

BONDURANT

OCTOBER 2022

# Living

MAGAZINE

# SPOOKY FUN

Residents share their  
enthusiasm for Halloween

**Bluejay Digital not a traditional class**  
EDUCATION

**Jalapeño bacon and salsa biscuit bites**  
RECIPE

**Goodwins say out with the old and in with the new**  
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WELCOME

## SPOOKY fun

There is a reason why Halloween is one of our most celebrated holidays of the year — it's fun! And not just for kids. We adults seem to have a great time, too. Can you think of another day of the year when you can let your inhibitions run wild and dress up like someone else?

I didn't have the opportunity to do this much as a kid. My costume was the same most years — Frankenstein. I had a rubber mask, some rubber boots and a set of football shoulder pads. It worked, except for the mask having only two small holes in the nose and none in the mouth. Breathing was a problem.

I made up for my lack of Halloween costume diversity as an adult. Jolene and I had the great idea of dressing up as mummies for a friend's party one year. We started by wearing long underwear tops and bottoms, and then we wrapped each other in old white sheets that we cut up. It was a great look, but we overlooked a very simple feature — there was no way to easily use the restroom.

Other years, we dressed up with friends as characters from "The Wizard of Oz" (I was the lion) and "Gilligan's Island" (I was Mr. Howell). Jolene and I also dressed as a priest and a nun one year, and we were a farmer and a cow another.

My all-time favorite costume, though, was The Lone Ranger (and Jolene was Tonto). Finding that light blue shirt and pants was a trick, and threading a leather shoe string in the upper shirt buttons wasn't easy, but the look was spot on. That same year we had a party off site with friends in a rented facility. I set up a fog machine and thought it would add great effects to the party. It did, especially when it set off the smoke detectors and two fire trucks showed up.

Well, hopefully this column gave you a few ideas of what to do for Halloween — and what not to do. Look inside this issue for other great ideas from residents who have spooky fun and go all out for Halloween.

### Pick the restaurant name

I talked recently with John Royer, who is working with others to bring a new restaurant to Bondurant. John asked if I would help urge residents to come up with a name for this new establishment, which is to open hopefully in March of 2023. John says the place will have "big TVs, great food and breakfast on the weekends." They hope to attract the bicyclists and make this a place that residents and visitors alike will support. Send your naming ideas to royer.bond@gmail.com. The winner will have his or her name posted in the restaurant. So send John your ideas now!

Thanks for reading. ■

Shane

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# SPOOKY FUN

Residents share their  
enthusiasm for Halloween

By Lindsey Giardino

October is a time for cooler weather, pumpkin-flavored foods and drinks, haunted houses, costume parties, trick-or-treat nights, candy and more. Lovers of sweets load up on bags of miniature-size candy bars weeks in advance of Halloween, inevitably succumbing to the “It won’t hurt to eat just one” temptation and soon finding themselves needing to restock their supply.

For those who look forward to the scary side of the holiday with enthusiasm, there seems to be no limits to the creativity they show when they plan their spooky fun.

Alex and Nicole Mortenson accentuate their holiday decorations with some spooky colored lights to set the mood.





Thomas' baby was a Butterball turkey.

## Creative costumes for the win

Jamie Thomas' boys like to tell her she's "extra." And when it comes to Halloween, she holds nothing back creating costumes for her family.

Since her kids were infants, Thomas has come up with some creative ideas. It's a tradition that stems from her own mother.

"My mom would typically make our costumes when we were younger, and they were usually unique things," Thomas says. "I remember one year my sister was a tube of toothpaste and wore a lampshade on her head



A Dumpster Fire costume was one of Jamie Thomas' favorites

as the cap of the toothpaste."

When Thomas' oldest son was born, her mom continued the tradition and made him a peanut M&M costume, because they called him peanut. It continued from there.

"My mom used her sewing skills. I'm not that talented and stick to spray paint and hot glue," Thomas says.

Some of Thomas' favorite costume creations over the years have been a green toy soldier, a paratrooper, an athlete on a Wheaties box, Elvis, a Butterball turkey in a roasting pan



For Jamie Thomas and her family, Halloween is a time to go all out. The family dresses up even when on a trip to Disney World.

(car seat), the Iowa State football field, a gold baseball trophy, and the 2020 dumpster fire. For that one, Thomas shared an image of her son in the costume with KCCI, and, the next thing she knew, it went viral.



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## FEATURE

"He had thousands and thousands of shares, likes and comments," Thomas explains. "He was 9 at the time and was pretty excited by all of the attention he was getting. He won a few virtual costume contests that year, too."

One of Thomas' favorite Halloween memories is from 2017 when the family went to Disney World. They ended their trip with a private Mickey's Not-So-Scary Halloween Party.

"It was just an unforgettable experience for our family and memories created that my boys will have forever," she says.

In addition to dressing up each year, the Thomases also have the tradition of enjoying Frito Pie (casserole) for dinner on Halloween.

"This is an easy meal we can make before trick-or-treating, and everyone can eat whenever," she says. "We also typically hand out cans or bottles of sodas to the trick-or-treaters. We wanted to give something different than candy, so one year we started buying sodas to give out, and it has stuck."

It's safe to say that Halloween is something the Thomas family looks



Alex and Nicole Mortenson's yard is spooky even in the daylight.

forward to — and will continue to for years to come.

"Halloween has always been a bit of a big deal in my family — from my mom making our costumes to my step-dad dressing up as a clown year after year to entertain the neighbor kids (which he still does) to my little sister being born two days before Halloween," Thomas says.

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## FEATURE

### Memories and traditions help family embrace the holiday

What's to love about Halloween?

"Everything," says Nicole Mortenson. "We enjoy embracing the spooky atmosphere of Halloween. There's just something about the joy of the season and thinking about all the times spent trick-or-treating as children with friends and family."

Some of Nicole and her husband, Alex's, beloved traditions are watching classic Halloween movies throughout the month and decorating their yard, which this year includes a spooky graveyard.

"We add more decor every year and love when people stop by to take pictures or enjoy the season with us," she says. "We love seeing all the kids in their costumes coming to our house on Beggars' Night and handing out candy."

They also hold tight to some special memories, like trick-or-treating as young ones and dumping out all the candy they got on their floor to pick out their favorites to hide from everyone else in the house. Later in life, the couple enjoyed going to Halloween parties and planning the best costumes as well.

"We just love to dress up, decorate and feel the happy energy of the season," Mortenson says.

### Halloween, the best holiday of all

When it comes to Halloween, Amanda Rush simply feels she gets to be herself — even when she's dressed like someone else.

"I feel being in costume and the scary makeup just makes me feel good," she says. "It's weird in a way for some people, like they might not understand, but it's just a really good feeling being spooky and scaring people or being scared myself. I love horror movies, and I think that's what got me to really love Halloween."

To celebrate her favorite holiday, Rush has a few traditions. Over the years, her family has decorated their yard and garage to spook people when they stop by for trick-or-treating. They even won an award — and made the news — in 2014 because the neighbors weren't fans of the decorations.

Rush also works at haunted houses during the month of October when she can. This year, she's been helping scare people at the Phantom Fall Fest at Adventureland.

Her favorite memories from Halloween,



Lurking among the decorations at Amanda Rush's house are some sinister characters.



Even the carved pumpkins reflect Amanda Rush's taste for creepy decorations.

though, are all from decorating the house and yard with her mom and dad.

And while this year will look a little different, the Rush family still plans to celebrate.

"This year, we might not do a lot for decorating," Rush explains. "My mom is having heart surgery, and we are focusing most of our attention on her and her health, but we will for sure have candy out and a few decorations."

Rush ultimately hopes more people will come to share her enjoyment of the holiday and all the frights and delights.

"I would really love for people to not be afraid of Halloween, embrace the traditions, decorate and celebrate for the people in the community who really like Halloween, like me and my family," she says. ■



Amanda Rush's costume selections lean toward scary.



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## SENIOR

By Stephanie Proper

# PREPARE for changing seasons

One thing I love about Iowa is we get to experience all four seasons: fall, winter, spring and road construction season... err, summer. All joking aside, there is something spectacular about the change in seasons. It gives you a sense of newness and change. F. Scott Fitzgerald said, "Life starts all over again when it gets crisp in the fall," and I am excited for the new start to the fall season. Fall is an ideal time for preparation for the continued safety and well-being of older adults. Here are a few things that can help you or your loved ones prepare for the changing seasons.



- **Be ready for the weather.** Schedule pre-winter furnace maintenance. Regular maintenance of your furnace can optimize the life of the furnace and prevent waking up to a cold house if it stops working in the middle of the night.

- **Watch out for falling leaves.** The vibrant colors from the change of seasons are beautiful to look at. However, they can also be a safety hazard. When fallen leaves get wet from the frost or rain, they become slick and are easy to slip on. Additionally, bunches or piles of leaves could be hiding trip hazards. Whether that be a lawn decoration, a pumpkin on your step, or an uneven spot on the sidewalk. Not having a clear path and the ability to see where you are walking can lead to injury.

- **Make sure you have your warm weather wardrobe ready.** Layers are key with the vast temperature fluctuation on some fall days. For a strong foundation in preventing falls, you need appropriate footwear. Properly fitting, supportive and warm shoes are imperative for fall prevention. A low heel, with thin and hard-soled shoes, is the recommended footwear to prevent slips, trips and falls. For an extra safety measure when walking outside, you can also buy a pair of non-slip shoes. These can be purchased almost anywhere shoes are sold.

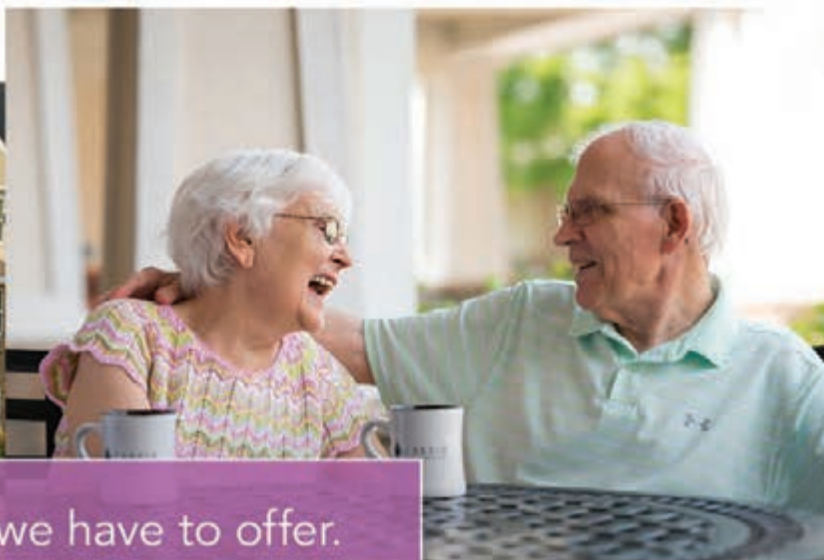
- **Stay healthy.** Adding hearty and healthy fall vegetables such as squash, sweet potatoes and eggplant can not only help you maintain a healthy immune system but can also improve your heart health. Another way to stay healthy is to get your annual flu shot. Thousands of people are sick with influenza each year. Getting the flu shot is an easy way to help prevent the spread of the flu and keep yourself and those around you safer.

Another consideration for adults 55 and better is to move to a senior community where maintenance and healthy meals are provided for you. Being a part of an active adult community has many benefits. It can help alleviate stress and worry. It can also improve your health by having extra help and providing an opportunity for increased socialization.

With these tips in mind, I hope you all have a fantastic fall season. ■

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





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## BLUEJAY DIGITAL not your typical class

Producing a variety of digital content for marketing Bondurant-Farrar schools.

The concept for the Bluejay Digital Course came up in 2016 at the Bondurant Middle School when a news and entertainment show was created. The next year, a similar version was developed at the Bondurant High School. The Bluejay Digital Course has since added more content, including graphic design, sports hype videos, photography, live streaming and more.



The students in the Bluejay Digital Class use a variety of social media to promote the school district.

“The best thing about Bluejay Digital is its real-world feel. We run it like a marketing department — not a typical class. Students have real projects with publication due dates, and everything they create is shared with the public on social media and/or YouTube,” says Bluejay Digital Program Sponsor Kyle Seidl.

Bluejay Digital currently has approximately 15 students in one course who take turns producing different types of content. Most of these students first took related courses while at the middle school. By developing skills in video production, news reporting and graphic design at the middle school level first, the high school program can quickly assimilate new students because they already know the workflow process and the expectations.

“There is something powerful about students promoting the success of other students, which is our main initiative. Our students serve as the in-house marketing department for all Bondurant-Farrar activities. Many other schools have news shows and some create social media content, but we are unique in how many different avenues of content we create and the frequency in which we produce it,” Seidl says.

In addition, content from the Bluejay Digital Course has been posted on Facebook, Twitter, Instagram, YouTube and TikTok, which means a lot of views and instant feedback from students, staff and the community. Although activities dictate a lot of what Bluejay Digital does, the students also have the freedom to develop their own ideas and execute them.

“I have been a part of Bluejay Digital since the beginning of the program six years ago. One of my favorite things has been watching this class grow from six kids to 16 students producing some of the best content of any high school in the state,” says senior Bridget Johnson.

“I like the class because there is so much you can do. Almost any idea can be turned into something, and everyone gets to see it. This class has endless possibilities,” adds sophomore Garrett VonStein.

“Bluejay Digital is not just a class. It’s the chance to do work that actually makes a difference. I enjoy Bluejay Digital because it gives me the opportunity to create something for the community, and it lets me use my skills and knowledge and apply them to real-world situations,” says sophomore Claire Meislahn. ■



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## RECIPE

# POWER your playbook with a savory appetizer

*(Family Features)* Back and forth action for four quarters keeps fans on their feet, but a mouthwatering menu is what homegating and tailgating are truly all about. Keep your crowd energized by loading your game day playbook with recipes that are just as exciting as the game itself.

Meld together traditional tailgate tastes with these jalapeño bacon and salsa biscuit bites from celebrity chef and entertainer George Duran, author of “Take This Dish and Twist It” and host of Food Network’s “Ham on the Street” and TLC’s “Ultimate Cake Off.” They’re perfect for serving during the pregame festivities to power up your fellow diehards or as a halftime snack to recharge for a second half surge.

Starring the vibrant flavor of Fresh Cravings Salsa and its homemade-tasting alternative to softer, duller blends of jarred salsa, this appetizer offers a savory solution you can enjoy all season long. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to a variety of recipes to take homegating to the next level.

Visit [FreshCravings.com](http://FreshCravings.com) to find more homegate recipes worthy of the hall of fame. ■

## Jalapeño bacon and salsa biscuit bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapeños, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

- Preheat air fryer to 350-360 F.
- Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.
- In bowl, mix mozzarella cheese with chopped jalapeños, bacon and salsa.
- Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.



- Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.
- Serve warm.
- **Note:** If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

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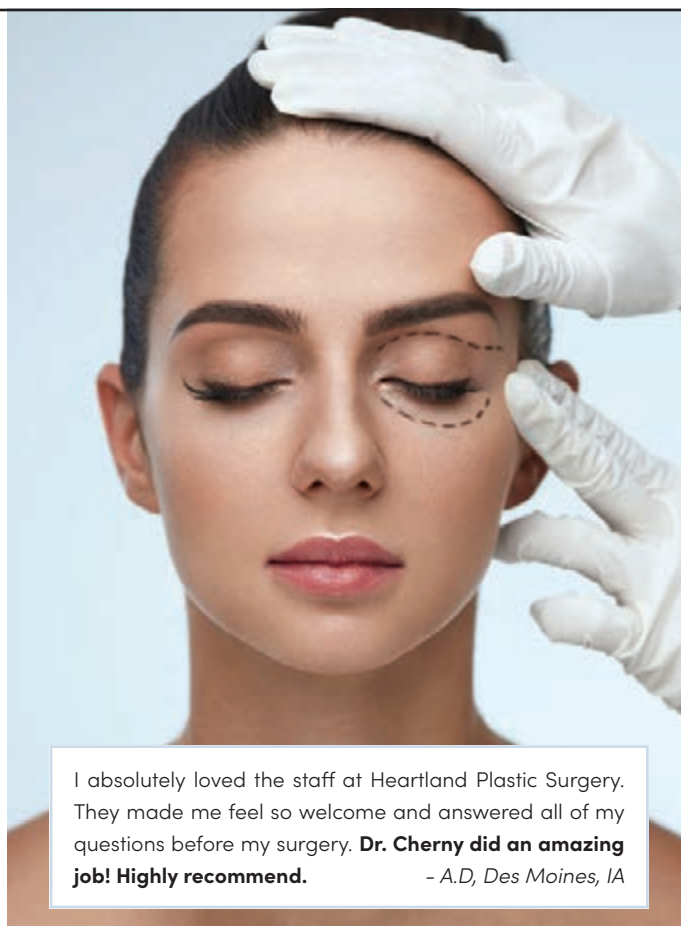
### Lower eyelids

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# NEW house inside and out

Goodwins decide, out with the old, in with the new.



Once Kristin Goodwin and her family began renovations to their home, projects rapidly followed one another.

Kristin Goodwin and her family are the first and only owners of their Bondurant home.

It was built in 2006 as a spec, and the Goodwins made it their own the following year. About a decade after moving in, they decided it was time to make updates.

Because of the hailstorm in 2017, the Goodwins got a brand-new roof, gutters and siding in 2018.

"The rest started all because I wanted to paint kitchen cabinets white one rainy weekend after a friend told me my kitchen looked like it was from the 80s," Goodwin jokes. "And it took more than a weekend."

As with most home improvement projects, updating had a snowball effect.

Once the cabinets were white, the original countertops didn't look good. So, they decided to replace those as well, which resulted in the decision to replace the flooring in the kitchen, too... And then, of course, the walls needed new paint, and, with the new white cabinets, Goodwin wanted white trim.

"With having an open floor plan, you can't have white trim in the kitchen and oak in the living room," she adds. "After a year and half roughly with it being white and oak in the kitchen and living room, and with the many hours at home during 2020 and COVID, we decided to get it all completed."

Following the new trim, Goodwin also wanted new interior doors and figured it was the perfect time to update the carpet and bathroom floors as well. In addition, they updated the vanity in the master bathroom.

"Of course, with new carpet, that led to new furniture and decor as well," Goodwin says. "But it didn't stop there. We figured if we have the interior all updated, we should get some landscaping done around the exterior — finally. The other inspiring part in remodeling our home is, as a Realtor, I see fresh, new homes every day, and I wanted a fresh, new look to our place, too."

Goodwin adds, "All of our contractors did such a good job, and we love our newly updated space." ■



# CARE for end-of-life needs while able

This year, we have been considering what will be required of your family within 48 hours of your passing. We have encouraged you to plan ahead and care for these important things now.

Today, people are living longer than ever before. Whereas our grandparents may have died in their 60s or 70s, our parents (and we) often live into their 90s or 100s. Unfortunately, with advancing age comes the greater chance of the loss of mental faculties. The Alzheimer's Association reports on their website that more than 6 million Americans have Alzheimer's or some form of dementia today, and the number is expected to double by 2050.

It is extremely difficult when loved ones cannot communicate clearly what steps they have taken, whether end-of-life planning, life insurance, financial planning, etc., no matter how organized and/or forward thinking they may have been. This may cause caregivers to spend countless hours trying to discover what has been done and what yet needs to be done.

I encourage you — while you are young and of sound mind — to care for your end-of-life needs and, more importantly, share those decisions with your loved ones who will lovingly care for you in your twilight years.

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

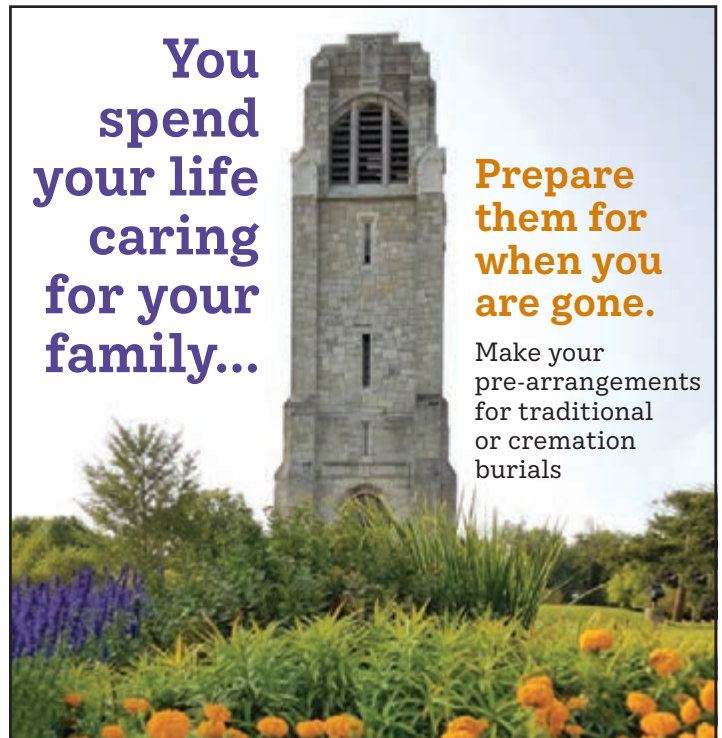


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## EVENTS IN THE AREA

Be sure to check for cancellations.

### Trick-or-Treat Night in Bondurant

The City of Bondurant Trick-or-Treat Night is on Saturday, Oct. 29, from 6 to 8 p.m. Last year the City Council adopted a resolution setting Trick-or-Treat Night as the last Saturday of October.

Residents distributing goodies should light up their front door area indicating trick-or-treaters are welcome. Be sure the sidewalk or path to the door is clear of debris or plants that might impair their walking. Please also keep pets inside, protecting them from being frightened or inadvertently biting a child.

Drivers are urged to use extra caution during this annual event. In fact, children are four times more likely to be hit by a vehicle on Halloween than on any other night of the year. Be safe.

The Bondurant Community participates in the Teal Pumpkin Project. Participating in this raises awareness of food allergies and offers the option of non-food items in a separate bowl, making Halloween safe and more inclusive for all trick-or-treaters. Add your address to the list: <https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>.



### Scouts Can and Bottle Drive

Nov. 5, 8 a.m. to 5 p.m.

Troop 10 Bondurant will hold its annual can and bottle drive. From now until Nov. 5, residents are asked to save their cans and bottles to be picked up the day of the event. Put your donations out for them to pick up as they drive through neighborhoods. Donations can also be dropped off at the local quonset next to the Legion. Proceeds will be donated back to the community. In the past, the troop has paid off negative balances for school meals, adopted local families for the holidays and cleaned up at the local park.

### Craft and vendor show

Nov. 12 and 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.

### Bondurant American Legion Community Breakfast

Saturday, Nov. 19, 7-9:30 a.m.  
American Legion Hall, 315 Second  
Ave. and St. N.W.

Bondurant American Legion hosts a Community Breakfast on the third Saturday of every month at the Legion Hall with serving from 7-9:30 a.m. The menu consists of pancakes, eggs (your choice), toast, hash browns, biscuits and gravy, sausage, coffee, milk and orange juice.

# HONOR OUR VETERANS

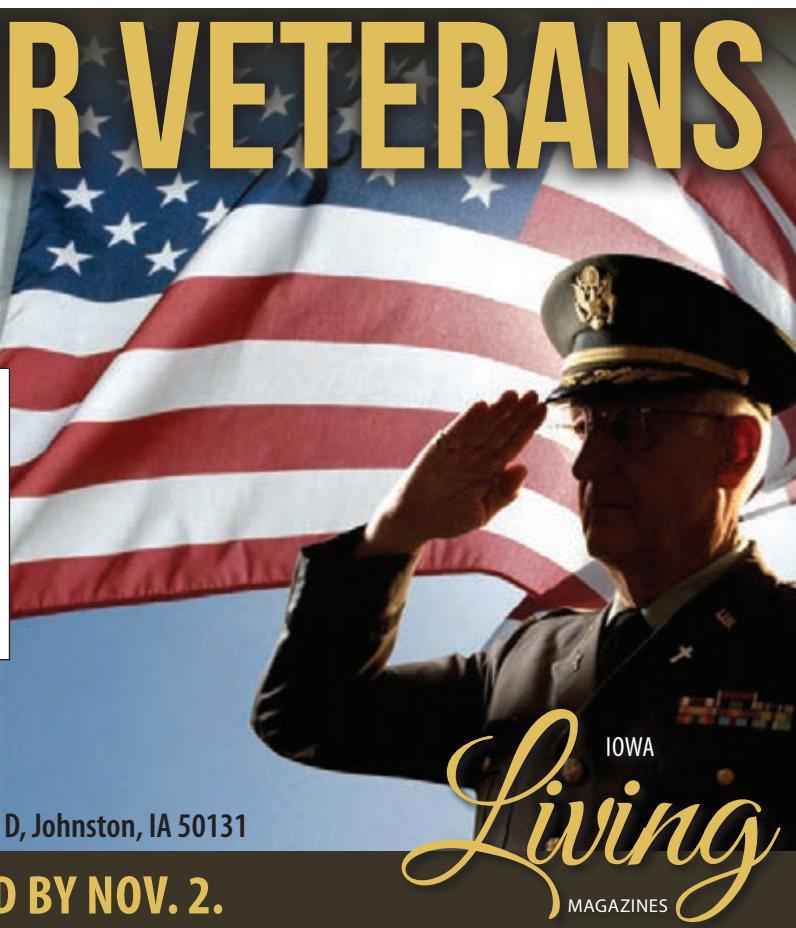
Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:  
TOWN YOU CURRENTLY LIVE IN:  
MILITARY BRANCH:  
RANK AT DISCHARGE:  
DEPLOYMENTS:  
QUOTE: Please answer the question,  
"How can the public best honor veterans?"

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to [tammy@iowalivingmagazines.com](mailto:tammy@iowalivingmagazines.com) or mail to:  
Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

**SUBMISSIONS MUST BE RECEIVED BY NOV. 2.**





## EVENTS IN THE AREA

Be sure to check for cancellations.

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

### "Cinderella"

Class Act Productions announced its upcoming mainstage performances of "Getting to Know... Rodgers and Hammerstein's Cinderella." Mainstage performances at CAP are live theatre for families of all ages. Performances of Cinderella are Nov. 4-20, Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. Tickets are available for \$10 for youth ages 3-18 and \$16 for adults. Tickets are available via [captheatre.org](http://captheatre.org).

Cinderella marks the 50th mainstage production at CAP Theatre and the first time this classic story will be performed on the CAP stage since the theatre's first production in 2006. "Cinderella" kicks off the first of three mainstage shows at CAP during its 2022-2023 season, followed by "Singin' in the Rain" in February 2023 and "Matilda" in June 2023.

### Family Halloween

Through Oct. 29  
Living History Farms, 11121  
Hickman Road, Urbandale

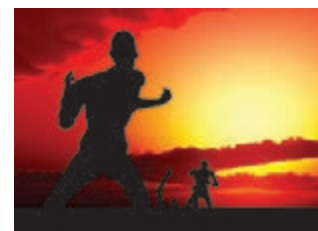
Experience historic trick-or-treating, pumpkin bowling, story-telling and horse-drawn wagon rides at this annual tradition. Dates and times are: Oct. 28, 5-8 p.m.; and Oct. 29, 5-8 p.m. Admission is \$8, with ages 1 and younger free. Information at [lhf.org](http://lhf.org).



### Sip & Shop

Thursdays, Oct. 27 and Nov. 3,  
5-7 p.m.  
Along Fifth Street in Historic  
Valley Junction, West Des Moines

Sip, shop and socialize to your heart's content as Valley Junction businesses host extended open hours. Participating stores will offer beverages and mini-events. More information is available at [valleyjunction.com/events](http://valleyjunction.com/events).



### 5K Boos & Brews

Saturday, Oct. 29 at noon  
Fox Brewing, 103 S. 11th  
St., West Des Moines

Run, walk or jog the course and receive a free local craft brew at the finish line. Enjoy other event festivities, games, giveaways and free swag. More information is available at [breweryrunningseries.com/iowa](http://breweryrunningseries.com/iowa); register at [eventbrite.com](http://eventbrite.com).

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103 2nd St. SW



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**FAITH** By Mark Spencer

## WHEN tragedy strikes

Here in Bondurant, we've experienced tragic loss recently. It can be intimidating to talk to someone you know who's recently suffered the tragic loss of a loved one. I've talked to many people who have the right hearts and motives but often say the wrong things. So, what is the right way to comfort others? Do I try to "cheer him up" or does that just make it worse?



Grief is painful, work and a lingering process. The grieving process is like entering into a valley of shadows. Depending on the situation, the grieving process is likely to last years or even a lifetime. There are often very complex emotions going on. With a complex process and complex emotions, don't expect a simple linear path toward healing. Denial, anger, depression and acceptance are all emotions that are likely experienced by the one who suffered the loss. The movement between those emotions is often erratic and unpredictable. The end goal of the grieving process isn't to try to get things back to normal. After a loved one is gone, that's not really possible. The goal is to get to a "new" normal.

So, we all want to help, but how?

Romans 12:15 instructs us to "weep with those who weep." There's a key word in there: "with." Tragic loss is a time to get close. Don't let your fear of not knowing exactly what to say push you away from the grieving friend. Get close, be patient and weep with them. Regular contact with your friend will help you see their ebbs and flows through the grieving process and hopefully help you see what your friend needs most at that time.

This is also an important time to cling to the perfect Counselor. Psalm 23:4 says, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Notice again, the word "with." Our Lord is with us to comfort us through it all. The rod and staff reference in this verse tie in with the opening of Psalm 23 which identifies the Lord as my shepherd.

The shepherd plays a crucial role in the health and well-being of the flock. The grieving process is a long journey. The Lord is ready, able and willing to help His sheep through it.

The Lord will always be with us, even in our darkest moments. The Lord can also use close friendships to heal the broken-hearted. Spend the time to weep and pray "with" those who need it. ■

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

## CURBSIDE YARD WASTE COLLECTION IS LEAF-ING FOR THE SEASON

Curbside collection of yard waste through the Compost It! program will end for the season November 23, 2022. Remember, pumpkins can be disposed along with your yard waste.

Iowa weather always keeps us guessing, so if you have yard waste left after November, you'll have one more chance to have it collected. Winter collection will occur from December 26, 2022 to January 6, 2023 on your regular collection day. During winter collection, regular yard waste and live Christmas trees can be disposed of curbside.

## 2022 ELECTION AND VOTING INFORMATION

The 2022 election will be held Tuesday, November 8, 2022. Absentee ballots were accepted until October 24. Return absentee ballot by mail November 8. Return absentee ballot in person deadline is November 8. On election day Tuesday, November 8 polls will open 7:00 AM and will close 8:00 PM. Find your polling location on the Secretary of State's website.

## HEALTH DEPARTMENT URGES EVERYONE TO GET A FLU SHOT

Each year, flu season is unpredictable and severe. The past several years we have seen mild flu seasons. Other flu seasons, such as when the H1N1 and H2N3 strains appeared, we saw healthy individuals, those with underlying health conditions, the young and old become sick, hospitalized and even die. This year, we could possibly be in for a rough flu season.

## NEW TREES

The City of Bondurant was awarded \$29,990 in grant funding through the Iowa DNR's Community Forestry Grant Program (CFGF) to implement three tree-planting projects. A special thanks to the City's Tree Board, who assisted with organizing the Bondurant Recreational Sports Complex grant application. Approximately 30 trees have been planted each along 3rd Street SE and the Chichaqua Valley Trail (CVT). Later this month, approximately 64 trees will be planted at the Bondurant Recreational Sports Complex (BRSC) near the soccer fields. Planting trees along 3rd Street SE was selected as an opportunity to continue to expand the City's right-of-way trees (2021 ordinance, which now allows right-of-way tree planting based on meeting the requirements of Chapter 151 of the City Code).

## CITY CODE CORNER

- **No parking in the grass or in yards**  
reference chapter 69.12 PARKING OF VEHICLES ON PRIVATE PROPERTY
- **Keep campers, trailers, etc off city streets**  
reference chapter 69.14 TRUCK, TRAILER AND BOAT PARKING LIMITED
- **All junk and yard debris must be orderly or out of sight**  
reference chapter 51 Junk and Junk Vehicles
- **It's a good time to evaluate sidewalks; curb stop valves and concrete repairs that are property owners responsibility**  
- keep our community safe  
reference chapter 136 Sidewalk Regulations
- **Please keep up on mowing, if anything exceeds eight (8) inches in height it is a nuisance**  
reference City Code Chapter 50.02 Nuisances Enumerated

## 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.

### WINTER 6-WEEK LITTLE BREAKERZ CLASS

Our new Little Breakerz Classes are a perfect way for your kids to get moving. They will learn the foundations of breakdancing and the history of the Hip Hop culture. This class will cover basic top rocking, footwork, freezes, transitions, and power in a fun environment. Classes are led by the Des Moines Breakerz, the #1 'breaking' group in DSM. 6-week class on **Monday evenings from Nov 14 to Dec 19 at the library**. Register your child today.

### 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.**





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## LIBRARY By Michell Klinker-Feld

# FALL fun at the library



Crisp air, pumpkin spice and sweaters. Fall is here. We have so many fun events planned for all ages here at Bondurant Community Library, and we hope you can come. But, if your schedule has not relaxed, you can still access so much without entering the library doors. For our Bondurant city and rural Polk County residents, use the Libby app to access e-books and audiobooks, plus magazines, comics and more. Also use Hoopla for e-books, audiobooks, TV shows, movies and music. You will find other resources on the front page of our catalog. Did you know you can learn another language? Transparent Language is a great resource for learning more than 110 different languages — and it is for all ages. Another little-known resource is Brainfuse's HelpNow — homework assistance and live tutoring services for patrons of all ages. If you have any questions about how to use these resources, please call the library. We can usually walk you through over the phone to make it all work. We are happy to help.

### Here is what is happening at the library in November.

- Story Time: Tuesdays at 10:30 a.m. and 3:45 p.m.; Wednesdays at 10:30 a.m.; and Fridays at 12:45 p.m.
  - Baby Story & Play: Thursdays at 9:30 a.m.
  - Geri-Fit (strength training for older adults): Mondays and Thursdays at 9 a.m.
- Nov. 1: Bound Together Book Club for grades 3-5 at 6 p.m.
- Nov. 3: Adult Craft Night at 6 p.m.; registration required
- Nov. 5: Stitch & Chat from 10 a.m. to 4 p.m.
- Nov. 7: After-School STEAM at 2:30 p.m.
- Nov. 8: Book discussion for adults at 6 p.m., "Beasts of a Little Land" by Juhea Kim
- Nov. 9: Coloring at Reclaimed Rails, 5-7 p.m.
- Nov. 10: Family BINGO at 6 p.m.
- Nov. 12: Family Story Time at 10 a.m.
- Nov. 13: Teen Taste Testing, 3-5 p.m.
- Nov. 14: After-School Craft at 2:30 p.m.
- Nov. 15: In the Middle Book Club for grades 6-8 at 6 p.m.
- Nov. 15: Books on Tap Book Discussion at Reclaimed Rails at 6 p.m.
- Nov. 17: Third Thursday at Hoover's at 6 p.m.
- Nov. 19: Welcome to Medicare with SHIP, 9:30-11:30 a.m.
- Nov. 21: After-School BINGO at 2:30 p.m.
- Nov. 28: After-School Movie at 2:30 p.m.


The Library will be closed Nov. 11 for Veterans Day and Nov. 24 and 25 for Thanksgiving. ■

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## HEALTH

By Dr. Steven Neville

# BATTLING bad breath

Have you experienced bad breath? Have you thought, "Oh man, I need to brush my teeth to get rid of this bad breath?" Or, "Does anyone have a mint or gum?" Have you ever thought about what causes bad breath? Bad breath, also known as halitosis, can come from food and drinks, poor dental hygiene, tobacco use, medical conditions, or the tongue.



The tongue has a rough surface with peaks and grooves — the perfect place for bacteria to settle and live. The bacteria on your tongue, when not brushed daily, can be a cause of bad breath. After brushing and flossing, brush your tongue with your toothbrush and a small amount of toothpaste. Using a toothbrush or a tongue scraper, move the brush from the back of your tongue to the front, rinse the brush, and repeat four to five times. Next time you notice the coffee breath or the bad morning breath, try brushing your tongue. ■

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

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## HEALTH

By Allison Robbins

# BORDERLINE Personality Disorder

Do you, or does someone you know, have Borderline Personality Disorder (BPD)? BPD is a mental condition that often begins during adolescence and continues throughout adulthood, affecting millions of people.



BPD can also be best described as an emotional intensity disorder. People who have BPD have the same feelings as everyone else but with more intensity. BPD causes a person's moods, relationships, self-image and behavior to be unstable on any day as well as from one day to the next.

People with BPD often struggle to see that things are often not either perfect or horrible, but are something in between; they are living in the black and white. Behaviors can be impulsive. They can feel like everyone abandons or hurts them, often causing them to look for evidence and create problems. They react based on their own reality as opposed to the facts of the situation. Thinking, feeling and behaving in extremes is exhausting for the people affected and for those who love them. This can hurt family, friendships, school and work life, the ability to make long-term plans, and the person's sense of self-identity.

If you or someone you know may have a mental health condition, seek professionals who treat personality disorders or issues of abandonment, attachment, loss and trauma using dialectical behavioral therapy (DBT). ■

Information provided by Allison Robbins, LISW, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, [www.sstherapyandconsulting.com](http://www.sstherapyandconsulting.com), [robbins@sstherapyandconsulting.com](mailto:robbins@sstherapyandconsulting.com).

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## HEALTH

By Dr. Emily Hogle

### WHAT physical therapy can do

October is National Physical Therapy Month. Join us as we celebrate its 30th anniversary and spread the word about what physical therapists can best do for you.

Physical therapists are licensed healthcare providers who help people of all ages and abilities. They are movement experts and, in many cases, are a primary provider to help people improve their movements and decrease their pain. You can see a physical therapist without a physician referral in all 50 states. Overall, physical therapists can help manage pain, improve mobility, help with injury prevention and help people return back to the activities and sports they love.

#### Some of the techniques often utilized include:

- Manual therapy: soft tissue massage, instrument assisted soft tissue mobilization, passive stretching techniques, joint mobilizations, dry needling
- Therapeutic exercises: strengthening and stretching exercises
- Neuromuscular re-education: balance training, retraining muscle memory, repeated movement patterns
- Gait training: improving walking/running form, instructing in use of assistive devices
- Therapeutic activities: squatting, lifting, carrying, return to work duties
- Modalities: electrical stimulation, ultrasound, ice/heat ■

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



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## HEALTH

By Dr. Amanda Korth

### NOTE any changes in floaters

*Oh squiggly line in my eye fluid.  
I see you lurking there on the periphery of my vision.  
But when I try to look at you, you scurry away.  
Are you shy, squiggly line?  
Why only when I ignore you, do you return to the  
center of my eye? Oh, squiggly line, it's alright,  
you are forgiven.*

-Stewie (Family Guy)

Don't worry, squiggly lines aren't a bad thing by themselves. They aren't ghosts or worms. They're floaters. We all have them but some of us don't notice them because our brains are very good at tuning out the "noise" in our vision. Floaters are most similar to bubbles and cracks in jello. As long as they don't change, we don't worry about them. But if they change in size or number, it means something shifted in the back of the eye and could be a sign the retina shifted. We don't like retinas shifting as we call it a retinal detachment, and it can cause blindness.

So, if your floaters start changing or start being accompanied by flashes (lightning bolts or camera flash but only in one eye), then you should see an eye doctor right away. ■

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



## HEALTH

By Dr. Katrina Smith, MD FAAD

### STUBBORN acne? Maybe not

Perioral dermatitis (POD) is an acne-like rash that usually occurs in women and children. Typically the rash appears around the mouth and nose. Literally, “peri” means around and “oral” refers to the mouth. This condition is often mistaken for acne but can also be similar to eczema. POD may itch, burn or have no symptoms. While it is often around the nostrils, smile lines and chin, it may even spread around the eyelids.



The exact cause of POD is unknown. However, common triggers are topical steroids (like hydrocortisone cream) or inhaled steroids (used for asthma or allergies). Other potential triggers are skin care products, toothpaste or masks. While this rash may clear on its own, some people may need help from a dermatologist.

Treatment of POD means stopping all topical steroid creams (and sometimes inhaled steroids). Your dermatologist may need to prescribe a topical antibiotic such as metronidazole cream or an oral antibiotic like tetracycline. You may also need to change your skin care regimen. POD improves gradually over several weeks to months. If you are having difficulty with a facial rash, see a board-certified dermatologist who will correctly diagnose and treat your condition. ■

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

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## HEALTH

By Dr. Kari Swain

### ADDRESSING childhood falls

As parents, we want our kids to play and explore as they discover the world for themselves. This independence will inevitably lead to bumps and falls as they grow and learn to crawl, stand, walk, run, climb and navigate the world on their own. Falls can affect the health and function of the spine, directly affecting nervous system function. How well your child's nervous system functions affects all aspects of their health.

It's important to pay attention to and address childhood falls. While children tend to be quite resilient, these falls can have a cumulative effect not as easily noticeable as one that causes bruises and broken bones. Although children appear to bounce back from most injuries quickly, many parents don't understand the long-term effects of misalignments that children develop in their spine. When left untreated for too long, it can develop into more serious issues.

Signs of subluxation can include limited head or neck range of motion; uneven shoulders; uneven wear on the soles of shoes; scooting instead of crawling; frequent tripping, gait or walking issues; and poor balance and coordination. But often visible signs or pain and discomfort are not present even when misalignments are.

Chiropractic adjustments reduce the effects of repetitive stress for adults and kids. The cumulative impact and effects are decreased in severity when the child gets checked and adjusted regularly by a chiropractor. Adjustments increase spinal motion, balance and proprioception. Beginning the practice of chiropractic exams and adjustments with a board-certified pediatric chiropractor while young helps assure a child has the best chance of developing and maintaining a healthy spine and nervous system as they grow. ■

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

## FALL

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## AUTO

By Todd Hanrahan

# WHY ARE auto collision repairs taking so long?



The pandemic caused many industries to face shortages in several facets of their business. Collision repair shops are no different as we are still facing issues with labor shortages, material costs and especially the struggle to get parts to repair vehicles in a timely manner.

Before these shortages were an issue, vehicle turnaround times were typically three to five days. Now it can be quite a bit longer than that. Some vehicles are even taking months to complete. Here's a look at the main reason this is happening:

Not only is the collision industry facing a workforce shortage, car manufacturers have also lost a large percentage of their workforce, which, of course, has a major impact on productivity, leaving a shortage of parts. Even after-market parts (non-factory parts made to mimic original parts) are hard to come by as well as recycled, salvage yard parts. And don't forget that transportation to get the parts to our distributors is affected as well.

When we work on a vehicle that has been in an accident, nine times out of 10 we need an additional part to finish the job. That part could very well be on a national back-order status. This means that, if the vehicle is disassembled and it needs an additional, essential part, it stays that way until the part arrives.

In addition to facing multiple parts issues, many of the insurance companies have changed the way they are handling claims since the pandemic. Most insurance companies no longer send an adjuster out to look at your car. Most of the estimates and supplements are now done with photos. With a worker shortage, review of these photos can take up to 10 days, leaving vehicles sitting, waiting for review and approval. Once the review is done, ordering parts and waiting for them becomes the next hurdle.

As of now, it's not looking like anything will change in the near future. Remember, body shops do not make money when a vehicle stays too long, so we are just as anxious as the customer to finish the job. The only thing shops can do is ask customers to remain flexible and patient. ■

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



We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

**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.

**SEE RULES AND VOTE ONLINE AT**

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

1. Favorite Eastern Polk Co. Consignment Store
2. Favorite Eastern Polk Co. Mom/Child Date Spot
3. Favorite Eastern Polk Co. Dad/Child Date Spot
4. Favorite Eastern Polk Co. Coach
5. Favorite Eastern Polk Co. Bank
6. Favorite Eastern Polk Co. Restaurant
7. Favorite Eastern Polk Co. Hair Salon
8. Favorite Eastern Polk Co. Gymnastics Studio
9. Favorite Eastern Polk Co. Doctor
10. Favorite Eastern Polk Co. Dentist
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

## OFFICIAL BALLOT - THE POLL IS NOW OPEN!


**[WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL](http://WWW.IOWALIVINGMAGAZINES.COM/RESIDENTSPOLL)**

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
25. Favorite Eastern Polk Co. Restaurant for Breakfast
26. Favorite Eastern Polk Co. Restaurant for Lunch
27. Favorite Eastern Polk Co. Restaurant for Dinner
28. Favorite Eastern Polk Co. Car Dealership
29. Favorite Eastern Polk Co. Place for Ice Cream
30. Favorite Eastern Polk Co. Event
31. Favorite Eastern Polk Co. Daycare
32. Favorite Eastern Polk Co. Place for Children's Birthday Parties
33. Favorite Eastern Polk Co. Preschool
34. Favorite Eastern Polk Co. Library
35. Favorite Eastern Polk Co. Chamber of Commerce
36. Favorite Eastern Polk Co. Camping Spot
37. Favorite Eastern Polk Co. Nonprofit
38. Favorite Eastern Polk Co. Dance Studio
39. Favorite Eastern Polk Co. Place to Take Your Mom and Dad
40. Favorite Eastern Polk Co. Place to Take Your Kids or Grandkids
41. Favorite Eastern Polk Co. Place for Auto Service
42. Favorite Eastern Polk Co. Place to Purchase a Gift for a Woman
43. Favorite Eastern Polk Co. Place to Purchase a Gift for a Man
44. Favorite Eastern Polk Co. Realtor
45. Favorite Eastern Polk Co. Bar
46. Favorite Eastern Polk Co. Place for Guests to Stay
47. Favorite Eastern Polk Co. Coffee Shop
48. Favorite Eastern Polk Co. Nursery or Landscaping Company
49. Favorite Eastern Polk Co. CPA
50. Favorite Eastern Polk Co. Insurance Agent
51. Favorite Eastern Polk Co. Home Builder
52. Favorite Eastern Polk Co. Pharmacy
53. Favorite Eastern Polk Co. Grocery Store
54. Favorite Eastern Polk Co. Senior Living Facility
55. Favorite Eastern Polk Co. Home Improvement Business
56. Favorite Eastern Polk Co. Veterinarian
57. Favorite Eastern Polk Co. Physical Therapist
58. Favorite Eastern Polk Co. Dog Groomer
59. Favorite Eastern Polk Co. Attorney
60. Favorite Eastern Polk Co. Financial Planner
61. Your email address





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**Bondurant  
Chamber of Commerce**

## CHAMBER

By Kaylin Von Ahnen

# BENEFITS of Chamber membership

Are you a business owner looking to get connected with the community? Joining the Bondurant Chamber of Commerce is an easy and effective way to get your business involved with the community. It is also a great opportunity for networking and promoting your business.



The Bondurant Chamber of Commerce represents the business community, working throughout the year to promote member businesses and organizations, as well as enhance the business climate in the Bondurant area.

The Bondurant Chamber puts on several events throughout the year that bring together businesses and people throughout the city. These events are a great opportunity for businesses to network with the community and collaborate with other businesses in the area. As a chamber, we want to show how important and appreciated the businesses are in the community.

Bondurant Chamber of Commerce member benefits include:

- **New mover bags/new business bags.** The Chamber provides new residents and businesses of Bondurant with a Welcome Bag to introduce residents and businesses to Chamber member businesses and organizations. Chamber members may include promotional items in the bags at no cost.
- **Events.** The Chamber hosts events throughout the year to allow you to promote your business to other members and the community.
- **Membership directory.** The Chamber publishes a printed directory that is mailed to all Bondurant homes and businesses, as well as an online member directory so prospective customers can find information about your business.
- **Communication.** The Chamber can help you promote your business activities and events. Chamber members can provide the chamber executive director with news that will be forwarded out to other Chamber members and those who have signed up to receive Chamber eNews. Chamber members can also post information on the Chamber Facebook page to promote business activities and events.
- **Ribbon cuttings.** The Bondurant Chamber conducts ribbon cuttings for members with new businesses, expanding businesses, or location/name changes. The Chamber will create an invitation and send it to Chamber members, as well as to the press, mayor and city council.
- **Government relations.** The Bondurant Chamber of Commerce is the voice of the Bondurant business community.
- **Sponsorships.** The Chamber provides members with a variety of sponsorship opportunities to increase your visibility to chamber members and the community.
- **Greater Des Moines Partnership benefits.** The Bondurant Chamber of Commerce is an affiliate of the Greater Des Moines Partnership. Membership in the Bondurant Chamber includes benefits from the Greater Des Moines Partnership, including regional networking events, discount tickets to Des Moines area sporting/entertainment events and more.

Membership applications can be found on our website. We hope to hear from you. ■

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



# OUT & ABOUT

## RIBBON Cutting

A ribbon cutting was held for Midland Credit Union on Oct. 4.



A ribbon cutting was held for Midland Credit Union at 3007 Oxbow Court S.W. on Oct. 4.



Audrey Spencer, Baylie Boyer and Ben Proffitt



Jan and Doug Mann



Francesca Christiani and Cindy Draper



Bob Ormsby and Casey White



Kennedy Brokaw, Blake Austin and Carla Driskill



Steve Maytag, Maylan and Frank Wimler



Kaylin Von Ahnen and Doug Elrod



Alysia Webster, Angela Mackenzie and Christina Anderson



Nathan Motley and Randy Hass



# DEVELOPER'S Conference

The Spirited Development Developer's Conference was held at Reclaimed Rails Brewing Company on Oct. 5.



Jim Goeke and Rick Kroeger



Josh Bryant and Mike McNichols



Doug Bear and Ryan Baldwin



Tara Cox and Liz Price



Tiffany Luing and Tim Guiter



Haley Greenwood, Cory Sharp and Michelle Cramblit



Jason Kerndt, Jeff Harder and Eric Grubb



Clayton Netusil and Chase Netusil



Chris Thomason and Brian Lohse



Dillon Temple and Nick Anderson



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-Sarah

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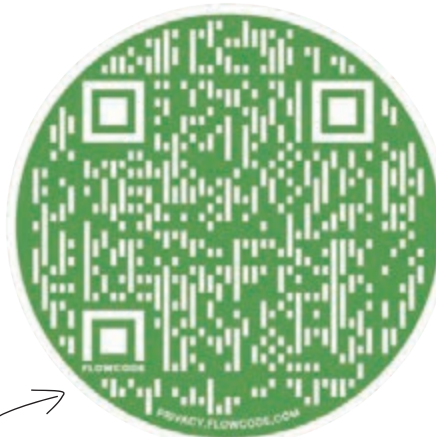


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**April Warne**  
Operations Director



**Joe Carroll**  
Realtor



**Loren Carroll**  
Realtor



**Mark Vander Tuig**  
Realtor



**Candice Vander Tuig**  
Listing Coordinator



**Kristin Goodwin**  
Realtor



**Kelly Kasper**  
Realtor



**Kaitlin Cramer**  
Realtor



**Kendal Burzacott**  
Realtor



**Gretchen Proksa**  
Realtor



**Boniface Davay**  
Realtor



**Solomon Jones**  
Marketing



**Chrysti Berry**  
Realtor



**Lauren Anderson**  
Realtor



**Eric Vanderploeg**  
Eagle Homes Builder



**Aly Carroll**  
Realtor



**Becki Scuten**  
Realtor



**John Peart**  
Realtor



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