cold glass of water in the morning helps you feel more awake compared to caffeine. The caffeine in coffee can cause the body to lose fluid, leading to dehydration. We all know signs of thirst can be dry lips or a dry mouth. Did you know lack of focus, muscle weakness and tiredness are also signs of thirst? Increased dehydration results in impaired systems in your body. When you don't feel great due to dehydration, you don't have the energy to do things that help you get that energy back.

- **Isolation can also be an energy zapper.** Make social connections for not only your mental health but also your physical health. Find a hobby or join a club that gets you out and about.

It's important to remember that we should do everything in moderation. It is OK to have days sitting under a blanket, snacking and watching a movie, but it is just as important to have days where we push ourselves to move more and do better. ■

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

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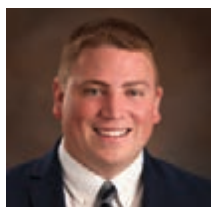


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# BONDURANT-FARRAR

## '22-'23 WINTER SCHEDULE



### VARSITY BOYS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 2, 2022	7:30PM	Winterset	Bondurant-Farrar
Dec 6, 2022	7:30PM	Ballard	Ballard High School
Dec 9, 2022	7:30PM	ADM	Bondurant-Farrar
Dec 10, 2022	2:00PM	Marion	Wells Fargo Arena
Dec 13, 2022	7:30PM	Boone	Boone High School
Dec 16, 2022	7:30PM	Carlisle	Bondurant-Farrar
Dec 20, 2022	7:30PM	Carroll	Carroll High School
Jan 3, 2023	7:30PM	Gilbert	Bondurant-Farrar
Jan 6, 2023	7:30PM	North Polk	North Polk High School
Jan 12, 2023	7:30PM	Roosevelt	Bondurant-Farrar
Jan 13, 2023	7:30PM	Winterset	Winterset High School
Jan 17, 2023	7:30PM	Ballard	Bondurant-Farrar
Jan 20, 2023	7:30PM	ADM	ADM High School
Jan 24, 2023	7:30PM	Boone	Bondurant-Farrar
Jan 27, 2023	7:30PM	Carlisle	Carlisle High School
Jan 31, 2023	7:30PM	Carroll	Bondurant-Farrar
Feb 3, 2023	7:30PM	Gilbert	Gilbert High School
Feb 7, 2023	7:30PM	North Polk	Bondurant-Farrar
Feb 9, 2023	7:45PM	Knoxville	Bondurant-Farrar
Feb 14, 2023	7:30PM	Newton	Newton High School
Feb 16, 2023	7:30PM	Indianola	Indianola High School

### VARSITY GIRLS BASKETBALL

DATE	TIME	OPPONENT	LOCATION
Dec 2, 2022	6:00PM	Winterset	Bondurant-Farrar
Dec 6, 2022	6:00PM	Ballard	Ballard High School
Dec 9, 2022	6:00PM	ADM	Bondurant-Farrar
Dec 13, 2022	6:00PM	Boone	Boone High School
Dec 16, 2022	6:00PM	Carlisle	Bondurant-Farrar
Dec 20, 2022	6:00PM	Carroll	Carroll High School
Dec 22, 2022	7:30PM	Newton	Newton High School
Jan 3, 2023	6:00PM	Gilbert	Bondurant-Farrar
Jan 6, 2023	6:00PM	North Polk	North Polk High School
Jan 12, 2023	6:00PM	Roosevelt	Bondurant-Farrar
Jan 13, 2023	6:00PM	Winterset	Winterset High School
Jan 17, 2023	6:00PM	Ballard	Bondurant-Farrar
Jan 20, 2023	6:00PM	ADM	ADM High School
Jan 24, 2023	6:00PM	Boone	Bondurant-Farrar
Jan 26, 2023	7:45PM	Grinnell	Grinnell High School
Jan 27, 2023	6:00PM	Carlisle	Carlisle High School
Jan 31, 2023	6:00PM	Carroll	Bondurant-Farrar
Feb 2, 2023	7:30PM	Knoxville	Bondurant-Farrar
Feb 3, 2023	6:00PM	Gilbert	Gilbert High School
Feb 7, 2023	6:00PM	North Polk	Bondurant-Farrar
Feb 9, 2023	7:30PM	Martensdale-St. Mary's	Martensdale-St. Mary's

## FOR ALL BLUEJAYS SCHEDULES

Schedules are subject to change. Scan for most up-to-date schedules.

Photos provided by Photos By Ben.



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# FARRAR Bluejays

## SCHEDULE

### VARSITY WRESTLING

DATE	TIME	OPPONENT	LOCATION
Dec 1, 2022	5:30PM	Multiple Schools	Bondurant-Farrar
Dec 2, 2022	11:00AM	Multiple Schools	XTeam Arena
Dec 3, 2022	9:00AM	Multiple Schools	XTeam Arena
Dec 8, 2022	6:00PM	Carroll	Carroll High School
Dec 10, 2022	10:00AM	Multiple Schools	Grinnell High School
Dec 15, 2022	5:30PM	Multiple Schools	DGCs High School
Dec 17, 2022	10:00AM	Multiple Schools	Bondurant-Farrar
Jan 5, 2023	5:30PM	Multiple Schools	Bondurant-Farrar
Jan 7, 2023	9:00AM	Multiple Schools	Atlantic High School
Jan 12, 2023	5:30PM	Multiple Schools	Ballard High School
Jan 14, 2023	10:00AM	Creston	Creston High School
Jan 19, 2023	5:30PM	Multiple Schools	North Polk High School
Jan 21, 2023	10:00AM	Multiple Schools	Ankeny High School
Jan 26, 2023	5:30PM	Carlisle	Bondurant-Farrar

### VARSITY BOWLING

DATE	TIME	OPPONENT	LOCATION
Dec 3, 2022	1:00PM	Pella Christian	Pella Christian
Dec 12, 2022	3:15PM	Sigourney-Keota	Great Escape
Dec 13, 2022	3:00PM	Southeast Polk	Great Escape
Dec 19, 2022	3:15PM	Gilbert	Great Escape
Jan 3, 2023	3:15PM	Norwalk	Great Escape
Jan 9, 2023	3:15PM	Oskaloosa	Great Escape
Jan 17, 2023	3:15PM	Ankeny	Great Escape
Jan 19, 2023	3:15PM	Valley	Great Escape
Jan 21, 2023	9:00AM	Pella	Pella High School
Jan 24, 2023	3:15PM	Knoxville	Great Escape
Feb 4, 2023	1:00PM	Newton	Newton High School



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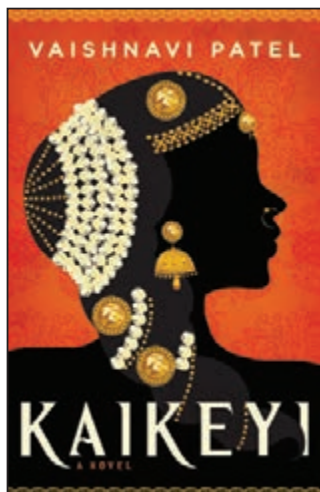


## 'Kaikeyi'

Retellings of epic tales have become a genre of their own, and I am here for it. In this sparkling, sad, brilliant debut novel, Vaishnavi Patel takes on the ancient Hindu story, The Ramayana, and all its magical twists and cosmic turns, and builds a unique, powerful take on the classic that had me absolutely spellbound.

Kaikeyi is often considered the villain in the traditional tale of Rama. Here, she's something much more nuanced — a powerful queen and magically gifted person who just wants to make the world a better place. Telling her story in her own voice, Kaikeyi describes her lonely childhood and the decisions that lead to her using her power to strive for better treatment of women at all levels of society.

This is an immersive and powerful story, and I can't wait for more from this talented author. This would be an excellent gift for anyone with a love of mythology, epic stories and really good writing. ■ — *Review by Julie Goodrich*

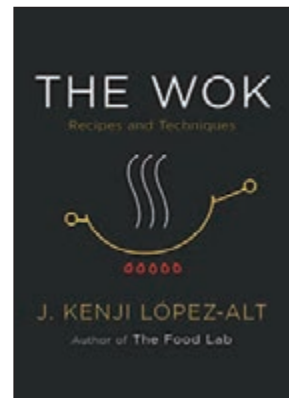


By Vaishnavi Patel  
4/26/22  
478 pages  
\$28  
Redhook

## 'The Wok: Recipes and Techniques'

I should start by noting that I'm a huge J. Kenji Lopez-Alt fan and have been for years. His remarkable, award-winning book, "The Food Lab," changed my life. Much like that earlier book, Lopez-Alt has filled "The Wok" with science, advice and his trademark passion for food. This isn't a traditional, recipe-style cookbook in many ways. It's more of an instructional guide and cooking adventure, focused on the most versatile and useful pan in any kitchen — the wok. It may seem odd to many cooks in the West, but there is surprising value in having wok skills for many types of dishes and cuisines.

This book introduces not only a great set of techniques and recipes, it also deepens and expands how to think about meals and dishes from a new angle. The title may seem one-note, but, I promise, this book has so much to offer both experienced and novice chefs. This fantastic book is an ideal gift for anyone looking to up his or her game in the kitchen. ■ — *Review by Julie Goodrich*



By J. Kenji Lopez-Alt  
3/8/22  
336 pages  
\$50  
W.W. Norton Company

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## GAY LEA WILSON UNDERPASS

Construction of the pedestrian underpass and trail continues on Hubbell Ave/Hwy 65 between Oleson Dr. SE and Grant St. south in the City of Bondurant. The pedestrian underpass and roadway are complete. Traffic along Highway 65 and Grant St. S is fully open to traffic. Traffic signals at Grant St. are working and active. Please use caution as travelers along the corridor become accustomed to the signals being active again. The city continues to ask all residents and motorists to please be patient when traveling in this area as there is still work being completed in both the east and west ROW as well as the center median in the project area. There will continue to be regular updates posted to the City of Bondurant's website project page, as well as additional notifications if traffic patterns change during the construction. The city appreciates everyone's patience and cooperation during this very important safety upgrade for our community.

## CITY HALL'S UPCOMING OFFICE CLOSURES

In celebration of the Thanksgiving holiday season, City office buildings, including the library and city hall will be closed on November 24 and 25. Trash will be impacted by the Thanksgiving holiday. In celebration of the Christmas holiday season, the Bondurant Community Library closes at 1 pm December 23 and will remain closed December 24 through December 26 reopening December 27. City Hall closes at noon on December 22 and will remain closed December 23 through December 26 reopening December 27. City office buildings will close at noon on December 30 for the New Year's holiday and will remain closed December 31 through January 2 reopening January 3. The Bondurant Community Library will be close at 1 pm on December 31 and remain closed January 1 and January 2 reopening January 3. Trash and recycling are not affected by these holidays.

## WINTER YARD WASTE COLLECTION

Mark your calendar for December 28 and January 4 for the winter yard waste season. Purchase a \$1.50 yard waste sticker at City Hall to dispose of live trees. Have left over lawn clippings? You can put those on the curb during winter collection also.

## PROTECT STORMWATER: PROTECT STREAMS AND LAKES

During periods of snowmelt, deicers that have been applied to impervious surfaces such as driveways, mix with snowmelt and travel to nearby storm drains. Storm drains discharge directly to local streams and lakes. Some deicers can change the salinity of streams and lakes, which impacts aquatic life. What Can You Do? Shoveling and snow-blowing can be your best line of defense. Use deicers, sparingly, keep a safe distance from storm drains, streams, lakes, and wetlands. Use deicers in combination with minimal amounts of sand for better traction. Pre-apply deicer before snow or ice is expected. Know which deicers impact vegetation and concrete.

## WHAT IS A SNOW ORDINANCE?

A snow ordinance requires all cars to be removed from public streets anytime there are more than two inches of snowfall. Snow ordinance details are typically published on the City's website and social media accounts. A press release is also sent to local news outlets.



## EVENTS:

### CHRISTMAS IN BONDURANT

**Saturday, December 3** the Merry & Bright Parade will **begin at 5:00 PM in Bondurant's downtown area**. This is a family-friendly, kids' appropriate parade to kick off the holiday season. This is a night parade and is a candy-free event due to darkness. The Santa Social will follow the parade at the Bondurant Community Library from 5:30 to 7:30 PM. This includes photos with Santa, youth holiday crafts, refreshments, and a chance to warm up after the parade. End your evening with the Annual Tree Lighting Ceremony at 7:30 PM.

### CRIBBAGE TOURNAMENT

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





# THINGS you didn't know



There have been many times we have heard this at the library: "I didn't know you did/had that." So, here are the top 10 things you didn't know about the library. (In no particular order.)

1. We have lots of jigsaw puzzles available to check out. There are puzzles from 100 to 1,000 pieces for all ages.
2. We have Wonderbooks. Wonderbooks are books that also have an audio component so the book reads to you. They are located in both our Easy section and our Juvenile Fiction section.
3. We have mobile printing. This means you can email your document or upload it in our printing portal then stop by the library to pick up your prints. Find out more on our website.
4. We have charging stations. They are located around the library and can charge all kinds of devices. This includes our blue solar charging bench just outside our main door.
5. We offer Notary Service for a small fee. We have two notaries on staff so it is best to call ahead for an appointment.
6. We offer faxing service for a small fee, and you can both send and receive faxes here at the library. In addition, we offer scan-to-email service with no charge.
7. We have study rooms available for patrons to use, and they can be reserved online through our website. They can accommodate groups of various sizes as well as just one person. Two also have technology if you need to attend that Zoom meeting in peace and quiet.
8. We have wi-fi hotspots available for checkout to citizens of Bondurant and rural Polk County.
9. We have the Adventure Pass available to citizens of Bondurant and rural Polk County. This allows patrons to "check out" a family pass to Blank Park Zoo, Science Center of Iowa, Reiman Gardens, and The Des Moines Children's Museum. More details are available on our website.
10. If we don't have the book you are looking for, we can borrow it from another library in Iowa. This is also only available to citizens of Bondurant and rural Polk County.

## How many did you know about?

6-10 – You are a library Super Star.

3-5 – You are a library friend.

1-2 – You should visit us more.

## Here is what's happening at the library in December:

- Mondays and Thursdays at 9 a.m.: Geri-Fit (strength training for older adults)
  - Thursdays at 9:30 a.m.: Baby's Morning Out Story Time and Play
  - Tuesdays and Wednesdays at 10:30 a.m., Tuesdays at 3:45 p.m., and Fridays at 12:45 p.m.: Story Time with a craft
  - Dec. 3 from 10 a.m. to 4 p.m.: Stitch & Chat, bring your craft project
  - Dec. 5 at 2:30 p.m.: After-School STEAM
  - Dec. 6 at 6 p.m.: Bound Together Book Club for grades 3-5
  - Dec. 10 from 1-3 p.m.: Family Open Crafts
  - Dec. 11 from 3-5 p.m.: Teen Craft Event
  - Dec. 12 at 2:30 p.m.: After-School BINGO
  - Dec. 13 at 6 p.m.: Book Discussion for Adults
  - Dec. 14 from 5-7 p.m.: Coloring at Reclaimed Rails
  - Dec. 15 at 6 p.m.: Third Thursday at Hoover's
  - Dec. 19 at 2:30 p.m.: After-School Movie
  - Dec. 20 at 6 p.m.: In the Middle Book Club for grades 6-8
  - Dec. 20 at 6 p.m.: Books on Tap book discussion at Reclaimed Rails
  - Dec. 22 at 5 p.m.: Interactive Polar Express Movie
  - Dec. 23 through Dec. 31: Winter Escape Room during open hours
  - Dec. 27 at 7 p.m.: Inspired Minds Book Club for grades 9-12 ■



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**Make your voice be heard and cast your votes in the 2022 Eastern Polk County Residents' Choice Poll.** This contest is being hosted by Iowa Living magazines, and the results will publish in our Altoona and Bondurant editions. You can vote in one or every category, or anywhere in between.

**Mail in this paper ballot or vote online at the link by scanning this QR code, by Dec. 16, 2022.**

One vote per resident, please.

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**[www.iowalivingmagazines.com/residentpoll](http://www.iowalivingmagazines.com/residentpoll)**

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9. Favorite Eastern Polk Co. Doctor
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11. Favorite Eastern Polk Co. Chiropractor
12. Favorite Eastern Polk Co. Eye Doctor
13. Favorite Eastern Polk Co. Heating and Cooling Contractor
14. Favorite Eastern Polk Co. Pastor

15. Favorite Eastern Polk Co. Health Club or Gym
16. Favorite Eastern Polk Co. School
17. Favorite Eastern Polk Co. Boutique
18. Favorite Eastern Polk Co. Park
19. Favorite Eastern Polk Co. Place for a Field Trip
20. Favorite Eastern Polk Co. Community Festival
21. Favorite Eastern Polk Co. Teacher
22. Favorite Eastern Polk Co. Principal
23. Favorite Eastern Polk Co. Church
24. Favorite Eastern Polk Co. Restaurant for Dessert
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**FAITH** By Pastor Trevor Pinegar

## REASONS to celebrate in every season

The holidays are upon us. A time when we break out longstanding traditions and celebrate holidays intended to inspire thankfulness, joy and sacrifice. There's a different feeling in the air, new decorations to see, playful music fills the airwaves, and holiday treats can be found in cookie tins across the city. This time of year, I look forward to the Merry and Bright Parade in town, the lighting of the city Christmas tree, and our Christmas Eve candle-light service at church.



People in the early church didn't celebrate the holidays as we commemorate them today. Yet, God in his infinite wisdom, saw fit to provide us with reasons to celebrate the birth and resurrection of Christ in every season. Recently in one of our studies, we came across God's command to the Israelites to observe feasts in remembrance and celebration. They were commanded to remember God's faithfulness and deliverance from bondage. This was done by gathering, sharing a meal, and adopting a specific frame of mind in authentic worship.

I think of God and His Son Jesus when the clock strikes midnight on New Year's Day symbolizing new birth and new opportunity in Christ who made me born again (John 3:3). When I'm shoveling my sidewalk, I think about how, though my sins are like scarlet, his forgiveness washes me white like snow. I think about his love at Valentine's Day, because God is love (1 John 4:8). When my bulbs start to germinate and new growth peeks up through the dirt, I think about his resurrection from the dead (Matthew 28:6). I think about the way he'll never leave me or forsake me as I roast marshmallows in my summer bonfire and ponder the fourth man in the fiery furnace (Daniel 3:25). Each fall, as the winds pick up and we prepare for harvest, I think of the great wind that pushed back the water of the Red Sea (Exodus 14:21). And I think about his faithful plan, each Christmas when we tell the Christmas story, including the visit of the Magi some time after his birth. Who would give a child perfume for burial as a birthday gift (Matthew 2:11)?

The holidays are often full of traditions, but this year my challenge is this. As you gather and remember all the good times you've shared with those around your table and think of those who've gone before, also think of our creator and know that each breath hinges on his infinite goodness. Worship the creator, not just what he made. ■

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



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Life Insurance can serve many valuable purposes. However, later in life, when your children have grown, you've retired, or you've paid off your mortgage, you may no longer think you need to keep your coverage or that perhaps your coverage has become too expensive. You might be tempted to abandon the policy or surrender your life insurance coverage, but there are other alternatives to consider.



new policy or contract. The rules governing 1035 exchanges are complex, and you may incur surrender charges from your current life insurance policy. In addition, you may be subject to new sales, mortality and expense, and surrender charges for the new policy.

### Lower the premium

If the premium cost of your current life insurance policy is an issue, you may be able to lower the premium by reducing the death benefit, which would not require an exchange. Or you can try to exchange your current policy for a policy with a lower premium cost. However, it's possible that you may not qualify for a new policy because of your age, health problems or other reasons.

### Create an income stream

You may be able to exchange the cash value of a permanent life insurance policy for an immediate annuity, which can provide a stream of income for a specific period of time or for the rest of your

life. You should be aware that, by exchanging the cash value for an annuity, you will be giving up the death benefit, and annuity contracts generally have fees and expenses, limitations, exclusions and termination provisions.

### Provide long-term care

Another option is to exchange your life insurance policy for a new life insurance policy that includes long-term care and/or chronic illness benefits. Many of these types of policies provide tax-free benefits by accelerating your benefits should you need care in a facility such as a nursing home or even care in your own home.

Whatever option you choose, it may be wise to leverage any cash value in your unwanted life insurance policy to meet other financial needs. ■

### Exchange the old policy

One option is to exchange your existing permanent life insurance policy for either a new life insurance policy or another type of insurance product. Under the federal tax code, this is known as an IRC Section 1035 exchange.

The exchange must be made directly between the insurance company that issued the old policy and the company issuing the

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

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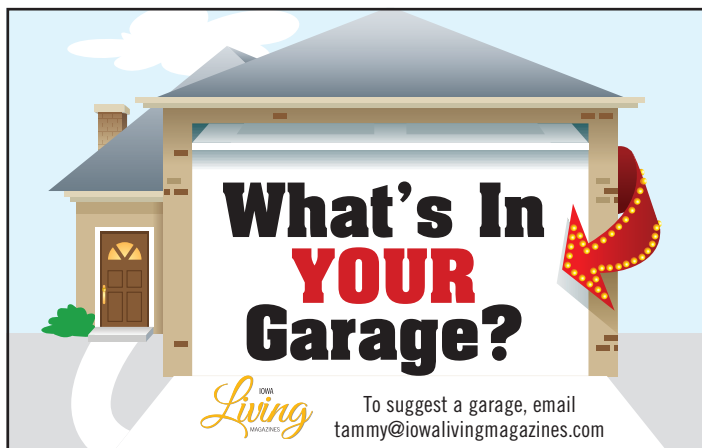
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## NEIGHBOR

By Lindsey Giardino

# LIBRARIAN receives statewide recognition

Award reflects the work of the Bondurant Community Library.

Jill Sanders, director of the Bondurant Community Library, has been honored by the Iowa Library Association.

"I am extremely grateful to be awarded the Distinguished Leadership Award from the Iowa Library Association," Sanders says. "It has been my honor to serve the Bondurant community since 2013."

She says this recognition reflects the work of the library staff in general, which has always been a team effort — a fact never more evident than during the pandemic.

"The library team determined early on how to provide quality library service to the community in a safe manner, remain open as much as possible and still undergo a major construction project during it all," Sanders says.

Collaboration with the Bondurant-Farrar Community School District to provide Internet access to all students quickly became a priority, with the library circulating hotspots and tablets that were purchased by the school district and the library.

"Library leadership has always emphasized quality library service that meets the needs of the community, and it is wonderful to be recognized for our efforts in the past few years," Sanders says.

What initially inspired her to become a librarian was her joy for books and reading. She saw librarianship as a way of spreading that passion to others.

"I have always enjoyed sharing the love of reading and library programs with all ages in our community," Sanders says. "Bondurant library staff does an excellent job of providing programming and library materials to all ages in our community, and I love working behind the scenes to make it all run smoothly."

Sanders shares that some highlights from her service at the Bondurant Community Library thus far have been the work of the library during the pandemic and the completion of the library's renovation and expansion.

"This building project doubled the size of the library, provides wonderful spaces for community use and is a great fit now for our growing community," Sanders says.

She adds that the Bondurant Community Library has also been honored to receive the Bondurant Chamber of Commerce Organization of the Year Award in 2020 and 2021.

"I have truly enjoyed working with all of the library staff, Library Board of Trustees, Bondurant City staff and Bondurant City Council," Sanders says. "Making things happen in Bondurant is truly a team effort." ■



Bondurant Community Library Director Jill Sanders



## ALIGNING the pelvis for gentle birthing

Choosing a prenatal chiropractor to serve on your pre- and post-natal journey can benefit both mom and baby immensely.

Our nervous system perceives stress and regulates how we adapt to it. Chiropractors cannot take away life stressors, but chiropractic adjustments will help you adapt to stressors with more ease. When receiving a chiropractic adjustment, the body is restored to a parasympathetic state, releasing stress and stored emotions. Stress hormones like cortisol, norepinephrine, and others are decreased. These hormones are beneficial in small bursts, but not when sustained for long periods.

Physical, chemical and emotional stressors disrupt the flow of communication between the brain and the body. As we restore the brain-body connection by way of the nervous system, we can allow for greater harmony to exist within.

Physical harmony is also critical for the end goal of birthing, as gently as possible, a healthy baby. As a prenatal chiropractor, we want to focus on creating alignment in the pelvis. Utilizing the Webster Technique, space is created for baby to grow and move freely. This space allows for the baby to move into optimal birthing position. Chiropractors don't turn breech babies. They create more space for them to simply be, allowing for many babies to turn on their own time. ■

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



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## DOES it hurt to smile?

The cold, dry weather, along with sun damage and lip licking, are some of the reasons your lips may feel dry and chapped.

But you don't have to wait for spring to soothe your sore lips. Follow these tips for soft, supple lips year round.

- Use a non-irritating lip balm several times a day, especially before bed. Thick ointments such as white petroleum jelly and ingredients such as ceramide, dimethicone and shea butter are good bets.
- Contrary to popular belief, when a product "tingles," it doesn't mean it's working; it means it's irritating. Avoid medicated and flavored products, especially ones containing camphor, menthol or salicylic acid.
- Use an SPF 30 lip balm with zinc or titanium oxide before going outdoors.
- Stay hydrated by drinking plenty of water.
- Stop licking, biting and picking at your lips. When lips feel dry, it's natural to "wet" them by licking, but, as saliva evaporates, your lips become drier.
- Put a humidifier in your bedroom. This can be especially helpful if you breathe through your mouth at night.

Most of the time, these self-help tips will heal chapped lips. If not, see a board-certified dermatologist for advice. ■

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



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## HEALTH

By Dr. Amanda Korth

### SYMPTOMS of dry eyes

As we enter the season of heaters and wood fires, we are in one of the seasons of dry eyes and dry skin. We all know we should hydrate more, which we really should. But you might need a little help as we go through the transition between seasons.

The top symptom of dry eyes is tired eyes at the end of the day secondary to glare, which is why people love blue light filter glasses when they work on the computer. Blue light lenses decrease glare and help avoid the tired eye feeling.

The second symptom is blurring that comes and goes. If you're sitting down to read and after about 10-20 minutes it goes blurry, you've lost your tears. Now, if your eyes start tearing after this, that's actually not good because that's the third most common symptom of dryness. When your eyes tear, they're trying to get the thing irritating the eye out. The bad thing is, it's the dryness causing that sensation not dust, and when you tear up, you flush out your good base tears. Your good tears have oil and a little mucus to keep your tears in their place.

If you're noticing any of these, talk to your eye doctor. We can help. ■



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. Emily Hogle

### THE IMPORTANCE of fall prevention measures

The transition to the winter season can bring about many highs and lows, but one low you should not have to experience is a fall. Each year, more than 25% of adults age 65 and older have a fall. Additionally, more than 3 million patients are treated in emergency departments for fall-related injuries, according to the Centers for Disease Control and Prevention.

The risk of falling can be related to a combination of factors including: balance/walking problems, lower body weakness, foot pain and poor footwear, vitamin D deficiency, vision/hearing changes, use of multiple medications, and home hazards (i.e. dim lighting, uneven steps and tripping hazards such as throw rugs or clutter).

This does not mean that falls have to be a normal part of aging. While falls can not always be prevented, there are many things you can do to reduce your risk of falling such as: talk to your doctor to evaluate your risk of falling and review your medications, have your eyes/ears checked, make your home safe, and work on specific strength/balance exercises.

Fall-prevention therapy can save your life and improve your overall health. Talk to your doctor or local physical therapist if you have questions about starting specific strengthening or balance exercises. ■



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



## HEALTH

By Dr. Steven Neville

# TREATING dry mouth

Dry mouth is a common problem dental professionals hear about every day from patients. Dry mouth can make it hard for you to swallow, cause bad breath, and contribute to cavities. A few of the many factors that lead to dry mouth are medications, Sjogren's syndrome, diabetes, uncontrolled high blood pressure, and dehydration.

If you think medication could be causing your dry mouth, talk to your physician before stopping any medication.

You can treat dry mouth at home by chewing sugarless gum to stimulate salivary flow, avoiding caffeinated drinks, and always carrying water with you.

A dental professional may recommend that you incorporate more fluoride into your routine to help combat cavities. Also, having a dry mouth can leave you to be more susceptible to oral infections and fungus, so an oral rinse can be prescribed. Next time you visit the dentist, let us know if you have dry mouth, so that together we can create a treatment plan just for you. ■

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



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## HEALTH

By Andrea Gustafson

# THE CHANGE of seasons

A change in mood?

Fall is a time of transition. The weather is changing; it's getting darker and cooler. Some find this time of year exciting and full of joy. Others find it challenging and notice a change in their mood and motivation. Some experience symptoms similar to depression. This may be due to Seasonal Affective Disorder (SAD). So, what can you do if you struggle this time of year?

- **Get more vitamin D.** Whether it is taking a supplement or being intentional about getting outside, vitamin D can help your mood.

- **Use a light therapy lamp.** To make up for the lack of daylight in the fall and winter, you can use a light therapy lamp to supplement.

- **Be intentional about doing things you enjoy.** It's easy when it is dark and cold to just stay home and be in your pajamas by 6 p.m. Make sure you are participating in hobbies and are making time to be social and/or active.

If this time of year is consistently a struggle for you, develop a plan now. You may not be able to completely stop the winter blues or SAD, but planning now can help lessen the impact. And don't be afraid to ask for help. Whether it is a trusted friend or it's time to talk to a professional, ask for help. ■

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



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**AUTO**

By Kanselaar Automotive

## TIRES and alignment

Did you know proper alignment is very important for your vehicle? Not only your tires, but your suspension and fuel efficiency? Let's break it down:

Tire alignment, also known as wheel alignment, can help your tires perform properly and help them last longer. It can also improve handling and keep your vehicle from pulling in one direction or vibrating strangely on the road.

### What is tire alignment?

In short, tire alignment is the process of adjusting the angles of your tires so they are parallel to each other and perpendicular to the ground. Alignment refers to an adjustment of a vehicle's suspension — the system that connects a vehicle to its wheels. It is not an adjustment of the tires or wheels themselves. The key to proper alignment is adjusting the angles of the tires, which affects how they make contact with the road. Incorrectly aligned tires can affect fuel efficiency, impact tread wear, and even create dangerous driving conditions.

### How do I know if I need a tire alignment?

There are a couple ways to tell if your car needs a tire alignment. If you've noticed one or more of these indicators, you should have your alignment checked by a licensed service technician immediately:

- Uneven tread wear
- Vehicle pulling to the left or right
- Your steering wheel is off center when driving straight
- Steering wheel vibration

### How often should I have my vehicle aligned?

It is recommended to have your tires aligned at least once a year, every 15,000 miles as a part of regular maintenance service, or during other events such as installing a new set of tires, any suspension work, or after any collision or mishap.

### What do alignments cost?

Alignments will vary per vehicle depending on how much they need adjusted. Most places will charge a standard fee and then adjust accordingly per vehicle depending on how much time was spent with the vehicle. Contact your local auto repair shop to get your alignment scheduled. ■

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



## THE HOLIDAYS in Bondurant

The holidays are right around the corner. Make sure you check out all of the events happening around town.

The Bondurant Indoor Market and Vendor Fair will take place on Wednesday, Dec. 3 from 11 a.m. to 4 p.m. at the Bondurant-Farrar Junior High School. Come check out the holiday goods from businesses in the area as well as the swag local businesses are handing out.

The Chamber is joining in on the Bondurant Horse Drawn Carriage Rides. The carriage rides will take place on Sunday, Dec. 4 from 1-4 p.m. This is a great family-friendly event that is back for another exciting year. The carriage rides are \$10 per person, and wagon rides are \$5. Children 3 years and younger are free with an adult.

Along with the Horse Drawn Carriage Rides, there are also many more activities to attend throughout the day. These include meeting Santa, meeting Mickey Mouse and Minnie Mouse, hot chocolate, and live holiday music. More details on this event can be found on the Facebook event page.

We are so excited to be collaborating on these events with the Farmers Market and the City of Bondurant. We can't wait to see everyone there. ■

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



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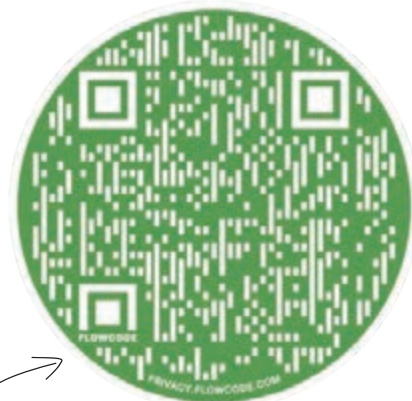
  
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