

BONDURANT

SEPTEMBER 2022

# Living

MAGAZINE

## A new LOOK

Residents share their home  
improvement projects

**Farmers Market**  
OUT AND ABOUT

**Meet Carrie Ratliff**  
EDUCATION

**Lentil Bolognese with veggie-based penne**  
RECIPE

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WELCOME

## SIMPLIFICATION efforts

As summer closes and fall creeps in, you may find yourself looking at your list of home improvement projects that you had great intentions of doing in the warm months but haven't been able to cross off the list quite yet. I can certainly relate.

In a next-stage-of-life simplification effort, my wife and I decided to sell our family home of 17 years and move into a townhome.

Not in a simplification effort, we also bought a lake cabin that needed a number of improvements. Our goal was to have the projects completed before summer began so we could get outside and enjoy the warm weather.

We made great progress on the indoor projects. What we didn't plan on were the outdoor ones. With a new septic system installed last fall, we had serious lawn work to do. Irrigation system installed. Lawn seeded. Bushes planted. The list went on, and so did the weeds. When will all the projects end? The answer, of course, is never. But we've got a few months before the snow falls to tackle the remaining tasks.

If you are like us, you will take on some DIY projects but will reach out to professionals, as well. I have often regretted taking on projects myself, but I have never regretted hiring a pro. Whether you are looking to start a new project and need ideas, or if you are up to your neck in tasks and need help, our feature story this month will surely aid you.

Thanks for reading. ■



SHANE GOODMAN

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at [www.thedailyumbrella.com](http://www.thedailyumbrella.com).



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FEATURE

# *A new* **LOOK**

Residents share their home improvement projects

By Lindsey Giardino

Homeowners renovate for various reasons. Maybe they want a style that is more comfortable or attractive. Or maybe they want to add value should they decide to sell. For others, after spending many years living in a home, some things are simply broken, out of date or need attention. Whatever the reason, renovating can be a daunting task and requires a good plan — and often professionals who can help along the way. While the renovation process is time-consuming and disrupts everyday living, most say they couldn't be happier with the end result.

Ceiling-to-floor window treatments and a new light fixture are among the features Alysia Webster enjoys in the living room, which went from looking outdated to modern with a few changes.





## FEATURE

### DIY-er makes updates

Alysia Webster and her family moved into their Bondurant home in May 2021 and wanted to put their own touch on it. But they took their time doing so — something Webster feels adamant about.

“It is really easy to rush through projects and move into a home and think you need to have it exactly the way you want right now, but it’s much more satisfying to take your time and curate your home and safe space,” she says.

Webster describes her preferred style as organic modern with touches of eclectic and thrifted pieces. So, the house, which has undergone a number of projects — reflects that.

One of Webster’s favorite parts of their updated home is the sage green cabinets she painted in the kitchen.

“I used Fusion Mineral Paint, and they were a labor of love,” she explains. “I did it by myself but am so happy with how they turned out. I had gotten a quote for new cabinets and had to decide between the quartz countertops I wanted and new cabinets. I was able to keep what I had and was able to finish them for less than \$400. They’ve held up amazingly.”

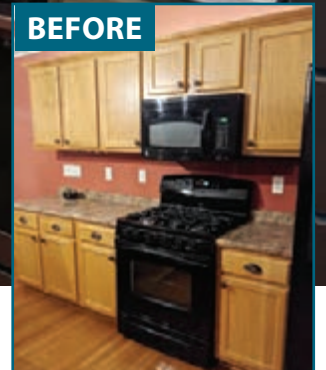
In the future, Webster plans to paint the cabinets in their RV using the same paint brand.

“I just need to take a few deep breaths before I commit to all the work I know it will take,” she says.

AFTER



BEFORE



One of Alysia Webster’s favorite updates to her family’s home are the kitchen cabinets she painted sage green and the new quartz countertops.



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## FEATURE

Other kitchen projects included cutting down the bar-height counter to create an island, installing quartz countertops and full-height backsplash — both of which were done by Iowa Legends — and adding new cabinet pulls, appliances and more.

The Websters also changed the light fixtures on the main floor, updated a bathroom and installed a wall of built-in bookshelves in the office. Additionally, new curtains and paint gave the home an added breath of fresh air.

Webster explains that the cabinet painting alone took about four weeks, and the countertop and backsplash from demo to completion was wrapped up in six weeks.

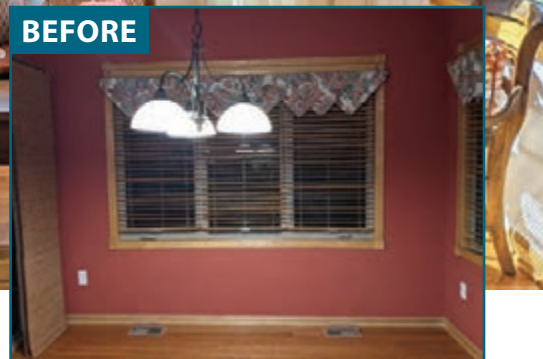
Now the home thoroughly reflects Webster and her family, making all the hard work and time worth it, she says.

**AFTER**



New window treatments, brighter walls and a new light fixture turned a dark dining area into one that is now vibrant and airy.

**BEFORE**



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## FEATURE

### Custom pantry adds storage space

When Bailey Little and her husband, Patrick, bought their Bondurant home in 2019, they had discussed buying a small pantry to put in the kitchen. They were tired of having packaged food on the counters in the kitchen, and she wanted more storage space to accommodate their growing family (now a family of four).

Instead of buying one that didn't match the kitchen, though, Little researched and found Lorey Construction.

"Nate came over and gave me an estimate, and I started the process — without my husband's knowledge — at first anyway," Little says. "I'm not good at keeping secrets."

They enlisted the company's help. Little says the process from start to finish, which lasted about a month, was extremely easy. The couple ended up having a drawer added that divided the pantry's top and bottom doors and four cabinet doors for the sections instead of two.

"My three favorite parts of the finished product are that it goes all the way to the ceiling, so there is no unused space, the huge drawer that divides the two sets of doors, and one side of the bottom portion of the pantry is for our sliding trash can so it's hidden," Little says.

### Making the most of the backyard

Adam Duffy and his family live in an area of town where most all the homes have cookie cutter 10-foot by 10-foot back decks.

"It became a situation where, honestly, it seemed that part of the wood, which was about 10 years old, started to get decrepit," Duffy says.

Their backyard is on a slope, so the deck is elevated, and the Duffys were worried about their kids falling through. They wanted a safer deck, as well as more space for their grill. So, about two years ago, they hired Lorey Construction to renovate it.

The family's new deck is now a space where they enjoy relaxing and can spread out a bit. There's a cut-out for the grill and a spot dedicated to seating.

"It's fantastic," Duffy says.

He and his wife like to sit out there evenings enjoying a refreshment while they watch their kids play in the backyard or their pool.

"We do enjoy it a lot," he adds.

The Duffys also hired Jake Flannery of Pure Concrete and Construction to lay a concrete patio at the bottom of the deck. There, they have their firepit. They also did landscaping around the pad.

"We're making it a usable, backyard space," Duffy says.

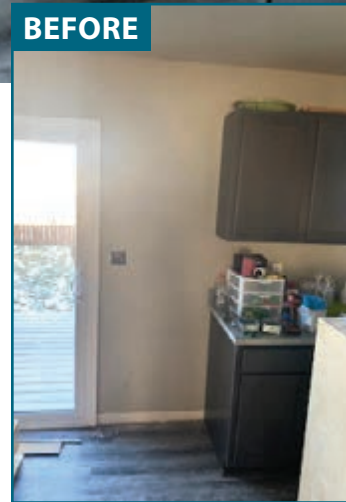
One thing they're still trying to figure out, though, is a way to keep the sun off them, since it hits the backyard area almost all day. The Duffys are looking into finishing their basement in the future, too. It's currently finished to the point where it's usable, but they'd like to install carpet and add more electrical, among other things.

## AFTER



Patrick and Bailey Little needed more storage space in their kitchen. A customized floor-to-ceiling cabinet in an unused space did the trick.

## BEFORE



Regardless of what projects they take on, though, they enjoy working with local contractors, who Duffy says are responsive and care about their community.

As for home improvement projects in general, Duffy says, "It's a combination of things: always wanting to keep it updated and making your space more usable." ■



## SENIOR

By Stephanie Proper

# FINANCIAL and social wellness

Last month we talked about the different dimensions of wellness, focusing on emotional wellness and occupational wellness. This month, I would like to take a deeper dive into additional dimensions of wellness: financial wellness and social wellness. As you may recall from last month, all of the dimensions of wellness create a “wheel of wellness” and help shape who we are and every aspect of our day-to-day lives.



Social wellness is the ability to build personal relationships with others, making meaningful connections with others and understanding how to deal with conflict appropriately. Social wellness involves positive connections, being supportive and allowing yourself to receive support. There are many people who are great helpers but struggle accepting help when they themselves need it. A step in achieving social wellness is to encourage communication and to appropriately manage conflict with others. If you spend your time arguing with others on the internet, you may want to look into social wellness a bit more. Practicing social wellness enables us to show greater empathy and have more cooperative relationships, which ultimately helps us all to have a better, stronger community both locally and beyond.

Financial wellness is the balance of managing your long- and short-term finances and living within your means. Financial wellness encompasses your overall financial health. According to one study, only 22% of Americans rate their financial wellness as “high” or a 9 or 10 out of 10. Perhaps it is because many Americans only focus on short-term financial goals. The life expectancy for the average American is 79.05 years old. Most of us will not be able or want to work till the age of 79. Do you have long-term financial goals to ensure that you can live comfortably as you age? With aging comes increased health care costs. Are you planning and saving for the likely increased health care costs in your future? Short-term financial wellness is often what is considered when thinking about financial planning. However, long-term financial goals are also important to consider when thinking about your financial wellness. The goal of financial wellness is to be prepared for all seasons of your financial life.

Changing your habits even a little at a time can change your life and set you on the path to success in your future. Don't worry about perfection, do your best, ask for and accept help. ■

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



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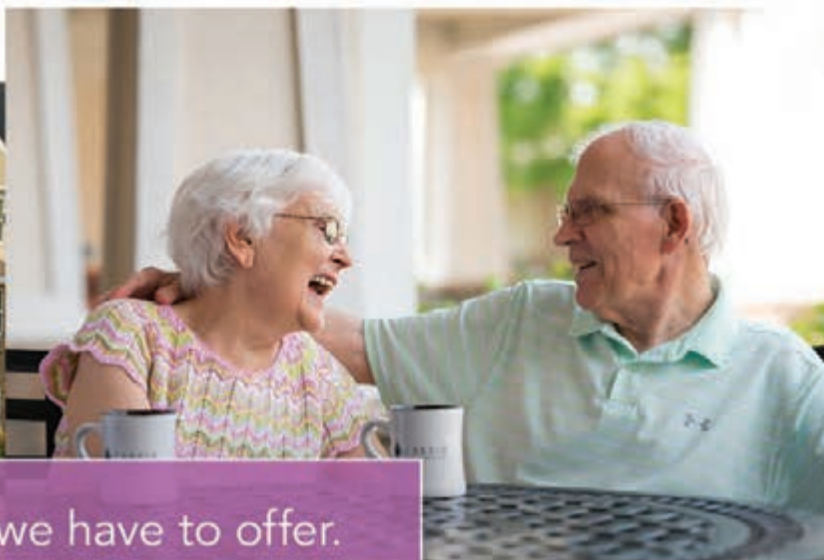


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# MEET Carrie Ratliff

Makes move to district and assistant principal role

Carrie Ratliff and her husband lived in southwestern Iowa before attending Iowa State University for their undergraduate work then finding jobs in central Iowa. When COVID-19 and the ensuing quarantine hit, she decided it was a good time to go back to school in order to obtain her administrative license to become a school principal.

Ratliff has now entered her first year with the Bondurant-Farrar Community School District where she serves as an assistant principal for Morris Elementary School.

Prior to her new role, Ratliff taught for many years, including preschool, special education, third grade and first grade, and worked as a literacy interventionist and instructional coach. Up until now, all of her experience has been with the Des Moines Public School District; for 20 years she was at Philips Elementary School.

"My favorite thing about being an educator is that we are the only profession that has a fresh start to each year. I love engaging with the students and the love and humor that they bring with them," Ratliff says.

As a new assistant principal, every moment of every day is unique, she says. In her new role, Ratliff spends as much time as possible within the classrooms. The rest of the time, she can often be found being a helper wherever needed. This includes helping as a substitute teacher, directing traffic, or opening milk cartons at lunch duty, to name a few. Ratliff says she most enjoys the people she gets to interact with and the fact that every day is different.

"As the new assistant principal, I have the privilege to work with teachers on a daily basis, while also remaining connected to our youngest students who are actively learning and growing. I firmly believe that every child can excel and that the partnership between home and school builds confidence in our students to use their knowledge to shape their future and the future of our community," she says.

Ratliff likes that Bondurant-Farrar School District has the small-town atmosphere with all the conveniences of the larger communities around it. She also enjoys the team atmosphere and how people support each other. Ratliff says that the students, families and staff are amazing to work with.

"In my short time here, it's apparent that the school is at the heart of the community, and that's exactly why I want to be here," Ratliff says.

In her free time, Ratliff enjoys spending time with her family, cheering for the Cyclones, and cheering on her two daughters at various activities. This upcoming school year, she is most looking forward to learning all of the students' names, about their families, and their stories. She is also looking forward to many more years at the Bondurant-Farrar School District. ■



Carrie Ratliff is new to the school district and looking forward to working with the students, staff and parents.



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### FIRST SATURDAY OF EACH MONTH IS A SCHEDULED OUTDOOR WARNING SIREN TEST

1. What does it mean when I hear the outdoor warning sirens? In short, it means something life-threatening is happening, and you should go indoors and get more information. The specific guidelines (tornado, hail, wind, etc.) for sounding sirens vary by jurisdiction, so check with your local community to determine the specifics.
2. Why can't I hear the outdoor warning sirens in my house? Sirens are an outdoor warning system designed only to alert those who are outside that something dangerous is approaching.
3. How can I get alerts when I'm at work or in my house? Every home and business should have an NOAA Weather Radio All-Hazards for alerts indoors. NOAA Weather Radio is like a smoke detector for severe weather and can wake you up when a warning is issued for your area so you can take appropriate action.

### TRICK-OR-TREAT IN BONDURANT

Last year the City Council adopted a resolution setting "trick-or-treat" Night as the last Saturday of October from 6:00 PM to 8:00 PM each year. This year, the City of Bondurant Trick-or-Treat Night is on Saturday, October 29th from 6 to 8 p.m.

### CURBSIDE YARD WASTE COLLECTION WILL END NOVEMBER 23 IN BONDURANT

The Compost It! curbside yard waste collection will end for the season on Wednesday, November 23 in Bondurant. Winter collection will open the final week of December into the new year.

### 2022 ELECTION AND VOTING INFORMATION

The 2022 election will be held Tuesday, November 8, 2022. Absentee ballots will be 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.

### HELP KEEP POOL, SPA, AND FOUNTAIN WATER OUT OF THE STORM DRAINS

Chlorine burns the gills and fins of fish, destroys sensory organs, interferes with fishes' ability to find food, and causes internal organ damage. Draining pools, spas, and fountains into storm drains can pollute creeks with copper, chlorine, sediments, and other contaminants. Find suggestions on the City's website on proper discharge options.

### 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 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**. It's a family-friendly, kids' appropriate parade to kick off the holiday season. This 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.

### BONDU SPOOKTACULAR

Our community has collaborated once again to host the 11th Annual Bondu Spooktacular! There will be a donut-eating contest, a costume contest (separate divisions for families, adults, teens, and youth), a spooky scavenger hunt (a chance to win a prize), and several youth activities. Join the fun **Saturday, October 22 at City Park from 2:00 PM to 4:00 PM**.

### MOVIES IN THE PARK

Come in your pajamas, bring a blanket, and prepare for a flick full of magic, adventure, and memories! Freshly popped popcorn will be provided. The next showtime will be sunset on **Saturday, October 8** preparing for the Halloween season with Hocus Pocus. No need to sign up, just show up! There is no fee.





## RECIPE

# A PERFECT pasta for school nights

*(Family Features)* Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this lentil bolognese with veggie-based penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, kosher and good sources of protein and fiber.

Visit [veggiecraftfarms.com](http://veggiecraftfarms.com) for more information and family-friendly recipes. ■

## Lentil Bolognese with veggie-based penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

### TOPPINGS:

- fresh basil
- Parmesan cheese
- red pepper flakes

### DIRECTIONS

- Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.
- Cook penne according to package directions.
- Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.



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## EVENTS IN THE AREA

Be sure to check for cancellations.



### Movie in the Park

Saturday, Oct. 8, 6:30-10 p.m.  
Bondurant Regional Trailhead

Enjoy "Hocus Pocus" at sunset. The movie is 1 hour and 36 minutes. Come in your pajamas, bring a blanket, and prepare for a classic. Freshly popped popcorn will be provided.

### Bondu Spooktacular

Saturday, Oct. 22

More details to come. For updates, visit <https://www.cityofbondurant.com/home/events/52901>.



### Craft and vendor show

Oct. 8, Nov. 12, 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.



### Business Safe Trick Or Treat Night

Tuesday, Oct. 25, 5-7 p.m.

Bondurant City Park and businesses around town

Stop by participating businesses for candy. Last year, participating businesses were in the business district, Brick Street Market area, downtown, and set up at City Park. A map will be created closer to the event. Enjoy a free evening of trick or treating, grab dinner at the food truck and a pie to go.

### Bondurant American Legion Community Breakfast

Saturday, Oct. 15, 7-9:30 a.m.  
American Legion Hall,  
315 Second 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.



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## EVENTS IN THE AREA

Be sure to check for cancellations.

### Wine & Whiskey Walk

Friday, Sept. 23, 5-9 p.m.  
West Glen Town Center,  
West Des Moines

CITYVIEW's Wine & Whiskey Walk returns. Pre-ordered tickets are \$20 (\$30 at the door). The price includes 10 sample drinks. Visit participating businesses and enjoy their offerings. For more information and tickets, visit <https://whiskeywalk.dmcityview.com>.



### WDM Elks Fall Vendor Fair

Saturday, Sept. 24  
West Des Moines Elks Lodge No. 2752,  
2060 N.W. 94th St., Clive

Admission is free, and more than 30 vendors are expected. A light lunch will be available for purchase. Proceeds will go to the St. Florian Burn Foundation and to Easter Seals of Iowa Camp Sunnyside Respite Care program. For more information, contact Nancy Newcomb at 515-681-0852 or Nina Steele at 515-201-9892. For information on being a vendor, contact Nisa Rittman at 515-585-0455.

### Music in the Garden

Thursdays, Sept. 22 and Sept. 29 at 6:30 p.m.  
909 Robert D. Ray Drive, Des Moines

Catch the last two shows of the Greater Des Moines Botanical Garden's summer series, with live concerts in the outdoor Koehn Garden. Doors open at 6 p.m. and music starts at 6:30 p.m., rain or shine. Bring your own seating or picnic blankets. Concert tickets are included with regular admission to the Garden. Performers include Rachel Brook on Sept. 22 and The Feel Right on Sept. 29.



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## NEWS BRIEF

### FAREWAY to purchase Brick Street Market

Fareway Stores, Inc. has agreed to purchase the existing Brick Street Market and Café located at 114 Brick St. S.E. in Bondurant. The existing 20,000-square-foot store opened in spring 2014, providing for a full-service grocery store and café. Fareway and Brick Street Market plan to finalize the purchase and transition in early 2023. In addition to continuing the tradition of full-service, current café operations will be maintained.

“We are excited to expand Fareway Meat & Grocery into Bondurant,” said Fareway CEO Reynolds W. Cramer. “We look forward to serving area residents locally.”

“In 2014, we opened Brick Street Market to serve our community of Bondurant. We have enjoyed the great support of the community and forged great relationships with our loyal employees and customers. We have built our business on the values of service, integrity and loyalty — values that we share with Fareway,” said current owners Brian and Mary Lohse. “While it was not an easy decision to make, in deciding to sell the grocery store to Fareway, we know that they will carry on those same values and provide greater opportunities to both our employees and our wonderful community. We look forward to continuing to serve Bondurant in Brick Street Market Café and provide the community with the best pork tenderloin in the state.”

Fareway anticipates the store being closed beginning in early January for remodel and reopening as soon as possible. The Brick Street Market Café will remain open during the Fareway remodel. ■

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**FAITH** By Pastor Trevor Pinegar

## A WAR against evil

I just so happen to love scary movies. My wife and children... not so much. We remind our boys that, when fearful adversity strikes in their favorite animated movies, a peaceful ending is sure to come. So why would a pastor enjoy films that seem so evil? It reminds me that I have something which can overcome any evil attack that comes my way, and the battle of good versus evil doesn't just live behind a screen.



Religions remind us of spiritual forces, balance, and the need to derive security from a higher power. All beliefs influence decision making based on comparisons we make about what is good and what is wrong. Ghouls and goblins might be fun to imagine, but I'm obligated to remind you that evil in our world is evident with one click of a remote.

Today I'm calling all citizens to equip themselves with faith to provide comfort that lasts. The depravity of this world is nothing new, as fear ramps up in our communities fueled by our entertainment addictions, we need to consult scripture to remember when evil began in men. The Apostle Paul said, "For as by the one man's disobedience the many were made sinners, so by one man's obedience the many will be made righteous" (Romans 5:19).

The evil actions of men didn't start six years ago, or 14 years ago, or 50. Sin (missing God's standard) began in the garden of Eden with the first man to ever live. Evil/cruelty/sin are part of the human experience predating men and existing until the return of the Savior of the world, Jesus Christ. My peace in this life comes from knowing that darkness runs from the light (John 1:5), that good overcomes evil (John 16:33), and that every knee will bow, and every tongue confess that Jesus is LORD (Philippians 2:10-11).

Today, as you dust off those Halloween decoration totes from the deep recesses of your garage, remember that there is a real war waging against evil. If you are struggling to find peace, don't wait. Call a pastor today. We are called to share in your struggles and pray for you. You are not alone; you are loved, and your decisions in this life impact your eternity. For it says, "Whoever has the Son has life; whoever does not have the Son of God does not have life" (1 John 5:12). ■

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





## A SERIOUS CANDIDATE FOR SERIOUS TIMES

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

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

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



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## NEIGHBOR

By Courtney Keiser

# IN THIS basement, it's cool to be a ghoul

Raths turn man cave into zombie apocalypse.



Brent and Becky Rath have a unique space for entertaining guests. Their “zombie apocalypse” man cave features unique finds as well as some created by Brent.



When Brent and Becky Rath invite friends into their basement, they make sure to walk ahead of them to turn the lights off first. This might seem odd, but it's all part of the fun — of entering a zombie apocalypse.

This man cave has been a labor of love for Brent. The textured walls are adorned with zombie weapons and items he has 3-D printed himself. It's a space created for humans yet inspired by the mythological “undead” fiction characters often seen in horror movies.

“Halloween is my favorite holiday, and I've always wanted to do more with the stuff I had,” Brent explains. “We started watching more zombie-related movies to make the weapons you see on the wall. Friends have made a few of the weapons sharing in the fun with us. Metal signs have been purchased anywhere and everywhere. There is even a steampunk mask we found in South Carolina that made its way to the wall.”

Brent and Becky's daughter came up with the idea for the weapons wall. When friends see items that fit, they often tell Brent so he can include them. Becky's a great sport and encourages him. She has intervened at times when his decorative tastes became too scary.

“She is pretty cool about it,” Brent laughs. “It was her idea to get me a 3D printer a few years ago, which has turned into five 3D printers.”

As Halloween approaches, Brent's mind is spinning with ideas. He became inspired after a family vacation to Roswell during the 75th anniversary of the UFO crash landing. Once home, he printed life-size 3D aliens that are now being painted by a family friend.

Brent is talented in woodworking and now is becoming a 3D printing artist. He says everyone needs a hobby and that his hobby just makes his home quirky and more entertaining.

“The zombie bar is an all-year, every-year thing. It makes family dinners at the holidays a little more unique,” he says. “The bar brings joy to us and to all our friends. They can sit down and have a drink in a no-judgment zone. We enjoy being a little different, but we're super friendly.” ■



## HEALTH

Dr. Laura Myers, MD FAAD,

### ABOUT molluscum contagiosum

Molluscum contagiosum. The diagnosis sounds like a curse in a Harry Potter novel. Fortunately, it's far less dreadful.

Molluscum are caused by a virus. They present as shiny pink skin bumps with a central dimple. Anyone can get them, but they are most common in kids aged 1-10.

As the name implies, molluscum are contagious. To prevent skin spread, it's best to keep skin clean and avoid picking, scratching or shaving affected areas. To prevent transmission from person to person, avoid skin-to-skin contact of affected areas and sharing items such as unwashed towels or contaminated sports equipment.

If the bumps aren't bothersome, and you have a healthy immune system, it's OK to let your body naturally fight the virus. Usually molluscum disappear without a trace in 6-18 months. Occasionally the bumps will become swollen and pustular. Dermatologists call this the "Beginning of the End" or the "BOTE" sign. It's usually a signal the body's immune system is fighting the virus, and the spot will soon resolve.

In some circumstances, molluscum contagiosum require medical intervention. If you are concerned you may have molluscum, or wonder about treatment options, see a board-certified dermatologist. ■

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



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## HEALTH

By Dr. Steven Neville

### COLD sores

A common appearance some may experience around the lips and mouth is a cold sore. Cold sores, also known as fever blisters, are a common infection in people but not serious. The herpes simplex virus causes cold sores and is spread through contact of kissing and utensil sharing. Once exposed to the virus, it will be dormant in a person's system until triggered. What can cause a cold sore to appear are certain foods, cold weather, excessive sun, allergies, stress and fatigue, and a weakened immune system. To tell if you are experiencing a cold sore, symptoms include: burning, tingling, or small blister around the edge of the lips. The average cold sore will last from two to four weeks and be contagious during the beginning stages before crusting over into a scab. There is no cure for the herpes simplex virus but antiviral medications can help heal the sore quickly and reduce frequency. ■

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



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## HEALTH

By Leslie (Foley) Brant

### WHAT IS integrative dry needling?

Dry needling is a treatment licensed physical therapists use in conjunction with other techniques to treat a variety of conditions. Dry needling can be utilized to treat carpal tunnel; tennis elbow; plantar fasciitis; neck, back and knee pain; along with many more conditions. Dry needling is different from acupuncture because a physical therapist utilizes knowledge of anatomy and physiology when placing the needles.



The sterile needles create a microlesion that initiates the body's natural healing process, allowing that painful or limited area to heal itself. Each patient responds differently. Some patients experience relief immediately. For others, it may take a few days; some do not notice a change. Patients will also perform stretches and strengthening exercises in order to experience the maximum benefits. Many patients have experienced pain relief and increased mobility when combining exercise with dry needling.

It is important to note not all physical therapists perform dry needling treatments, and those who do have taken additional continuing education beyond their graduate degree. Contact your physical therapist to see if they provide dry needling and if you could be a candidate. ■

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

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## HEALTH

By Dr. Amanda Korth

### UPGRADING vision

Back in 2015, I made a very big decision. I decided to finally upgrade my grandma's 22-inch (perfectly nice) box TV for a 55-inch 4K TV. At the time, my computer screen was bigger than my TV. I thought the box TV was perfectly fine. It worked great for my VHSes. Don't judge, I have the original VHS release of the Star Wars trilogy, plus many Disney classics that will never be parted with.



To say I didn't appreciate my box TV after the upgrade is an understatement. The picture was grainy and absolutely awful in comparison. That is what happens to patients every time they get a new pair of glasses, and that's why glasses are accused of making someone dependent on them. The vision without glasses has not changed. It's just as blurry as it used to be. But, you're now expecting it to be better like it is when you wear your glasses.

You upgraded your vision — it's not a bad thing to have higher expectations about seeing your world better. That's why you got the glasses: to see better. Just remember, when you take them off, that's what you used to think was acceptable. ■

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



## HEALTH

By Dr. Kari Swain

# SUPPORTING active lifestyles

Walking and running are great physical exercise, providing both physical and emotional health benefits. Chiropractic care helps support an active lifestyle and optimal health. A thorough exam provides the chiropractor the information necessary to deliver specific chiropractic adjustments tailored to an individual's needs.

- **Proper movement and function:** Chiropractic adjustments restore motion to the spine and balance the hips and pelvis.
- **Prevent injury:** When the spine is in alignment, balance and proprioception is increased. Biomechanically, there is less chance of injury.
- **Maximize performance:** The brain communicates to all parts of the body through the nerves encased in your spine, and the communication through those nerves determines how quickly and accurately your body moves and reacts.
- **Increase respiratory function:** Nerve interference disrupts cardiovascular and respiratory function resulting in inefficient oxygenation and added fatigue.
- **Promote self-healing:** By keeping the body in a state of optimal health and nervous system function, healing occurs faster and more completely when injuries do occur. The Journal of Neurological Science states, "The quality of healing is directly proportional to the functional capability of the nervous system to send and receive nerve messages." ■

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

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## HEALTH

By Ellie McDonald

# WITH CHANGE comes growth

Summer is winding down, and a new season of life is beginning for everyone in some capacity. Fall time is full of new things — whether that be a new school, new grade, new job, new schedule, new assignments, or simply just a new routine to adjust to. In the midst of the busy, it is important to check in on your mental health as the new season begins. Checking in often allows for feelings of burnout and being overwhelmed to be addressed early.



Positive mental health routines can be incorporated into your life in small and easy ways, such as going on a walk and enjoying the beautiful leaves changing colors, spending quality and uninterrupted time with those you love the most, trying out a new hobby or interest you feel you would enjoy, talking to a friend or family member you trust when feeling in a slump, and lastly, seeking help if you feel called to do so. While these tasks may seem small, if practiced daily, they can lead to substantial growth for your mental well-being. The activities listed may not be for everyone, but self care takes many forms. I encourage you to explore different options until you find what works best for you.

Change can be overwhelming and oftentimes scary, but, with change, comes growth. It is important to remember to fill your own cup in the midst of it all and help those around you to do the same. ■

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

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## 5 SAFE driving tips for deer season

Although we see deer hits all year round, we see more this time of year. Here are some driving tips to help you avoid an accident involving deer.



### Be aware of your surroundings

From our experience, most vehicle accidents involving a deer occur from October through December, when deer activity is at its peak. Make sure to pay close attention to what is around you. Be sure to slow down and increase the distance between your vehicle and other vehicles, especially when you see deer crossing signs. This extra room may give you additional time to react if a deer does cross the road in front of you.

### If there is one, there may be more

Deer typically travel in groups, so if you see one, keep your eyes open for others. It's recommended that you do not swerve to avoid hitting a deer, even though it is a common instinct, because it can cause you to lose control of your car and result in a more serious accident.

### Pay attention to the clock

Deer tend to be most active at dawn and dusk. Since visibility is lower during these times, reduce your speed at night and use high-beam headlights for a better view — but tone them down when oncoming traffic approaches so you don't reduce the visibility of other drivers. That bright light also helps a deer's eyes stand out, helping you to spot them earlier.

### Regularly clean and inspect your car

When deer are on the move, you want to be able to see them from as far away as you can. To help with clear visibility, we recommend keeping your windshield and headlights clean.

### Have a plan in case of an accident

Like every animal, deer can be unpredictable. While you may take these steps to improve your safety, accidents still happen. If you do hit a deer, come to a stop on the side of the road and turn on your hazard lights. Do not attempt to touch the animal, as a scared or wounded deer could cause further harm to itself — or even you.

If your vehicle is not drivable, you can have it towed directly to an auto body shop. If you can safely drive it, continue on but report the accident to your insurance company as soon as possible. ■

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

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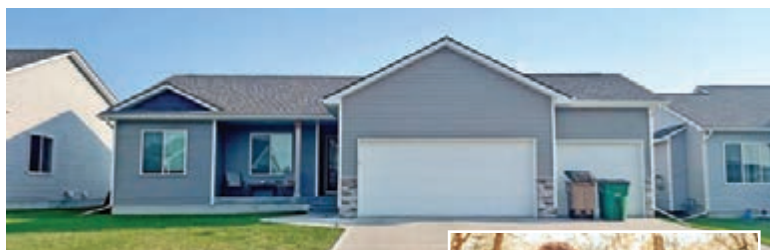


## WHERE WE LIVE

By Lindsey Giardino

# YOUNG couple finds lots to love

Stefani says Bondurant is ideal to grow a family.



Nick and Miranda Stefani, along with their dog, Knox, look forward to the future in their Bondurant home.



When Miranda Stefani and her husband, Nick, moved to Bondurant in spring 2019, they lived on a quiet street in a house surrounded by big, mature trees.

"This made for relaxing afternoons in the shade and made our dog very happy," she says. "We were within walking distance to Brick Street Market, so whenever we forgot something, it was easy to pop over to get what we needed."

But with that house not having a basement and the Stefanis being newly married, the couple knew they wanted to move into a bigger place to start a family.

"We found the perfect house in June 2022 over by the high school and were ecstatic to learn our offer was accepted," Stefani says.

The couple enjoys that their new house has an open concept, has a three-car garage and features a big backyard for their dog, Knox.

"We spend a lot of time outside with him, and, once it gets dark out, you'll find us on the couch relaxing the rest of the evening," she says.

In the months since moving in, the Stefanis have slowly started decorating the house to their taste. Their first big project was getting all the hardware changed out to what they liked and having new furniture delivered. Stefani describes their style as "a little bit modern mixed with farmhouse mixed with cozy."

The couple has also quickly made ties with their new neighborhood. "All of our neighbors have been so kind and friendly since we moved in," Stefani says. "There are plenty of other dogs for us to play with or say hello to, and it's still a pretty quiet neighborhood."

"We honestly just love Bondurant as a whole," she continues. "We knew that this is where we want to raise our future kids."

The Stefanis enjoy going to the farmers market in the park on Wednesday evenings, and, anytime there is a festival in town, they attend.

Ultimately, the Stefanis say the community is amazing at helping each other out.

"Whether it's recommendations for housework, helping shovel your driveway in the winter or helping look for lost pets, it truly is the best community to live in," Stefani says. ■

## BEFORE YOU GO

By Jan Shawver

# WHAT do you say?

When someone dies, it can be awkward or uncomfortable to talk to the grieving family or friend, especially if you have never been around death before. What do you say or do?



- Don't be afraid to talk about their loved one by name. Saying their name is not going to upset the family — it shows you care. Sometimes just hearing their loved one's name can be comforting.

- If you have a special memory of time spent with the deceased, share it briefly.

- Don't be afraid of tears (theirs or yours). Someone has died; tears are a natural form of grieving and should not be squelched.

- If you don't know what to say, a squeeze of a hand or a hug speaks volumes.

As time goes on following a death, do not isolate the grieving family member. Spend time with them: give a phone call to see how they are doing, meet them for coffee, let them talk about their loved one. Often, they are lonely and appreciate your company. If they refuse your gesture, don't write them off. Try again in a few days or weeks. They may have just needed to be alone that particular day.

Grief is not a disease. The strength they draw from your company will help them navigate these difficult days. ■

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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# BUSINESS PEOPLE MAKING A DIFFERENCE

Good people are doing great things every day in your community. They truly are people who are making a difference, and we will recognize 22 business leaders in central Iowa for their efforts and accomplishments in an upcoming issue of CITYVIEW's Business Journal.

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CITYVIEW'S  
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**22**  
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BUSINESS PEOPLE WHO MADE A DIFFERENCE

## CHAMBER

By Tiffany Luing and Kaylin Von Ahnen

## WELCOMING a new executive director

Bondurant is growing, thriving and advancing where we once could not imagine. To think that we are the second-fastest growing city in Iowa is astonishing. Many people ask why we are growing: Bondurant is opportunity. Many have grown up here and see its amazing foundation. Great schools, small hometown feel, next to highway and interstate access, and within 20 minutes of the metro. In reality, we are a perfect location with an amazing community to boot.

I am proud to be part of this community, helping businesses and organizations in any way I can. I have served as the executive director of the Bondurant Chamber for six years and Bondurant Development for four years. Fortunately, our community is doing so well, I have been given the opportunity to take a new role with the City of Bondurant as the economic development coordinator. To say I would not want to go anywhere else is an understatement. I am proud of our City Administrator Marketa Oliver, Community and Planning Director Maggie Murray, city staff, and our amazing City Council members (Mayor Doug Elrod, Tara Cox, Matt Sillanpaa, Angela McKenzie, Bob Pepper and Chad Discoll). They have done an amazing job navigating, prioritizing and providing vision planning for our future.

This being said, I would like to introduce our new executive director of the Bondurant Chamber, Kaylin Von Ahnen. Kaylin will be an amazing addition to our community. She has already helped with several of our events, has been active in community engagement, and can bring a great new perspective to the Bondurant Chamber.

### An introduction

My name is Kaylin Von Ahnen. Although I am from Des Moines and currently live in Altoona, the city of Bondurant has become more like home with the many experiences I have had with the town and the people that make up the city. I recently graduated from Southeast Polk in 2022. I am currently a student at DMACC majoring in marketing along with getting a certificate in selling. I have worked at BrickHouse Fitness since 2019 as a senior associate. BrickHouse has introduced me to the community, and I am grateful for all of the opportunities and experiences I have had thus far to get involved and join the people of Bondurant.

Bondurant has unlimited opportunities and potential for the people who live here, and I have been lucky enough to experience this firsthand. Bondurant is a place of people willing to help one another and encourage growth. That is something that I admire most about the city, and I want to continue to expand in my time as executive director. I am so excited to take on this role as it is an opportunity to become closer to the community and the great businesses that help build up the incredible atmosphere that Bondurant maintains. ■

Information provided by Tiffany Luing, outgoing executive director, and Kaylin Von Ahnen, incoming executive director, Bondurant Chamber of Commerce.



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5-7 PM 201 MAIN ST SE  
BONDURANT, IA 50035



## OUT & ABOUT

# FARMERS Market

The Bondurant Farmers Market was held on Sept. 7.



Jessica Antomori and Peyton Hernandez



Alice Knight, Norma Kissler and Diane McDonald



Laurie LaRue, Austin Arey and Emily Carpenter with Addi and Owen



Ryan and Whitney Graves with Walker



Anna Knepper with Chloe, Briggs, Brody and Case



Jessica and Jacob Lossing



Jefflyn Gilman with Kash, Lennon and Kevi



Onyx and Zaria



Mikayla and Justin Stott with Madison



Neil and Tracey Erickson with Celeste and Chase



Aubrey and Blake



## OUT & ABOUT



A ribbon cutting was held for Dream MotorWorks at 2404 Robinson Ave. N.E. on Sept. 6.



A ribbon cutting was held for Home Slice Handmade Pies at 106 Main St. S.E. on Sept. 8.



Melissa Horton and Mark Densmore at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Sue Ugolini and Doug Elrod at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Deputy Frank Courtney and Andrea Stanfel at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Erin Hockman, Dan Chodur and Dakota Hall at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Lincoln Dix, Chris Reil and Jake Campbell at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Amanda Korth, Sarah Kavalier and Tara Cox at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Christine Webb, Becca Squiers and Andrea Weber at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



Leslie Brant, Tiffany Luing and Alysia Webster at the East Polk Regional Breakfast at Bondurant Community Library on Aug. 23.



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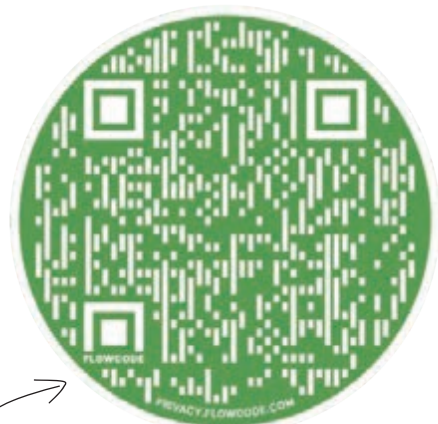


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